



AGASHI VIRAR ARNALA EDUCATION SOCIETY'S



Padmashree Bhausaheb Vartak College

(Affiliated to University of Mumbai)

and

**Narsinh Govindrao Vartak English Medium High
School and Junior College, Virar- East**



PADMADEEP

Year 2023-2024

C O N T E N T S

1-2	Vision and Mission, Managing Committee
3	Star Achievers
4	President's Message
5	Principal's Message
6-8	Writeup on Padmashree Bhausaheb Vartak
9	Editorial Message
10- 43	Pearls of Expressions - Teachers
44-64	Pearls of Expressions - Students
65-69	Glimpses of the Year
70-72	Report on Inter-College Events
73-79	Report on NSS & DLLE
80-81	Report on Sports
82-91	Memories to be treasured!
92-93	Artists Corner & Fun Zone

VISION

To be a holistic institute of academic excellence instrumental in empowering its students for constructive and sustained engagement of society and shaping them into precursors of contemporary global league.



MISSION

The college mission statement “*Gyanomay Bhava*” signifies at refining the pedagogic expertise by providing dynamic, liberal and relevant education to the students from all walks of society and equip them with the required knowledge and skills to face the challenges of the global scenario.

MANAGING COMMITTEE

SHRI. VIKAS NARSINH VARTAK

President and Trustee



SHRI. SHANTARAM BAPUJI JADHAV

Vice President and Trustee



DR. HARSHVARDHAN DAJI PATIL

Vice President and Trustee



SHRI. KRISHNKUMAR RAVJI GALWANKAR

Secretary and Trustee



SHRI NARAYAN GANESH MHATRE

Secretary



SHRI. SATYAVAN BHAU PATIL

Treasurer



Our Star Achievers of the year 2022-23

BACHELOR OF COMMERCE



Ms. Talavdekar Runali Rajendra
9.56 CGPI



Mr. Mishra Abhay Dhananjay
9.53 CGPI



Ms. Shaikh Shirfana Sayyed
9.44 CGPI

RANK HOLDER OF HSC SCIENCE



Mast. Shah Affan Javed
85.67%



Mast. Sonawane Khush Sanjay
79.83%



Ms. Churi Aarya Bhupesh
79.67%

RANK HOLDER OF HSC COMMERCE



Anabhavane Yash Dilip
91.00%

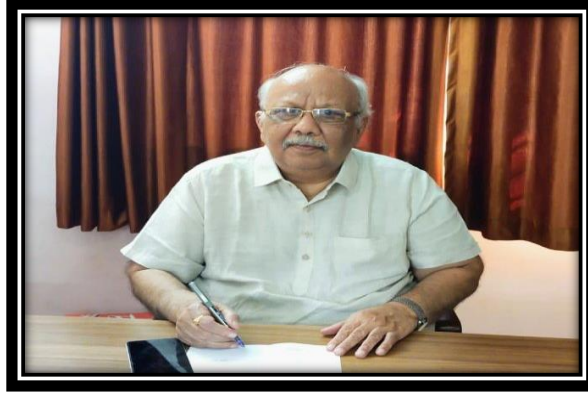


Thombare Shivani Santosh
90.83%



Prajapati Jeevan Prakash
89.00%

From the Desk of President



“Learning to Know, learning to do, learning to Live and Learning to Be”

-Jacques Delors

We, at Padmashree Bhausaheb Vartak College and Narsinh Govindrao Vartak Junior College, believe in and diligently follow these four pillars of education, endeavouring to groom our students into becoming wholesome personalities.

Padmashree Bhausaheb Vartak College is an amalgamation of an efficient management, competent teachers, and a safe and supportive environment for its students to provide a perfect balance of academics, sports and aesthetic opportunities. In today’s dynamic world, when every moment an innovation is evolved, the college provides plenty of opportunities for the students to innovate and think critically.

All the teachers are also given equal opportunities to develop new ways of teaching, keeping in mind the National Education Policy 2020. We firmly believe in the dictum of the quote:

“Where a Team Works, Dreams Work”- John C. Maxwell

We believe that it is only that a squad with proper vision in mind can attain the pinnacles of success which every institution counts and desires.

I proudly acknowledge this unique creation, the annual magazine, 'Padmadeep' which brings to light the literary & artistic talent of the PBVians. I sincerely appreciate the efforts of the editorial board behind the success of such a daunting task of delivering such an outstanding magazine.

**Shri. Vikas Narsinh Vartak
President
A.V.A Education Society**

From the Desk of Principal



“Creativity is seeing what others see and thinking what no one else ever thought”

_ Albert Einstein

It gives me immense pleasure to share with you all the seventh edition of our college magazine PADMADEEP, which is an amalgamation of the thoughts and ideas put forth by our faculties and students. The contents in this magazine reflect our thoughts and imagination as PBVians.

Padmashree Bhausaheb Vartak College is known for creating varied learning opportunities for our students, who nurture their creativity here and create new dimensions within their learning experience allowing them to innovate new ideas and thoughts. No doubt these learning experiences have empowered our students with not only linguistics and communication skills but also with logical and ethical thinking.

This magazine is our yearly attributions of the learning experiences that we provide to our students in form of the activities, seminar and events that we conduct for our students throughout the year. At the same time, it acts as a canvas where our teachers and students pen down their creativity.

Our magazine is a milestone that marks our growth and unfolds our imagination giving life to our ideas, thoughts and aspirations. It unleashes a wide spectrum of creative skills ranging from writing to editing and even designing the magazine for which the entire editorial team has worked relentlessly. I wish them Good Luck for these efforts and wish them to continue this journey towards excellence. I am sure, that the readers of this magazine will have a wonderful array of articles which they will enjoy reading.

Happy reading to all the readers
Regards,

Dr. Sheetal Sanjay Koradkar
I/C Principal
Padmashree Bhausaheb Vartak College

पद्मश्री भाऊसाहेब वर्तक - एक सात्विक आदर्श



देशाच्या किंवा संस्थांच्या कार्यावर कर्तृत्ववान व नेतृत्वगुण असणाऱ्या व्यक्तींचा प्रभाव असतो. त्या काळास त्या व्यक्तींचे युग म्हणून संबोधले जाते. १९२० पासून अनुक्रमे लोकमान्य टिळक युग, गांधीयुग, १९३० नंतर चे युग लोकनेते पूज्य अण्णासाहेब वर्तक युग म्हणून सांगता येईल. मात्र १९४० साली लोकनेते अण्णासाहेब वर्तक स्वातंत्र्याच्या लढ्यात कारावासात गेल्यानंतरचे युग मात्र फक्त आणि फक्त पद्मश्री भाऊसाहेब वर्तक यांच्या नावावर कोरलेले दिसून येते.

समाज्याच्या सर्वांगीण विकासासाठी विविध क्षेत्रात तनमनधन अर्पण करून निःस्वार्थी बुध्दीने काम करणारे तळमळीचे कार्यकर्ते आवश्यक असतात. केवळ राजकीय व आर्थिक क्षेत्रांत प्रगती झाली म्हणजे समाजाचा सर्वांगीण विकास घडून येत नाही.यासाठी सामाजिक, शैक्षणिक व सांस्कृतिक अशा क्षेत्रात कार्य करणाऱ्या निस्वार्थी व तळमळीच्या समाजसेवकाची आवश्यकता भासते ही समाजसेवा हा एक प्रकारे यज्ञच आहे. आणि या यज्ञात सातत्याने समाजसेवेच्या समिधा टाकण्याचे काम भाऊसाहेबांनी एक निष्ठेने केले.स्वतंत्र भारताची सर्वांगीण उन्नती करून बलिष्ठ व विधिष्णू भारत बनविण्यासाठी राजकीय सत्तेत राहून निष्काम वृत्तीने व तळमळीने कार्य करणाऱ्या समाज सेवकांपैकी भाऊसाहेब वर्तक एक समाजसेवक म्हणून उभे ठाकले. गोखले एज्युकेशन सोसायटीला अगदी १९७३पासून भाऊसाहेबांसारखा खंदा समाजसेवक लाभला.

भाऊसाहेबांना समाजसेवेचा हा वसा त्यांचे तीर्थरूप अण्णासाहेब वर्तक यांच्याकडून मिळाला व भाऊसाहेबांनी तो स्वतःच्या कर्तृत्वाने समृद्ध केला. खरा समाजसेवक हा समाजापासून दूर राहत नाही. भाऊसाहेब मंत्री असताना त्यांनी हे पथ्य कटाक्षाने पाळले. त्यांना मलबार हिलवरील जेष्ठ मंत्र्यांसाठी राखून ठेवलेल्या बंगल्यांपैकी प्रशस्त निवास स्थान राहण्यासाठी सहज मिळू शकले असते. परंतु भाऊसाहेब मंत्रालयाच्या समोरील छोट्या बंगल्यामध्ये राहिले. कारण त्यांना भेटायला येणाऱ्या

मंडळींना चर्चगेट किंवा बोरीबंदर रेल्वे स्थानकापासून या बंगल्यावर पायी चालत येणे सहज शक्य होईल. लोकांचा त्रास कमी होईल. त्यांना वाहन खर्च करावा लागणार नाही. आणि लोकांना जास्त वेळ देता येईल, असा हा समाजमित्र आणि माणसाबद्दलची त्यांना वाटणारी आत्मीयता हा त्यांच्या जिवनाचा अविभाज्य भाग होता. ग्रामीण आरोग्याबाबत आर्थिक मर्यादा असूनही जिल्ह्याच्या सर्व भागांत त्या उपलब्ध करून देण्याचा भाऊसाहेबांचा कटाक्ष होता. कुडूस, मांडवी, वज्रेश्वरी, घोलवड, चिंचणी, भाइंदर, मुरबाड, सोपारा येथे सुतिकागृहे व दवाखाने तसेच वाशिंद, वाणगाव, किन्हवली, वसई येथे दवाखाने सुरु केले. शिवाय डहाणू व जव्हार येथील कॉटेज हॉस्पिटल्स हे त्यांच्या कारकिर्दीतील भरीव कार्य होय. वसई याठिकाणी डोळ्यांचे हॉस्पिटल तर मुरबाड, वाडा, मोखाडा, वाशिंद, पालघर येथील पिण्याच्या पाण्याची बिकट समस्या सोडविण्यासाठी भाऊसाहेबांनी जातीने प्रयत्न केले.

सत्तेच्या राजकारणापासून निवृत्त झाल्यानंतर भाऊसाहेबांना समाजसेवेला जास्त वेळ मिळाला. ठाणे जिल्ह्यातील अनेक संस्थांशी, त्यांचा जवळचा संबंध होता. शिक्षण, उद्योग व आदिवासी विकास इत्यादी गोष्टीत त्यांनी अधिक लक्ष केंद्रित केले. भाऊसाहेबांच्या अंगी गुणग्राहकता होती त्यामुळे कार्यकर्त्यांच्या पाठीवर हात ठेऊन ते नेहमीच त्यांना उत्तेजन देत व मार्गदर्शन करत.

भाऊसाहेबांच्या समाजसेवेचा विचार प्रामुख्याने शिक्षण , सहकार, उद्योग, क्रीडा क्षेत्र, आदिवासी उन्नती धार्मिक संस्था या क्षेत्रासंबंधी करता येईल.त्यांनी अनेक मंदिरांचा जीर्णोधार केला.भाऊसाहेब एक प्रभावी वक्ते होते. समाजसेवेच्या क्षेत्रात कर्तृत्वाला वकृत्वाचे मोठे सहाय्य होते. भाऊसाहेबांच्या अजोड कर्तृत्वाला अमोघ वकृत्वाची जोड लाभल्यामुळे त्यांचे नेतृत्व प्रभावी ठरले. भाऊसाहेबांचे सभासंचालनाचे कौशल्य वाखाणण्यासारखे होते. सामाजिक जीवनात मानाचे स्थान मिळवण्यासाठी चारित्र्य, ध्येयनिष्ठा, सामाजिक बांधिलकीची जाणीव व लोकसंग्राहक वृत्ती अशा सद्गुणांची आवश्यकता असते. भाऊसाहेब हे आदर्श समाजसेवक असल्यामुळे त्यांना मंत्रिपदावरून जो मान मिळत होता, तोच मान मंत्रिपद सोडल्यानंतरही मिळाला. याचे मुख्य कारण त्यांनी आपल्या प्रदीर्घ जीवनात निःस्पृह व ध्येयवादी वृत्तीने सामाजिक जीवन समृद्ध व संपन्न करणासाठी अहर्निश केलेले प्रयत्न होय.

महाराष्ट्रात स्वतःचे जीवन सुसंस्कृतपणे, जागरूक, निःस्वार्थी व तळमळीच्या वृत्तीने समाजसेवेत व्यतीत करणाऱ्या हाताच्या बोटावर मोजण्याइतक्या ज्या व्यक्ती होऊन गेल्या,त्यात भाऊसाहेबांचा प्रामुख्याने अंतर्भाव करता येईल.

म्हणून रमाकांत ठाकूर त्यांच्या बद्दल आत्मीयतेने म्हणतात,

समाजोन्नती कार्य, निश्चयाचे महामेरू तुम्ही

दूरवर दृष्टी तुमची, सृजनशिल ज्ञानदेव तुम्ही

समाजप्रिय समरधुरंधर, तुम्ही स्वयंभू नेते
तन-मन-धन अर्पिले, त्या सकल जनांचे नेते ॥

सौ . जिज्ञासा संदेश जाधव
सहाय्यक शिक्षिका

Editorial Message

The mind is not a vessel to be filled but a fire to be kindled -Plutarch.

Our institution views learning as a natural process that prioritizes questions over answers, creativity over facts, and originality over conformity and quality over performance. They believe that learners are information seekers who are motivated by curiosity and creativity to blossom. Hence, we believe in kindling the imagination of our learners.

Of all the things we wear, our expression is the most noticeable...-Janet Lane

With enjoyment and pleasure, we welcome you all to Seventh edition of PADMADEEP, a yearly magazine that brings out the entire year working at Padmashree Bhausaheb Vartak College. Every edition serves as a vehicle for valuing the creativity and diligence of the students at this prestigious institution. This year's edition- "PADMADEEP"- is yet another manifestation of the same. Throughout the academic term 2023-24, the students strived for excellence, putting their best foot forward and making every event a massive success.

We express our sincere gratitude to all our staff for encouraging our students and highlighting their talents and making them confident to participate in curricular and extracurricular activities along with their commitment to the curriculum. It was their effort which was the icing on the cake, as we received a good response towards the artistic work for the magazine.

We were thrilled to receive a huge number of submissions of intellectual & insightful articles, artistic sketches, and beautiful snaps from our students and staff, who were equally excited about the new edition. We are indebted to our core editorial team. This magazine would never have been possible without sincere effort and help. As we spent hours going through the articles, it suddenly hit that perhaps we might be reviewing the initial work of some future bestseller author, renowned painter, sketcher, photographer and many more...this thought filled us with a sense of pride and gratitude at the same time. Indeed, a delightful experience!

So, as you flip through this work piece, look at it as a joint effort of many brilliant brain and diligent hand and do bear in mind that every sentence has been a product of hours of procrastination, brainstorming, multiple notices for article submissions and the frequently asked question, "When will the magazine be finalized and published?"

We thank every student and staff who has helped us to come up with this issue.

Staff Editorial Members

1. Dr Sheetal Koradkar
2. Ms Farheen Khan
3. Mrs Vanessa Pereira
4. Mrs Jidnyasa Jadhav
5. Mrs Jessel Kajar
6. Mrs Rajani Nigam

Student Editorial Members

1. Mr Baranwal Mayank Sohanlal
2. Mr Shaikh Saif Abdul Karim
3. Ms Shetty Drishti Prabhakar
4. Ms. Gupta Radhika Sanjay

PEARLS OF EXPRESSION -ARTICLES BY TEACHERS

TEACHINGS OF SANT KABIR AND ITS RELEVANCE IN TODAY'S WORLD

Sant Kabir a renowned saint of 15th century India holds a significant position within the Bhakti Movement in India. Sant Kabir is a poet, a mystic, and a saint who has been an exponent of humanism and liberal social construction. Kabir's teaching were for common man hence he always advised his followers in the local dialect known as *Kahri Boli*. In the later centuries his teaching was spread to the mass in written form especially through the well-known literature known as *Kabir Bijak*. The real contribution towards spreading his work worldwide was done by Noble Award winner writer, Rabindranath Tagore. It was through his work *One Hundred Poems of Kabir* that Tagore accomplished the task of not only translating and publishing the work of Kabir but bringing recognition to Sant Kabir worldwide.

Today as we have become the part of the contemporary globalized world, we see that along with scientific know how and technological advancements there is a drift and divide created in the world. Materialism and money has taken the priority in human life and the very values of brotherhood, love and humanity are at stake. Thus, it won't be wrong to state that in today's context Kabir's philosophy of humanism and ethical values will help the world to become a better place. Each of his dohas give us wise lessons of life. In one of the couplets, he states

Pahan puje hari mile, toh mei puju pahad

Yate chaki bhali, jo piss khaye sansar

Which means if God is found by worshipping a stone, then I will offer my worship to the mountain, but better than this is the stone grinder that helps in grinding the grains which helps feed the hungry. Through these couplets Kabir extols the service to humans to be greater than offering service to the God of stone which is lifeless. In one of his couplets, he emphasizes on man's desire to reach out to God, who according to him is omnipresent

Dukh mein sumiran sab kare, sukh mein kare na koye

Jo sukh mein sumiran kare, Dukh kahe ko hoye

Which means everyone remembers God in their testing time, but none remembers God in happy times, the one who remembers God in the time of joy can never experience sorrow. If we look at

these couplets in today context one must remember those who have offered help and support during our testing times, they are our true confidant and friends Kabir encourages his followers to be humble in their approach and have a sense of gratitude for whatever they have in their life when he composes

Bada hua to kya hua, jasse pedh khajoor

Panthe ko Chhaya nahi, phal lage ati door

It means, what happens if one is big (in status) like a date tree, which can't provide shade to the passerby nor are its fruits easy to reach out. In today's context it appeals to those who try to show their greatness through their status which will not be beneficial to anyone. Kabir understood the importance of love and brotherhood and urged for tolerance, all of which acted as unifying forces to blend the society. His vision of utopian society had love and inclusiveness at the center. When he composed the following couplet

Pothi padhi pad, jag mua pandit bhayo na koi

Dhai Akshar prem ke jo padh, so pandit hoye

Wisdom doesn't come from reading scriptures, if you understand love you are a great scholar. In a society grappled by intolerance, racism fake regionalism and religion bias it is love that will help us to stay united.

Kabir's teaching exhorts the mass to seek solutions through spiritualism. His teaching upheld humanism above all faiths. he never saw any difference within the religious teachings and hence his teachings transcended the boundaries of caste and religion when he states

Chaahe Gita Bachiyee, ya padhiye Quran

Tera mera pyar hai har pustak ka gyan

It doesn't matter whether you read the Gita or the Quran because all Holy scriptures teach and preach only love towards others. He always held high his ideals of tolerance and love. He looked at them as unifying forces to blend together the divided society. In his ideology there was no place for hatred and he urged people to look within themselves before pointing out at others vices. He advised

Bura dekhan main chala, bura na miliya koye

Jo mann khoja aapana, toh mujhasa bura na koi

Kabir made it clear through these couplet that when one tries to search for evils in others one can't find any but when one looks into oneself many vices are found within.

Kabir always wanted humans to be grateful for their birth as humans and be thankful to God for providing them the ability to express their thoughts, ideas and feelings. He emphasizes the importance of communication in our lives when he says

Aisi baani Boliye, Mann ka aapa khoy

Auran ko sheetal kare, aaphu sheetal hoye

Speech is of utmost importance which must dissolve the ego of me and mine, one must have such a speech that it soothes everyone as well as you. In today's context an individual must have control over speech and be careful of its use because words once used can't be taken back.

Thus, it is evident that Kabir's teachings have transcended time, the relevance of Sant Kabir's teaching in today's world bring into the world the common aspects of love and peace. It teaches us to be united and uphold the ideals of humanism. His philosophical teachings are easy to understand and have a radiant effect on the readers. His philosophy teaches us to lead our lives through principals of ethics and humanity. The world today has brought materialism at the helm of human happiness and doors of human heart are shut for empathy and sincere love. Kabir's teaching will force us to review our difference and get bonded together as a strong society. With corruption and communalism tearing apart the social fabric it is only his teachings of compassion and inherent syncretism that will help us bind the society together.

Dr Sheetal Koradkar
I/C Principal

WORLD WITH NO BOUNDARIES

Have you ever imagined how the world would be if there were no boundaries? Boundaries are not limited to the one that distinguishes nations, states, and cities; rather there are boundaries beyond that those we have created in our head that divide humans from one another. In today's world, we humans have the perspective of judging each individual in various ways and creating a barrier by discriminating against one another for being superior or inferior to others. Today, we have created a world with unrealistic divisions that lack humanity. We make a prejudicial distinction in treatment for different individuals based on their categories, such as age, sex, ethnicity, disability, race, religion, linguistic, etc.

This affects people's opportunities and their well-being, and persistent exposure to discrimination leads individuals to internalize the prejudice or stigma that is directed against them, manifesting in shame, low self-esteem, fear, and stress, as well as poor health, broadening the borders. Nowadays, young children quickly learn the difference between boys and girls, for instance. But the values we place on different categories are learned from our parents, our peers, and the observations we make about how the world works. The imaginary boundaries that we have created

start with our home itself. We as individuals should now understand that this mode of division within one another would lead to hatred in a society where each individual, irrespective of any bracket, should not be categorized and should have equal treatment. Every individual should have acceptance for equality, which will be further processed in the next generation leading to a better world full of peace, and individual growth, and happiness. These boundaries not only affect others who face them but also somehow affect those who have built them. *(Imagine having a world without boundaries, militaries, and weapons. One can travel freely, stay wherever they wish, and cherish God's gifted planet.)*

As change always starts from within, it is now our duty towards us and society to not encourage such boundaries and to truly accept one another with an open mind. Only then would the world be a better place to live, and unity would build enthusiasm, making the atmosphere empowering. Once we as individuals change our mind-set about these irrelevant boundaries, it will gradually impact everything from home to society to community to town to state to country to the world.

Mr. Anthony Nadar
Assistant Lecturer

WRONG TODAY, RIGHT FOR LIFE

"Learning is unstoppable, regardless of when you begin."

Do you recall the gigantic thing you did a few days, months, or years ago? Most likely, it must have provided a valuable lesson for life. Maybe you were given a large duty for the first time and were unable to do it satisfactorily, making you feel horrible about your performance. But there was also the realization that sure, there are spots where you went wrong, and these are the areas where you need to concentrate on and develop yourself. Every day concludes with teaching us all one or more lessons. Someday finish with a peaceful grin on our faces, while others might leave us with tear-filled eyes. Just like how we have sunshine, we too have our blues. But regardless of how it ends, it undeniably gives either a smile for tomorrow or hope for the future.

"Allow yourself to go and do it wrong. Don't expect to always get it right. It will prevent you from doing anything."

The surprising element is that we occasionally fall short in areas where we believe we are experts. This could happen for varied reasons. It is possible that you may have been occupied with different things the days before, which is why you weren't able to perform as effectively as you usually can. And this is absolutely OKAY! You just need a break to replenish your passion and energy.

People are often afraid, and therefore they limit themselves and avoid participating in most activities. Peer pressure and performance pressure have a significant impact on their anxiety about not performing well. No one can stop you from reaching the vast heights on the horizon of success if you learn from your mistakes. Try harder and eventually, everything falls in place. As aptly said...

Accept Your Mistakes, learn from It and Don't Repeat It!

The world will naturally advance towards a better future, giving a burst of new sunshine and illuminating every single person of all age groups, when people learn to accept their mistakes, see it as a process of improvement and set their gaze in the light of the betterment. This will make it easier for today's youth to see a bright future.

As a result, never be afraid to make mistakes. Even if no one is teaching you the right way, mistakes are the best teachers. They will firmly stand by you; in fact, they will push you to proceed incorrectly. And believe me when I say that they will teach you in a way that no one else can. You'll be amazed to observe the after-effects of your job after making such mistakes. This is the single reason why one should never be terrified of going wrong, because only one mistake is capable of correcting all future mistakes in flawless ways.

As quoted by Neil Gaiman,

“If you're making mistakes it means you're out there doing something”

Ms. Farheen Khan
Assistant professor

TRAVEL – A SOURCE OF KNOWLEDGE AND PLEASURE



The busy life of towns, nowadays, is discouraging the practice of travelling. People, today, are indulged in some or other activity, from children in studies to the aged looking forward to retirement. But just as studies are necessary and appealing in a student's life, so is amusement in a person's life. Apart from this, travelling is also a boon as it is a great source of knowledge.

It is in human nature that we understand things better by visual experience rather than by reading about them.

“The world is a book and those who do not travel read only one page.”- St. Augustine

Travelling to different places provides immense happiness to people. It relieves us of our worries. We also get to learn about the different cultures and practices that exist in the world around us. We get to experience the natural beauty and the cultural heritage of that particular place. One can wax their knowledge by travelling. We can know about their place, cuisines and what not! You experience both, good and bad, when you are travelling. These experiences help us to mold ourselves into adaptable human beings. Travelling broadens your mind in so many ways. You meet new people, share your experiences, rather than being caught up in the repetitive routine at home. We get to see how the world lives.

Parents, instead of giving smartphones to young children should encourage them to go for educational and cultural tours. In today’s scenario, it has been observed that parents take tours of Mall on weekends. They themselves do window shopping and let children play in the gaming zone, again spending time with machines. When we were young, our parents used to take us to Hanging Garden, Juhu Chowpatty, Taraporewala Aquarium, Museum, Nehru Science Center and many more places. It is not necessary to visit other countries, 🇺🇸 our India, 🇮🇳 from the Kashmir to Kanyakumari and from west coast to seven sisters in east, is a great source of diverse knowledge.

I recently saw the film Bawaal, which is about a teacher, played by Varun Dhawan, who teaches World War II by visiting the locations himself, filming videos and posting on social media for the students. In the film, he does it to alter his image. Although it is nearly not possible in practical life but the moral of the story is travelling is tremendously enlightening. Schools and colleges can also furnish this requirement for students by taking them on tours annually. Each place has a unique historical importance. Knowledge thus obtained by visits has a personal touch. It lasts longer than the knowledge attained by books. Young boys and girls in western countries have a great passion for travelling.

Travelling should not be considered as a waste of time, but rather an essential part of one’s life. Travelling gives us memories to cherish throughout the journey of our life and the moments captured by digital media keep us alive in the memory of our near ones. 😊🕶️👁️

Meeting new people, expressing views on certain aspects with others, shapes us into better individuals. Hence, it is rightly said -

“Travel is the only thing you buy that makes you richer.”

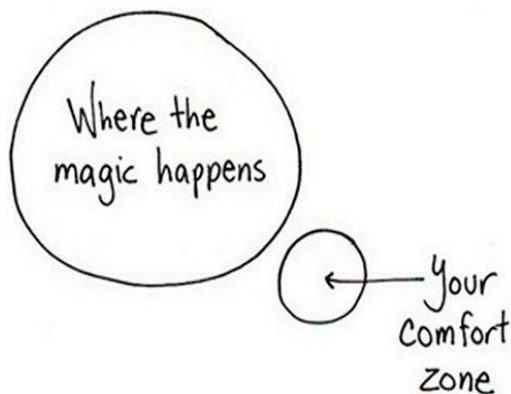
Reference – Brainly.in article

**Mrs. Hemangi Sawant
Assistant Lecturer**

FEAR- A PAPER TIGER

“Your comfort zone is a beautiful thing, but you will never grow there.” -Anonymous

Sometimes life puts you in an uncomfortable position, in a place where you feel you are not ready to be in, not strong enough to handle, and not emotionally prepared to work with. It pushes you beyond the limits that you had placed for yourself. Life puts you in circumstances that you feel unprepared for - and the reality is, no matter how long you wait, there are some circumstances that you can never be prepared for. There are some phases that you simply need to be pushed towards to mature and grow. Sometimes, you simply find yourself having to taste the bitterness of difficulty to gain the knowledge that your soul truly needs. In life, you will find yourself being pushed out of your comfort zone, tested against your own boundaries, and learning - sometimes through blessings and other times through lessons. Sometimes, to learn the best lessons and mature in the best way, you must be willing to accept the uncomfortable position life puts you in.



Remember the times when we were young? How reckless and unbothered we used to be! It did not matter what people thought of us. We were the “we”, we loved and wanted to be. Somebody's opinion of us would never affect us. We did what we liked and asked for what we wanted without overthinking. We were full of innocence. We possessed a nonchalant aura. Above all, we were FEARLESS, and this boldness was expressive. Things that we were most afraid of doing or were refrained from doing were the first thing we would do. Oh, but then we grew up!

We were exposed to the whims and fancies of the outside world along with the dark parts of it. Now that we are older, we bear grudges, so quickly get frustrated, and want to take hold of those things that are way beyond our control. We give up easily and, predominantly, we are scared! Scared of failure, scared of judgements, social pressure, missing out, taking new steps, starting new beginnings, trusting new people. In a nutshell, we are now scared of risking it, because of the mere thought of an erratic outcome. We dread taking a chance because we don't have the strength to go through pain. The “what if's” crawl in here. "What if everything goes wrong", "What if I lose all I have"?

My point here is, just because you lose once, you wouldn't dare to give yourself a second chance, give another try to your endeavour. For once, train your mind, put in the effort,

take the risk, and give in your all. Of course, it's natural to fear the unknown, but if you don't even try, is it even worth living? Our life revolves around risks. When you let even the slightest of fear take control of your actions and decisions, you might as well, in turn, end up risking 'losing a golden opportunity'. All those decisions you are scared to take, take them now; all those things you want to say, but you have just been rehearsing in your head, waiting for the right time; say them now. Better late than never. Accept the odds. Don't let a negative aftermath discourage you. I'm not saying everything will always turn out to be perfect. Perfection is an illusion. There'll be problems that come without a solution manual, but stay positive about the 50- 50 probability of the event and dare to risk it.

Problems come as a blessing in disguise. They help you grow. Don't let obstacles defeat you. Make discoveries, enhance yourself, explore yourself, and work on yourself. Everything happens for a reason. Stay positive and strong always! The COVID - 19 Pandemic has changed us to a great extent. It engaged us in finding something unique within ourselves and in the world. No matter how difficult and painful these times have been, it has taught us a lot, it made us go and grow through hardships. We've all come out immensely stronger. Try to look at the bright side of things. Nothing lasts forever, these tough times will come to an end soon.

As Jack Canfield rightly said -

“Everything you want is on the other side of fear.”

Reference: www.Linkedin.com

**Mrs. Jessel Kajar
Assistant Lecturer**

CONFUSED ABOUT YOUR CAREER?



Seventeen-year-old Kalpana is in two minds about whether to take up engineering as her parents suggest, or follow her heart and take up literature as she is about to embark on a new journey and enter her college life. Like Kalpana, many other college-going students are often left in two minds when it comes to pursuing the career of their choice.

Whether it's selecting a stream after the 10th examination, choosing which course to apply after 12th, or the appointment of candidates for a particular job role. Choosing a career is the most

important decision we have to make in our lives. Your whole life depends on how you start your career. Hence, you must do career planning before you take any decisions related to your career.

One moment your child aspires to be a singer, and the next moment he/she wants to be a teacher. It's not uncommon for children to have varying and wavering career interests. As a parent and a guiding force in their life, it may baffle you, and one must try to assist them to realize their natural abilities and pave a path towards success, self-actualization, and eventual happiness. As a parent, it is advisable to give your child's aspirations an empathetic hearing and make them choose the right career path. It is imperative that their choices are not trashed just because they are not in alignment with your own interests, career choices, unfulfilled ambitions, or because they sound outrageous to you.

However, not being fully sure about one's career direction can be a source of stress and manifest in neurological, psychological, and psychiatric symptoms.

It's important to remember that all of us are unique and born with certain potential and talents. This potential assists us in learning a task naturally, easily, and swiftly. Psychologists define this potential as aptitude. For example, some of us may be quick at making mathematical calculations, while others may have a natural flair for writing and be talented writers. All of this is reflected in our aptitudes. This brings us to the cardinal question of why understanding our aptitude and areas of strength is so important. To be successful in a profession, it is important to understand what our strengths and aptitudes are. We often ignore the power of our aptitudes. Sociologists have repeatedly emphasized the need to match one's aptitude with the right career path.

An aptitude test plays an important role in understanding a person's personality. When a person is aware of their strengths, they can make an informed decision. Students can gain the requisite skills based on the outcome of the aptitude assessment, which helps them succeed in their chosen career or profession.

Let's try to understand what aptitude tests are meant for and how they can help in choosing the right career path.

A psychometric test is a standardized assessment that measures an individual's cognitive abilities, personality traits, emotional intelligence, and other personal characteristics. These tests are designed to provide objective and quantifiable information about an individual that can be used for various purposes, such as career development, talent management, and educational planning.

A student's potential and intelligence are the key driving indicators in an aptitude assessment. Identifying one's strengths and career goals is undoubtedly the first step towards success. The right aptitude assessment can help one understand their competency, knowledge, and skill sets and steer them towards the most suitable career path.

Types of aptitude

Some of the most common aptitude types are logical aptitude, spatial aptitude, organizational aptitude, physical aptitude, mechanical aptitude, science, technology, engineering, and math (STEM) aptitude, and linguistic aptitude. Aptitude assessments are usually done via an online platform and are a great way to understand one's hidden potential and innate abilities.

How can we differentiate aptitudes from interests?

There are a few key differences between aptitudes and interests. Aptitudes can be defined as a person's innate ability to perform specific tasks and excel in them, while interests come from someone's level of knowledge and experience. Knowing and highlighting your aptitudes when applying for jobs can help your child excel in life.

Aptitude assessment results often help students understand and make subject choices in relation to their special abilities as well as explore career pathways related specifically to areas linked to their aptitude.

Choosing the right career path is one of the most crucial decisions in life, and has got to do much more than just make a living. The importance of selecting the right career path cannot be undermined. Some people know from the start which career path to take, while most of us are not always steered in the right direction. The best way to make sure that your child's career is headed in the right direction is to make a well-thought-out decision.

Reference: <https://www.highereducationdigest.com/why-are-aptitude-tests-important-for-children-before-choosing-a-career/>

Mrs. Joyce Barboze
Assistant Lecturer

WILDLIFE CONSERVATION

Wildlife conservation is an important topic that we should all be aware of. If we want to continue to have healthy ecosystems and wildlife populations, we need to take measures to conserve them. In this article, we will explore some of the key ways that you can help conserve wildlife, from donating money to supporting eco-friendly products. By reading this article, you'll be on your way to being a responsible conservationist.

What is Conservation of Wildlife?

The conservation of wildlife is the practice of protecting animals and their habitats from deforestation, poaching, and other forms of destruction. The goal of conservation is to maintain balance in the natural world by preserving biodiversity.

There are many different ways that conservationists try to protect wildlife. One way is to stop poachers from killing animals for their skins or meat. Conservationists also try to create protected areas where animals can live without fear of being harmed. Finally, conservationists work to educate people about the importance of conserving wildlife so that they will not harm it in the future.

TYPES OF CONSERVATION OF WILDLIFE

There are a variety of ways to conserve wildlife, and each has its own benefits and drawbacks. One common conservation method is to manage the population of an animal by using contraception or abortion. This is often done in cases where the population of a certain animal is becoming too large, as it can have negative effects on both the animal's survival and the environment.

Another type of conservation is habitat preservation. This involves protecting specific areas of land from development so that they can be used by animals in the future. Habitat preservation can be done through zoning laws, restrictions on building projects, or buying up land and turning it into a park or nature reserve.

Finally, there is captive breeding. Captive breeding is when scientists try to bring back extinct species or protect endangered animals from extinction by breeding them in captivity. It can be expensive and difficult, but it is one way to ensure that these animals will continue to exist in the future.

What can I do to help conserve wildlife?

Conservation of wildlife is important for a number of reasons, not the least of which is that it protects endangered and vulnerable populations from extinction. There are many things individuals can do to help conserve wildlife, from recycling and composting to reducing energy use. Some common conservation practices include:

- 1. Recycling and composting:** One way to help reduce waste is to recycle and compost materials. By doing this, you not only reduce the amount of material going into landfills, but you also help preserve hazardous materials that could harm wildlife if released into the environment.
- 2. Driving less:** Driving is one of the biggest contributors to air pollution, which has adverse effects on both humans and wildlife. It's important to try to drive less if possible, even if that means using public transportation or walking instead.
- 3. Planting trees:** Trees provide shade and shelter for animals, help reduce storm water runoff, and absorb carbon dioxide emissions. Planting trees can also create jobs in rural areas and contribute significantly to environmental preservation efforts overall.

The Importance of Conservation

Wildlife conservation is vitally important for the preservation of the environment and the species that inhabit it. The world's wildlife populations are estimated to have decreased by 50% since human populations began to grow, and this trend continues to increase unless conservation action is taken.

There are many ways in which people can help conserve wildlife. One way is through responsible hunting and fishing. Wildlife populations need to be sustainably managed so that they do not become overpopulated or depleted, which can lead to extinction. These techniques include setting limits on how many animals a hunter or fisherman can take, respecting animal rights, and using properly trained dogs or fish finders.

Another way people can help conserve wildlife is by planting trees. A healthy forest helps keep environmental pollutants out of the air and water, provides habitat for wildlife, and slows climate change. Planting trees also creates jobs in forestry, construction, landscaping, and other industries.

People can also help conserve wildlife by buying environmentally friendly products. For example, buying clothes made from natural fabrics rather than polyester will reduce the amount of energy needed to produce them, which conserves resources. Conserving resources also means reducing our dependence on oil and other fossil fuels, which has negative consequences for both the environment and our economy.

CONCLUSION:

Conservation of wildlife is critical not just for the survival of species but also for the ecosystem in which we live. By learning more about how to conserve wildlife and help preserve their habitats, we can ensure that future generations will have the same opportunities as we do to experience nature first hand. In this article, we explore some ways that you can become involved in conservation efforts and help protect our planet's creatures.

Mr.Vrushabh Khulatkar
Assistant Lecturer

READING FOR PLEASURE IN YOUNG READERS: **SHIFT FROM PAGE TO SCREEN**

Reading is an extremely important skill. Reading helps in the all-round development of a person from birth to death. It adds new sight to the eyes and new wisdom to the mind. A dumb person becomes a communicator and a lame climbs mountains of knowledge through reading. However, in the modern multimedia society, the radio, television, cell phones, computers, and the Internet have captured a large slice of time and reading has taken a back seat. All these gadgets have started replacing traditional books. Children, youth and adults alike are more inclined towards new

technology for information, entertainment and pleasure. They read, but not from pages, they do it on screen. In addition to personal and mental developments, reading is critical for ensuring one's access to social, economic and civic life. Against the backdrop of the rapidly changing nature of life as well as the society, reading is considered to be crucial for people from all cross sections of life to successfully cope with the complexities and challenges of the 21st century.

Due to technological developments, reading habits are changing. In our society today, while technology is slowly taking a steady control over individual lives, the reading habit is going through a major shift. The proportion of young adults, especially students who read a printed books has decreased drastically. This is taken over by e-book reading and audio-book listening. In recent times, the emergence of digital technologies and various modes of social interaction have resulted in 'reading' facing several hurdles. Reading among young people is said to be on the decline because of their interest in social networking, gaming, music, and so on.

The impact of technology on pleasure reading is very crucial to youngsters. Technology plays a central role in young people's literacy development and reading choices. While we welcome the positive impact that technology has on bringing further reading opportunities to young people, it's crucial that reading in print is not cast aside. If computers have replaced the traditional literacy world, it is noteworthy that educators, publishers, writers, and software engineers might cooperate to create more interesting and economical online materials for students based on the knowledge of students' reading habits and reading behaviours. Today, computer technology is integrated into almost every aspect of learning in higher education: textbooks arrive with CD-ROMs; homework is delivered and graded on the World Wide Web (WWW); and assignments are designed to be completed collaboratively through electronic mail. In fact, "the Internet becomes an important part of college students' lives, not only for their studies and daily routines but as a tool for getting to know other people and the rest of the world".

There is a certain benefit analysis between e-reading and print reading. Some of the major parameters that influence the reader's choice of medium can be discussed as:

- **The audio-visual medium also saves time:** People think that reading books consumes more time than referring to the computers. Computers seem to be more attractive to them than books.
- **Cost-effective:** The question of spending money on books is overruled by the thought that everything is available on a computer. People prefer to spend money on something else than spending on books.
- **Interactive nature:** The contents and programs on the internet and TV are more attractive than sitting in a corner and reading a book.
- **Lack of free me- time to spend with books in a corner:** With the modern lifestyle, visiting places and other recreations or hobbies occupy most of our time.
- Higher access to mobile phones, computers, and tablet devices now means that reading is an activity more likely to be on screen than on the printed page.

- **Casual and callous attitude towards reading:** Today's youngsters have a thousand reasons for avoiding reading books or literatures. People simply avoid it.
- **The discomfort of handling physical books:** There are risks of losing books while carrying them. Moreover, why carry a burden unnecessarily when there is a laptop available?

Conclusion: The impact of technology on pleasure reading is very crucial to youngsters. Technology plays a central role in young people's literacy development and reading choices. While we welcome the positive impact that technology has on bringing further reading opportunities to young people, it's crucial that reading in print is not cast aside. If computers have replaced the traditional literacy world, it is noteworthy that educators, publishers, writers, and software engineers might cooperate to create more interesting and economical online materials for students based on the knowledge of students' reading habits and reading behaviors.

References:

*Oza, Preeti. (2019). **Visual Media: Young Readers' Pleasure Shift from Page to Screen**

*Chou, C. & Hsiao, M.C., 'Internet Addiction, Usage, Gratification, and Pleasure Experience: The Taiwan College Students' Case. *Computers & Education*, 2000

*Dillon, A., 'Reading from Paper versus Screens: A Critical Review of the Empirical Literature', *Ergonomics*, 1992.

**Mrs. Stevina D'cunha
Librarian**

RAMESHBABU PRAGGNANANDHAA: THE INDIAN CHESS GRANDMASTER



Rameshbabu Praggnanandhaa was born in Chennai on August 10, 2005. Praggnanandhaa is currently 18 years old. At a very early age, Praggnanandhaa developed an interest in chess after watching his sister play it. Praggnanandhaa earned the title of FIDE Master (FM) in 2013 when he won the World Youth Chess Championship Under-8. In 2015, Praggnanandhaa won the Under-10

title. The next year, he gained the title of the youngest international master. Praggnanandhaa became the fifth youngest person to earn the prestigious title of Grandmaster.

R. Praggnanandhaa Family

The family of Grandmaster Praggnanandhaa includes his mother, father, and sister. Praggnanandhaa's mother's name is Nagalakshmi. During his early tournaments, Praggnanandhaa was often accompanied by his mother. Praggnanandhaa's father is Rameshbabu, who works as a branch manager at TNSC Bank. Praggnanandhaa's father and mother supported him and his sister and encouraged them to pursue a career in chess. His sister, Vaishali, is also a well-known chess player who holds the IM and Woman Grandmaster titles. According to Praggnanandhaa's family, he was introduced to chess by watching Vaishali. When Praggnanandhaa's sister was young, she used to watch television for hours. Her parents were worried that it would negatively affect her education. Therefore, they thought that introducing her to a hobby would keep her from watching television too much. Vaishali liked chess and began playing it. Watching his sister enjoy and play chess, Praggnanandhaa also took a keen interest in chess. Since then, both siblings have been playing chess and performing significantly well.

Throughout his chess career, Praggnanandhaa participated in and won many tournaments. In the beginning, Praggnanandhaa participated in local championships. After gaining a bit of experience and performing well, Praggnanandhaa started participating in international tournaments and gained a name from them. He became the youngest player to defeat world champion Magnus Carlsen on 22nd February 2022, when he was just 16 years old. In 2023, Praggnanandhaa became the youngest Indian player to reach the Chess World Cup finals. In addition, he became the second Indian player after Viswanathan Anand to reach the finals of the Chess World Cup.

R. Praggnanandhaa Education

In 2022, R. Praggnanandhaa was studying at Velammal Main Campus. Praggnanandhaa recently turned 18. According to Praggnanandhaa's father, he is good at studies, but his main focus remains on chess. R. B. Ramesh is the coach of Praggnanandhaa. Praggnanandhaa also participates in the weekly chess camps organized by Ramesh. To enhance his chess skills, Praggnanandhaa watches chess tournaments online. Praggnanandhaa watches the matches of prominent chess players around the world and learns from these matches. Pragg's performance has been widely celebrated across India. Indian Prime Minister Narendra Modi congratulated him on his "remarkable" performance and for putting up a "tough fight". His achievements have bolstered his reputation in the field and inspired many young Indians to take up chess as a career.

Reference:

<https://bsexam.org/r-praggnanandhaa-biography/>

Mrs. Vanessa Pereira
Assistant Lecturer

FASCINATING NUMBER 09

The number 9 holds a fascinating array of intriguing and unexpected properties. Whether you're a fan of mathematics or simply enjoy uncovering hidden gems of knowledge, exploring fun facts about the number 9 will surely captivate your curiosity.

Here are some interesting facts about the number 9:

1) Multiplying any number by 9:

When any natural number is multiplied by nine, if the individual digits in the resulting product are added, they will always total nine as long as you keep summing the digits produced at each step until you get a one-digit number. That will always be nine.

Examples:

- $6 \times 9 = 54 = 5 + 4 = 9$
- $21 \times 9 = 189 = 1 + 8 + 9 = 18 = 1 + 8 = 9$
- $167 \times 9 = 1503 = 1 + 5 + 0 + 3 = 9$
- $5435 \times 9 = 48915 = 4 + 8 + 9 + 1 + 5 = 27 = 2 + 7 = 9$

2) Dividing any number by 9:

Any digit that is not divisible 9, after dividing by 9 will always give us the same digit repeated to infinity after the decimal point, Examples:

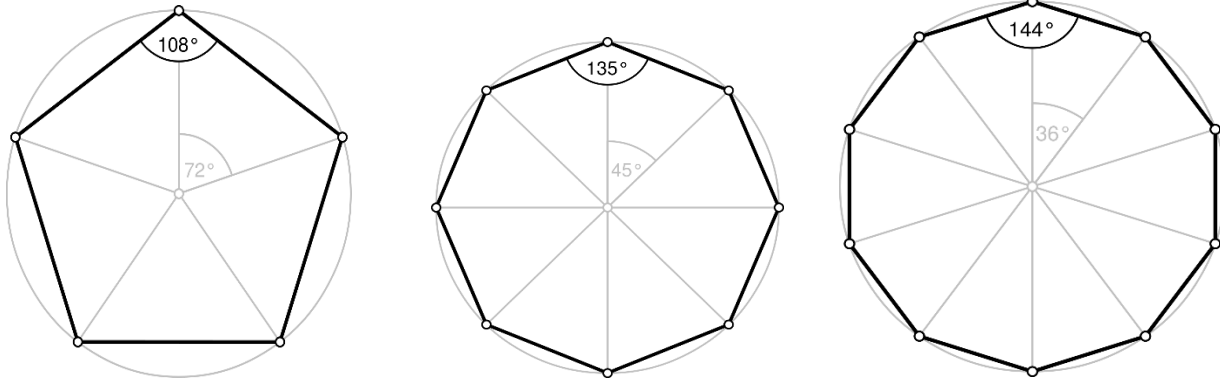
- $6 / 9 = 0.66666$
- $21 / 9 = 2.33333$
- $167 / 9 = 18.55555$
- $5435 / 9 = 603.88888$

3) In a circle:

- The circle. It has 360° ($3 + 6 + 0 = 9$)
- The circle is cut into half. Each half is 180° ($1 + 8 + 0 = 9$)

- The circle is cut into quarters. Each quarter is 90° ($9 + 0 = 9$)
- The circle is cut into 8 pieces. Each part is 45° ($4 + 5 + 0 = 9$)
- The circle is cut into 16 pieces. Each part is 22.5° ($2 + 2 + 5 = 9$)
- The circle is cut into 32 pieces. Each part is 11.25° ($1 + 1 + 2 + 5 = 9$)

4) In some regular polygons:



From left to right:

- Regular Pentagon:

$$\text{Angles at the corners} = 108^\circ = 1 + 0 + 8 = 9$$

$$\text{Angles formed at the center} = 72^\circ = 7 + 2 = 9$$

- Octagon:

$$\text{Angles at the corners} = 135^\circ = 1 + 3 + 5 = 9$$

$$\text{Angles formed at the center} = 45^\circ = 4 + 5 = 9$$

- Decagon:

$$\text{Angles at the corners} = 144^\circ = 1 + 4 + 4 = 9$$

$$\text{Angles formed at the center} = 36^\circ = 3 + 6 = 9$$

(Reference: <https://www.cantorsparadise.com/13-fascinating-numbers-around-us-when-beauty-meets-math-3fa7d3a22126>)

Ms. Shraddha D. Mankekar
Assistant Lecturer

TEXT NECK SYNDROME



What Is Text Neck Syndrome?

Phones have become a part of people's day-to-day lives. Our phone is almost always within our reach. However, these little devices that we spend so much time on can cause neck pain the more they are used. It occurs when your neck muscles strain to hold your head up as you look down at your phone. Your muscles can become tired and sore the longer you hold your head in this position. If you feel tension or soreness in your neck, you may have textural neck syndrome.

Text Neck Symptoms: A variety of conditions can cause neck pain, so you may not think looking down at your phone is the issue. However, this seemingly innocuous act of looking down can cause many symptoms. Beyond neck pain and stiffness, you may also experience headaches, neck spasms, and back pain. You may also notice numbness or tingling feeling in your neck. If your condition causes a pinched nerve, you may experience weakness or pain extending down to your arms.

Text Neck Treatment

- Once you've noticed signs of text neck, taking the right steps to treat the problem is important. Early diagnosis and treatment are essential for resolving neck pain caused by text neck.
- Proper posture while looking at your phone or laptop can help heal your neck. Putting your phone at eye level and keeping your spine in a neutral, upward position can lead to improvements.
- You may think sitting up straight with a rigid back is the right posture, but this can be counterproductive because of the strain placed on your spine.
- When you are working at your desk, the right posture is sitting in a chair reclined about 25 to 30 degrees. Make sure you have good lumbar support and that your neck is relaxed rather than upright.
- Sitting back like this reduces stress on your neck muscles and spine and helps your body relax while you work.
- Changing positions when texting or reading on your phone can help reduce pain further. Try lying on your back to release some pressure on your neck. This position gives your neck a chance to rest.
- Other methods of text neck treatment and prevention include:
 1. Taking breaks from technology use
 2. Arching your neck and upper back occasionally

3. Focus on exercising your back muscles.
4. Making your neck more flexible
5. Text Neck Exercises like Padahastasana, Bow Pose, Cat-Cow, and Downward-Facing Dog can be practiced at home.

Reference: www.Physio-Pedia.com

Mrs. Unnati Churi
Assistant Lecturer

ASIAN GAMES 2023:INDIA'S RECORDS IN HANGZHOU AT A GLANCE

Indian athletes achieved unprecedented success at the 19th Asian Games. Know national, Games and world records broken by India in Hangzhou 2023. With an unprecedented haul of 107 medals that included 28 gold, 38 silvers and 41 bronze medals, India set a new benchmark for themselves at the Asian Games 2023 in Hangzhou, the People's Republic of China.

It was the first time in Asian Games history that India's medals tally crossed the three-figure mark. By doing so, they became the only fourth country after China, Japan and the Republic of Korea to win 100 or more medals in a single edition of the Asian Games.

India sent 655 athletes to compete in 41 disciplines at the Asian Games 2023 held from September 19 to October 8. It was India's largest representation at the Asian Games in the 19 editions held so far.

Shooting:

Indian shooters won seven gold medals and accounted for the most gold medals for the country at Hangzhou 2023. Four of the seven gold medals for India in shooting at the Asian Games 2023 came with world records.

The Indian men's 10m air rifle team of former world champion Rudrankksh Patil along with Olympians Aishwary Pratap Singh Tomar and Divyansh Singh Panwar struck gold in the 10m air rifle with a world record of 1893.7.

Manu Bhaker combined with Esha Singh and Rhythm Sangwan for gold in the 25m pistol with a world record of 1759 while Sift Kaur Samra smashed the world record in the women's 50m rifle 3 positions with a huge score of 469.6 points.

The 17-year-old Palak Gulia won the gold in the women's 10m air pistol with an Asian Games record of 242.1.

Athletics:

Athletics turned out to be the most productive sport for India at the Asian Games 2023 with a total of 29 medals - six gold, 14 silver and nine bronze. Athletics at the Asian Games 2023 saw Indian track and field stars rewrite three national records.

Vithya Ramraj equalled the legendary PT Usha's national record in the women's 400m hurdles after almost four decades. She topped the heats but settled for bronze in the final.

Vithya Ramraj was also part of the mixed 4x400m relay team that included Muhammad Ajmal, Rajesh Ramesh and Subha Venkatesan. The Indian quarter won the silver medal.

In the men's decathlon, Tejaswin Shankar won silver with 7666 points to reset a 12-year-old national record.

Avinash Sable, meanwhile, set an Asian Games record in men's 3000m steeplechase for gold. Parul Chaudhary in the women's 5000m race and Annu Rani in the women's javelin throw also claimed significant milestones for India in athletics. It was the first time that India topped the podium in these three events at the Asian Games.

Swimming:

Though Indian swimmers did not win any medals, they reset six national records in swimming at the Asian Games 2023.

Five national swimming records were broken in relay competitions while one came through Olympian Srihari Nataraj in the individual in the men's 200m freestyle.

Cycling:

In cycling, the Indian men's sprint team of Yanglem Rojit Singh, David Beckham Elkatochoongo, Ronaldo Singh Laitonjam and Esow Alben clocked 44.609 for a national record but could not make it to the medal rounds.

Archery:

India eclipsed past achievements in archery as well. Indian archers, led by Jyothi Surekha Vennam and Ojas Pravin Deotale, won nine medals in archery at the Asian Games 2023.

The nine medals won by Indian archers included five golds. India's previous best was one gold, one silver and one bronze from Incheon 2014. In fact, India had won only 10 medals in archery in the previous 18 editions of the Asian Games.

Aditi Gopichand Swami broke the Asian Games record twice in the women's compound archery competition which was equalled by Jyothi Surekha Vennam later in the competition.

Badminton:

The men's doubles pair of Chirag Shetty and Satwiksairaj Rankireddy claimed India's maiden gold medal in badminton. The men's and women's Indian cricket teams also won their first gold medals in the Asian Games on their tournament debuts.

Skating:

Meanwhile, Sanjana Bathula became the youngest Indian to win a medal at the Asian Games after she won the bronze in the women's speed skating 3000m relay event. She was 15 years, three months and 11 days old when she won the medal. Jaggy Shivdasani became the oldest Indian to win an Asian Games medal at 65 years, seven months and 20 days. He was part of the men's bridge team that won the silver medal in Hangzhou.

Mrs. Sheetal Vartak
Assistant Lecturer

ADVANTAGES AND DISADVANTAGES OF MOBILE PHONES

What are Mobile Games?

Mobile games are video games that are designed to be played on mobile devices such as smartphones and tablets. These games can be downloaded from app stores and can be played anytime, anywhere.

Advantages of Mobile Games

1. **Convenience:** Mobile games can be played anywhere and at any time, providing entertainment and fun whenever you need it.
2. **Variety:** Mobile games offer a wide range of options, from simple puzzles to complex strategy games, allowing you to find the perfect game to suit your interests.
3. **Affordability:** Mobile games are often less expensive than traditional console games, making them a cost-effective form of entertainment.
4. **Social Connection:** Mobile games can be played with friends and family, providing a fun way to connect and bond with loved ones.
5. **Brain Training:** Mobile games can help improve cognitive skills such as memory, focus, and problem-solving, making them a great way to stay sharp and mentally fit.

Disadvantages of Mobile Games

1. **Addiction:** Mobile games can be highly addictive, leading to excessive screen time and neglecting other important activities.
2. **Cost:** While some mobile games are free, many offer in-app purchases that can add up and become expensive.

3. **Distraction:** Mobile games can be a major distraction, taking your attention away from other important tasks and responsibilities.
4. **Cyberbullying:** Some mobile games have chat features that can be used for cyberbullying, exposing young players to harmful behavior and negative social interactions.
5. **Decreased Physical Activity:** Spending excessive time playing mobile games can lead to decreased physical activity, impacting physical health and wellbeing.

Reference:

<https://aspiringyouths.com/advantages-disadvantages/mobile-games/>

Mrs Melvina Lopes
Assistant Lecturer

महिला - सबळीकरण ते बळीकरण

महिला सबळीकरण म्हणजे तरी काय? खरंच हे आवश्यक आहे का ? महिला ... आई, बहीण, पत्नी आणि मुलगी या भूमिका बजावताना कधीही स्वतःचा विचार करत नाही आणि संपूर्ण कुटुंब जबाबदारीने सांभाळते ती आजची स्त्री.... तिला सबळ करण्याची खरच गरज आहे का? मुळात स्त्री अबला नाहीच. जिजाबाई, झाशीची राणी, अहिल्याबाई होळकर , किरण बेदी यांसारखी कितीतरी नावे आहेत ... ज्या स्त्रियांनी दाखवून दिले आहे की त्या किती कर्तृत्ववान आहेत. एक युक्ती स्त्री च्या बाबतीत खरीच म्हणावी लागेल " ती वार नाही तलवार आहे.... ती शमशेरीची धार आहे"....

भारत हा नवदुर्गेची पूजा करणाऱ्या संस्कृतीतील स्त्री शक्तीचा देश आहे. प्रत्येक यशस्वी पुरुषाच्या मागे स्त्रीचा हात असतो किंबहुना स्त्री समाज घडवते. महापुरुष स्त्री मुळे घडवले गेले आहेत. सावित्रीबाई फुले, मदर तेरेसा, कल्पना चावला, पी.टी.उषा अशा कित्येक स्त्रियांनी या देशात नावलौकिक मिळविला आहे. मुळातच महिलांमध्ये निसर्गाकडून काही देणग्या पुरुषांपेक्षा जास्त दिल्या आहेत. स्त्रियांमध्ये सहनशीलता, नाविन्यता, सौंदर्याची जाणीव, बचतवृत्ती, संघप्रेरणा, स्मरणशक्ती हे गुण निसर्गतः जास्त आहेत. निसर्गाने निर्मितीचा अधिकार स्त्रियांना दिला आहे. स्त्री मुळात सबलाच आहे... मग स्त्रीचे बळीकरण??? हा प्रश्न आज सामाजिक समस्येचा का व्हावा? स्त्री स्वतः यात अडकून पडली आहे. आजही ती पिता, भाऊ, पती, पुत्र यांच्या आदेशाने आपले आयुष्य काढते आणि इथेच स्त्रीच्या बळीकरण्याच्या प्रक्रियेला आरंभ होतो. महात्मा फुले यांनी 'स्त्रियांना शिकविण्याशिवाय समाजाची प्रगती होणे नाही' हे जाणले आणि आज स्त्री अबला नाही हे सिद्ध केले आहे.सर्व क्षेत्रात ती पारंगत आहे परंतु बळीकरणाच्या घटना घडतात त्या तिला मिळालेल्या वातावरणामुळे! मानसिक दृष्ट्या कुठेतरी स्त्री अपरिपक्व वाटते व तिथेच तिचं बळीकरण होते. यासाठी लहानपणापासून मुलगा-मुलगी हा भेद नष्ट होणे गरजेचे आहे. मुलीला देखील घराघरातून या देशाची "सक्षम नागरिक" म्हणून वागणूक मिळणे गरजेचे आहे. कारण शेवटी तोपर्यंत समाजाचे अस्तित्व आहे, जोपर्यंत स्त्रीचे अस्तित्व आहे हे लक्षात घेतले पाहिजे. मुलाला लहानपणीच संस्कारक्षम आणि संवेदनाक्षम बनविण्याचा प्रयत्न घराघरातून झाला तर मग अत्याचार,वाईट दृष्टी, स्त्रियांचा अनादर ह्या गोष्टी समाजातून पार हद्दपार होतील. सरते शेवटी स्त्री ही सबलाच आहे. फक्त स्त्री सर्वार्थाने ती अशक्यप्राय गोष्टी शक्य करू शकते ही जाणीव होणे गरजेचे आहे. मग अशी धडाडी, जिद्दी, हुशार, कर्तृत्ववान स्त्रीच बळीकरण न होता समाजातील अनिष्ट आणि वाईट, अत्याचारी विचारांचे "बळीकरण"

करण्यास समर्थ ठरेल याच शंका नाही. आपणावर अन्याय झाल्यानंतर घर सोडून हजारो अनाथ मुलांची आई होणाऱ्या सिंधुताई सपकाळ यांना अबला कोण म्हणेल?

म्हणूनच म्हणूया बाईपण भारी देवा!!!

डॉ. धृवाली धीरज वर्तक

सहाय्यक प्राध्यापिका

शोध सुखाचा

आयुष्य म्हणजे भिंतीवरील फळा. फळ्यावरील मजकूर म्हणजे आपली सुखदुःखे, आपलं जीवनगाणं, तर कधी रडगाणं. जे आपलं आपणच लिहित असतो, पुसत असतो. लिहिणारा खडू म्हणजे आपण स्वतः. दिवसभरात स्वहस्ते लिहिलेला मजकूर पुसण्याचं इस्टरचं महत्तम कार्य करते ती रात्र. होय. मजकूर शक्य तितका पुसायचा असतो. मग तो सुखद असो वा दुःखद तो पुसल्याशिवाय नवा कसा आणि कुठे लिहिणार ? हे लिहिणं पुसणं म्हणजेच आपलं जीवनजगणं.

केवळ गोड, सुखद आठवणी आठवत बसलो की. ते सुखद क्षण हातून निसटल्याचे वैषम्य, शल्य मनाला सलत, बोचत राहते. त्याची चुटपुट, रुखरुख मनास पोखरते. आणि दुःखद आठवणी तर नित्य दुःखच देत असतात. मनाला कुरतडत राहतात. तात्पर्य आठवणी या बहुदा दुःखदायकच असतात. म्हणूनच भूतकाळातील कटू-गोड आठवणीत रमला, त्याचा कार्यभाग बुडाला. त्यामुळे स्मृती कोणत्याही असोत, त्यांना फार गोंजारायचं नसतं. त्यांच्यात रुतायचं नसतं. केवळ त्यांची जाण ठेवायची. रात्रीच्या पुसणीने, इस्टरने दिवसभरातील अनावश्यक गोष्टी जाणीवपूर्वक, सावधपणाने पुसून, नव्याला स्पेस करायचा. या लीहिण्या-पुसण्याच्या किंवा नजरेआड करण्याच्या प्रक्रियेकरिताच विधात्याने रात्रीच्या पडद्याची निर्मिती केली असावी. रात्रीच्या गर्भात, जगातील सर्व दुःखे पचवण्याची ताकद असते. रात्रीच्या झोपेने जसे आपण श्रीणभाव घालवून ताजेतवाने होतो, तसेच नवऊर्जेने नवउत्साहाने, नवचैतन्याने, नवविचार घेऊन, नव्या दिवसाचे स्वागत करण्यासाठी सज्ज व्हायचे असते.

नाटकाच्या मध्यंतरात जसा पडदा ओढला जातो. तद्वतच दोन दिवसातील पडदा म्हणजे रात्र. पडद्यामागे माणूस खरे जीवन जगतो तिथे सर्व वास्तव असते. काही एक बेगडी नसते. तिथे मोकळीक असते, स्वातंत्र्य असते, प्रायव्हसी असते. पडद्यामागे असतो तो खरा चेहरा. आयुष्याच्या रात्रीचा पडदा दूर होताच, दिवसा जगाला दिसतो तो मुखवटा, आणि केली जाणारी कृती म्हणजे काहीसा अभिनय. तो सगळाच खरा असतो असे नाही. अंतर्यामी आपण असंख्य वेदना, यातना दाबून, लपवून, पचवून चेहऱ्यावर उसना आव आणत असतो. अश्रू गिळून

चेहेऱ्यावर हसू ओढत असतो. ज्याला हा अभिनय जितका सकस आणि सहज जमतो, तितका त्याचा जीवनपट रंगतो.

रात्रीच्या उदरात उदयाचा उषःकाल दडलेला असतो. प्रत्येक उषःकाल नवचैतन्य, नवं तेज, नवी उर्मी, नवी प्रेरणा, नवकल्पना, नवा आत्मविश्वास घेऊन येत असतो. म्हणूनच उगवणाऱ्या प्रत्येक नव्या दिवसाचे स्वागत कालच्याहून अधिक उत्साहाने, जोमाने, निर्धाराने करायचे असते. आयुष्यातील कोणताही क्षण, वेळ-काळ, दिवस किंवा रात्र वाईट नसते. आपण त्यांचं स्वागत कसे करतो, त्याकडे कसे पाहतो, ते कसे जगतो, त्याचा विनियोग कसा करतो, याच सकारात्मकतेवर जीवनातील वेळकाळाचे महत्व ठरत असते. प्रत्येक बऱ्या-वाईट, सुखद दुःखद घटनेकडे प्रसंगांकडे आपण एक धडा म्हणून पाहू लागलो, एक अनुभव म्हणून पाहू लागलो, समजून उदारतेने स्वीकारू लागलो की कोणतीही घटना, प्रसंग अनाठायी, परिहार्य, अनाहूत, अनावश्यक वाटत नाही तर तो जीवनाचा एक भाग वाटू लागतो. सुखद घटनांचे स्वागत कसेही केलेले एकवेळ चालेल, अर्थात तेथेही संयतता, संयम, सजगता हवीच. परंतु दुःखाच्या प्रसंगी खरी कसोटी लागते. आपत्ती आणि कटू प्रसंगात जास्तीतजास्त शांत, स्थितप्रज्ञ, सजग राहावं लागतं. शोकात, दुःखात, क्रोधात असताना कोणताही वेगळा, नवा विचार करणे, वक्तव्य करणे, निर्णय घेणे, कृती करणे टाळायचे असते. मेंदूर नियंत्रण नसताना घेतलेले निर्णय चुकीचे नुकसानकारक ठरू शकतात नव्या समस्यांना आमंत्रण देतात.

माणूस दुःखी का होतो तर तो स्वतःकडून, इतरांकडून, निसर्गाकडून अवाजवी, वारेमाप अपेक्षा ठेवतो. ज्या फलद्रूप न झाल्याने त्याचा भ्रमनिरास होतो. काही वेळा आपण सुखाला जाणायला, परखायला, त्याची व्याख्या करायला चुकतो. सुख आपल्या अवतीभवती पिंगा घालते आणि आपण त्याच्या शोधात त्यामागे धावत असतो. त्यामुळे शाश्वत सुखाला पारखे होतो. सुखाचा मंत्र एकच दुःख ही सुखाची प्रथम पायरी किंवा सुरुवात व अविभाज्य भाग मानायचा आणि प्रत्येक दुःखात दडलेल्या सुखाचा डोळसपणे, जाणतेपणाने शोध घ्यायचा, अनुभव घ्यायचा, आस्वाद घ्यायचा.

सौ. जिज्ञासा संदेश जाधव

सहाय्यक शिक्षिका

सोशल मिडिया सुविधा कि व्यसन ?

सोशल मिडीया म्हटले म्हणजे आपल्यासमोर प्रामुख्याने येते ते फेसबुक वॉट्सअप आणि ट्विटर आजच्या धकाधकीच्या जीवनात सोशल मिडीया आणि आपले नाते अधिकच भक्कम होत चालले आहे. जशा प्रत्येक नाण्याला दोन बाजू असतात त्याचप्रमाणे आपले दृष्टिकोनही दोन प्रकारचे असतात आपण जर सकारात्मक दृष्टिकोनातून सोशल मिडीयाला बघितले तर आपल्याला ती सुविधा म्हणून जाणवेल परंतु हीच सोशल मिडीया नकारात्मक दृष्टिकोनातून बघितली तर आपणास ती व्यसन म्हणून जाणवेल यामध्ये आपला दृष्टिकोन महत्वाचा आहे. आपल्या दैनंदिन जीवनात आपण सोशल मिडीयाचा भरपूर वापर करतो. परंतु या वापरावर काही बंधने आपण स्वतःहून घातलली पाहीजेत. दोन ते तीन वर्षापूर्वी आपण फेसबुकचा आणि इतर सोशल मिडीयाचा वापर परदेशातील स्नेही आणि मित्रपरिवाराशी चॅट (बोलण्यासाठी) करायचो, परंतु आज आपण आपल्या जवळच्या माणसाची सुद्धा प्रत्येक्षात न भेटता फेसबुक आणि वॉट्सअप वर भेटतो आणि बोलतो. नकळत आपली कधी आपल्या मित्राशी नातेवाईकांशी भेट झाली को जाता- जाता आपण विचारतो फेसबुक वापरतो का वॉट्सअप चालू आहे का आणि मग बोलतो भेटूया फेसबुक वॉट्सअप वर माणूस या सोशल मिडीयाच्या जगात माणुसकी विसरत चालला आहे. आपण दिवसातून किती तास असतो हे स्वतः बघितले तर कळेल की आपण त्यांच्या अहारी गेलो आहेत. नेट पॅक संपल्यानंतर आपण सहा तासही सोशल मिडीयाशिवाय राहू शकत नाही.

आजचा विद्यार्थी सुद्धा सोशल मिडीयाच्या आहारी गेला आहे. शालेय विद्यार्थी सुद्धा सोशल मिडीयाचा भरमसाठ वापर करीत आहेत. याचा नकारात्मक परिणाम त्यांच्या शालेय जीवनावर होत आहे. आज अनेक विद्यार्थी फेसबुकचा वापर करताना आपल्याला दिसतात. आज आपण जर सुविधेबाबत बघितले तर नक्कीच सोशल मिडीयाचा रोल फार चांगला ठरला आहे. सोशल मिडीया हे माहितीचे देवाणघेवाण करण्याचे ठिकाण बनले आहे. जगात कानाकोपऱ्यात काय घडत आहे अशा सर्व ताज्या घडामोडीचे सोशल मिडीयावर अपडेट मिळतात. आपणही आपले विचार आपली मत सोशल मिडीयाचा वापर करत सर्वासमोर मांडू शकतो व हे विचार सर्वत्र पसरवण्याची ताकद सोशल मिडीयामध्ये आहे. आपणास जर जीवनात चांगले व वाईट ज्ञान असेल तर आपण नक्कीच कोणत्याही गोष्टीचा चांगला उपयोग करून घेवू शकतो. सोशल मिडीयाचा चांगला उपयोग करून घेताना त्यांचा होणारा चुकीचा वापर आपण टाळला पाहिजे.

घ्या गरुडझेप

मित्रांनो गरुड हा त्याच्या बळासाठी, त्याच्या प्रभावी शिकार पद्धतीसाठी ओळखला जातो. मात्र त्याच्या त्याग, हाल-अपेष्टा यांबद्दल फारच थोड्या लोकांना माहिती असेल. आजच्या या लेखात आपण गरुड या पक्ष्याविषयी अशा काही गोष्टी जाणून घेणार आहोत कि, ज्या कदाचित आपल्याला माहितीही नसतील. तसेच आपण गरुडाच्या आयुष्यापासून काय प्रेरणा घेऊ शकतो, हेदेखील आपण आजच्या या लेखात बघणार आहोत.त्याला “पक्ष्यांचा राजा” [King of birds] असे म्हटले जाते. त्याची चोच इतकी धारदार असते की कोणत्याही वस्तूचे क्षणात दोन तुकडे. त्याची नजर इतकी तीक्ष्ण असते की, दुरूनही आपले सावज अगदी सहजपणे हेरता येईल. त्याच्या पंखात इतके बळ असते की, ढगांच्याही वर झेप घेण्याची क्षमता. त्याच्या पायांच्या नखामध्ये इतकी ताकद असते की, अगदी हरीण जरी असेल तरी अलगदपणे त्याला उचलून घेऊन जाईल.

सर्वसाधारणपणे गरुडाचे आयुष्य हे 70 ते 80 वर्ष असल्याचे मानले जाते. मात्र ज्यावेळी गरुड चाळीशीत प्रवेश करतो, त्यावेळी त्याचे पंख जे ढगांच्याही वर झेप घेण्याची क्षमता ठेवत होते, ते पंख झडायला सुरुवात होते. ज्या धारदार चोचीच्या बळावर कुठल्याही वस्तूचे क्षणार्धात दोन तुकडे करण्याची कुवत गरुड बाळगून असतो, ती चोच देखील बोथट होण्यास सुरुवात होते. ज्या नखामध्ये लांडग्यांसारखे प्राणी अलगदपणे उचलून आणण्याची क्षमता होती, ती नखं देखील आता झडायला सुरुवात होतात. यामुळे गरुडाला पहिल्यासारखी शिकार करता येत नाही. शिकार न करता आयते मेलेले जनावरं, पशु-पक्षी यांना आपले अन्न बनविल मग तो गरुड कसला? गरुड उपाशी राहतो, परंतु असे स्वतः शिकार न केलेले आयते अन्न तो ग्रहण करत नाही. मात्र जास्त दिवस अन्न न मिळाल्यामुळे तो थकतो. अगदीच केव्हाही प्राण जाईल, अशी त्याची अवस्था होते.

गरुड एके दिवशी आपली सर्व शक्ती पणाला लावून उंच उडत एका डोंगरावर जातो. ज्याठिकाणी कोणीही नाही, अशा ठिकाणी तो राहतो. सर्वात पहिले तो आपल्या बोथट चोचीने आपले झडत चाललेली पिसे उपटून टाकतो. त्याच चोचीने तो आपले नखं देखील उपटून टाकतो. हे करताना त्याला असह्य अशा वेदना होत असतात. मात्र तो हे सर्व सहन करतो. डोंगरावरील एका खडकावर तो आपली चोचदेखील आपटून आपटून तोडून टाकतो. रक्तबंबाळ अवस्थेत तो तसाच एकटा, असह्य त्या डोंगरावर ऋषितुल्य जीवन जगतो. याकाळात

त्याला शिकार करता येत नसल्याने त्याला उपाशी राहण्याशिवाय किंवा मिळेल ते खाण्याशिवाय दुसरा पर्यायच उपलब्ध नसतो.दिवसामागून दिवस गेल्यावर आता गरुडाला जुन्या चोचीच्या जागी नवीन चोच येऊ लागते की जी पहिल्या चोची पेक्षाही अधिक धारदार असते. स्वतः च्या चोचीने उपटून टाकलेल्या पंखांच्या जागी नवीन पंख येऊ लागतात, ज्यांच्यात आता ढगांच्याही वर अगदी सहजपणे झेप घेण्याची क्षमता आलेली असते. जुन्या झालेल्या नखांच्या जागी तीक्ष्ण व धारदार नखं परत पालवी फुटल्याप्रमाणे येतात. पुन्हा त्या नखात लांडग्याचीसुद्धा शिकार सहजतेने करण्याची क्षमता उत्पन्न होते.मग त्यावेळी गरुड आकाशात पुर्ण क्षमतेने झेप घेतो व ढगांच्याही वर भ्रमण करतो. यालाच आपल्या भाषेत “गरुडझेप” म्हणतात.

आता गरुडाच्या अंगी पहिल्यापेक्षाही अधिक बळ आलेले असते. आता तो आपल्या धारदार चोचीच्या बळावर कोणत्याही गोष्टीचे क्षणार्धात दोन तुकडे करू शकतो. आपल्या मजबूत पंखांच्या जोरावर तो अवकाशात झेप घेऊ शकतो. आपल्या धारदार नखांनी शिकारसुद्धा करू शकतो. हालअपेष्टा सहन करून त्याच्यात आता पूर्वीपेक्षाही अधिक बळ आलेले असते. आता तो सज्ज होतो नवीन शिकार अगदी सहजतेने करण्यासाठी...

आपण घ्यावा असा बोध/प्रेरणा

दैनंदिन जीवनात मार्गक्रमण करत असताना आपल्याला कधी कधी अशा प्रसंगांना सामोरे जावे लागते की ज्यामुळे आपण घाबरून जातो. अशा वेळी काय करावे हे आपल्याला समजत नाही. आपली देखील अवस्था तशीच होते जशी गरुडाची झालेली असते. ज्याप्रमाणे गरुडाचे पंख, चोच, नखं त्याला साथ देत नाहीत त्याचप्रमाणे आपल्याला आपले नशीब, आपले नातेवाईक, मित्र किंवा इतर व्यक्ती कठीण प्रसंगात साथ देत नाहीत. कधी कधी आपला प्रेमभंग होतो, कधी कधी आपल्याला एखाद्या परीक्षेत यश मिळत नाही किंवा आपल्याला आपल्या Business मध्ये तोटा होतो. मग अशावेळी आपल्याला असे वाटते कि, बस्स ! आता संपले सगळे.

मग अशावेळी काय करावे?

याच उत्तर अतिशय सोपे आहे. अशावेळी आपल्याला देखील गरुडाप्रमाणे “तपश्चर्या” करायची आहे. मात्र हि तपश्चर्या आपल्यामध्ये सुधारणा घडवून आणण्याची असेल. ज्याप्रमाणे गरुड आपल्यावर आलेल्या संकटाला अतिशय शांतपणे सामोरे जातो, त्याचप्रमाणे आपल्याला शांतपणे आलेल्या संकटांचा सामना करावयाचा आहे. यश निश्चितच एके दिवशी आपल्या पायाशी लोळण घेईल.

Ref: <https://www.netmarathi.com/2020/06/ghya-garudzephtml>

सौ. अनघा गोंधळी
कार्यालयीन कर्मचारी

आपले गड आपली जवाबदारी

छत्रपती शिवाजी महाराजांच्या पदस्पर्शाने
मराठी माती झाली पावन
गडकिल्ल्यांच्या सम्राटाला
करतो नमन....

असंख्य किल्ले, अनेक गड
मराठी मुलूखाची बातच न्यारी
चला करूया रक्षण इतिहासाचे
जपूया ही वैभव संपदा सारी....

महत्त्व जाणावे गडकिल्ल्यांचे
इतिहासावर नित्य करावा गर्व
ऐतिहासिक इमारती सांभाळून
सर्व मिळून आणूया नवे पर्व...

मराठी मातीचा लावून टिळा
जपून ठेवू अमूल्य ठेवा
समृद्ध परंपरा भारताची
गडकिल्ल्यांचा करू हेवा...

निसर्ग हाच आपला देव
निसर्गाकडे करूया प्रार्थना
गडकिल्ल्यांचे संवर्धन करून
पराक्रमी वीरांना देऊ मानवंदना...
छत्रपती शिवाजी महाराज की जय

गड..... गड हा शब्द उच्चारताच सर्वात पहिला आपल्या लक्षात येतात ते आपले
महाराज आपल्या छत्रपती शिवाजी महाराजांचे स्वराज्य आणि स्वराज्याचा इतिहास सांगणारे

गड किल्ल्यांसोबत महापराक्रमी वीर हर हर महादेवाची घोषणा ऐकून गड किल्ले ही देत असे रयतेला धीर ह्या थोडक्या शब्दांमध्ये इतका जीव आहे की महाराष्ट्रालाच काय सान्या जगाला अंगावर शहारा येईल. आपण इतके नशीबवान आहोत की आपल्याला या मातृभूमी मध्ये जन्माला आलो ज्यात छत्रपती शिवाजी महाराज यांचा सन्मान व जयजयकार होतो ज्यामध्ये आपल्याला त्यांच्या शौर्याची गाथा ऐकावयास मिळते त्यांचे गड पाहायला मिळतात व अनेक गोष्टी अनुभवायला मिळतात पण या नशिबाचा आपण अचूक वापर करतोय का?

महान राजा शिव छत्रपती यांनी स्वराज्याची निर्मिती केली त्यांच्या शौर्यामुळे आज देखील स्त्रियांचा मान व सन्मान टिकून आहे त्यांनी आपल्या महाराष्ट्राला खूप काही दिले आहे जसे की गड-किल्ले, शिकवण इत्यादी एवढं सर्व मिळून ही आपण या सर्वांचं संरक्षण करायला नको का ? आपल्या राज्यातील गड किल्ले हे खूप प्रसिद्ध आहेत म्हणून लाखो पर्यटक त्यांचा आनंद घेण्यासाठी येतात पण आनंद घेता घेता आपण किल्ल्यांची जबाबदारी घ्यायला नको का ? संरक्षण करायला नको का ? पुढच्या पिढीसाठी जपून ठेवायला नको का ? असे अनेक प्रश्न आपल्याला मनामध्ये येतात.

गड किल्ले फिरण्यासाठी लाखो संख्येमध्ये पर्यटक जातात परंतु तिकडे गेल्यावर परिसराचा आनंद न घेता फोटो काढतात, खाऊन पिऊन कचरा इकडे तिकडे टाकतात, गड प्रदूषित करतात, गडांच्या भिंतीवर स्वतःची नावे कोरतात, गड तोडण्याचा प्रयत्न करतात, एवढेच नव्हे तर धूमपान व मद्यपान करण्यासाठी येतात व त्याचा कचरा देखील गडावर फेकून जातात हे सर्व दुसरे काही नसून आपल्या राजांचा अपमान आहे. फक्त शिवजयंतीला राजांची आठवण काढून आपण त्यांचा आदर करतो परंतु हे एका दिवसासाठी का? जर सगळ्यांनी मिळून गड किल्ल्यांचे रक्षण केले तर फक्त 19 फेब्रुवारी नव्हे तर वर्षातील 365 दिवस शिवजयंती चांगली साजरी केली जाईल. प्रत्येक व्यक्तीने जर गड किल्ल्यांचे संरक्षण केले तर आपल्या पुढच्या पिढीला त्याचा अनुभव घेता येईल आपण गडावर प्रदूषण न पसरवता स्वच्छता राखली पाहिजे. आपल्या छत्रपती महाराजांचा सन्मान केला पाहिजे. आपल्याला समजले पाहिजे की आपले गड ही आपली जबाबदारी आहेत.

Ref: ब्लॉगर उमा पाटील

जय भवानी जय शिवराय

श्री. हर्षद जावळेकर
सहाय्यक प्राध्यापक

मनाची श्रीमंती

तसे पाहायला गेले तर 'श्रीमंती' या शब्दाची व्याख्या खूप मोठी आहे, वेदांमध्ये जी 'श्री' नावाची देवता आहे ती लक्ष्मीपेक्षा थोडी निराळी आहे. यामध्ये 'श्री' या संज्ञेत पैसा, यश, सौंदर्य, श्रेष्ठत्व, अधिकार, प्रतिष्ठा, उद्योगशीलता, सुस्वभावीपणा इत्यादी गोष्टी येतात. श्रीमंती म्हणजे फक्त पैसे नव्हे. पैसे कमवून जो श्रीमंत होतो "पैसेवाला"! आणि पैश्याबरोबर माणसं कमावतो, मान कमावतो, प्रतिष्ठा कमावतो तो खरा "श्रीमंत"! त्यामुळे श्रीमंतीमध्ये दोन अत्यंत वेगवेगळ्या संज्ञा आहेत.

माझ्या मते मुबलक पैसे कमविले म्हणजे माणूस श्रीमंत झाला असे नाही खरंतर फक्त पैसे कमविले कि तो पैसेवाला नक्कीच होतो. मात्र "श्रीमंत" होतोच असं नाही . कारण प्रत्येक श्रीमंत हा पैसेवाला असतो परंतु प्रत्येक पैसेवाला हा श्रीमंत असतोच असे नाही. कितीतरी श्रीमंत लोक असे आहेत की त्यांना पैशासोबत माणसाची कदर आहे आणि अनेक पैसेवाले असे आहेत की ज्यांना पैशाची अजिबात फिकीर नाही. बेफिकीरी, व्यसनाधीनता, उधळपट्टी, वागणुकीत अहंकार, बेशिस्त अशा गोष्टी अनेक पैसेवाल्यांकडे हमखास दिसतात आणि अमाप अस मुबलक पैसा आल्यावर त्या पैश्याला शिस्तीचं वळण न लावल्यामुळे तो पैसा घरात कुजत पडलेला असला तरी त्याचे खर्चाचे नियोजन नसल्याने ते पैसेवाले असूनही श्रीमंत नसतात. त्यांचा झगमगाट असतो पण त्या झगमगाटामागे दिखावा आणि माज हा हमखास असतो.

श्रीमंताला कधीच त्याच्या श्रीमंतीचा अहंकार नसतो. परंतु पैसेवाला मात्र "मी किती महागाचे कपडे घालतो, मोठमोठ्या हॉटेल्स मध्ये जेवतो!" हे सांगण्यामागे त्या ब्रॅण्डच्या कौतुकापेक्षा, मोठेपणा आणि अहंकार लपलेला असतो. त्याची हि खरेदी आणि बेफिकिरी घरातल्या इंटरिअरपासून अगदी लहान लहान गोष्टीत दिसते. पैसेवाल्यांकडे सुसंस्कृतपणा खूप कमी असतो. आपली मुलं नक्की काय शिकतायेत? यापेक्षा सगळ्यात मोठ्या स्कूलमध्ये घातलाय याचं खोटा कौतुक सांगत फिरतात. वाचन संस्कृती, अभ्यासूपणा विचारशीलता याचा पैसेवाल्यांकडे अभाव दिसतो. पण या उलट कित्येक श्रीमंत मंडळी हि खूपच वेगळी असतात. त्यांचे पाय हमखास जमिनीवर असतात. त्यापैकी कुणाला स्वच्छतेची आवड तर कुणाला नीटनेटके राहण्याची सवय. कुणाला पुस्तकांचं संग्रह करून त्याची सुबक लायब्ररी करण्याचा छंद तर कुणाला जुन्या पुराण्या मूर्ती आणि चित्र जमवायचा छंद. कुणाला समाजसेवेची आवड तर कुणाला शेती करण्याची हौस! काही श्रीमंत लोक तर कोट्याधीश लोकांकडच्या पार्ट्यांसोबत गरिबाकडच्या सत्यनारायणालाही आवर्जून जातात. त्यांच्या नजरेत कुठेही कसलाही भेदभाव नसतो. आपण

श्रीमंत पैसेवाले आहेत याबद्दल त्यांना किंचितही गर्व नसतो. ते पोकळ मोठेपणा तर कधीच बाळगत नाहीत.

मनानं आणि पैश्यानं श्रीमंत असणाऱ्या व्यक्ती स्वतः केलेल्या समाजसेवेचा कौतुक कधीच स्वतः करत बसत नाहीत. उत्तम मोजकं बोलणं, उत्तम दर्जाचा खाणं, भरपूर व्यायाम, सौंदर्याची आणि शरीराची निगा, मोजके पण सिलेक्टेटेड दागिने, अदबशीर बोलणं, वागणं..... म्हणजे वेदातल्या श्री या संकल्पनेला अनुरूप असलेला असं परिपूर्ण श्रीमंत व्यक्तिमत्त्व !

शेवटी महत्त्वाची बाब अशी की, भरपूर मेहनत करून, काबाडकष्ट करून, मिळेल तो उद्योग करून किंवा मग फसवणूक करून, बाप दादाच्या वारसहक्काच्या जमिनी विकून 'पैसेवाला' होता येणं कुणालाही सहज शक्य आहे. परंतु 'श्रीमंत' होण्यासाठी मन स्वच्छ आणि मोठं असाव लागतं! म्हणून श्रीमंत पैसेवाला असू शकतो मात्र पैसेवाला श्रीमंत असेलच असे नसते. कारण पैसेवालं असणं हे सगळ्यांच्या दृष्टीने जितकं हास्यास्पद आहे तितकाच श्रीमंत होणं कौतुकास्पद असतं!

लेखक,

- डॉ. शांताराम कारंडे

(यांच्या मराठीसृष्टी ह्या पेजवरून)

सौ. प्रचिती म्हात्रे
कार्यालयीन कर्मचारी

राज्यमासा जाळ्यात गवेना

दिनांक ४ सप्टेंबर २०२३ रोजी भारत सरकारने सिल्वर पापलेट (स्थानिक पातळीवर सारंग म्हणून ओळखले जाते) राज्य मासाचा दर्जा बहाल केला. दर्जा राज्यमाश्याचा असला तरी तो देण्या मागच कारण म्हणजे दिवसेंदिवस पापलेट माशांच्या उत्पादनात होणारी घट. देशातील अनेक राज्यातील निवडक प्रजातींची शाश्वतता, संवर्धन व वाढीसाठी प्रजातीला राज्य मासे म्हणून केंद्र सरकार घोषित करते. या धर्तीवर मस्त्य प्रेमींच्या आवडत्या पापलेट या मस्त्य प्रजातीचे जतन करण्यासोबतच सागरी परिसंस्थेचे रक्षण, लहान माशांच्या मासेमारीला आळा घालण्यासाठी आणि शाश्वत पद्धतीनं मासेमारी करण्यासाठी प्रोत्साहन देण्याच्या उद्देशाने भारत सरकारने सिल्वर पापलेटला महाराष्ट्र राज्याचा राज्य मासा म्हणून घोषित केले.

स्लिव्हर पापलेटचे महत्व

अर्थकारण

१५ ते २० सागरी मैल पट्ट्यात सापडणाऱ्या पापलेट माश्याला १००० ते १४०० रुपये प्रति किलो इतका दर मिळत असतो. पापलेटला हॉटेलमधून मोठी मागणी असल्याने या माश्याचा भाव नेहमीच चढता राहिला आहे.

विशेष मागणी :-

महाराष्ट्राच्या राज्याच्या किनारपट्टीवरील पर्यावरण तसेच मासेमारी अर्थव्यवस्थेत स्लिव्हर पापलेटला विशेष स्थान आहे. ही प्रजाती किनारपट्टीवर राहणाऱ्या कोळी समुदायाच्या उपजीविकेचा आणि सांस्कृतिक वारशाचा अविभाज्य भाग आहे. चव आणि पौष्टिक मूल्ये (ओमेगा ३ फॅटिक ऍसिड जो आपल्या मानवी हृदय आणि रक्तवाहिन्यांसंबंधी फायदेशीर आहे) या दोन्ही बाबतीत समृद्ध असलेल्या माश्याचा राज्याच्या मासेमारी उद्योगात मोठा वाटा आहे.

१९८० पासून पापलेटच्या उत्पादनात होणारी घट

काही दशकापासून देशांतर्गत आणि आंतरराष्ट्रीय बाजारपेठेतील पापलेट व्यापारातील बदलांसह मासेमारी पद्धतीतील बदलामुळे लहान पापलेट माशांची बेछूट मासेमारी मोठ्या प्रमाणावर होत असल्यामुळे अरबी समुद्रातील (गुजरात महाराष्ट्र आणि गोवा किनारपट्टीपासून १५ ते २० मैल सागरी पट्टा) पापलेट माशांच्या साठ्यावर विपरीत परिणाम झाला आहे. आमच्या कोळी भाषेत ह्या विशिष्ट पट्ट्याला "आरावर" (गुजरात राज्यालगतचा समुद्र पट्टा) "हिलीवर " (गोवा राज्यालगतचा समुद्र पट्टा) संबोधले जाते.

पापलेटचे सरासरी वार्षिक उत्पादन पुढील प्रमाणे :-

१९६२ ते १९७६ ८३१२ टन

१९९१ ते २००० ६५९२ टन

२००१ ते २०१० ४४४५ टन

२०१० ते २०१८ ४१५४ टन

उत्पादनात घट होण्याची कारणे :-

प्राथमिक कारण आणि ज्यासाठी प्रदेशातील मासेमारी करणाऱ्या समुदायाने आत्मपरीक्षण करणे आवश्यक आहे ते म्हणजे अतिमासेमारी ज्याचा थेट परिणाम प्रजातीच्या जीवनचक्रावर होतो. दुसरे आणि महत्वाचे कारण म्हणजे सागरी मासेमारी बंदीसाठी अपुरा वेळ. सध्या मासेमारीवर बंदी फक्त ६१ दिवसांची आहे (१ जून ते ३१ जुलै) ती ७५ ते ९० दिवसांपर्यंत वाढवायला हवे कारण पापलेट नोव्हेंबर ते मार्च दरम्यान खोल समुद्रात अंडी घालतात एप्रिल नंतर अंडी उबण्यास सुरुवात करतात. मासेमारी बंदी पापलेट परिपक्व होण्यास मदत करण्यासाठी आहे. पापलेटचा आकार खूप वेगाने वाढतो परंतु ते त्यांच्या

पूर्ण आकारात वाढण्यासाठी किमान ऑगस्ट किंवा सप्टेंबरपर्यंत थांबावे लागेल. दुर्दैवाने सध्या अनेक मच्छीमार बांधव बंदी उठवण्यापूर्वीच मासेमारीसाठी जातात ह्या सर्व गोष्टींवर आळा घालण्यासाठी सरकारने मासेमारी बंदी अधिक कठोर आणि दीर्घ कालावधीसाठी लादण्याची गरज आहे.

पापलेट वाढीसाठी तसेच वाचवण्यासाठी उपाय योजना :-

सध्या असलेला ६१ दिवसांचा मासेमारी बंदी कालावधी किमान ९० दिवसांचा करावा. १५ मार्च पासून म्हणजेच पापलेटच्या प्रजनन काळाच्या दरम्यान कमी (छोटे भोक असलेले जाळे जे विशेषतः छोट्या माशांच्या मासेमारीसाठी वापरले जाते) असणाऱ्या जाळ्यांद्वारे मासेमारी करण्यावर बंदी घालणे. लहान माशांच्या मासेमारीसाठी "कव " पध्दतीचा (एक विशिष्ट ठिकाणी जाळे टाकून पाण्याच्या प्रवाहावर मासेमारी करण्याची पध्दत) वापरावी. कमी आकाराचा व वजनाचा पापलेट मासा समुद्रातून वेचला गेल्यास संबंधित बोटमालक व खरेदी करण्याऱ्या व्यापाऱ्यावर दंडात्मक कारवाई करण्याची कायदेशीर तरतूद आवश्यक आहे. शिवाय आता पापलेट माश्याला राज्यमासा दर्जा मिळालेला असून त्याचा संवर्धनासाठी तज्ज्ञांच्या मदतीने कृती आराखडा तयार करणे गरजेचे झाले आहे.

शेवटी सांगायचे झालं तर कोळी हा दर्याचा राजा मानला जातो पण राज्याला राजपण देणारा पापलेट मासाच नसेल तर त्या कोळी राजाचे राज्य धोक्यात येण्यास वेळ लागणार नाही.

श्री. अब्राहम जामन
सहाय्यक प्राध्यापक

PEARLS OF EXPRESSIONS-ARTICLES BY STUDENTS

THE FUTURE OF ROBOTICS

Thanks to improved sensor technology and more breakthroughs in machine learning and artificial intelligence, robots will continue to progress from being rote machines to collaborators with cognitive abilities. These advancements, as well as those in related sectors, are enjoying an upward trajectory, and robotics will profit greatly from them.

We should expect to see an increasing number of highly sophisticated robots working alongside humans in more aspects of life. Contrary to dystopian-minded prophets of doom, these improved robots will not replace workers. Industries rise and fall, and some become out-dated when new technologies emerge, opening up new avenues for employment and study.

That's the case with robots. The requirement for qualified experts to program, maintain, and repair the machines will likely outweigh the necessity for human employees to weld car frames. This frequently entails that workers may acquire beneficial in-house training and up-skilling, providing them with a set of abilities that they may use in disciplines and industries other than robotics, including programming and maintaining robots.

The Future of Robotics: How Robots Will Change the World

Robots will boost economic growth and productivity while opening up new career prospects for many individuals throughout the world. However, there are still warnings out there about massive job losses, forecasting losses of 20 million manufacturing jobs by 2030, or how 30% of all jobs could be automated by 2030.

However, because of the continuous levels of precision that robots provide, we can anticipate robots doing more of the tedious, redundant manual labor jobs, enhancing transportation work, improving healthcare, and freeing people to improve themselves. Of course, only time will tell how this all plays out.

Reference: <https://www.simplilearn.com/future-of-robotics-article>

Master Jigar Solanki
XII Science

CHESS: A SYMBOL OF LIFE

Chess is a game of strategy where both players' faceoff against each other on the opposite sides of the board of 64 squares with 8 pawns, 2 rooks, 2 bishops, 2 knights, and 1 king and 1 queen.

As the title says, chess symbolizes life. You must be wondering: how can a complex game played by two normal people ignoring their beautiful surroundings, both eyes locked on the board, showing minimal body movements, body posture like a depressed person, and so on, can symbolize life? Well, it does so. To win a game of chess, you must make a move; similarly, to achieve in life, you must make a move. With wisdom and understanding, as well as taking into account the lessons picked up

along the route, one can decide which move to make. Moving is scary, but it teaches us about ourselves and gives us knowledge and insight into how the world functions, which eventually leads to wisdom and a new way of looking at things.

Every piece on the chess board serves a purpose, just as all the moving elements within us do. Life, like chess, demands patience and strategy. It also requires the thoughtful moving of many pieces and sometimes the sacrifice of a knight, a rook, or a pawn to move us further along in the game. Most of us, at some point, feel stuck and do not believe that we can keep going. We've all had that emotion at some point in our lives, be it the end of a relationship, changing careers, or health challenges, to name a few. The chess piece we lose can stand in for a piece of ourselves, a connection to someone or something, a behavior, a way of thinking, or even a set of beliefs that no longer serve us.

If you've ever played chess, you've probably noticed that the majority of the pieces must be given up in the middle of the game. Yes, chess players do this to either accomplish the desired game scenario or to develop or create a tactically advantageous variation to win the game. Similar to this, we should be prepared to sacrifice everything in order to live the life of our dreams and reach that stable state where we are free from threats, debts, unwelcome demands, and other similar obstacles, which results in financial freedom and a stress-free existence. As the expression goes, "When you conquer your mid-game, the end-game becomes easy for you."

So, if you find yourself in the middle of your life's game, keep struggling (moving forward), as your opponent will put you under pressure, try to threaten you in a variety of ways, and demotivate you with the fear of losing, but you should not be afraid of it; instead, you should look for an opportunity in that situation, thinking of different variations to overcome the situation and finally conquer the game of your life and live as you want.

Reference: <https://steemit.com/life/@iamthenerd/the-symbolism-of-chess>

Master Kshitij Thorbale
XI Science

LIFE JOURNEY OF STUDENT PURSUING A CHARTERED **ACCOUNTANCY**

IF YOU DON'T SACRIFICE FOR WHAT YOU WANT, WHAT YOU WANT BECOME THE SACRIFICE.

CA is a highly regarded job in our society, but it takes courage to be a CA student. Every time when somebody clears the CA Final in our knowledge, we usually regard him with great admiration, and why not? This regard is due to the sacrifice, effort, devotion, dedication, and hard work that has gone into this CA course.

Students start their CA journey with foundation preparations, the entrance test in the Chartered Accountancy curriculum, which is simply the best part of being a CA student. We are the happiest people when we enroll in this course and can proudly tell our families and friends, "I am pursuing Chartered Accountancy." The only time to relax with friends during the whole CA journey is during

foundation classes, which normally last for 2-3 months and last 5–6 hours per day. One who studied properly, never bunked any class, and gave a proper revision usually clears this level in the first attempt. But others have to push themselves a little more.

As soon as you clear the entrance level, the next Challenge in the life of a chartered account student is CA Intermediate. Students often spend 8-9 hours in class and the rest of their time studying on their own. The classes go on for 5-6 months and last 2 months are given for self-preparation. Students are sometimes seen becoming angry, due to their busy schedules and requirement to dedicate an entire 8 months to their studies. ICAI gives an average 10% result of CA Intermediate which means after such a hard work of 8 months... 90% of students have to face the failure and prepare again.

"Try, try never surrender.
After May comes November,
and when there is a will,
there is a way.
After November comes May."

This is a well-known quote to remind CA students that there is no accomplishment without failure. Once you clear Intermediate and step into CA Final, it seems like nobody can stop you from becoming a Chartered Accountant. We believe that this is the final stage of the Chartered Accountancy course, and finally, the life of a CA student is going to be totally fine! Rather, it should be called "true entry into this course." As now one has to enroll for the three years of mandatory articleship training. Before starting CA Final studies, we are confident, that we will get three full years to prepare for the CA Final exam; hence, we can easily clear the final exams. But the truth is far beyond our expectations. Articleship Training is the toughest part in the life of a CA student.

During this time, every CA student is under intense work pressure, while all his friends pursuing other courses seem to enjoy their college lives. Where a CA student has to tolerate the unnecessary yell of his boss, others are watching a movie with their friends.

When someone approaches a CA student for a movie, they are always focused on their studies. While their friends are having fun at college, they are studying to achieve their goals. When the family is celebrating Diwali, CA students have to prepare for their November exam. When a CA student must miss an evening lecture owing to office work, others bunk the classes to have a tea party at some nearby kiosk. Besides the above, we don't get time for family functions, get-together, outings with friends, etc.

During the last six months, we had to plead for the preparation leave from the office, where we are reminded about all the leaves, half days, and tea breaks we took during the last 2.5 years. This is the worst part, yet all we can do is ask. One who studied properly all three years clears the exam in the first attempt, but people who depend on the preparation leave often suffer failure. But once you clear the CA Final, all your hardships, and sacrifices will be paid. But the moment "CA" is added to your name, all the stress, sacrifices, hardships will be paid off.

Gir gaye to kya hua,
Girte wahi hain jo chalte hain.

Bas itna sa karna ki uth k fir se chalna hain, Aasaan h.... Aasaan h....." 

MissVishnupriya Jha
TYB.Com

HOW TO BECOME A BETTER STUDENT

Have you ever wondered why you just can't seem to succeed academically? It's likely that your lifestyle, not your brain, is what's to blame.

Review the next few steps, which describe easy adjustments you may make to start becoming the student you've always wanted to be.

a) *Set long-term and short-term goals:-*

Short-term and long-term goals are excellent ways to evaluate your progress. You have nothing to attain or strive for in your journey if you lack goal insight. Setting precise goals for yourself makes it easier to stay motivated and track your progress toward those goals. Make sure your goals are realistic! Remember, you can always set higher goals once you've achieved your first set.

b) *Create a study schedule and stick to it: -*

Academic achievement depends heavily on effective study habits. However, it's sometimes difficult to find the time to study for every subject we need to study for. Developing a solid study schedule is one approach to guarantee academic achievement. Maintaining a healthy learning balance and keeping up with challenging courses demands a strict schedule.

c) *Study buddies: -*

Working with other students is an excellent method to learn. Try forming study groups. It might broaden your social circle and make you more likely to concentrate on your schoolwork. Students who join study groups often learn more by teaching one another. Students learn and absorb information more quickly when they explain topics to others.

d) *Participation: -*

Attending class is one thing, but paying attention and actively participating in class is another. If you pay attention to the lessons, you will most likely have questions. If they come up in class, inquire! If you're too afraid to ask the professor in a huge class, wait till the class ends.

“The beautiful thing about learning is that no one can take it away from you.”-B.B. King

Reference:

<https://www.fastweb.com/student-life/articles/how-to-be-a-better-student>

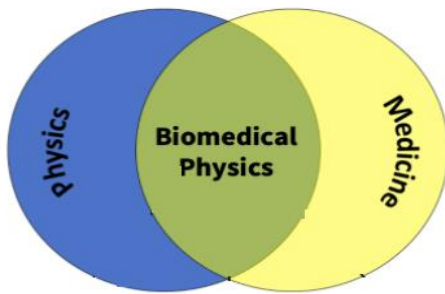
**Master Soham Vartak
XI Science**

WHY STUDY PHYSICS IN MEDICINE?

NEET Exam, is the path to become a successful doctor. It consists of 180 exam questions, 45 questions each from Physics, Chemistry, Botany, and Zoology, and 45 questions from other subjects.

"Wait! Why is there a physics exam for doctors? Till the end of their career, they will do surgery, blood transfusions, and other procedures that need Chemistry and Biology. Then why physics???"

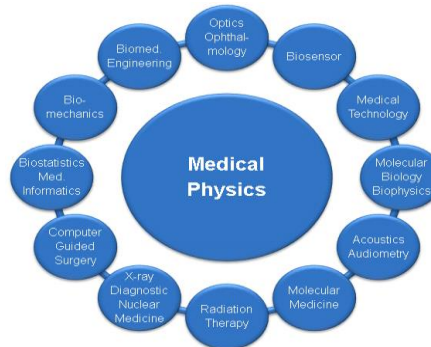
Well, there are numerous reasons why it is very vital to this field. Physics is present in everything in the medical sector, from accurate medical scales to X-rays, MRI, which is why it is actually pretty hard to give a clear answer because there is so much Physics in Medicine that it is difficult to know from where to begin!



Medical physics, is a subfield of physics that deals with the application of physics to medicine. It is one reason why understanding physics is crucial for practicing medicine. Some examples popularly known to all are ultrasound, computed tomography, nuclear medicine, x-rays, and radiation therapy. It primarily focuses on the use of physics in radiation and medical imaging.

Medical imaging refers to the techniques and processes used to create images of the human body for clinical purposes (medical procedures seeking to reveal, diagnose or examine disease) or scientific purposes. This includes the following: diagnostic radiography, such as x-rays, fluoroscopy, mammography, etc. an MRI scan.

One of the most important factors you need to consider is the fact that the study of modern medicine is complemented with technology. Your knowledge of Physics can help you grasp the underlying physics behind these technologies, how they work, and where they can be applied. You know, physics is a big aid in the field of medicine; without it, we would not be able to enjoy what we do now in terms of disease treatment.



Reference

<https://www.superprof.co.uk/resources/questions/physics/why-physics-is-important-in-medicine.html>

**Master ValanakashFernando
XII Science**

THE CULTURE OF A SOCIETY IS INFLUENCED BY ITS INDIVIDUALS

A man, who travelled by bus everyday, noticed that the cheerful bus conductor ensured that the bus always stopped at the right place and did not leave any commuter. No matter how badly the passengers behaved, he never lost his 'cool'. One day he asked the conductor how he managed to stay calm. He said "It is simply a lesson that life has taught me. Earlier I used to work in a factory. I had to commute by this bus every day. But the bus wouldn't stop at the bus stop. It would pass me and stop at a little distance, and I would end up running after the bus. The conductor behaved rudely. I used to reach the factory in a foul mood. My attitude led my colleagues to be indifferent towards me. In the evening when I returned home, I vented all my frustrations on my family. Then one day as I was walking up to the bus stop, the conductor waited for me to get inside before he signalled for the bus to continue. He even offered his seat to me. He was a new conductor. You can't imagine how comfortable I felt by his kindness. On reaching office, I smiled at my colleagues. And they smiled back. When I reached home from work, I spoke lovingly to my wife and children. That one act of kindness by the bus conductor changed me. From that day on, I was very careful about my attitude towards people, because I knew that whatever we give out will come back to us. Soon thereafter, I got this job as a bus conductor. I always remember the conductor who had changed my life and taught me a great lesson."

Society is made up of individuals, and the thoughts and actions of each individual influence the culture of that society. It is only what we give that we can hope to get back. Our thoughts and actions have the power to bring light or darkness into the lives of many. So we have to be careful that our actions bring joy and satisfaction to others.

Reference:

https://www.linkedin.com/pulse/monday-mark-bus-conductor-rajeev-maniar?utm_source=share&utm_medium=guest_mobile_web&utm_campaign=copy

Miss. Kshitija Patil
XI Science

मजहब नहीं सिखाता आपस में बैर रखना।

**मंदिर - मस्जिद, गिरिजाघर ने बाट लिया भगवान को,
धरती बाटी , सागर बाँटा मत बाटो इंसान को ॥**

मित्रों, जैसा कि आप सभी जानते हैं कि हमारा 'भारत' देश एक निरपेक्ष देश है। 'विविधता में एकता' का उदाहरण है। जहाँ हिंदू, मुस्लिम, सिख, इसाई, जैन बौद्ध आदि कितने ही धर्म के लोग एक साथ रहते हैं। हाँ, ये बात बिल्कुल सच है, कि कुछ लोग अपनी राजनीतिक रोटियाँ सेंकने के लिए हिंदू - मुस्लिम विवाद जैसे धार्मिक उन्माद फैला रहे हैं। लोग मजहब के नाम पर अपना स्वार्थ सिद्ध करने में लगे हैं। और तो और हमारे देश के नेता अपने वोट बैंक के लिए मजहबी कार्ड खेल रहे हैं। हमारे नेता चुनाव के समय अपने पिछले कार्यकाल में किए काम के आधार पर वोट नहीं मांगते, बल्कि वो तो हिंदू मंदिरों में जा कर, काशी, केदारनाथ में माथा टेक कर, गंगा स्नान कर, कर भोली-भाली जनता को बताते हैं, कि वे कितने धार्मिक हैं, और फिर अपनी कुर्सी बचा ले जाते हैं।

इस पर किसी शायर ने क्या खूब कहा है _

**मेरे मजहब को जब चाहो,
तुम आकर नंगा कर देना ।
और थोड़ा और वोट चाहिए हो,
तो फिर एक दंगा कर देना।**

कोई कहता है कि हिंदू खतरे में हैं, तो कोई कहता है मुस्लिम खतरे में हैं, और इसी प्रकार जनता को गुमराह करते रहते हैं। क्या किसी खुदा, अल्लाह, भगवान या गॉड के लिए अपने बंदो की खुशी या जरूरतों से ज्यादा जरूरी उनके धर्म की रुढ़ीवादी परंपराओं का पालन करना हो सकता है।

**न गीता बुरी है, न कुरान बुरा है।
न हिंदु बुरा है, न मुसलमान बुरा है।
न अल्लाह बुरा है, न भगवान बुरा है ।
बस दिमाग में जो घुसा है, वो शैतान बुरा है।**

अरे मजहब नहीं सिखाता आपस में बैर रखना, ये बैर तो उस मजहब के कुछ ठेकेदारों की देन है। क्या ये सती प्रथा, विधवाओं की दुर्दशा, बाल विवाह, कन्या भ्रूण हत्या, जैसी कुरीतियाँ श्रीमद्भगवद्गीता में लिखी हैं। या फिर ये हलाला, तीन तलाक जैसी बुराइयों का वर्णन पाक ' कुरान-ए-शरीफ' में है। क्या हमारे भगवान बता गए थे कि ये लाल और भगवा

रंग हम हिंदुओं का हैं, या अल्लाह ने पैगाम भिजवाया था कि हरा रंग मुस्लिमों का हैं। ये सारे भेदभाव और बटवारे, इंसानों की संकीर्ण मानसिकता का ही परिणाम है। और जिसका आज वो खुद भी पालन नहीं कर पा रहे हैं। इसलिए अब धीरे- धीरे ये रूढ़िया समाप्त होती जा रही है।

अंत में यदि निष्कर्ष के रूप में कहे तो 'वसुधैव कुटुंबकम' वाले भारत में सभी मजहबों का सम्मान किया जाता है। और सभी लोग मिल - जुल के रहते हैं।

मजहब के नाम पर जो बवाल है ये मचा रहे,

पढ़ी भी हैं क्या कभी गीता - कुरान, जो हमें हैं ये समझा रहे ?

न गीता में लिखा कि मुसलमान बुरा हैं, न कुरान ने कहा कि हिंदु काफिर है ।

फिर क्या ये अपने फायदे के लिए नई गीता - कुरान चलवा रहे हैं।

ऐ मजहबों को लड़वाने वालो, जरा फुरसत से लंबा वक्त निकालो।

हो गीता, कुरान या हो बाइबल, कहना सबका एक ही।

इनके बारे में अपनी राय बताने से पहले एक बार जरूर इसे पढ़ डालो।।

कु. कंचन मिश्रा

एस. वाय. बी. कॉम. ए

आज की दुनिया

जन्मत सी हुआ करती थी दुनिया,
अब हो गयी कितनी अजीब है।
यहाँ फटी जीन्स वाला अमीर,
लेकिन फटे कुर्ते वाला गरीब है।
यहाँ पर युवा लोग बेरोजगार,
लेकिन बालश्रम मजबुरी है।
यहाँ पास बैठा इंसान है अनजान ,
लेकिन फोन पे बात जरूरी है।
यहाँ लोगो को गाव पसंद नहीं,
लेकिन शहर मे हवा को तरसते है।

यहाँ बोलने की है आजादी ,
लेकिन कुछ ही गरजते हैं।
यहाँ पढ़े - लिखे बहुत मिलेंगे,
लेकिन नेताही पाचवी पास है।
यहाँ पेड़ हजारो कटते।,
लेकिन बरसात की लगी रहती आस है।
यहाँ गाली में माँ का नाम,
लेकिन मदर्स डे हरसाल मनाते हैं।
यहाँ ऑफिस मे रिश्वत ,
लेकिन बाहर एनजीओ चलते हैं।
यहाँ बेटिया होती हैं परायाधन ,
लेकिन वहाँ भी ना हिस्सेदारी है।
यहाँ के झूठ फरेब मे,
सत्य बुरी तरह से झूल गया।
इंसान तो फसे ही फसे ,
भगवान भी अवतार लेना भूल गया।

Ref:- Pinterest App से लिया ! (जिजिविषा)

कु.विद्या पाटिल
ग्यारहवी कॉमर्स बी

माँ

हर इन्सान की जिंदगी में वह सबसे खास होती है,
दूर होते हुए भी वो दिल के पास होती हैं,
जिसके सामने मौत भी अपना सिर झुका दे
वह और कोई नहीं बस माँ होती है।

हमारे आस-पास के लोगों के साथ हमारे कई रिश्ते हैं जिन्हें हम संजोते हैं। लेकिन, सबसे महत्वपूर्ण, प्यारा, पवित्र और दिव्य रिश्ता माँ और बच्चे का होता है। एक माँ का

निस्वार्थ प्यार, देखभाल और स्नेह इसे सबसे महत्वपूर्ण और ईश्वरीय रिश्ता बनाता हैं। रुडयार्ड किपलिंग ने कहा है. " भगवान हर जगह नहीं हो सकते, इसलिए उन्होंने माँ बनाई।" हम कहते हैं कि भगवान ने मानवजाति को बनाया लेकिन हमारी माताओं ने हमें बनाया। माँ न केवल हमें जीवन देती है बल्कि हमारा पालन-पोषण करती है और हमारी रक्षा भी करती हैं।

माँ हमारी पहली शिक्षक होती है, वह हमें चलना, बात करना और खाना सिखाती है। एक माँ हमें खाना खिलाती है, हमारी जरूरतों का ख्याल रखती है और हमें एक अच्छा इंसान बनाती हैं। वह हमारी पढ़ाई में मदद करती है और हमारी प्रतिभा को प्रोत्साहित भी करते हैं। हमारी माँ हमारी पहली और सबसे अच्छी दोस्त होती है। वह हमारी हर बात समझती , जो हम नहीं कह पाते। जब हम उदास महसूस करते हैं तो उसका कंधा हमेशा हमारे लिये हाजीर होता है । वह हमारे साथ हंसती हैं, हमारे साथ खेलती है, हमारी हर परेशानी को दूर कारती हैं । एक माँ हमें कभी जज नही करती, चाहे हम कुछ भी गलत करे। वह अपने जीवन के अनुभव हमारे साथ साझा करती है जो हमें मजबूत बनाता है। हम उससे हर विषय पर बात कर सकते हैं। वह हमेशा कठिन समय में हमारा मार्गदर्शन करती है।

माँ के बारे में कहने के बाद, मैं यह कह कर अपनी बात समाप्त करना चाहूँगी कि जब आप माँ के त्याग और प्यार के बारे में बात करते हैं तो शब्द हमेशा कम पड़ जाते हैं। एक माँ निश्चित रूप से भगवान के बाद या बल्कि भगवान से ऊपर है क्योंकि वह ही है जो हमें भगवान में विश्वास करना सिखाती वह दुनिया में सबसे प्यारी इंसान हैं। उनकी प्रार्थनाएँ और शुभकामनाएँ हमेशा उनके बच्चों के साथ हैं।

हमें हमेशा अपनी माँ और उनके विचारों से प्यार और उनका सम्मान करना चाहिए। यह हमारा कर्तव्य है कि जब हमारे माता-पिता बूढ़े हो जाए तो उनकी देखभाल करे जैसा कि वे हमारे बचपन में करते थे। हमें अपने माता-पिता को बिना शर्त और निस्वार्थ रूप से प्यार और सम्मान करे और इस दुनिया को रहने के लिए एक अदभूत जगह बनाएं।

माँ

मेरी हर कहानी का शुरुआत और अंत तु है,

मेरी हर दिन की सुबह और रात तु है।

**कु. आयेशाबी शेख
ग्यारहवी कॉमर्स बी**

शिक्षा क्या है

शिक्षा जो हमारे दैनिक जीवन का एक बहुत ही सामान्य शब्द है। और आज हम सभी या तो शिक्षा ले रहे हैं या ले चुके हैं। परंतु क्या है ये शिक्षा ?

पोथि पढ़ि-पढ़ि जग मुआ, पंडित भया न कोई।

ढाई आखर प्रेम का, पढ़ै सो पंडित होई ॥

- कबीर

कबीर के इन पंक्तियों से हम समझ सकते हैं कि केवल पुस्तक पढ़ने से हम ज्ञानी नहीं बन सकते। हमें व्यावहारिक होना होगा। प्रेम, भावना, समाज आदि सभी को समझना होगा। इन सभी के माध्यम से ही हम वास्तविक रूप से ज्ञानी बन सकते हैं। परंतु क्या आज के शिक्षा के मायने सही हैं? क्या आज हमारी शिक्षित विद्यार्थियों को ये पता है कि उसने ये डिग्री क्यों ली? या उसने इसे डिग्री से कुछ सिखा है? विद्यार्थी आखिर ये क्यों नहीं समझते कि - **Your degree is of paper, it cannot define your knowledge or your Future** क्योंकि उनकी नींव, आधार ही कमजोर है। उन्हें सही मायने में शिक्षा का अर्थ पता ही नहीं है।

***वर्तमान में शिक्षा का अर्थ -**

वर्तमान में शिक्षा का अर्थ केवल प्रतिस्पर्धा है। परीक्षा में अच्छे अंक लाने के लिए विद्यालय। महाविद्यालयों में सबसे आगे रहने के लिए बच्चे केवल चीजों को याद कर रहे हैं। पर क्या इससे उनके व्यक्तित्व में कोई बदलाव आएगा? क्या उनमें वास्तविक रूप से सोचने व समझने की क्षमता विकसित होगी? क्या वे अपना अच्छा और बुरा सोचने में सक्षम हैं? क्या वह अपने ज्ञान को दूसरों को समझाने में सक्षम हैं? आज का विद्यार्थी केवल भीड़ में चलते भेड़ की तरह है, जिसका कोई मकसद नहीं है, उसे बस वहीं करना है, जो बाकी सब कर रहे हैं। वैसे ही आज का विद्यार्थी भी बिना कुछ सोचे-समझे, केवल इसलिए शिक्षा ले रहा है क्योंकि बाकी सब भी ले रहे हैं। मानो शिक्षा लेना एक परंपरा हो। उसे इस बात से कोई फर्क नहीं पड़ता कि आखिर ये शिक्षा क्या है? क्यों है? इसे क्यों लेना चाहिए ? इसे लेने से आखिर उसे क्या मिलेगा ?

क्या आप जानते हैं कि आज की शिक्षा मैकाले की उपनिवेशवादी नीति की देन है, जो इस उद्देश्य से लाई गई थी - "भारतीय केवल पढ़े और लिखे किंतु समझे कुछ नहीं।" वे केवल इस चक्र में फंस जाए और हमेशा के लिए दूसरों के विचारों पर निर्भर हो जाए। और एक ऐसा मानव बनें जो अपनी बुद्धिमत्ता का उपयोग न कर पाए और केवल गुलाम बना रहे। और आज भी हमें इसका प्रभाव अपनी शिक्षा व्यवस्था में देखने को मिलता है। आज का

विद्यार्थी शिक्षा केवल एक, अच्छे रोजगार के लिए ही तो ले रहा हैं। केवल इसलिए पढ़ रहा है ताकि परीक्षा में अच्छे अंक ला सके और अपनी एक झूठी प्रतिभा/ पहचान बना सके।

परंतु क्या यही शिक्षा का उद्देश्य हैं ? क्या इसीलिए यह शिक्षा व्यवस्था बनाई गई थी ।आखिर इन सभी लापरवाही/ अव्यवस्था का जिम्मेदार कौन है ? भारतीय शिक्षक ।

- आज शिक्षकों के लिए शिक्षा व्यापार बन गई हैं।

- परंतु शिक्षकों को यह समझना चाहिए कि शिक्षा कोई व्यापार नहीं है, ये तो एक जिम्मेदारी हैं।

**शिक्षा को मत बदलो तुम,
रोजगार और व्यापार में।
वरना भविष्य हमारा चला जाएगा,
फिर से गहरे अंधकार में ॥**

*** शिक्षा व्यवस्था की कमियाँ -**

(१) शिक्षा की कठिन भाषा -

- महात्मा गांधी - शिक्षा मातृभाषा में ही देनी चाहिए। शिक्षा की इस कठिन भाषा के कारण ही कई विद्यार्थी शिक्षा लेना ही छोड़ देते हैं।

(२) केवल उतना पढ़ो, जितना परीक्षा में आए -

- आज के शिक्षको ने भी इसी व्यवस्था में शिक्षा ग्रहण की है- और उनके लिए भी शिक्षा केवल परीक्षा तक सीमित हैं।

- पर क्या ये किताबों की परीक्षा के अंक जिंदगी की परीक्षा में काम आएंगे ? जिंदगी के सवाल पाठ्यक्रम से नहीं आते।

(३) विद्यार्थियों की सम्भ्रमित अवस्था-

- वर्तमान में विद्यार्थी केवल एक यंत्र या 'रट्टू तोता' बन गया हैं। जो केवल जानकारी (Information) ले रहा हैं, ज्ञान (knowledge)/ नहीं। हैं, पर क्यों है? कैसे है? क्यों ?

- $(a+b)^2 = a^2 + 2ab+b^2$ उपयोगी हैं? ये किसी को पता नहीं।

(४) इतिहास से हमने सिर्फ यही सिखा कि इतिहास से किसी ने कुछ नहीं सिखा।

- इतिहास पढ़ने का उद्देश्य- अतीत की गलतियों को दोहराना नहीं था।

- परंतु आज बच्चे 'जो बीत गई सो बात गई यह सोचकर केवल परीक्षा में अच्छे अंक लाने के लिए ही इतिहास पढ़ा रहे हैं । Ex. WW2-(द्वितीय विश्वयुद्ध) से हमें यह सीख मिलती हैं कि अति राष्ट्रवाद भी दुनिया के लिए घातक हैं, इसलिए हमें किसी भी विचारधारा के प्रति कट्टर नहीं होना चाहिए।

(५) बच्चों में उच्च मानसिकता के विकास का अभाव -

- यदि आज १०वीं के विद्यार्थियों को प्रजनन या IVF जैसे विषय को पढ़ाना होता है, तो शिक्षक उसे न तो समझाने में समर्थ हैं, न ही बच्चे उसे समझने में, क्योंकि उन दोनों का यही मानना है कि ये कैसा विषय है, ये कैसे सिखा सकते हैं, हम बच्चों को। जिसका कारण या यूँ कहे तो परिणाम है कि भारत दुनिया में अश्लील विडियो देखने में दूसरे स्थान पर है। क्योंकि जब बच्चों को सही जगह से ज्ञान नहीं मिलता तो वो उसे गलत जगह से प्राप्त करता है।

*शिक्षा का सही अर्थ क्या है?

-शिक्षा का सही अर्थ जो आपको सोचना, तर्क करना. विचार करना, प्रयोग करना, रटने के बजाय समझना सिखाए

-शिक्षा जो आपको बुद्धिमान बनाए, विनय, सहिष्णु बनाए। -शिक्षा वहीं है जो आपको ज्ञान के सागर में ले जाए, जो आपको अनंत कल्पनाओं में ले जाए। -आज हमें अपनी शिक्षा व्यवस्था को UK, फ्रांस,

जापान, चीन या अमेरिका के अनुरूप न बना के भारत के अनुरूप बनाना चाहिए। -शिक्षा की भाषा व्यावहारिक हो (Hindi+ English = Hinglish)

-पुस्तक में लिखी जटिल भाषा को सरल भाषा में बदलें।

* शिक्षा व्यवस्था में सुधार कैसे?

उपाय

(१) विद्यार्थियों में क्या, क्यों, कैसे, क्यों जरूरी, क्या उपयोगी, क्या परिणाम आदि सवालों का विकास।

(२) विद्यार्थियों को पाठ्यक्रम तक सीमित न किया जाए, शिक्षा के दायरे को विस्तृत किया जाए क्योंकि शिक्षा अनंत है, न ही उसका आरंभ है, न अंत।

(३) शिक्षा में दर्शन (Philosophy) जैसे विषय शामिल किया जाए।

(४) विद्यार्थियों में लॉजिकल थिंकिंग विकसित करने में मदद मिले।

देश का भविष्य हमारा, है युवाओं के हाथ में।

और युवा वर्ग है हमारा, शिक्षकों के हाथ में।

जब शिक्षक देगा युवाओं के भविष्य को आकार।

विश्वगुरु बनने का सपना हमारा, हो जाएगा साकार ॥

कु. आलोक झा

एस. वाय. बी. कॉम. ए

भगवान और इन्सान

कहते हैं ये दुनिया हैं उसी ने बनाई,
फिर क्यों दो लोगो के बीच में हैं इतनी खाई।
कहते हैं कि उसकी मर्जी के बिना इक पत्ता भी नहीं है हिलता,
फिर क्यों हो जाता हैं किसी बेबस के साथ बलात्कार पर उसे सहारा नहीं मिलता।
भूखे को रोटी देते नहीं, मंदिर पर दूध चढ़ाते हैं।
बाते अपनी मनवाने को, भगवान को रिश्वत दे आते हैं।
मिल जाए जो कामयाबी, तो कहते हैं इसकी तो किस्मत ही अच्छी थी,
कर जाऊ जो कोई गलती तो कहेंगे की इसकी तो हरकते ही ऐसी थी।
पर मेरा सवाल ये हैं कि आखिर क्यों इतना confusion हैं
जब success के marks उस भगवान के Account में added हैं,
तो फिर Failures के marks क्यू मेरे Account में credited हैं।
दुनिया में सबसे गरीब तो वो हैं जो अपनी खुशियों के लिए
भी दूसरो के मर्जी पर dependent हैं।
मनाते तो हर साल 15 अगस्त को independence day हैं,
पर क्या हम सचमुच में independent हैं?
हैं क्या ?

कु. कंचन मिश्रा
एस. वाय. बी. कॉम. ए

शेतकऱ्याचे हाल

विराट सतरा करोडात गेला
धोनी पंधरा करोडात गेला
जगाचा पोशिंदा मात्र
झाडावर लटकून मेला
भारत कृषीप्रधान की क्रिकेटप्रधान
हाच मोठा प्रश्न पडतो
शेतकरी जगला काय मेला काय

सांगा कुणाला फरक पडतो?
अरे एखादी मॅच तुम्ही
वावरात घेऊन पहा
शेतकऱ्याची जिंदगी
एक तरी दिवस जगून पहा
खेळाडूंसारखे करोड नको
फक्त पीक मालाला भाव द्या
कृषीरत्न कृषीभूषण नको
फक्त शेतकऱ्यांना मान द्या

Reference: <https://marathi.pratilipi.com/story/shetakaryanche-haal-by-d-loves-ctkradhwwjs6>

सिद्धी किशोर पाटील
अकरावी कॉमर्स ए

जाणता राजा

निश्चयाचा महामेरू
बहुत जनासी आधारू
अखंडस्थितीचा निर्धारू
श्रीमंत योगी
परोपकाराचीया राशी
उदंड घडती जयाशी
तयाचे गुण महत्वासी
तुळणा कैची ?
यशवंत कीर्तिवंत
सामर्थ्यवंत वरदवंत
पुण्यवंत नीतीवंत
जय शिवराय !

Reference:

https://m.facebook.com/TheGreatMarathaWarriorss/photos/a.307159839375035/1490291584395182/?type=3&locale=hi_IN

कु. वैष्णवी विलास गुरव
अकरावी कॉमर्स ए

गाव हळूहळू संपायला लागला आहे

गाव हळूहळू संपायला लागला आहे
शेती - वाडी ओसाड पडत चाललीय
घर-दार बंद होऊ लागली आहेत
गाव हळूहळू संपायला लागला आहे

गावातील गोठा रिकामा होऊ लागला आहे.
कारण, गुरे-ढोरे सांभाळायला माणूसच नाही राहिला
नदी, विहीरीवरचा आवाज कमी होऊ लागला आहे
कारण, गप्पा गोष्टींसाठी बायकांची संख्याच कमी झाली आहे...

गाव हळूहळू संपायला लागला आहे

घराच्या भोवताली रान वाढू लागली आहेत
ते काढायला हातच नाही राहिले
गाव आणि स्मशान यात फरकच नाही राहिला
जिकडे-तिकडे शांतता होऊ लागलीय
गाव हळूहळू संपायला लागला आहे

मळ्यातला तो वानखेडे स्टेडियम शांत झाला आहे
क्रिकेट खेळायला कोणी मुलगाच नाही राहिला
गावातला गोंगाट कमी होऊ लागला आहे
कारण जो तो आज मुंबईला पळायला लागला आहे
म्हणून गाव हळूहळू संपायला लागला आहे

गाव वाचवा

Reference: https://youtube.com/shorts/yRltSf2a_ho?si=IZor4sPXW1JAm_Tf

कुमारी सिद्धी उदय कुडू
एस. वाय. बी. कॉम. ए

शिक्षक

शिक्षक म्हणजे.....
ज्ञानाची तळपती तलवार,
जिच्या धारेने होती. अनेकांची
आयुष्ये साकार

शिक्षक म्हणजे.....
फुलेचा वारसा अविरत
चालवणारा चालक,
ज्ञानाने भरगच्च भरलेल्या
गाठोड्याचा मालक

शिक्षक म्हणजे.....
देवाकडून मिळालेलं एक
अनमोल वरदान,
आम्हां विद्यार्थ्यांच्या मनातलं
एक आदरणीय स्थान. ।

शिक्षक म्हणजे.....
विद्वान पिढी पडवणारी एक
जादूची छडी,
जणू विद्येच्या मंदिरातील
तो एक पुजारी
शिक्षक म्हणजे

निःस्वार्थ प्रेम, माया आणि जिव्हाळा,
हसत खेळत विद्यार्थ्यांना
लावलेला अभ्यासाचा लळा
शिक्षक म्हणजे.....

कधी शिस्तीसाठी पिळलेला कान,
तर कधी प्रेमाने दिलेली
शाबासकीची थाप.

कु. तृप्ती देवघरकर

आजच्या युगातील स्त्री खरंच स्वतंत्र आहे का?

तू भार्या , तू भगिनी
तू दुहिता, तू प्रत्येक वीराची माता
तू नवयुगाची प्रेरणा
तूच या जगताची भाग्य विधाता ।

जर मानवी समाजाला एक वाहन मानले तर, स्त्री - पुरुष ही त्याची दोन चाके आहेत. दोन्ही चाके मजबूत व निरोगी असणे आवश्यक आहेत. दोघांपैकी एक चाक जरी कमकुवत झालं तर ते वाहन डगमगायला लागतं. प्राचीन काळी भारतातील ऋषीमुनींना स्त्रीचे महत्त्व चांगलेच माहित होते. ते पर स्त्रिला मातेसमान वागवत असत. पुराणकाळातील तसेच मध्ययुगीन काळातील स्त्रिया जसे की, सीतेसारख्या साध्वी, सावित्रीसारख्या सद्गुणी, देवकी - यशोदा सारख्या माता, राजमाता जिजाऊ सारख्या वीरमाता झाशीच्या राणीसारख्या पराक्रमी स्त्रियांनी देशाची शोभा वाढवली. त्यावेळी तेथील आदर्श होता- 'यत्र नार्यस्तु पुज्यन्ते, रमन्ते तत्र देवताः म्हणजेच जिथे स्त्रियांची पूजा केली जाते, तिथे देवाचं अस्तित्व कायम असत.

सध्या एकविसावं शतक सुरु आहे. आपला भारत स्वतंत्र होऊन ७६ वर्षे झाली. या एकविसाव्या शतकात स्त्रियांनी खूप उंच-उंच भराऱ्या मारल्या आहेत. प्रत्येक क्षेत्रात स्त्रिया पुरुषांच्या खांद्याला खांदा लावून कार्य करत आहेत. कोणी पायलट आहेत, कोणी इंजिनिअर, कोणी डॉक्टर, कोणी शिक्षक तर कोणी अंतराळवीर सुद्धा आहे. असं एकही क्षेत्र नाही जिथे स्त्रिया कार्यरत नाहीत. पण पण मला असा प्रश्न पडतो की आपल्या देशातील स्त्रिया खरंच १०० टक्के स्वतंत्र झाल्या आहेत का ? नाही स्त्रिया अजून १०० टक्के स्वतंत्र झालेल्या नाही . आपल्या देशातील जवळ जवळ ७५ टक्केच स्त्रिया स्वतंत्र झाल्या आहेत. पण उरलेल्या २५ टक्के स्त्रियांच काय ? त्या कधी स्वतंत्र होणार ? मुळात स्वातंत्र्य म्हणजे काय हेच काहींना माहित नसतं. प्रत्येक स्त्रिला तिचे स्वतःचे आचार-विचार मांडण्याचे स्वातंत्र्य आहे. तिला तिच्या मर्जीचे काम करण्याचे स्वातंत्र्य आहे. उरलेल्या ज्या २५ टक्के स्त्रिया आहेत त्यांचे प्रमाण ग्रामीण भागात जास्त आहे . शहरी भागात क्वचित प्रमाणात अशा स्त्रिया पाहायला

मिळतात ज्यांना पूर्णपणे स्वतंत्र मिळालं नाही, ग्रामीण भागातील स्त्रिया स्वतंत्र न होण्याच मुख्य कारण म्हणजे त्यांच्या आजूबाजूचा समाज. काही समाज हा अजूनही बुरसटलेल्या विचारांचा आहे. अनेक वाईट चालीरिती, प्रथा-परंपरांनी भरलेला आहे. काहींसाठी स्त्री ही आता देवी राहिली नसून ती फक्त चैनीची वस्तू झाली आहे. या समाजाला हे का कळत नाही की पुरुष जर शिव असेल तर स्त्री ही शक्ती आहे.

आज अनेक ठिकाणी मुलगा आणि मुलगी मध्ये भेदभाव केला जातो. मग, खरंच असं म्हणता येईल का की आपला देश स्वतंत्र झाला आहे . 'आई बाबा मला मारू नका. मला जगायचंय. मी तुमचीच मुलगी आहे ना, मग मला असे दूर का लोटता?' असे गर्भातील मुलगी आर्त भावनेने सांगत असेल. मान्य आहे की आपण एकविसाव्या शतकात राहतो. आपण चंद्रावर गेलो, मंगळावरही गेलो, पण..... आजही आपले विचार संकुचित आहेत. काही आई - वडिल मुलगा न झाल्यास व मुलगी झाल्यास शोक करताना दिसतात. असं म्हणतात की 'ज्याच्या पदरी पाप, त्याला मुली आपोआप 'मुलगा म्हणजे वंशाचा दिवा, तर मुलगी म्हणजे परक्याचं धन अहो, पण जर मुलगा वंशाचा दिवा असेल तर मुलगी वंशाची पणती असू शकत नाही का ? मुलगा शिकला तर एक घर उजळवतो पण मुलगी शिकली तर दोन घर उजळवते, पण काही ठिकाणी असं होताना दिसत नाही.म्हणूनच स्त्री-भ्रुणहत्या मोठ्या प्रमाणावर होत आहे. आज देशात मुलींची संख्या १००० मुलांच्या मागे फक्त ४५९ अशी आहे.खरंच हे दुर्दैव आहे बाजारातून वस्तूची खरेदी विक्री होते त्याचप्रमाणे स्त्री सुद्धा एक बाजारातील वस्तू समजून तिची बिनधास्तपणे खरेदी विक्री चालू आहे. स्त्री ही स्वतःचे रक्षण करण्यास समर्थ असली पाहिजे. खेड्यातच काय पण अगदी शहरात सुद्धा संध्याकाळी साडेसहा-सात वाजता बाजूच्या दुकानात जायचे तरी १८वर्षांच्या बहिणी बरोबर ९-१० वर्षांच्या भावाला पाठविले जाते. यात त्या आईवडिलांचा दोष काय म्हणा. कारण आजूबाजूला जे घडत आहे, त्या भितीने ते हे सर्व करावं लागत.

ती आई आहे, ती ताई आहे.
ती मैत्रिण आहे, ती पत्नी आहे.
ती मुलगी आहे, ती जन्म आहे,
ती माया आहे, ती आरंभ आहे,
आणि तिच नसेल तर, सारं काही व्यर्थ आहे.

कुमारी सिद्धी उदय कुडू
एस. वाय. बी. कॉम. ए

....स्वातंत्र्य.....

भारत माझी जन्मभूमी
मी नागरिक या देशाचा
साजरा करतो आनंदाने
हा सोहळा स्वातंत्र्याचा
काळ स्वातंत्र्या पूर्वीचा
गुलामी आणि लाचारीचा
जन्म त्या शूरवीरांचा
प्रारंभ आपल्या मुक्ततेचा
घुसखोरी केली मुघलांनी
सर्वत्र त्यांचा दबदबा
शपथ घेऊनी स्वराज्याची
लढण्यास सज्ज झाले शिवबा
महाराष्ट्राचा वाघ
त्याला मावळ्यांची साथ
जनतेला पटली खात्री
आता होणार मुघलांचा नायनाट
दीडशे वर्षांची गुलामी
दरारा होता इंग्रजांचा
स्वातंत्र्यसमर १८५७
लढा तो पराक्रमाचा
मेरी झाशी में नहीं दूंगी म्हणत
लढली जनतेच्या रक्षणासाठी
इंग्रजांच साम्राज्य हादरवणारी
ती वीरांगना ... राणी लक्ष्मी बाई होती
'चले जाव' म्हणत
केली हकालपट्टी इंग्रजांची
महात्मा गांधी नामक
मूर्ती होती अहिंसेची
आला तो दिवस

आणि झाली १९४७ ची सोनेरी पहाट
प्रत्येक भारतीय पाहत होता
याच दिवसाची वाट
आज साजरा करत आहोत
७५ वा स्वातंत्र्य सोहळा
आठवू बलिदान त्या
हुतात्म्यांचे करून मानाचा मुजरा

कु. तृप्ती देवघरकर
एस. वाय. बी. कॉम. ए

GLIMPSES OF THE YEAR

*Agashi Virar Arnala Education Society's
Padmashree Bhausaheb Vartak College, Virar E*

List of Seminar for the Academic Year 2023-24

Sr. no.	Month	Name of Seminar	Organizing committee	No. of participants	Resource Person
1	July	Seminar on Step-by-Step Guidelines on Preparation for UPSC / MPSC / Police Recruitment and other competitive Exams.	Placement Committee	80	Mr. Mahadeo Irkar
2	July	Empowering Regular Graduate Students for Early Industry Entry	Placement Committee	120	Kshitija Kadare & her team (Raw Engineering Academy)
3	August	Importance of Counselling	Counselling Committee	90	Mrs. Ashka Bhavsar
4	September	Seminar On Nutritional Myths & Facts	Canteen Committee	68	Dietician Sonali Nupur Mhatre
5	September	Sex Addiction	Counselling Committee	80	Mrs. Ashka Bhavsar
6	October	Mobile Addiction	Counselling Committee	90	Mrs. Ashka Bhavsar
7	October	The Power of Positive Thinking	Counselling Committee	80	Mrs. Ashka Bhavsar
8	October	Learning the nuances of MPSC and UPSC exams.	Placement Committee	80	Mr. Pradnyesh Tamaneekar
9	October	Gandhiji's Teaching For Youth Of Today's	Alumni Association	120	Mr. Maxwel Lopes
10	October	Seminar conducted on procedure for registration of MahaDBT Scholarship along with election updation process	DLLE Committee	67	Mr. Shashikant Nachan
11	October	Personality Development	Counselling Committee	100	Mrs. Ashka Bhavsar
12	December	Importance Of Communication	Counselling Committee	87	Mrs. Ashka Bhavsar

List of Activities for the Academic Year 2023-24

Sr. no.	Date	Name of the Events	Organizing committee	No. of participants
1	21 st June	International Yoga Day Celebration	Sports Committee	56
2	13 th July	Annasaheb Vartak Smriti Din	DLLE Committee	62
3	5 th August	Creative Writing Competition	Grievance and redressal Committee	20
4	12 th August	Solo Singing Competition	Cultural Committee	9
5	19 th August	Solo Dance Competition	Cultural Committee	12
6	21 st August	Prerna Din (Birth Anniversary of Smt Taramai Vartak)	NSS and DLLE Committee	100
		Following Activities were Conducted:		
		a. Cleanliness Drive in Collaboration with Rotary Club by NSS Committee.		
		b.Literacy Day celebration in Zilla Parishad School by DLLE Committee		
7	23 rd August	Freshers Party	Cultural Committee	
8	28 th August	PPT Making Competition	I.T Committee	24
9	6 th September	Gopalkala	SYB.Com Students	100
10	19 th September	Ganpati Celebration	TYB.Com Students	
11	30 th September	Quiz Competition	Exam Committee	12
12	9 th October	Extempore Competition	Magazine Committee	14
13	14 th October	Book Review Competition	Library Committee	16
14	7 th October	On 7 th October Padmashree Bhausahab Vartak Death Anniversary:	DLLE, NSS and Sports Committee	100
		Following activities were conducted		
		a.Literacy Day		
		b. Seminar on MahaDBT Registration and Election Updation Process		
		c. Mega Plastic Drive		
d. Cleanliness Drive				
15	6 th November	Book Mark Making Competition	Library Committee	20
16	6th - 9th November	Annual Sports Week	Sports Committee	200
17	8 th December	Essay Writing Competition	Magazine Committee	18
18	12 th December	Product Innovation Contest	Exam Committee	28
19	15 th December	Bird Feeder Making Competition	DLLE Committee	7

*Agashi Virar Arnala Education Society's
N. G. Vartak English Medium High School and Junior College, Virar E*

List of Seminar for the Academic Year 2023-24

Sr. no.	Month	Name of Seminar	Organizing committee	No. of participants	Resource Person
1	July	Gender Sensitization	Science Committee	100	Dr. Sheetal Koradkar
2	July	Preparation for UPSC / MPSC / Police Recruitment Training & Other Competitive Exams	Literary Committee	90	Mr. Mahadeo Irkar
3	July	Empowering Students for Early Industry Entry	Commerce Committee	100	Kshitija Katare & her team (Raw Engineering Academy)
4	August	Wildlife Conservation	Science & Green Club Committee	120	Ms. Anshu Tiwari
5	August	Importance of Counselling	Counselling Committee	150	Mrs. Ashka Bhavsar
6	September	Sex Addiction	Counselling Committee	150	Mrs. Ashka Bhavsar
7	October	Mobile Addiction	Counselling Committee	150	Mrs. Ashka Bhavsar
8	October	The Power of Positive Thinking	Counselling Committee	150	Mrs. Ashka Bhavsar
9	December	Exam Stress and How to deal with it.	Counselling Committee	150	Mrs. Ashka Bhavsar
10	December	Seminar On Opportunities In Petroleum Engineering	Science & Green Club Committee	90	Mr Valerian Lopes

List of Activities for the Academic Year 2023-2024

Sr. no.	Month	Name of the activity	Committee Incharge
1	21 st June	Yoga Day	Sports Committee
2	2nd August	Duet Singing Competition	Cultural Committee
3	12th August	Fresher's Party	Cultural Committee
4	18th August	Creative Writing Competition	Literary Committee
5	21st August	Prerna Din (Birth Anniversary of Smt Taramai Vartak)	Literary Committee
		Following Activities were Conducted	
		a. Cleanliness Drive	
		b.Literacy Day celebration	
6	26th August	Scientific Apparatus Sketch Competition	Science and Green Club Committee
7	26th August	Commerce Exhibition	Commerce Committee
8	6th September	Elections	Sports Committee
9	15th September	Group Dance	Cultural Committee
10	27th September	Hindi diwas(Vrund Ke Dohe Competition)	Literary Committee
11	27th September	PPT Making Competition	I.T Committee
12	7th October	Padmashree Bhausahab Vartak Death Anniversary:	Literary Committee
		Following activities were conducted	
		a.Literacy Day	
		b. Seminar on MahaDBT Registration and Election Updation Process	
		c. Mega Plastic Drive	
		d. Cleanliness Drive	
13	9th October	Extempore Competition	Literary committee
14	21 st October	Navratri Celebration	Std XIIth Students
15	6th - 9th November	Annual Sports Week	Sports Committee
16	6 th November	Book Mark Making Competition	Library Competition
17	6 th & 7 th December	Annual Camp	Sports Committee
18	9 th December	Film Review Competition	Literary Competition
19	15 th December	Quiz Competition	I.T Committee
20	23 rd December	Christmas Celebration	Std XIth Students

List of Faculty Development Programmes for the Academic Year 2023-2024

Sr. No.	Date	Topic of the FDP	Name of the Resource Person	Organizing Committee	Beneficiary
1	12.06.23	Know Yourself	Ms. Ashka Bhavsar, Counsellor	IQAC Committee	All Staff
2	4.09.23	Financial Literacy For Teaching Professionals	Mr. Kapil Agarwal (HOD of Circle Health, HDFC Life Insurance), Ms. Aditi Joshi (Sales Manager, HDFC Life Insurance)	IQAC Committee	All Staff
3	5.09.23	Stress Free Working For Teachers	Prof. Uttam Bhagat	IQAC Committee	All Staff
4	4.11.23	Submission of Self Study Report(SSR)	Dr. Dinesh Sanadi	IQAC Committee	All Staff

Expert Inter Collegiate Mahotsav

Our college believes that the cultural activities are to develop student's overall personality and to strengthen their self-confidence. College students participated in Expert International School Competition with great zeal and enthusiasm.

Following are the prizes bagged by our students:

INDIVIDUAL EVENTS

Sr. No.	NAME OF THE COMPETITION	NAME OF THE STUDENT	PRIZE
1	Mehendi Competition	Ansari Rafiya Abdul Rehman	1 st Prize
2	Nail Art Competition	Khare Priyal Pradeep	3 rd Prize
		Vasave Sneha Viki	Consolation Prize
3	Tattoo Making Competition	Dhotre Harsh Rajendra	3 rd Prize
		Ansari Moh. Irshad Moh. Idris	Consolation Prize
4	Salad Decoration Competition	Verma Priti Ramkumar	1 st Prize
		Patil Dhruvika Dilip	2 nd Prize
5	Story Telling Competition	Pathak Swati Hirendra	2 nd Prize
		Patil Kshitija Rajesh	Consolation Prize
6	Best Out Of Waste	Khadpe Sangeet Ashish	1 st Prize
		Yadav Vishal Shyambihari	3 rd Prize
7	Drawing	Sawant Dnyana Ratnakar	1 st Prize
		Kadam Aditi Sameer	2 nd Prize

GROUP EVENT:

Sr. No.	NAME OF THE COMPETITION	PRIZE
1	Group Dance	1 st Prize

Kala Krida Competition

The healthiest competition occurs when average people win by putting above average effort.

- Colin Powell

Our College students took participation in various events organized by Vasai Virar Shahar Mahanagarpalika 24th Kala Mahotsav 2023.

Following are the prizes bagged by our students:

GROUP EVENTS:

NAME OF THE COMPETITION	PRIZE	JUNIOR/SENIOR
Group Song Competition	1 st Prize	(Junior College)
Group Dance Competition	2 nd Prize	(Senior College)
Group Dance Competition	3 rd Prize	(Junior College)

INDIVIDUAL EVENTS

NAME OF THE COMPETITION	NAME OF THE STUDENT	PRIZE	JUNIOR/SENIOR
Sugam Sangeet Competition	Miss. Ruchi Patil	1 st Prize	(Junior College)
Mehendi Competition	Miss. Bhoir Grishma Jagdish Miss. Kadu Siddhi Deepak Miss. Ramina Manisha Ramesh	Consolation 1 st Prize 3 rd Prize	(Junior College) (Senior College) (Senior College)
Elocution Competition	Miss. Patil Kshtija Rajesh Miss. Dolani Safanaaz Sadiq Miss. Mishra Kanchan Dhananjay Miss. Chundavat Pooja Kuwarsingh Mst. Jha Aalok Lalit	Consolation 2 nd Prize 1 st Prize 2 nd Prize 3 rd Prize	(Junior College) (Junior College) (Senior College) (Senior College) (Senior College)
Essay Competition (English)	Miss. Amrin Sayyed Mst. Nishad Anurag Miss. Tejal Prajapati	3 rd Prize 1 st Prize 2 nd Prize	(Junior College) (Senior College) (Senior College)

Essay Competition (Marathi)	Miss. Jadhav Samiksha Santosh Miss. Ghadigaonkar Disha Namdeo Miss. Golavkar Khushi Rajendra	1 st Prize 2 nd Prize 3 rd Prize	(Junior College) (Senior College) (Senior College)
Handwriting Competition (Marathi)	Miss. Ghadavale Shamal Sanjay Miss. Gaikwad Pooja Yuvraj Miss. Aarekar Prachi Dinkar	1 st Prize 2 nd Prize 3 rd Prize	(Junior College) (Senior College) (Senior College)
Handwriting Competition (English)	Miss. Vishwakarma Anju Avadhinarayan Miss. Kadam Aditi Sameer	1 st Prize Consolation	(Senior College) (Junior College)

It was indeed a proud moment not only for the recipients of the awards but also for their Parents and College.

National Service Scheme Unit (NSS)

Activities for the Academic Year 2023 – 2024

Month	Sr. no.	Activities	Description	Online/ Offline
July	1	Annasaheb Vartak Death Anniversary	NSS volunteers paid Homage by garlanding the Photo frame to late Shri. Annasaheb Vartak and same day the plants distributed to present people.	Offline
August	2	“Meri Maati Mera Desh”	All NSS Team took pledge on the occasion of Meri Maati Mera Desh.	Offline
	3	Independence Day	All NSS Team attended flag hosting ceremony	Offline
	4	Cleanliness drive At College on account of Prerna din	On this day all NSS Team Clean the PBV College premises.	Offline
	5	Eco-Friendly Rakhi Stall For social cause	The NSS Team sell the eco-friendly Handmade Rakhi for the help of Tribal Women.	Offline
	6	Revenue Day	Government officers guided students and distributes various types of certificates requires for education purpose	Offline
September	7	Mati ko Naman	The Teaching staff of college and NSS Team collated the soil from different areas.	Offline
	8	Mega Beach Cleanup Drive At Uttan Beach, Mira-Bhayandar	On the occasion of International Coastal day, Our volunteers participated in Cleanliness Drive at Uttan Beach.	Offline
October	9	Swachh Bharat Abhiyan At Virar Railway Station	Swachh Bharat Abhiyan conducted by VVMC at Virar Railway Station NSS volunteers participated in such cleanliness Programme.	Offline
	10	Bhajan Sandhya	On the occasion of Gandhi Jayanti NSS volunteers attended the event at Gateway of India organized by Mumbai University.	Offline
	11	Mega Plastic Collection Drive	All the NSS volunteers collected plastic waste in the associated with Dhyas Foundation	Offline

	12	Participated in Inauguration of Pramod Mahajan Rural Skill development centre	Volunteers Participated in you tube online inauguration ceremony	Online
November	13	Distribution of Free Fragrant Ubtan in Adopted area in Virar East	Our NSS volunteers free distributed the fragrant Ubtan in adopted area.	Offline
	14	Quiz on Constitution on MyGov Quiz	On the portal of MyGov.in NSS volunteers participated in Quiz on Constitution.	Online

NSS Photos

ANNASAHEB VARTAK SMRUTI DIN



REVENUE DAY



CLEANLINESS DRIVE



RAKHI SELLING STALL FOR SOCIAL CAUSE



PLASTIC DONATION DRIVE



CLEANLINESS DRIVE AT VIRAR EAST RAILWAY STATION AREA ON ACCOUNT OF GANDHI JAYANTI



VOLUNTEERS PARTICIPATED IN CLEANLINESS DRIVE AT MIRA BHAYANDER



PLASTIC COLLECTION DRIVE AT CBSE SCHOOL



DISTRIBUTION OF FREE FRAGRANT UBTAN IN ADOPTED AREA AT VIRAR EAST



Department of Life Long Learning & Extension (DLLE)

Activities for the Academic Year 2023 – 2024

Sr. No.	Month	Activities	Description	Online/Offline
1	July	Annasaheb Vartak Death Anniversary	Visit to orphanage	Offline
2	August	Seed ball Making	Seed ball Making	Offline
3		Tree Plantation	Planted about 100 trees on Phulpada Dam	Offline
7	September	International Literacy Day	Government Policy were made aware to School Students	Offline
4	October	Gandhi Jayanti	Seminar on Gandhi an Philosophy was presented by Maxwell Lopes Sir	Offline
5		MahaDbt along with Election	Students' Aadhar Card updation done for Election purpose	Offline
6	November	Uchavali Diwali Help to Students	In association with Vikas Sevavruti Vrund "Kandil Making Workshop" held in Uchavali	Offline
8	December	Seminar on Life Journey of Dr. Babasaheb Ambedkar	Seminar on Life Journey of Dr. Babasaheb Ambedkar was presented by Advocate Nikhil Naik Sir	Offline
9		Birds Feeders Competition	Birds Feeders were made by Students	Offline

DLLE Photos

VISIT TO ORPHANAGE



SEEDBALLS MAKING



TREE PLANTATION



GANDHI JAYANTI



MAHA DBT ALONG WITH ELECTION DEPARTMENT



INTERNATIONAL LITERACY DAY



UCHAVALI DIWALI HELP TO STUDENTS



SEMINAR ON LIFE JOURNEY OF DR. BABASAHEB AMBEDKAR



MAHANAGARPALIKA SPORTS

INDIVIDUAL EVENTS:

SR. NO.	NAME OF THE STUDENT	NAME OF THE COMPETITION	PRIZE
1	Patil Kshitija Rajesh	Chess Competition	2 nd Prize
2	Verma Priti Ram Kumar	Chess Competition	3 rd prize
3	Narvankar Isha Vaibhav	Carrom Competition	3 rd Prize
4	Padelkar Mansvi Chandrakant	Shot Put	2 nd Prize
		Disk Throw	1 st Prize
5	Rohilwad Poonam Tukaram	Shot Put	4 th Prize
6	Dalvi Sahil Sanjay	Shot Put	2 nd Prize
7	Gharat Manish Parshuram	100 M Running	3 rd Prize
		100 M Running	3 rd Prize
		400 M Running	3 rd Prize
		200 M Running	1 st Prize
8	Ansari Irshad Idris	Long Jump	3 rd Prize

TEAM EVENTS:

Sr. No.	NAME OF THE COMPETITION	PRIZE
1	Kabaddi Competition (Boys)	2 nd Prize
2	Langdi Competition (Boys)	2 nd Prize
3	Langdi Competition (Boys)	3 rd Prize
4	Langdi Competition (Girls)	1 st Prize
5	Volleyball Competition (Boys)	3 rd Prize
6	Kho-Kho Competition (Boys)	3 rd Prize
7	Handball Competition (Girls)	2 nd Prize
8	Handball Competition (Boys)	3 rd Prize
9	Cricket Competition (Boys)	3 rd Prize
10	Football Competition (Girls)	3 rd Prize
11	Lagori Competition (Girls)	1 st Prize
12	Lagori Competition (Boys)	1 st Prize
13	Relay Competition (Girls)	3 rd Prize

District Level Sports Competition 2023-24

Narsinh Govindrao Vartak Junior College had participated in the District Level Sports Competition 2023-24.

Following are the winners of the District Level Sports Competition:

Chess Competition

- Patil Kshitija Rajesh 3rd prize
- Sawant Parth Shrikrushana 4th prize

Shot put Competition

- Dalvi Sahil Sanjay 2nd prize
(Under 19 Boys- 7.59 meters)

Kho-kho Competition Boys

3rd prize

Table Tennis Girls

(Patil Prachi Shashikant selected for division level sports)

2nd prize

Shooting Ball Girls

2nd prize

Apart from this achievement, the students are selected for the Division Level Sports Competition.

Memories to be treasured!

Yoga Day Celebration



Singing Competition



Fresher's party



Creative Writing Competition



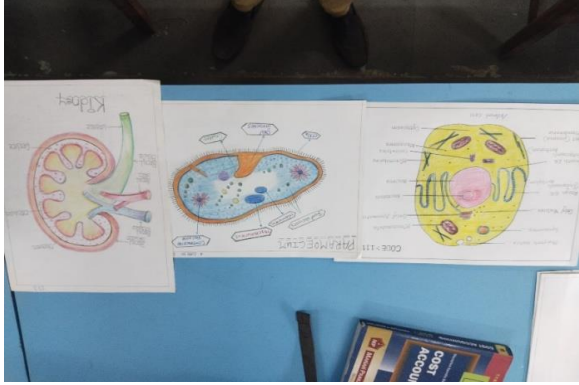
Library Orientation Program



Prerna Din



Science-Sketch Competition



Commerce Exhibition



Book Exhibition



Dance Competition



Hindi Divas Competition



PPT Competition



Extempore Competition



Sanskar Prabhodine Award



Science Exhibition



Seminar on World Elephant Day



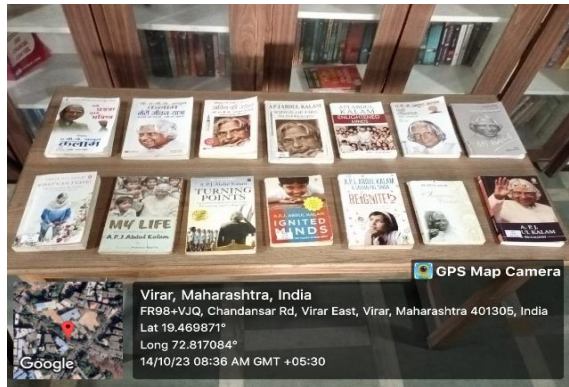
Seminar on Gender Sensitization



Quiz Competition



Book Review Competition



Navratri and Dussehra Celebration



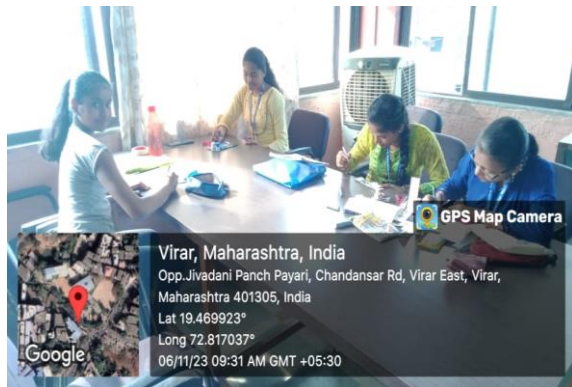
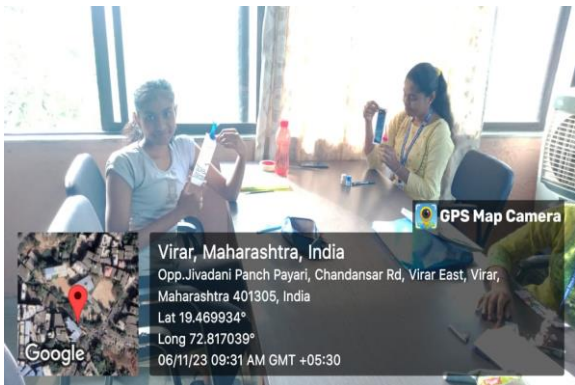
Alumni Meet



Seminar on MPSC-UPSC Guidance



Book Mark Making Competition



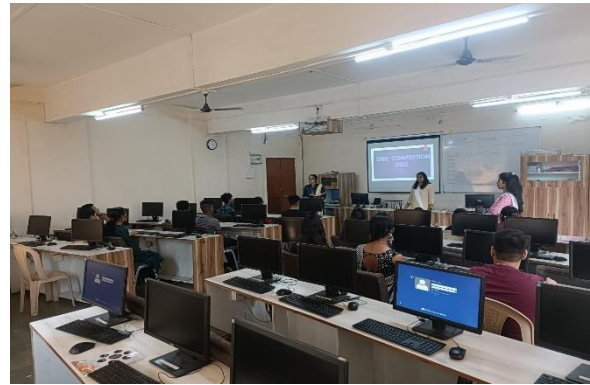
Sports Day Celebration



Film Review Competition



GK Quiz Competition



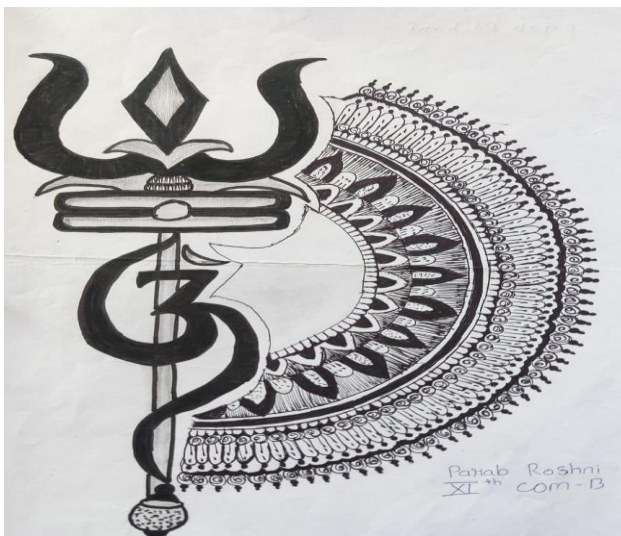
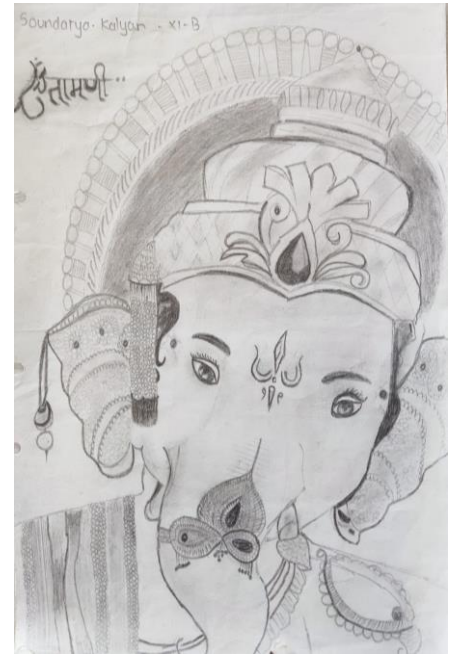
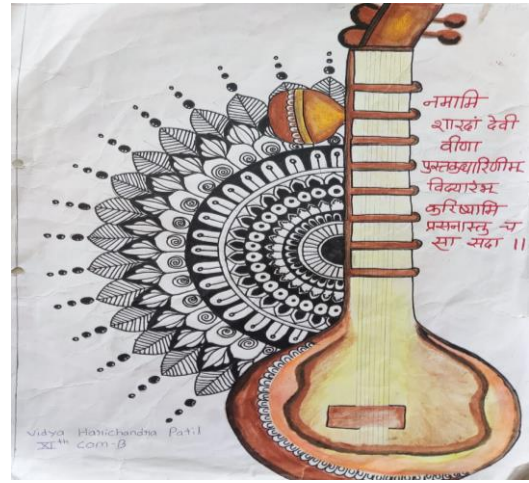
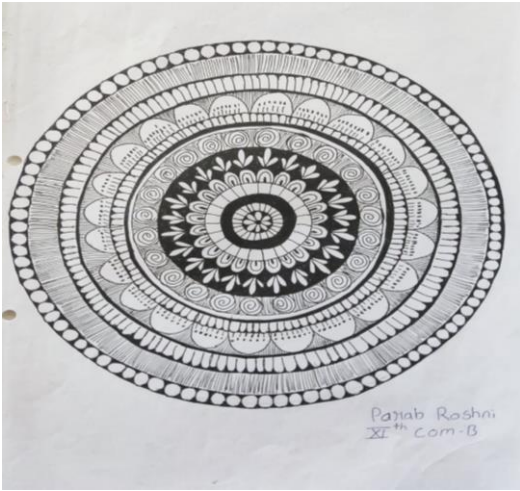
Bird Feeder Making Competition



Product Innovation Contest



ARTISTS ADDA



"INTERVIEW MYTHS"

Okay, so you believe you are fully prepared for your job interview, don't you? Unfortunately, you are mistaken; some of the most common misconceptions about interviews are still true today, and they most certainly caused you to trip.

8

List your strengths whenever you can

9

Most interviewers have been trained to conduct thorough job interviews

10

The interview is prepared

7

They are looking for perfect candidate



1

The most qualified person always gets the job.

6

There's a right answer to every question an interviewer asks

2

A well-written resume is all you need to get you in the door.

5

You should always keep your answers short

4

Your appearance doesn't matter

3

When asked where you see yourself in next five years, show tremendous ambitions.

