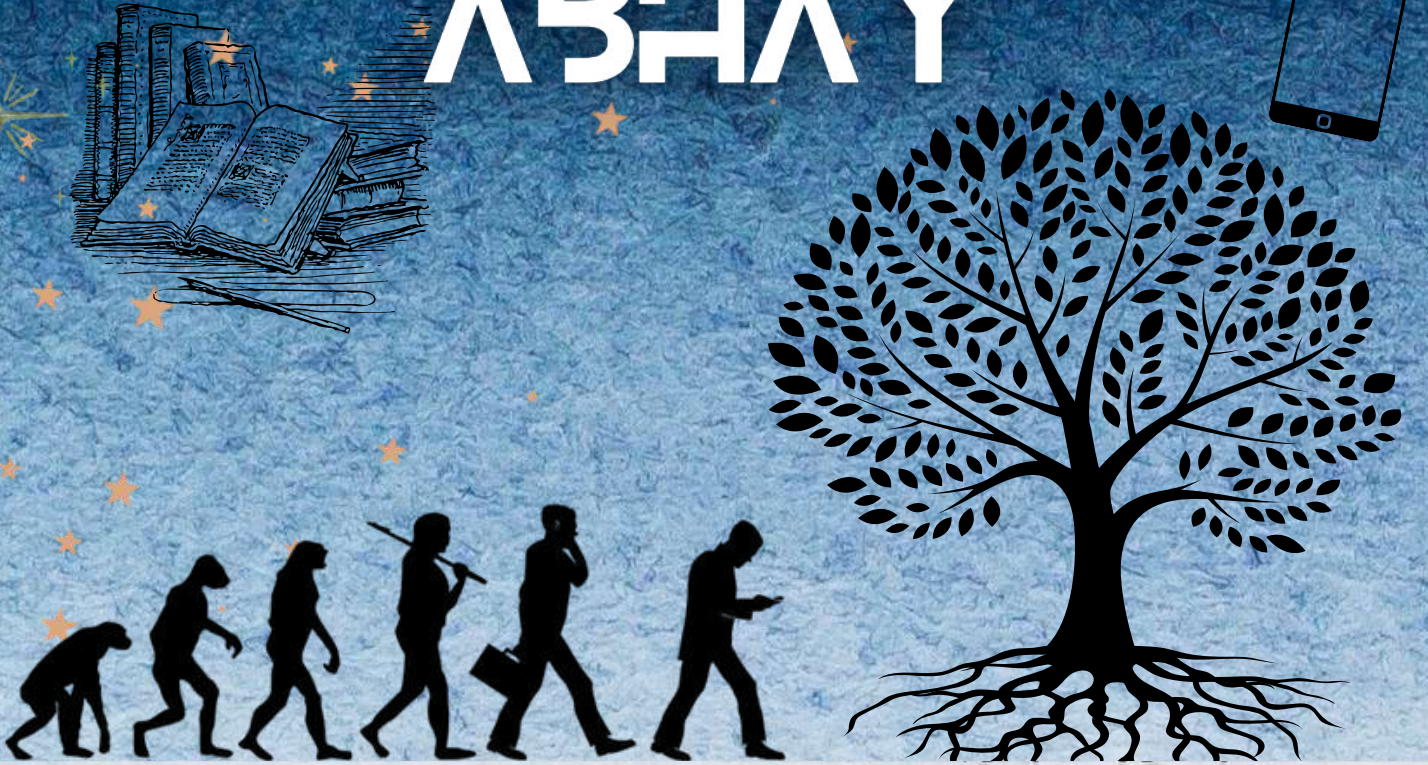




# JOGESHWARI EDUCATION SOCIETY'S COLLEGE OF COMMERCE SCIENCE & INFORMATION TECHNOLOGY

(Affiliated to University of Mumbai)

# ABHAY



# Prestigious Alumni



Mohammed Adil Ansari  
(Top Performer in SMC)



Nikhil Pawar  
(Web Designer)



Bhavesh Suvarna  
(Event Host & Acting Coach)



Akash Sawant  
(Founder & Marketing Director)



Amit Ghadi  
(Makeup & Mehendi Artist)



Yash Chilveri  
(Interior Designer)

Labesh Teli  
(International Archery Performer)



# College Magazine Content

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या कुन्देन्दुतुषारहारधवला या शुभ्रवस्त्रावृता  
या वीणावरदण्डमण्डितकरा या श्वेतपद्मासना।  
या ब्रह्माच्युत शंकरप्रभृतिभिर्देवैः सदा वन्दिता  
सा मां पातु सरस्वती भगवती निःशेषजाड्यापहा॥



To channelize young minds not only towards academic goals but also towards their social responsibilities.

To provide ample opportunities to nurture and sustain creative talents and multiple intelligence for the service to humanity at large.



To promote academic excellence & create humane, self-reliant citizens of India to meet the local and global challenges of the society.



- Inculcating value system among students.
- Quest for Excellence.
- Fostering Global Competencies among students.
- Environmental sensitivity.
- Humaneness in all dealings.

# Objectives

- To ensure high standard of education.
- To enrich students' personality by encouraging their participation in curricular and extracurricular activities.
- To promote sports culture.
- To provide learning opportunities that are flexible and support alternative learning methods.
- To promote positive ways of social interaction, self-confidence enabling to exchange ideas and opinions with others.
- To cultivate organizational skills through team work, collaboration and co-operation.
- To provide supportive skills while dealing with academic and personal problems of students.
- To nurture thirst for knowledge and skills in the latest innovations and technologies in education.
- To sensitize students towards threatening environmental issues.
- To inspire students to meet the challenges of dynamic society and to fulfill their role as nation builders.

## Quality Policy



We aspire to be an ethical institution in designing and delivering education, entrepreneurial approach, research and development in every student in an ever changing world of business by adopting innovative pedagogy. In view of the context of JES, we will assess and address risk and opportunities that impact in achieving the strategic direction of JES. We give prominence to best teaching and learning processes

In our pursuit for excellence, we follow:

- Ethical Policies
- Transparency
- High Standards of Quality
- Risk Based Thinking
- Continuous & Consistent Improvement



## About Us

Jogeshwari Education Society (JES) is one of the oldest, well renowned and greatly respected institutions in Jogeshwari East. The institute was founded more than 90 years ago. Way back in 1932, a few dedicated Saraswats sowed the seeds of education in a small residential house in Saraswati Baug. The Founder of the institute was Mr. Shantaram Ganaba Warty was a man with a great passion for education. He embarked on the noble journey with just 16 students of Fifth and Sixth standards. 'शीलम् परम् भूषणम्' is the tag-line of the society, which means that Education defines the character of a human being.

### Milestones of JES:

- 1932 JES Founded
- 1953 High School status Secured
- 1956 Own School Building constructed
- 1971 Arvind Gandbhir High School (AGHS) building constructed with a generous donation by Mr. Balkrishna G. Gandbhir
- 1976 First floor of AGHS constructed
- 2005 Second floor of AGHS constructed for serving the Higher Education needs
- 2008 Junior College Of Commerce and Science commenced
- 2009 Senior College affiliated to University of Mumbai commenced
- 2014 JES English School Commenced

The small sapling of JES which was planted in 1932, has now grown into a big tree, bearing fruits for one and all. Now, the society owns two buildings, housing Junior and Senior colleges, Primary School aided by the BMC and a Secondary School aided by the Government of Maharashtra - popularly known as Arvind Gandbhir High School & JES English School respectively. The academic achievements of the students, various institutes run by the Society speak volumes of the quality of education imparted by the institutions.

A good number of students have won scholarships in Middle School, High School and College over the years.

Several students have secured ranks at the SSC & HSC Examinations.



# Our Inspiration

## **Mr. Shantaram Ganaba Warty**

**Born: 4th September 1887**

**Expired: 2nd September 1939**

## **Founder Of The Institute**

Inspired by Dr. Dr C V Raman, the Nobel Laureate, Sri. Shantaram Ganaba Warty, dreamt of providing education to the residents of his area. His Matriculation in 1902, graduation with BA from Wilson College in 1908 and MA in History and Economics in 1915 placed him as the First Post Graduate of Gaud Saraswat Brahmins.

His first novel on the autobiography of Venkatrao Vaikhunt Wagh, an LLB from the same community and a Judge, his articles in The Times of India regarding lacunae in Municipal Schools and his suggestions, his book "Sister India" in contrast to Ms. Catherine Mayo's "Mother India" show his proficiency in writing.

The residents of Saraswati Baug were blessed as in 1932, two classes of Secondary School were started by this frank, expressive educationist. Mr. S.G. Warty, had a great passion for education which prompted him to start fifth and sixth standards with just 16 students. The small sapling of JES which was planted in 1932 by him has now grown into a big tree, bearing fruits for one and all.

# Management Committee



**Mr. Manoj Phene**  
**President**



**Mr. Uday Nadkarni**  
**Vice President**

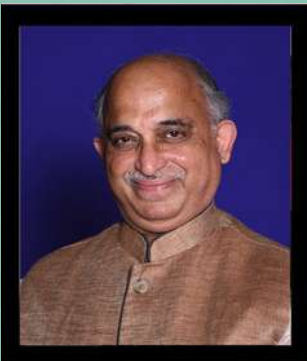


**Mr. Kiran Kamat**  
**Jt. Hon. Secretary**



**Dr. Shivanand Borkar**  
**Jt. Hon. Secretary**

## **MEMBERS**



**Mr. Vivek Sthalekar**



**Mr. Rajendra Netravali**



**Mr. Rajesh Ajgoankar**




**Dr. Gajendra Bhanji**



**Mr. Vikas Sherlekar**





GOLDEN  
WORDS





*Mr. Manoj Phene*  
*Chairperson*  
*J&S Management*

Students let me convey you the greetings of 77th Independence day. It is a great coincidence that the college is publishing it's annual magazine on such an auspicious day.

My young friends, on such a great day, I do not intend to go back in the history and the sacrifice of our great heroes. You all must have been regularly reading from your books and all your teachers must have given many sermons on this subject.

We all were born in the post-independence era and have no Idea about the miseries of pre independence age.

We have only learnt about some of the glimpses about those days.

On this day, most of us assemble together, have flag hosting, salute the Flag, sing the National Anthem and patriotic songs and disperse.

This is of course very important that through this we remember our heroes who got us independence and we pay respect to our sovereignty and the and Flag. We get goosebumps while we do this.

Friends, is it enough that we remember our martyrs on two days i.e. Independence day and Republic day? Is it a sufficient tribute to those who have had seen a glorious dream about independent India? We regularly return to our normal routines. Each one us have to put a question to one self, what we need to do to accomplish our obligations. Are we at least trying to become ideal citizens of this country? Barring a few who protect our borders, persons associated with giving community services, all others are direction less and run after the evolutionary forces. Their unrealistic ideas are to get rich with minimum efforts this greed and is encashed by various entities.

My dear young friends, it is said that the average age of India is very young and is recognised by entire world, as great strength, but same is proving to be our disadvantage because of the above factors. There is no short cut to hard work, whatever you do, whichever areas you work. It is the hard work in properly focused direction with proper time management can surely make your personality.

You become a successful citizen of this country, no matter which field you belong to.

We the JES management and entire staff of the college toil to give their best to you all in the most innovative way.

Ours is relatively a young college and without an exception have meager resources as compared to older, established colleges, even then facilities provided by the colleges are phenomenal. Other than your opted curriculum, the college is offering a lot of facilities to enhance your personality. We have well equipped library with good a number of books and the facility of a cozy reading room. In the modern internet age, the college has opened the new facility of E-library allowing students to download and refer numerous books on any subject. College is encouraging students to join various committees such as literary societies to their hobbies and knowledge. College encourages students in pursuing dramatics, Fine Arts and various skills. Sports academy of the college is well recognised and appreciated by people from the surrounding areas. The Professional coaches impart the advanced training to the students. The college encourages the students to participate in inter collegiate events and also hold such events to develop organising and leadership skills. To become employable, the college has commended various professional courses at no or negligible costs. The college is imparting and preparing students for professional entrance examination through various seminars, workshops and training through eminent personalities with a job guarantee. In short the college management is conscious and committed, the motivated teachers and staff are willing to give their best to fulfill the objectives of being a catalyst in nation building, the management expects more serious & intense participation from you, students. We, at JES are always open to trying new ideas for betterment of students and very open for suggestions of new things and improvement of the ongoing programs. I wish you all the best for your success.

**Mr. Manoj Phene**



*Shri. Kiran V Kamat*  
*Hon, Secretary*

Dear students of JES Family,

As the secretary of the Institution, I feel responsible as well as honoured to address you. Through our magazine ABHAY, I want to share my views. I like to kindle interests in various aspects of your college life. You came to JES in pursuit of good learning and hope, to acquire certain life skills and shape your career. You expect the college to provide various facilities - excellent teaching and extra curricular activities. I constantly strive to provide you with all the necessary facilities and good atmosphere for studies. I love to experiment new technology in our college. I want you to taste failure also to emerge out successful. Grab opportunities provided by the college, face challenges bravely, take the assistance of your faculty and be passionate of what you are learning. Your passion makes you zealous. Your enthusiasm helps you to be determined.

Believe in team work and learn to be a worthy member of your team.

College days are the best times of your lives. Make them memorable, enjoy the Facilities-Gymkhana, AV Room Turf and many more that the college would provide you in due course of time. Your holistic development is our wish. My aim is to provide the best possible education right from school to college level under one roof for the deserving students of JES. Be competitive in nature to embark your lives into the society and to enjoy great success in all spheres of life.

Thank you for being a part of our college community, and I wish you all a productive, fulfilling, and unforgettable academic journey ahead. May you make the most of your time here and leave a lasting legacy for the future generations to come.

**With best wishes,**

**Mr. Kiran V Kamat**



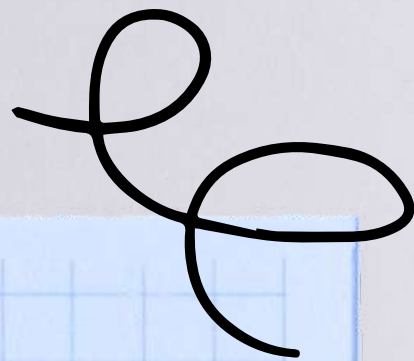
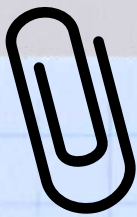
## *From the Principal's Desk*

Dear Students,

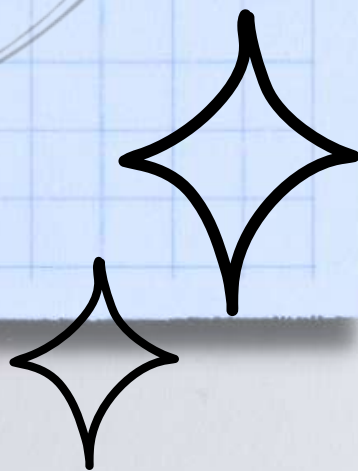
I hope this message finds you all in good health and high spirits. As we proceed onto another academic year, I want to extend a warm welcome to both senior students and newcomers. Your presence and enthusiasm add vibrancy to our college community, and I am excited to witness the journey we will undertake together.

College life is a unique phase filled with opportunities for growth, learning, and self-discovery. It is a time when you will encounter new challenges, form lasting friendship, and build the foundation for your future endeavors. As your Principal, I want to assure you that our college is committed to providing a nurturing and supportive environment that fosters academic excellence and personal development. I encourage each one of you to approach this academic year with an open mind and a willingness to embrace new experiences. Engage in all aspects of college life, both inside and outside the classroom. to help you develop essential life skills such as leadership, teamwork, and time management. While academic excellence is one of our primary goals, I also emphasize on the importance of maintaining a healthy work- life balance. Reach out to our support services if you encounter any challenge or need guidance. The academic year has been significant in the graph of JES, as we have geared up for completing necessary documentation and the criteria set by NAAC. I believe in team work. I am confident of my team. Motivation acts as the key factor here to complete the assigned jobs satisfactorily. I would like to etch the name of JES with golden letters on the Western suburbs of Mumbai. We drill students who have come from modest backgrounds, who depend upon us maximum as they are the first generation graduates of their respective families. I would like to see our management's dream of providing various courses under one umbrella i.e. JES, turn into a reality in a short span of time. As you progress through your college journey, I encourage you to set ambitions goals and work diligently towards achieving them. I want each one of my students to make use of the facilities provided by the college, imbibe values that are taught here, Cherish the moments at JES, dream big and settle down in lives with a career of your choice. I advise my students to begin somewhere, or else that beginning will never take place. A good beginning is half done. I want to be your support forever. With all the committees continuously working towards a cause of interest, JES will take stronger roots to spread its branches far and wide. You will enjoy sniffing its success from the air around you. Let us make this year one to remember! All the best.

**Dr Prashant H Shelar**

A faint, light blue background illustration of a hand holding a pen, with a laurel wreath surrounding it. The text is overlaid on this illustration.

**WORDS FROM  
THE  
EDITOR**





*Mrs. S Radhika Rao*  
*Editor In Chief*

On this day of ABHAY's 2nd birthday, let's introspect ourselves a bit. As years pass by, I become more cautious as slight fear sometimes disturbs my mind. Would I be successful in directing my wards towards education and do my bit in shaping their career?

Then I recollect a poem 'The Teacher' written by P Seshadri, where he talks about a teacher's unwavering faith in showing light to his students, the happiness he experiences when his students, after attaining their goals in life take his name with gratitude.

This is the key to success.

We need to have that faith, trust in what we take up and do in our lives to enjoy success and progress.

We like something

We practice it and attain skills

We gain confidence

We develop faith

We become successful

Children, believe in yourselves. You are all blessed with bundles of talent in some aspect or other. What you should do is channelizing your talents and be positive.

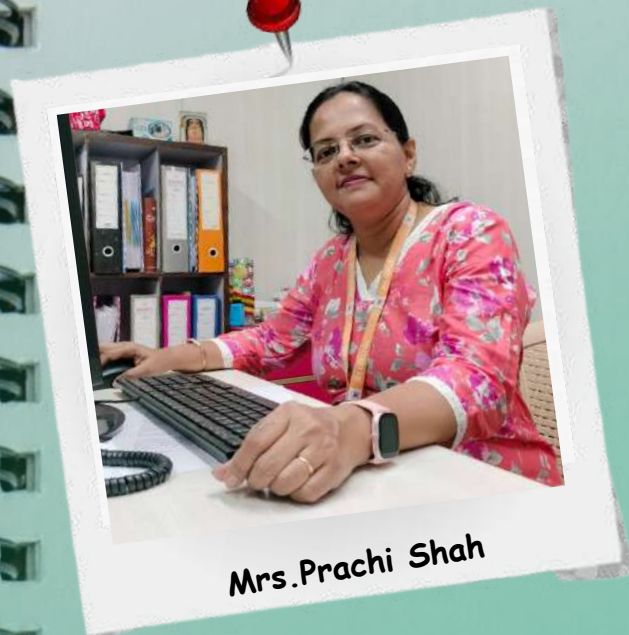
Get yourself ready to enjoy success.

Dream big. Cultivate the habit of listening and reading.

Your dreams turn into realities with hard work and patience. Our ABHAY has tried to depict these talents.

As India needs young, dynamic, enthusiastic and energetic citizens, groom yourselves to be one and serve your nation through the guidelines provided by your college

**Mrs.S Radhika Rao**



*Mrs. Prachi Shah*  
*Co-Editor*

THE ONLY CONSTANT IS THE CHANGE...

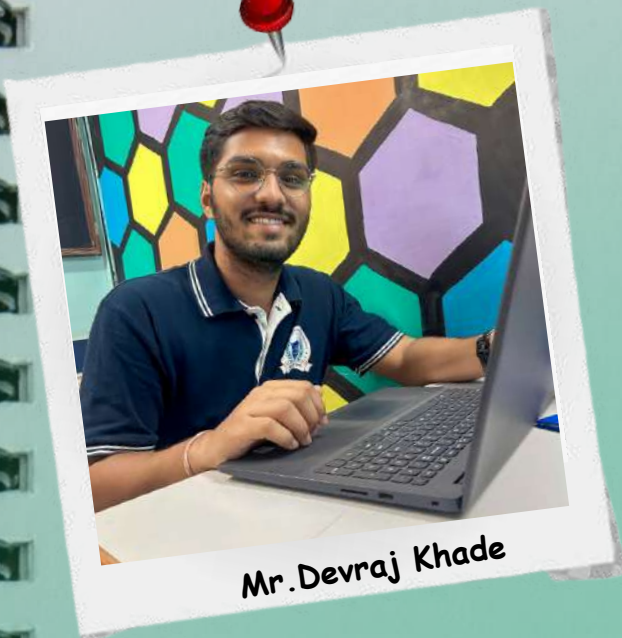
It is truly said the change is the only eternal truth. Today we are witnessing a rapidly changing era. Yesterday is not in the existence and tomorrow is too far, what we have is just present day where we have to gear up ourselves and be ready to absorb the changes. Being constantly surrounded by younger generation and we have to give them not only education but also the values and at the same time we have to update ourselves up to their levels to be their true guide.

In an era of constant revolution in terms of technology, we have to maintain our existence by adopting new technology. This readiness to absorb the change is the only way of Human Survival as the intelligence of Human is the only danger for the existence of the Human. We know that a tree takes its birth from a seed and the tree keeps on shedding the leaves and new leaves keep coming till its existence... If a tree can follow this rule of nature, so do we. We must be torch bearers for others by accepting the change and camouflage with situation to progress in our lives by making our roots strong.

The older people draw the boundaries for themselves by avoiding the acceptance of surroundings and youngsters are keeping a safe distance by considering. The elderly outdated. Both the generations must leave their prejudices as one has experience and later has grown up with the new face of life. As an educator, I love to mingle with the students as I have to nurture them with education and values and learn from them various new things. My message is for all from the younger generation to the older as we all have some or other thing to exchange. Let's all come together, expand our horizon as the sky is the limit.

**Mrs. Prachi Shah**





*Devraj Khade*  
*Student Editor*

The magazine of a college reflects its image. I feel ABHAY is the soul of JES. As the student editor, working for the magazine with my friends and juniors from other streams, I have realised, ABHAY speaks for us. So, it is our duty to consciously make it speak the best. That best comes out only when our actions are the best. What should be the actions of students? Work hard, it pays wonderfully well. Utilize the facilities provided by our college. Above all, I want to inspire my juniors in every possible way so that the legacy continues.

So many rivulets join to make it an ocean, so many small actions by us can turn JES into an ocean of EDUCATION.  
Let us join hands towards that mission.

Mr. Devraj Khade



# College Report





## DEGREE COLLEGE REPORT

The Degree section of JES Commenced on 13th June 2022 for the academic year 2022 - 2023 with all streams of SY and TY classes. As the admission process of FYs went on till August, their classes began later. BCom and BSCIT Programmes absorbed students to their full capacity though a few seats were left in BAF and BMS streams. It was an year of dynamism. Various Departments and cells like IQAC, NSS, DLLE, Sports, Cultural, WDC, Examination, Scholarship, the Administration and the Library units were enthusiastically busy with a variety of activities throughout the year.

NSS Unit conducted around 50 activities at different levels. All this has strengthened the required criteria for NAAC. The goal to attain NAAC grade was close by. The Management, Principal and the Faculty contributed their bit to fulfil all the required documentation work.

PARIVARTAN - 2022, a two day intercollegiate fest was a feather in the cap due to its grand success event with a participation of more than 100 colleges competing in 25 events. As per the norms of the University, Semester I, II, III & IV Examinations were conducted and Semester V and Semester VI University Examinations of 3 subjects were also held at the college. The academic year ended in May after declaring the results of Semester II & IV.

Appointments of faculty for the next academic year was completed.

## INTERNAL QUALITY ASSURANCE CELL (IQAC)

The IQAC of the College was formed on 13th August 2022, under the leadership of Prof. (Dr). Sunita Sharma. Other Team members are: Mr. Chitranth Kate, Mr. Hyder Khan, Mr. Vikram Desai and Ms. Pragati Yerunkar.

The Objectives of IQAC are:

- To develop a mechanism to promote conscious, consistent and catalytic action plans to improve the academic and administrative performance of the institution.
- To promote institutional quality enhancement and sustenance through the internalisation of quality culture and institutionalization of the best practices.

The Internal Quality Assurance Cell (IQAC) of JES College plays a vital role in institutionalizing quality assurance within educational institutions. Here are some significant contributions of IQAC in institutionalizing quality assurance strategies and processes:

1. A workshop on "Enhancing teaching learning experiences in HEIs" by Dr. Deepak Nanaware (Trustee IQAC Cluster), a workshop titled "Documentation and Its Importance" by Mr. Peeyush Pahade, President, IQAC Cluster.
2. A workshop "Preparing Website as per NAAC compliance", Annapoorna and Harr Ghar Dastak projects, 'Joy of Sharing' to give back to the under privileged people were organised methodically.
3. Formation of statutory and non-statutory committees and updated Academic Calendar, Code of Conduct, Faculty logbook and Prospectus were other jobs done by IQAC.

One of the key responsibilities of the Internal Quality Assurance Cell (IQAC) is to review the teaching-learning process, structures, methodologies of operations, and learning outcomes at periodic intervals. Below are some key steps taken:

A. Bridge Courses the first year UG students, a workshop on "Mentoring and Achieving Excellence in HEIs" for teachers, skill development programs by signing MOUs with industry experts.

B. Two-month Internship program for all Self Finance streams of SY students, a five-day gender week celebration program titled "SAMANTA", "Aadya Kartavya" - a five-day Constitution Sensitization program were organised.

C. Besides JES Electoral Literacy Club was formed, JES Alumni Association has been initiated to offer networking opportunities. IQAC records incremental improvement in various activities. Here's how IQAC records incremental improvement in various activities: 1. Data collection on Curriculum, Teaching Effectiveness Scale, Ambience and Academic Performance was done with and then analysed and evaluated it. 2. It was followed by systematic documentation. 3. The recorded incremental improvements were shared with CDC and BOS Commerce, University of Mumbai. IQAC ensures the institution remains committed to continuous quality enhancement with a systematic approach to monitor progress, implement targeted improvements, and cultivate a culture of excellence within the institution.

## NSS Unit



NSS Wing of JES conducted various activities in the Academic Year 2022-2023. Different activities under NSS Program such as Blood Donation Camp, Tree Plantation Drive, International Yoga Day, Run Up Program for International Coastal Clean up Day, College Rally and National Anthem regarding Azadi Ka Amrit Mahotsav, Job Fair for Youth (with and without disabilities), Health Checkup Camp, Coastal Cleaning, Disaster Management, National Unity Day, Indian Constitution Day, Organ Donation Awareness session - to name a few, were conducted effectively which gave good exposure and immense experience to NSS Volunteers. These activities helped in developing leadership skills, confidence and the ability to deal with different people. These NSS activities motivate volunteers to work for the society at large and they experience the joy in serving others. The experiences of the volunteers helped them to see the society in a different perspective and their role in shaping it.

## DLLE



The Department of Lifelong Learning and Extension (DLLE) has been recognized as a Statutory Department and is the authority of the University of Mumbai since 1994 to promote a meaningful and sustained rapport between the Universities and the community. It is functioning under the Board for Lifelong Learning and Extension to create skilled and learned human power through its various degree level programmes and skills development programmes.

JES College offers a few projects of DLLE for learners of Degree College, namely

- Annapurna Yojana (APY),
- Industry Orientation Project (IOP),
- Survey of Women's Status (SWS) and
- Career Project (CP).

Students who enroll for these extension work projects perform various activities for social awareness based on various issues/problem in the society

Students are creating awareness about these social problems through various activities like Rally, Street Play, Poster Making, Survey, Elocutions, Essay Writing, Food Mela, Career Guidance etc.

After Completion of Extension Work Projects and Activities students get benefit of Ten Grace Marks under the Ordinance 229-A and University certificate.

## Women Development Cell

The Women Development Cell of JES College organised different activities to achieve the objective of wellbeing of female students in the college and enhancing their position. Activities like Poster Making Competition on the theme 'Azadi ka Amrit Mahotsav - 75 Years of Independence', Breast Cancer Awareness Program to educate the girl students to get awareness about these dreadful diseases, Samanta (Gender week) with an objective to teach how to avoid gender discrimination.

### Cultural Committee

Overall development is the motto of our college and hence our cultural committee. To bring out the hidden talents, to build confidence, to face challenges with team work and also the strengthen the cultural roots in the students, different activities like Dahi Handi, Independence Day, Elocution competition, Rakhi making, 1 week to celebrate different colours, Denim Day, Cap Day, Twins Day, Garba Night, Republic Day, Annual Day, Teachers Day, Traditional Day, Saree Day etc. were periodically organised. All these activities are helpful for overall development and students participated with great zeal.

### Gymkhana Department

The Gymkhana Department organized various sports events in the academic year 2022-2023. Students of all courses and divisions participated in various Indoor and Outdoor activities.

Indoor activities such as Chess and Carrom organized for students to enhance their thinking and gaming strategies.

Outdoor activities such as Soccer, Kho-Kho, Kabaddi, Running (100 meters, 200 meters and Relay) and Tug of War were conducted.

Many students participated in various Inter Collegiate competitions and won many prizes.

### Scholarship

In the beginning of the academic year 2022-2023, an Orientation program was conducted by the 'Scholarship Department' to make the students aware of the scholarship dispersed by both government and non-government offices. The scholarship benefits were explained to the students as both Reserved and Open category students are eligible for various schemes. Eligibility criteria, required documents and procedure were explained to all. After the necessary procedures in 2022-2023 a whopping sum of ₹ 1,83,120/- was disbursed to the A/C of 28 students.

19 Students of Open category students got the benefits of Rajarshi Chhatrapati Shahu Maharaj Shikshan Shulk Shishyavrutti scheme under Higher Education.

### Examination

The Committee headed by Mrs. S.Radhika Rao, Members - Mr. Vikram Desai and Mrs. Prachi Shah under the guidance of the Principal, Dr Prashant H Shelar, successfully sailed through all the examinations and declared the results on time. During the Academic Year 2022-2023, Internal Examinations of the Self Finance streams were supported by class tests and semester I, II, III, IV were conducted on time. Re Examinations for students who remained absent on medical grounds and other University related activities were taken up. TYBCom University Examinations scheduled to be conducted by the college were shouldered properly.

## Library Committee

Library is a hub of knowledge and information. Students take a dip in the ocean of that knowledge. The college library is enriched with a good collection of text books, reference books, magazines, journals, NLIST data base. Library committee always encourages students to read other literature by organising competitions like Story Narration and Book Reading competitions. To improve the general knowledge of the students, library committee also has organised Newspaper Reading Competition. Book Fair received warm responses from college students. On World Book Day, a variety of books were exhibited to inculcate the habit of reading among the students in their daily course. Not only this, the Library is fully equipped with M-OPAC which gives access to college students and staff to E-Search any book. Library is also updated with library Management Software and Mobile SMS reminder system. Library displays every information inside and outside the library which keeps on updating students about latest arrival of books /Journals /magazines and upcoming events.

## Nature's Club

The vision of Nature's Club is to foster a deep sense of love and reverence for nature, promoting a global perspective, and inspiring students to cherish and protect the environment, raising awareness about the critical state of nature and empowering them with knowledge and tools for effective conservation. JES College conducted various activities and awareness programmes to empower the students with knowledge as well to understand their social responsibilities to nurture the environment.

- Vermi compost Making
- Coast Guard Activity
- Organic fertiliser making
- Waste Management
- Nature's Trail
- Photography Competition of extinct species
- Awareness program on importance of Wet lands
- Awareness program on importance of soil for biosphere
- Energy Conservation Drive
- Water Conservation Drive

## Placement Cell

On 16th July, 2022 Placement Cell of JES college organized Insurance competitive exam awareness and career guidance in Insurance sector by Insurance Institute of India. The concept and theories of insurance and the changing scenario of insurance were made clear by Mr. Sachin Khanvilkar, Sr. Divisional Manager, Oriental Insurance Co. Ltd, Mr. Sanjay Shirke, Assistant Manager Marketing, Oriental Insurance Co Ltd. He explained different job opportunities in the insurance sector and what needs to be done.

Placement cell, Jogeshwari Education Society's College of Commerce Science & Information Technology has invited TNS India Foundation, Andheri which organized Training programme for BMS, BAF and B.com streams of TY students from 22nd August to 31st October, 2022. All training sessions were held on online mode. The training programme which continued for almost three months was attended by more than 50 students.

On 5th November, 2022 a Workshop on "How to Build Your Resume" was organised where Mr. Sarvottam Rege spoke on, "How to prepare a Professional Resume" Our students learnt different resume formats.

ICICI Prudential Life Insurance Company Ltd. conducted a Campus Placement drive on 25th March, 2023. Many candidates participated in the campus recruitment drive. Overall experience with recruitment team of ICICI Prudential Life Insurance Company Ltd. was very positive. As per the need of their organization, they searched for the right talent to drive the company's objectives and accordingly they have selected students.

## Student Council

JES Student Council Wing works hard to bring in leadership qualities, team spirit and coordination. Under the wings of the student council, Marathi Bhasha Diwas was organised as it is not only the official language but also the fourth most spoken language in India and 19th in the world. Saraswati Puja was celebrated on the occasion of Vasant Panchami to seek the blessings of Goddess Saraswati for academic endeavors. Student Council also conducted Investiture ceremony in which CR, President, Vice President, Secretary were elected from students following all the necessary protocols, to enhance the quality of leadership and develop the sense of discharging responsibilities assigned to them.

## Alumni Cell

Alumni cell established in the current Academic year 2022-2023 is to strengthen the bond with Alumni and to get their assistance for the development of the institution and to guide the present batches. Under this wing Alumni Meet was conducted in Jan 2023. JES Alumni Amit Ghadi, Yash Chilveri, Shubham Hariyan were the prestigious alumni invited for conducting workshops for current students. College received very warm response from alumni.





## JUNIOR COLLEGE REPORT

JES Junior College of Commerce & Science is managed by Jogeshwari Education Society which was established in the year 2009 - 2010 with the objective of providing better education to the students in the vicinity.

Though started on a low key till recently, today it is running 4 divisions of Commerce and 3 divisions of Science. The Science stream provides students with options of General Science & Bi-focal (Computer Science) to assimilate technical knowledge to the students.

Well qualified and experienced faculty guide and motivate the students to excel in academics and co-curricular activities to help students move on to higher education.

JES Junior College with a strength of more than 750 students conducted various activities during the academic year 2022 - 2023. To mention a few:

- An awareness session by Mumbai Police in June 2022
- The International Yoga day on 21st June 2022
- Cultural events such as Van Mohatsav, Guru Purnima, Independence Day, Teachers Day, Republic day were celebrated.
- Aviation seminar for SYJC students was conducted with enthusiasm.
- Periodical Exams for SYJC & FYJC exams (Unit I & II, Terminal I & II, ABT Exam & Preliminary exam) and PTA meetings were conducted for all classes.
- A Farewell function was organized for SYJC students before their Board Exam.
- As every year for March 2023 SYJC Board Examinations the College accommodated around 500 students.

### Cultural Committee

The main objective of the cultural activities is to bring out the various talents of the students. Cultural activities are a crucial part of the education as it provides students opportunities to express themselves, build confidence, and develop social skills that are essential for their development.

With the vision of overall development of the students, the Cultural Committee of JES Junior College organized various activities for the academic year 2022-23.

Activities were as follows:

International Yoga Day - 21ST JUNE, 2022

Vanmahotsav - 4TH JULY, 2022

Guru Purnima - 3RD JULY, 2022

Independence Day (AZADI KA AMRIT MAHOTSAV) 10TH AUGUST - 17TH August, 2022

Raksha Bandhan - 13TH AUGUST, 2022

Teacher's Day - 10TH SEPTEMBER, 2022

Hindi Divas Celebration - 14TH SEPTEMBER, 2022

Cultural Day Celebration - 19TH DECEMBER TO 21ST DECEMBER, 2022

Annual Day - 24TH JANUARY, 2023

Republic Day - 26TH JANUARY, 2023

Farewell Day - 24TH FEBRUARY, 2023

Marathi Diwas Celebration - 27TH FEBRUARY, 2023

### EXAMINATION COMMITTEE

Examination Committee conducted the Internal, External and practical Examinations for all subjects offered by the college in both sections. (Commerce & Science)

H.S.C. Board Final Examination was held from 21st February to 18th March. Total 399 students appeared for H.S.C. Board Examination from both the sections and 353 students passed in H.S.C. Board Examination from JES Junior College. Commerce Section result declared as 85.89% and Science Section result was 67.18%. Subject wise toppers were announced.

### SPORTS COMMITTEE

Sports committee conducted many events during the year 2022-23. On 19th January 2023 Annual Sports Day events were organized. More than 150 students participated in various events. The students of our college participated in various intercollegiate events in the same year.



# Teaching & Non-Teaching Staff



## Degree Faculty

- Dr Prashant H Shelar -Principal
- Mrs. S. Radhika Rao - Supervisor
- Dr. Sunita Sharma - IQAC Co-ordinator
- Mrs. Jigna Sadhu - Co-ordinator, BAF
- Mrs. Rachana Shetye- Co-ordinator, BMS
- Mrs. Anjali Gaikwad - Co-ordinator, B.Sc.IT
- Mr. Hyder Khan - Co-ordinator, B.Com
- Mrs. Prachi Shah
- Mrs. Pragati Yerunkar
- Mrs. Tejaswini Parab
- Mr. Iqbal Baig
- Mrs. Archana Dhawade
- Mrs. Vaishali Trivedi
- Mr. Vikram Desai
- Mr. Chitrarth Kate
- Mrs. Riddhi Parikh
- Mr. Sanju Chandaliya
- Mr. Hyacin Thomas
- Mr. Aniruddha Kumawat
- Mr. Mayur Desai
- Mr. Vaibhav Sanghvi

## Junior Faculty

- Dr Prashant H Shelar - Principal
- Ms. Almas Virji - Supervisor
- Ms. Lata Bangera
- Ms. Smita Mangale
- Mr. Qamar Parvez
- Mrs. Shital Adavkar
- Mrs. Reeta Halwai
- Mrs. Shubhangi Bhaud
- Mrs. Smita Kamble
- Mrs. Zarna Bhadra
- Mrs. Rubina Shaikh
- Mrs. Sae Warankar
- Mr. Brijesh Yadav
- Mr. Ajay Yadav
- Mr. Rustam Ansari

# Non-Teaching Staff

<b>Mrs. Manisha Shinde</b>	<b>Librarian</b>
<b>Mrs. Jasmine Jadhav</b>	<b>Degree College - Senior Clerk</b>
<b>Mr. Amar Shinde</b>	<b>Degree College - Junior Clerk</b>
<b>Ms. Priya Dhuri</b>	<b>Junior College - Senior Clerk</b>
<b>Mr. Tushar Panchal</b>	<b>Junior College - Junior Clerk</b>
<b>Mr. Shridatta Lad</b>	<b>IT Lab Asst.</b>
<b>Mr. Tejas Jadhav</b>	<b>Lab Incharge</b>
<b>Mr. Jagdish Poojari</b>	<b>Support Staff</b>
<b>Mr. Subhash Velunde</b>	<b>Support Staff</b>
<b>Mr. Rushi Shinde</b>	<b>Support Staff</b>
<b>Mrs. Geeta Kamble</b>	<b>Housekeeping Staff</b>
<b>Mrs. Chanda Londhe</b>	<b>Housekeeping Staff</b>
<b>Mrs. Rani Shetty</b>	<b>Housekeeping Staff</b>

## Degree Staff



## Junior Staff



## Non-Teaching Staff



# Magazine Committee



Mrs. S. Radhika Rao  
(Chief Editor)



Mrs. Prachi Shah  
(Co-Editor)



Devraj Khade  
(Student Editor)



Krince Joglekar



Aditya Sawant



Sanjana Rewale



Sania Suvarna



Dhanraj Kadam



Dhiraj Mali



Sahil Desai

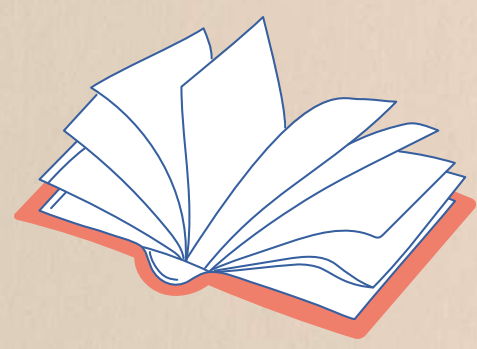


Noopur Gurav





# Literary Section





# ० मराठी

विभाग



## मन

मन किती वेडं असतं , मन किती वेडं असतं,  
वेगळीच आशा शोधत असतं ;  
आशेचा शोध घेत असतानाच आठवणीत हरवत असतं.

मन किती वेडं असतं , मन किती वेडं असतं,  
सर्व काही जाणत असून,  
निरागसतेच्या भावनेत मनमुरादपणे खेळत असतं,  
निरागसता जपता जपता मग गांभीर्य देखील स्वीकारत असतं.

खरंच मन किती वेडं असतं , मन किती वेडं असतं,  
ते इतकं हळवं असतं की हृदयाच्या आधी तेच दुखावतं,  
पण हृदयाला होणाऱ्या भावनांचा दाह हळुवारपणे शमावतं.

खरंच मन किती वेडं असतं , मन किती वेडं असतं,  
अदृश्य असलं तरी प्रत्येक व्यक्तिके ते दर्पण असतं,  
पण त्या दर्पणात स्वतः मात्र अदृश्य च असतं.

खरंच मन किती वेडं असतं , मन किती वेडं असतं,  
आपल्या आयुष्यातील अनेक सुखद क्षणांना साठवत असत,  
त्याचप्रमाणे दुःखद क्षणांना क्षणार्धात पुसत असतं.

खरंच मन किती वेडं असतं , मन किती वेडं असतं,  
स्वतःच्या भावना कुणालाच दाखवत नसतं,  
पण त्या भावनांच्या ओझ्याने स्वतः मात्र दबत असतं.

**Ms. Shital Adavkar**  
**Faculty**  
**Junior College**

## एक नारी तुझी कहाणी

खळगी पोटाची भरता भरता, पदर तीचा पार झिजला  
अश्रुसुद्धा वैरी झाले, आठवणींचा बांध तुटला

नीज रे बाळा असे म्हणोनी अंगाई तुझी इतुकी प्यारी  
छेडून जाते तार मनातील तुच्छ वाटते दुनिया सारी

ती चूल सुद्धा किती शहाणी, हुंदके देऊन रडू लागली  
स्पर्श अनामिक झाला जेव्हा कोपऱ्यात ती रुसून बसली

उतरला तो ईश मनातून इतका निष्ठूर कैसा झाला  
पंख हरपून नेले आणि खपली उघडी इवून गेला

**Mr. Hrishikesh Haldankar**  
**Faculty**  
**Junior College**

## पैठणी

फडताळात एक गाठोडे आहे  
त्याच्या तळाशी अगदी खाली  
जिथे आहे जूने कपडे  
कुंच्या, टोपडी शेले शाली

त्यातच आहे घडी करून  
जपून ठेवलेली एक पैठणी  
नारळी पदर जरी चौकडी  
रंग तिचा सुंदर धानी

माझी आजी लग्नामध्ये  
ही पैठणी नेसली होती  
पडली होती साऱ्यांच्या पाया  
हाच पदर धरून हाती

पैठणीच्या अवतीभवती दरवळणारा सुक्ष्म वास  
ओळखीची अनोळखीची  
जाणीव गूढ आहे त्यास

धूप, कापूर उदबत्त्यांतून  
जळत गेले किती श्रावण  
पैठणीने या जपले  
एक तन एक मन

खस हिऱ्यात माखली बोटे  
पैठणीला केव्हा पूसली  
नवाकोरा कडक पोत  
एक मऊपणा त्याला

पैठणीच्या घडीघडीतून  
अवघे आयुष्य उलगाडत गेले  
अहेवपणी मरण आले  
आजीच्या माझ्या सोने झाले

कधीतरी ही पैठणी  
मी धरते उरी कवळून  
मऊ रेशमी स्पर्शामध्ये  
आजी भेटते मला जवळून

मधली वर्ष गळून पडतात  
कालपटाचा जुळतो धागा  
पैठणीच्या चौकड्यांनो  
आजीला माझे कुशल सांगा

## जगता आलं पाहिजे

मरता केव्हाही येतं  
पण जगता आलं पाहिजे,  
सुख भोगता केव्हाही येत  
पण दुःख पचवता आलं पाहिजे,  
यशाने माणूस उंच होतो  
पाय जमिनीत ठेवता आले पाहिजेत,  
मिळालेल्या यशात समाधान मानून  
आनंदाने जीवन जगता आले पाहिजे,  
पाप काय कसेही करता येत  
पण पुण्य करता आले पाहिजे,  
ठेच जीवनात लागतेच  
सहन करता आली पाहिजे,  
जगण्याच्या लढाईत उणीव कायम भासेल  
ती उणीव भरता आली पाहिजे,  
हास्य आणि अश्रूंचं मिलन करून  
फक्त समाधानी जगता आलं पाहिजे....

**Ms. Smita Kamble**  
**Faculty**  
**Junior college**

## अभंग

नाही झाली ( अजूनही ) तुझी गाठभेट  
बापा वाट माझी मोडली रे

कसे हे रे झेलू संसाराचे व्याप  
वैराग्याचे बळ नसे अंगी

नको आता कुठलेही विषयांचे ओझे  
षड्रिपूंचे जाळे सोडवी बा

आशा भय चिंता न राहो मनी या  
लागावी तळमळ ब्रम्हसुखाची

देहे बुद्धि मन सदा तुझ्या पायी  
भेट तुझी माझी त्वरा होवो

**Ms. Pradnya Damle**  
**Faculty**  
**Degree College**

## मैत्री (Friendship)

मैत्री जुळते परिचयातून  
मैत्री वाढते विश्वासातून  
मैत्री सुखात साथ देते  
मैत्री दुःखात हाथ देते  
मैत्री चुकांवर रागवते  
मैत्री यशाला पाठिंबा देते  
मैत्री जी डोळ्यातले भाव ओळखते  
मैत्री जी पापण्यातील अश्रू थांबवते  
मैत्री एकमेकांच गुपित लपवते  
मैत्री एकमेकांचा मान ठेवते.

**Ms. Tejaswini Parab**  
**Faculty**  
**Degree College**

## बाबाची परी

बाबा तुम्हाला काही तरी सांगायचे आहे ...  
खूप वर्ष सरली,  
तुमची परी आता खूप मोठी झाली आहे  
छोट्या छोट्या गोष्टींवरून घाबरणारी तुमची  
परी,  
सगळ्या गोष्टी सांभाळायला शिकली आहे  
तुमचा हात धरून शाळेला जाणारी तुमची  
परी ,  
आयुष्याच्या जबाबदाऱ्या घ्यायला शिकली  
आहे  
तुमच्या जवळ येऊन छोट्या छोट्या  
गोष्टींसाठी रडणारी तुमची परी,  
आज प्रत्येक संकटांना सामोर जायला  
शिकली आहे  
छोट्या छोट्या गोष्टींसाठी हट्ट करणारी  
तुमची परी,  
आता समंजसपणे वागायला शिकली आहे  
छोट्या छोट्या गोष्टींसाठी भांडणारी तुमची  
परी,  
आज मोठ्या भांडणातही गप्प राहायला  
शिकली आहे  
रोज नवीन स्वप्न पूर्ण करण्याचा प्रयत्न  
करतेय तुमची परी,  
पण असा एकही दिवस नाही तिला तुमची  
आठवण आली नाही  
बाबा चिंता नका करू ,मोठ होण्याचा रोज  
प्रयत्न चालू आहे,  
पण कुठल्याही परिस्थितीत तुमची परी  
जिंकायला शिकली आहे  
हा संकटे ... बघूनथोडी मनात भीती वाटते,  
पण मग थोड रडून परत लढायला शिकली  
आहे

**Ms. Archana Dhawade**  
**Faculty**  
**Degree College**

## डॉ. बाबासाहेब आंबेडकर यांचा संपूर्ण जीवनक्रम

प्रचंड बुद्धिमत्ता असणारे दलित समाजाला हक्क मिळवून देणारे, मनस्मृतीचे दहन, काळाराम पंदिरे प्रवेश सत्याग्रह, पूर्ण करार, महिलांसाठी कार्य, असे अनेक कार्य बाबासाहेब आंबेडकरांनी केले.

उत्तरप्रदेशातील महू या गावी १४ एप्रिल १८९१ रोजी बाबासाहेबांचा जन्म झाला. ते १४ वे अपत्य होते. १८९४ मध्ये भीमरावांचे नाव सातारा येथील सरकारी माध्यमिक शाळेत नोंदवले. या शाळेत बाबासाहेबांचे नाव आंबावडेकर बदलून आंबेडकर असे नोंदवण्यात आले. नोव्हेंबर १९०४ मध्ये भीमराव सातारा हायस्कूलमधून इंग्रजी ४ थी ची परीक्षा पास झाले. डिसेंबर १९०४ मध्ये सुभेदारांनी म्हणजे त्यांच्या वडिलांनी एलफिस्टन हायस्कूलमध्ये दाखल केले. जानेवारी १९०७ मध्ये भीमराव मॅट्रिकची परीक्षा पास झाले. अस्पृश्य समाजातील मॅट्रिकची परीक्षा पास झालेले ते पहिले विद्यार्थी होते. भीमरावांचे अभिनंदन करण्यासाठी एक सभा भरवण्यात आली. त्या सभेत गुरुवर्य कृष्णाजी केळसकर यांनी 'भगवान बुद्धाचे चरित्र' हे पुस्तक भीमरावांना भेट म्हणून दिले. एप्रिल १९०८ मध्ये सुभेदारांनी भीमरावांचा विवाह भिकू धोत्रे यांची कन्या रमाबाई सोबत करून दिला. २० एप्रिल १९११ रोजी बडोद्याच्या संस्थानाने भीमरावांना दरमहा २५ रुपयांची शिष्यवृत्ती मंजूर केली. आणि पदवी प्राप्त केल्यानंतर बडोदा संस्थानाची नोकरी करण्याची अट घातली.

जानेवारी १९१३ मध्ये बाबासाहेब B.A ची परीक्षा पास झाले. १५ जानेवारी १९१३ रोजी बडोदा सरकारच्या शिष्यवृत्तीच्या करारानुसार भीमराव बडोदा सरकारच्या मिलिट्री डिपार्टमेंटच्या अकाउंट जनरलच्या कार्यालयात रुजू झाले. त्यांना महिन्याला ७५ रू पगार होता. २ फेब्रुवारी १९१३ रोजी भीमरावांचे वडील सुभेदार रामजी यांचे निधन झाले. बाबासाहेबांच्या शिक्षणासाठी सर्वात मोठा संघर्ष आणि योगदान त्यांनी दिले.

४ एप्रिल १९१३ रोजी बडोदा संस्थानने भीमरावांना उच्च शिक्षणासाठी दरमहा साडे अकरा पौड एवढी शिष्यवृत्ती देण्याची मंजूरी दिली. २० जुलै १९१३ रोजी भीमरावांनी न्यूयॉर्क येथील कोलंबिया विद्यापीठातील राज्यशास्त्र शाखेत प्रवेश घेतला. १५ मे १९१५ रोजी भीमरावांनी रोज अठरा तास अभ्यास करून एडमिनिस्ट्रेशन द फायनान्स ऑफ ईस्ट इंडिया कंपनी या विषयावर प्रबंध लिहून कोलंबिया विद्यापीठाला M.A च्या पदवीसाठी सादर केला २ जून १९१५ मध्ये हा शोधनिबंध कोलंबिया विद्यापीठाने स्वीकारून भीमरावांना M.A ची पदवी दिली. २ जून १९१६ मध्ये भीमरावांनी PHD ची परीक्षा पास केली. ११ ऑक्टोबर १९१६ ला भीमरावांनी लंडन स्कूल ऑफ इकॉनॉमिक्समध्ये प्रवेश घेतला. ११ नोव्हेंबर १९१६ ला लंडन मधील Gray's Inn मध्ये बॅरिस्टरचा अभ्यास करण्यासाठी भीमरावांनी आपले नाव नोंदवले. २१ ऑगस्ट १९१७ मध्ये बडोदा सरकारच्या शिष्यवृत्तीची मुदत संपल्यामुळे भीमरावांना आपला अभ्यासक्रम अर्धवट सोडून भरतात परत यावे लागले. ३१ ऑगस्ट १९१७ रोजी भीमराव बडोदा सरकारच्या नोकरीत रुजू झाले. त्यावेळी त्यांना दरमहा १५० रुपये पगार होता. परंतु त्यांना राहण्यासाठी जागा देत नव्हते. ते मुंबईला परत आले. १० नोव्हेंबर १९१८ रोजी सिडनहॅम कॉलेजात भीमरावांची हंगामी प्राध्यापक म्हणून नेमणूक झाली. ३१ जानेवारी १९२० रोजी अस्पृश्यांच्या जागृतीसाठी बाबासाहेबांनी 'मूकनायक' हे पत्र सुरु केले. ३० सप्टेंबर १९२० रोजी भीमरावांनी लंडन स्कूल ऑफ इकॉनॉमिक्स मध्ये M.sc साठी प्रवेश मिळवला तसेच Gray's Inn मध्ये बॅरिस्टरीचा अभ्यास सुरु केला २० जून १९२१ रोजी बाबासाहेबांना लंडन विद्यापीठाने M.sc ही पदवी बहाल केली. २८ जून १९२२ रोजी लंडनच्या Gray's Inn च्या संस्थेच्या न्याय सभेने बाबासाहेबांना बार-अॅट-लॉ ( बॅरिस्टर ) ही पदवी प्रदान केली. ५ जुलै १९२३ पासून बाबासाहेबांनी मुंबई उच्च न्यायालयात वकिली सुरु केली. जानेवारी तार्च १९२२ मध्ये भीमरावांनी डॉक्टर ऑफ सायन्स या पदवीकरत द प्रॉब्लम ऑफ रुपी हा प्रबंध लंडन युनिव्हर्सिटीने बाबासाहेबांना D.sc ही पदवी दिली. शिका, संघटीत व्हा, आणि संघर्ष करा हे त्यांचे ब्रीदवाक्य होते बाबासाहेबांनी ४ जानेवारी १९२५ रोजी सोलापूर येथे अस्पृश्य विद्यार्थ्यांसाठी पहिले मोफत वसतिगृह काढले. १८ फेब्रुवारी १९२७ रोजी बाबासाहेबांचा मुंबई विधीमंडळाचे सदस्य म्हणून शपथविधी झाला. २० मार्च १९२७ रोजी महाडच्या चवदार तळ्याचा सत्याग्रह केला. ३ एप्रिल १९३७ रोजी बाबासाहेबांनी 'बहिष्कृत भारत' हे पाक्षिक सुरु केले. २५ डिसेंबर १९२७ रोजी विषमतेची शिकवण देणारे मनुस्मृतीचे दहन केले. मुंबईतील शासकीय विधी महाविद्यालयात २१ जून १९२८ रोजी

बाबासाहेबांची प्राध्यापक म्हणून सरकारने नेमणूक केली. डॉ. आंबेडकरांनी अस्पृश्य विद्यार्थ्यांसाठी सोलापूर व बेळगाव येथे जून १९२८ मध्ये वसतिगृहे सुरू केली. २८ जूलै १९२८ ला मुंबई विधिमंडळात मांडलेल्या स्त्री कामगारांना प्रसूती काळात रजा इ. सवलती संबधीच्या बिलास बाबासाहेबांनी ठाम पाठिंबा जाहीर केला. २३ ऑक्टोबर १९२९ रोजी बाबासाहेब स्टार्ट कमिटी बरोबर बेळगाव, नाशिक व खानदेशच्या दौऱ्यावर असताना चाळीसगाव येथील अस्पृश्यांनी त्यांना स्वागत करून आपल्या वस्तीत न्यावे म्हणून टांगा हवा होता. पण अस्पृश्य असल्याने एकही टांगावाला त्यांना नेण्यास तयार नव्हता. शेवटी एक अस्पृश्याने टांगा हाकावा या अटीवर टांगा मिळाला. टांगा चालवणारा नवीन असल्यामुळे घोडा उधळला त्यामुळे बाबासाहेब टांग्याबाहेर पडले. या अपघातामुळे त्यांचा उजवा पाय फ्रॅक्चर झाला होता. २ मार्च १९३० रोजी काळाराम मंदिर प्रवेशासाठी सत्याग्रह करण्यात आला. ८ जुलै १९३० रोजी बाबासाहेबांची मुंबई विद्यापीठाच्या निवड समितीवर नियुक्ती झाली. ९ सप्टेंबर १९३० रोजी लंडन येथील गोलमेज परिषदेत भारतीय अस्पृश्यांचे प्रतिनिधी म्हणून बाबासाहेबांना निमंत्रण मिळाले आणि त्यांनी त्या परिषदेत मुद्देसूद भाषण दिले. २४ नोव्हेंबर १९३० रोजी बहिष्कृत भारत या पत्राचे नामकरण जनता असे करण्यात आले. जूलै १९३१ मध्ये लंडन येथे भरणाऱ्या गोलमेज परिषदेच्या दुसऱ्या सत्रात प्रतिनिधींची नावे जाहीर करण्यात आली. त्यात बाबासाहेबांचे नाव झळकले. १४ ऑगस्ट १९३१ मध्ये मुंबईतील मनीभवन येथे, महात्मा गांधी आणि बाबासाहेब यांची पहिली भेट झाली. २० सप्टेंबर १९२० रोजी ब्रिटीश पंतप्रधान मॅक डोनाल्ड यांनी अस्पृश्यांना स्वतंत्र मतदारसंघ देण्याच्या निर्णया विरुद्ध गांधीजींनी येरवडा तुरुंगात आमरण उपोषण सुरू केले. फेब्रुवारी १९३४ रोजी बाबासाहेब आपल्या ग्रंथसंग्रहालयाच्या सोयीसाठी बांधलेल्या आपल्या राजगृह या इमारतीत रहायला गेले. २७ मे १९३५ रोजी बाबासाहेबांनी धर्मातराची घोषणा केली. तेव्हा ते म्हणाले जरी मी हिंदू म्हणून जन्माला आलो तरी हिंदू म्हणून मरणार नाही. स्वतंत्र मजूर पक्षाची स्थापना डॉ. बाबासाहेब आंबेडकरांनी १५ ऑगस्ट १९३६ रोजी केली. या पक्षाचे बाबासाहेब अध्यक्ष होते. ७ नोव्हेंबर १९३८ रोजी स्वतंत्र मजूर पक्ष व गिरणी कामगार युनियन यांनी एक दिवसाचा संप केला आणि बाबासाहेब कामगार नेते म्हणून पुढे आले. १९ आणि २० जुलै १९४२ मध्ये बाबासाहेबांनी 'शेड्युल कास्ट' फेडरेशन च्या राजकीय पक्षाची स्थापना केली दलित समाजाच्या हक्कासाठी त्यांनी ही संस्था स्थापन केली होती. १९४३ मध्ये न्यायमूर्ती रानडे यांच्या जयंती निमित्ताने बाबासाहेबांचे भाषण झाले. हे भाषण त्यांनी 'RANADE' 'GANDHI' & 'JINNAH' या नावाने पुस्तक रुपाने प्रकाशित केले. अस्पृश्य विद्यार्थ्यांना उच्च शिक्षण घेता यावे म्हणून बाबासाहेबांनी ८ जूलै १९४५ रोजी पीपलस एज्युकेशन सोसायटीच्या शैक्षणिक संस्थेची स्थापना केली. बाबासाहेबांनी सिद्धार्थ महाविद्यालय १९४६ च्या जून महिन्यात सुरू केले. १३ ऑक्टोबर १९४६ रोजी बाबासाहेबांचा WHO WERE THE SHUDRAS हा ग्रंथ प्रकाशित झाला. २२ जूलै १९४७ रोजी घटना समितीने अशोकचक्र असलेला झेंडा राष्ट्रध्वज म्हणून स्वीकारला. ३ ऑगस्ट १९४७ ला पंडित जवाहरलाल नेहरू यांच्या नेतृत्वाखालील स्वतंत्र भारताच्या मंत्रिमंडळातील सदस्यांची नावे जाहीर झाली. त्यात कायदेमंत्री म्हणून बाबासाहेबांचे नाव जाहीर झाले. २९ ऑगस्ट १९४७ रोजी स्वतंत्र भारताच्या घटनेला अंतिम स्वरूप देण्यासाठी मसूदा समितीची स्थापना करण्यात आली. ३० ऑगस्ट १९४७ ला डॉ. बाबासाहेब आंबेडकरांची मसूदा समितीचे अध्यक्ष म्हणून निवड करण्यात आली. १४ फेब्रुवारी १९४८ रोजी बाबासाहेबांनी डॉ. राजेंद्र प्रसाद यांना सादर केला. १५ एप्रिल १९४८ रोजी बाबासाहेबांनी डॉ. शारदा कबीर यांच्याशी नोंदणी पद्धतीने विवाह केला. ४ नोव्हेंबर १९४८ रोजी बाबासाहेबांनी ३१५ कलमे व ८ परिशिष्टे असलेला घटनेचा मसूदा घटना समितीला सादर केला. २६ नोव्हेंबर १९४९ रोजी मसूदा समितीचे अध्यक्ष आणि भारतीय राज्यघटनेचे शिल्पकार डॉ. आंबेडकरांनी संविधान सभेची राज्यघटना मसूदा समितीला स्वीकृत केली. देशातील महिलांच्या हक्कासाठी बाबासाहेबांनी हिंदू कोड बिल संसदेत मांडले. पण ते संमत होऊ शकले नाही त्यामुळे बाबासाहेबांनी मंत्रिपदाचा त्याग केला. त्यांनी सत्ता सोडली पण सत्तेसाठी आपले तत्व सोडले नाही.

५ जून १९५२ रोजी बाबासाहेबांना कोलंबिया युनिवर्सिटीने डॉक्टर ऑफ लॉज ही पदवी बहाल केली. १२ डिसेंबर १९५५ रोजी बाबासाहेबांनी औरंगाबाद येथील महाविद्यालयाचे मिलिंद महाविद्यालय असे नामकरण केले. १४ ऑक्टोबर १९५६ ला नागपूर येथे बाबासाहेबांनी बौद्ध धर्माची दीक्षा घेतली तसेच स्वतः तयार केलेल्या २२ प्रतिक्षा वदवून घेतल्या. ६ डिसेंबर १९५६ रोजी या महामानवाचे दिल्ली येथे निधन झाले. त्यांचा पार्थिव देह

विमानाने मुंबईतील राजगृह या निवासस्थानी आणण्यात आले. दादरच्या चौपाटीवर बौद्ध पद्धतीने विधी करण्यात येऊन अंत्यसंस्कार करण्यात आले. १४ एप्रिल १९९० ला भारतरत्न हा भारताचा सर्वोच्च नागरी पुरस्कार डॉ. बाबासाहेब आंबेडकरांना मरणोत्तर देण्यात आला बाबासाहेबांचे जीवन आणि काही हे अत्यंत प्रेरणादायी आहे. बाबासाहेबांचे जीवनकार्य हे सर्वांना माहित असलेच पाहिजे.

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### **हाडाचा शिक्षक**

मी शाळेत असताना, माझ्या शिक्षकांना, कोणी वरीष्ठांनी, त्यांच्या कामाची पोचपावती म्हणून दिलेली पाठीवरची थाप आणि त्याच वेळी त्यांच्याकडून आलेली उत्स्फूर्त दाद म्हणजे.... “पक्का हाडाचा शिक्षक आहेस हो....” त्यावेळी कानावर पडलेले ते शब्द.... शिक्षक म्हणून जगताना आजही मला आवर्जून आठवतात.

शिकवणं हे केवळ काम नसून ते कर्तव्य आहे ह्या जाणीवेने जो ज्ञानार्जन करतो, तो खरा हाडाचा शिक्षक.... क्षणा क्षणाला शिकणे म्हणजे शिक्षण.... पण जो त्याच्या आयुष्यातला प्रत्येक क्षण शिकण्यात आणि शिकवण्यात रमून जातो तो हाडाचा शिक्षक....

अपूर्णाला जो पूर्ण करतो, शब्दांनी तो ज्ञान वाढवतो, सूचिचारातून आपल्या विद्यार्थ्यांच्या मनातील अविचारांना आळा घालतो, पाठ्यपुस्तकांच्या व्यतीरिक्त जो आयुष्य जगायचे धडे ही शिकवतो, जो संख्यांकित ज्ञाना सोबत व्यवहार ज्ञान ही शिकवतो, जो तुम्हाला उत्तर देत नाही; तर तो तुमच्यात स्वतः उत्तर शोधण्याची एक आग पेटवून देतो, विद्या विनयेनं शोभते या ओळीचा मतितार्थ ज्यांच्या प्रतिमेत झळकतो, जो काळ्या फळ्यावर पांढऱ्या खडूची अक्षरे उमटवत हजारोंच्या आयुष्यात रंग भरतो तो असतो हाडाचा शिक्षक....!

आपले लाडके कवी कुसुमाग्रज यांच्या ‘कणा’ या कवितेतील “पाठीवरती हात ठेवून फक्त लढ म्हणा” ही ओळ ज्यांना उद्देशून लिहीली, तो आधाराचा हात म्हणजे हाडाचा शिक्षक.... 3 Idiots या चित्रपटातील “मै अपने कमजोर Student का हाथ कभी नहीं छोडता....” हा संवाद ज्याला उद्देशून लिहीण्यात आला तो हाडाचा शिक्षक. विल्यम आर्थर वार्ड या सुप्रसिद्ध लेखकाच्या म्हणण्यानुसार The mediocre teacher tells. The good teacher explains. The Superior teacher demonstrates. The great teacher inspires.

जिथे आजची पिढी Social media, status आणि Selfy च्या विळख्यात अडकत चालली आहे तिथे आपल्या विद्यार्थ्यांमध्ये स्वपणाची जाणीव निर्माण करून देतो, तो हाडाचा शिक्षक....

जो आपल्या विद्यार्थ्यांमधील सुक्त गुणांना पारखून त्यांना त्यांच्या जीवन ध्येयाकडे वाटचाल करण्यास प्रेरित करतो, तु चाल पुढं तुला रं गड्या भीती कश्याची, पर्वा भी कुणाची..... अस म्हणतं जो आपल्या विद्यार्थ्यांना निर्भय आणि निडर बनवतो तो हाडाचा शिक्षक....

आपल्या विद्यार्थ्यांच्या दुर्बळ पंखांमध्ये बळ देऊन त्यांना उंच भरारी घेऊन आकाशाला गवसणी घालताना पाहून अभिमानाने मान उंचावून त्यांच्या प्रगतीचा साक्षीदार बनतो तो हाडाचा शिक्षक.....आणि जर तीच झेप घेताना वादळं आलीचं वाट्याला, तर त्यांचा सामना करून उभारी देण्याचं सामर्थ्य जो देतो तो हाडाचा शिक्षक.....

मरावे परी किर्ती रुपी उरावे या सुविचाराला अनुसरून, आपल्या भारताचे लाडके शिक्षक डॉ ए. पी. जे. अब्दुल कलाम सर यांनी फार छान लिहून ठेवल आहे.... **Teaching is a very noble profession that shapes the Character, Caliber and Future of an individual. If the People Remember me as a good teacher, that will be the biggest honour for me. -Dr. APJ ABDUL KALAM** समाज बांधणीमध्ये मौल्यवान असा वाटा असणाऱ्या या हाडाच्या शिक्षकांच्या ऋणांमध्ये राहून, हा समाज कायमचं प्रगतीशील राहिल....

**Ms. Pragati Yerunkar**  
**Faculty**  
**Degree College**



## गुलमर्ग एक अविस्मणीय अनुभव

काश्मीर मधील गुलमर्ग ठिकाण, पूर्ण बर्फाळ प्रदेश. परंतु आम्ही मे महिन्यात गेलो होतो, त्यामुळे बर्फ थोड्या दूरवर होता. म्हणून आम्ही ठरवले की घोड्यावरून डोंगरावर बर्फाच्या ठिकाणी जायचे. तसे आम्ही ९ जन होतो ,मी प्रथमेश (पती),रेखा वहिनी आणि संतोष दादा त्यांचा १० वर्षाचा मुलगा सक्षम व पाटोळे कुटुंबातील ४ जन. घोडे करून काही अंतर गेल्या नंतर तिथे पाऊस चालू झाला त्यानंतर अजून थोडे अंतर गेल्यानंतर डोंगरावर चढण चालू झाली. आमच्याकडे रेनकोट नव्हते. चढणीचा रस्ता खूपच खडतर होता, मोठ मोठे दगड, झाडे, नदी, ओढे त्यातून आम्ही घोड्यावर बसून चाललो होतो आणि आता मात्र पाऊस वाढला होता व आता गारा ही पडत होत्या. जसं जसं आम्ही वर जात गेलो तस तस हवेतील गारवा वाढत होता, आम्ही नऊ जन अक्षरशः पावसात पूर्ण भिजलो होतो आणि थंडीने कुडकुडत होतो. प्रथमेश, संतोष दादा व पाटोळे यांची ची मुलगी हे तिघे जण पुढे होते व बाकीचे आम्ही ६ जण खूप मागे होतो, ते तिघे जण आमच्या आधी पोचले व एका साध्याशा पत्र्याच्या व पुढे प्लास्टिक कापडाच्या शेड केलेल्या हॉटेल जवळ जाऊन थांबले बहुतेक ते ठिकाण एक छोटासा विसावा असावा माणसासाठी आणि घोड्यांसाठी सुद्धा. आता ते तिघे येणाऱ्या सहा जणाची वाट बघू लागले, पाऊस चालूच होता त्या हॉटेल च्या परिसरात खूप चिखल झाला होता व आता खूप थंडी ही वाजत होती, वातावरण खूपच थंड झाले होते, आम्ही सतत हात एकमेकावर घासत स्वतःला थोडीशी उब देण्याचा प्रयत्न करत होते आणि त्या शेड खाली उभे राहून आमची सहा जणांची वाट पाहत होते, त्या ठिकाणी बरेच पर्यटक सुद्धा त्या शेड खाली उभे होते, काही वेळानंतर दादांनी पाहिले की मला तो घोडेवाला चालवत घेवून येत आहे व मी पूर्णपणे चिखलाने भरली आहे व मी रडत आहे, दादांनी ते प्रथमेश ला दाखवले व प्रथमेश पळत मला घ्यायला आला आणि त्या शेड खाली घेऊन गेला, मी खूपच घाबरले होते व खूप रडत होते, माझे संपूर्ण कपडे चिखलाने भरलेले होते, प्रथमेश ने त्या घोडेवलेला विचारले तेव्हा त्याने सांगितले की त्यांचा तोल जाऊन त्या घोड्यावरून पडल्या व घोडा त्या नदी ओढ्यातून काही अंतर त्यांना खेचत घेवून गेला. हे ऐकल्याबरोबर सगळे सर्वच खूप घाबरले. सगळे मला शांत करण्याचा प्रयत्न करत होते परंतु त्या मी काही शांत होत नव्हती, मला खूप मार पण लागला होता... पण मी ते सांगण्याच्या मनःस्थितीत नव्हती.प्रथमेश ने लगेच त्या घोड्यावल्याला विचारलें बाकी के लोग कहां हे, त्याने सांगितले ते दुसऱ्या रस्त्याने येत आहेत,आता दादांना सुद्धा सक्षम व रेखाची काळजी वाटू लागली व ते त्यांची वाट पाहत तिथेच उभे राहिले, काही वेळानंतर सक्षम व रेखा काही अंतरावर घोड्यावर बसलेले त्यांना दिसले, सक्षम थंडीने कुडकुडत आहे व रडत आहे हे आम्ही पाहिले, सक्षम ही खूप घाबरलेला होता त्याला खूपच थंडी वाजत होती तो रडत होता, पप्पा घरी जाऊया असे सारखे दादांना म्हणत होता, दादांनी आणि प्रथमेश ने आम्हा सगळ्यांना त्या हॉटेल मध्ये नेले आणि पेटविलेल्या चुली जवळ उभे केले ,आणि गरम गरम मॅगी पण दिली, आम्ही सर्व जणांनी गरम गरम कॉफी घेतली व आता पुढे काय करायचे ते ठरवू लागलो, बर्फाच्या ठिकाणी पोहचण्यासाठी अजून आम्हाला एक ते दीड तास घोड्यावरूनच खूप खडतर प्रवास करायचा होता. मी पुढचा प्रवास करण्यास तयार नव्हती , सक्षम ही आता घोड्यावर बसण्यास तयार नव्हता, वातावरणही खूप खराब झाले होते व अजून पुढचा प्रवास एक - दिड तासाचा होता, अजून वातावरण खराब झाल्यास आपण इथेच अडकु शकतो त्या मुळे आम्ही सर्वांनी मिळून तेथूनच परत फिरण्याचा निर्णय घेतला....परतीचा मार्ग सुद्धा खूप खडतर होता, सर्वांनी मोठ्या मुशिकेलीने सक्षम व मला परत घोड्यावर बसण्यास तयार केले, कारण त्या शिवाय आमच्या कडे दुसरा पर्याय नव्हता. खाली येताना प्रथमेश ने घोडेवल्यांना सक्त ताकीद च देऊन ठेवली होती की खाली उतरताना सर्व जण एकत्र खाली उतरतील व आम्ही खाली उतरण्यास सुरवात केली. संपूर्ण चिखलाने माखलेला खडकाळ रस्ता आणि दुसऱ्या दिशेला खोल दरी आणि चारही बाजूला जंगल. आम्ही सर्व जण जीव मुठीत घेऊन २ तासाच्या अथक परिश्रमाने सुखरूप खाली उतरलो अशा प्रकारे गुलमर्ग चा हा थरारक अनुभव आयुष्यभर लक्षात राहील...

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### उद्याचे आभाळ नवे

क्षणभर नदी, थांबते कधी  
सतत – अनहत ती वाहते  
जुने एक बेट नदीच्या कवेत  
काठावरचे सारे मागे राहते  
त्या बेटावरच्या पक्ष्यांचे थवे  
त्यांना स्वतःचे आभाळ हवे  
आज एका आभाळाची अस  
उद्याचे आभाळच नवे....  
त्या बेटाला भीती पाण्यात  
वाहण्याची  
ना भीती वाटली होती, तिथेच  
राहण्याची  
त्या बेटावरच्या पक्ष्यांचे थवे  
त्यांना स्वतःचे आभाळ हवे  
आज एका आभाळाची आस  
उद्याचे आभाळच नवे....  
कागदाची होडी, स्वप्नांचा गाठोडी  
पेलत – पेलत पुढे वाहते  
वळणे घेत काही, तरंगत राही  
स्वप्नांच्या ओढीने होडी धावते  
काठावरच्याला वाटते, होडीत बसावे  
होडीवरचे क्षितीज आपल्यालाही दिसावे  
त्या बेटावरच्या पक्ष्यांचे थवे  
त्यांना स्वतःचे आभाळ हवे  
आज एका आभाळाची आस  
उद्याचे आभाळच नवे...

**Kshitija Sonawane**  
**FYJC**

### मैत्री

मनात आले मैत्रीसाठी काही करू....  
मग मनात आले काही लिहावे....  
आज आहे मस्ती धमाल  
हीच तर खरी मैत्रीची कमाल....  
सगळे आले महत्वाची सारी कामे सोडून  
मुला बाळांना ठेवून आले फक्त मैत्रीसाठी  
हीच तर खरी मैत्रीची कमाल....  
कोणी म्हणते ' सारे मिळून हे करूया '  
कोणी म्हणतो ' सारे मिळून हा खेळ खेळुया '  
सगळे एकत्र येऊन करती धमाल....  
हीच तर खरी मैत्रीची कमाल....  
सारे विसरून आज लहान होऊया....  
पुन्हा एकदा शाळेतले धडे गिरवूया...  
जे जे हवे ते करूया , मस्ती मजा करत  
पण असेच शेवट पर्यंत एकत्र राहुया!!  
हीच तर खरी मैत्रीची कमाल....  
मैत्रीत हेवे दावे ठेवायचे नाहीत.  
रूसवे फुगवे बाळगायचे नाहीत...  
फक्त मैत्रीचे नाते जोपासुया..  
आजचा दिवस जगुया....  
हीच तर खरी मैत्रीची कमाल....  
मित्रांमध्ये समरस होऊया  
आजचे क्षण कायम स्मरणात ठेऊया  
धमाल मस्ती करूया.... मैत्रीत आनंद घेऊया....  
हीच तर खरी मैत्रीची कमाल.... मैत्रीतली धमाल...  
आपल्या मैत्रीसाठी....

**Kritika Tambe**  
**FYJC**

## तो वेडा

तो वेडा....विसरून जा बोलुन निघून गेला  
आणि

आठवणी सोबत जगायला शिकवून गेला...  
ठाऊक होत प्रेम नाही त्याचे माझ्यावर,  
पण प्रेमाकरिता मैत्रीही तोडुन गेला...  
कठीण होत विसरणे, कठीण होता अबोला  
पण हे सगळ माझ्यासाठीच का  
याच उत्तर न देताच निघुन गेला...  
सगळ मान्य होत मला  
पण प्रेमापेक्षा मैत्री  
आणि मैत्रीमधली सोबत महत्वाची होती  
हे न एकताच स्वतःच खर करून गेला तो वेडा...

## आई

आई म्हणजे मंदिराचा  
उंच कळस,  
आई म्हणजे अंगणातली  
पवित्र तुळस  
आई म्हणजे भजनातील  
गुणगुणनारी अशी संतवाणी  
आई म्हणजे वाळवंटात प्यावे  
असे थंड पाणी  
माझी आई....

## प्रिय आई

भुक माझी भागवली,  
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आई मला तू जपले,  
संकटाशी सामना करून  
  
पर्वतासारखी उभी तू,  
रक्षण माझे करण्यास  
पाहुन तुझी जिद्द आई  
बळ येई मला जगण्यास

## जीव

माझ्या प्रत्येक वेदनेवर औषध  
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फक्त हा देह माझा आहे  
यातील जीव आहेस तू .....,

**Shreya Yadav**  
**SYJC**

## प्रेम

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**Shruti More**  
**FYJC**

## शाळेचा प्रवास.....

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## बाप

आईचं गुणगान खुप झाले,  
बिचान्या बापाने काय केले.  
बिकट प्रसंगी बापाचं सदा सोडवी,  
आपण फक्त गातो आईचीच गोडवी.  
आईकडे असतील अश्रुंचे पाट,  
तर बाप म्हणजे संयमाचा घाट.  
आठवते जेवण करणारी प्रेमळ आई,  
त्या शिदोरीची सोय ही बापच पाही.  
देवकी – यशोदेच प्रेम मनात साठवा,  
टोपलीतून बाळास नेणारा वासुदेवही आठवा.  
रामासाठी कौशल्येची झाली असेल कसरत,  
पूत्र वीणा मरण पावला बाप दशरथ.  
काटकसर करून मुलास देतो पॉकेट मनी,  
आपण मात्र वापरी शर्ट पॅट जुनी.  
मुलीला हवे ब्युटी पार्लर व नवी साडी,  
घरी बाप आटपतात बिन साबणांची दाढी.  
वयात आल्यावर मुले आपल्याच विश्वात रमतात,  
बापाने एवढं करून देखील फक्त आईलाच मानतात.  
मुलाच्या नोकरीसाठी जिना चढून लागते धाप,  
आठवा मुलीच्या स्थळासाठी उंबरठे झिजवणारा बाप.  
जीवनभर मुलांच्यापाठी बापाच्या सदिच्छा,  
आणि त्यांनी समजून घ्यावं हीच मनापासून इच्छा.

**Aditya Sawant**  
**FYBAF**

**Komal Kalekar**  
**FYBAF**

## महाविद्यालयीन जीवन

नमस्कार !!! महाविद्यालयीन जीवन हा विषय निवडण्याचे कारण म्हणजे सध्या मी सुद्धा महाविद्यालयीन जीवन जगत आहे. महाविद्यालयीन जीवन हे सर्वांच्या आयुष्यातील अविस्मरणीय वर्षांपैकी एक वर्ष म्हणून ओळखले जाते. हे शालेय जीवनापेक्षा खूप वेगळे असते.

महाविद्यालयीन जीवन आपल्याला नवीन गोष्टींचा अनुभव देत असतात. व रोज नवनवीन गोष्टींशी परिचित करून देण्यासाठी खूप मदत ही करतात. आपल्या आजूबाजूचे जग, आजूबाजूचा परिसर ह्यांची नव्याने ओळख करून घेण्यासाठी खूपच मदत होते. हे जीवन म्हणजे मित्र – मैत्रीणी सोबत मौज मज्जा करण्याचे दिवस असतात. महाविद्यालयीन जीवन जगत असताना अशा गोष्टींची परिणीती येते की ज्यांच्याशी आपण पूर्वी परिचित नव्हतो. काही विद्यार्थ्यांसाठी हे जीवन ( कॉलेज लाईफ ) म्हणजे आयुष्याचा पूर्ण आनंद लुटणे, मौज मज्जा पार्टी करणे, हा आहे. तर इतर विद्यार्थ्यांसाठी त्यांच्या भविष्याच्या करियर बद्दल गंभीर होण्याची आणि उज्वल भविष्यासाठी पूर्ण अभ्यासावर लक्ष केंद्रीत करण्याची वेळ असते. महाविद्यालयीन ( कॉलेज ) मधले दिवस हे रोज नवनवीन गोष्टींचा अनुभव देत असतात. कोणती ही परिस्थिती सहजपणे कशी हाताळायची ह्याचे धडे सुद्धा महाविद्यालयाच्या दिवसातून प्रत्येक विद्यार्थी शिकत असतो. स्वतःची जबाबदारी कशी घ्यायची स्वावलंबी कसे व्हायचे, इतर काही आयुष्यातील महत्त्वाच्या गोष्टींचे अनुभव, धडे सुद्धा आपल्याला महाविद्यालयाच्या जीवनातून घेता येतात. शालेय जीवनापासून हे जीवन जरा वेगळे असते. ह्या दोघांमध्ये खूप बदल होतो. जेव्हा आपण महाविद्यालय मध्ये प्रवेश घेतो. तेव्हा आपण अनेक बदलांमधून जातो. इतर नवनव्या गोष्टींना सामोरे जाण्याची शक्ती प्रत्येक विद्यार्थ्यांमध्ये असलेला आत्मविश्वास बळकट बनवण्याचे कार्य हे शिक्षक सतत करत असतात.

विद्यार्थ्यांच्या मनात सतत त्या गोष्टी बिंबवल्या जातात. शालेय जीवन आणि महाविद्यालयीन जीवन ह्यात फरक आहे. त्याचे कारण असे की, शाळेत असताना एकदा शाळेत प्रवेश केला की, शाळा सुटपर्यंत त्या विद्यार्थ्यांची सुटका नाही, त्या विषयाच्या तासापासून आणि शिक्षकांपासून. परंतु महाविद्यालया मध्ये तसे सक्तीचे नसते. महाविद्यालयीन जीवनात विद्यार्थ्यांना जास्तच स्वातंत्र्य दिलेले असते. परंतु कधीकधी त्या स्वातंत्र्याचा चुकीचा परिणाम होऊन विद्यार्थ्यांना मोठमोठ्या चुकांना सामोरे जावे लागू शकते.

महाविद्यालयीन जीवनात अनेक आव्हाने येतात. आपण आता अनोळखी चेहऱ्यांनी भरलेल्या ठिकाणी आहोत. जिथे आपल्याला मिसळण्याची गरज असते. हे जीवन, हा आपल्या सर्वांसाठी एक चांगला काळ आहे. महाविद्यालयीन जीवनाचा अनुभव घेण्याइतपत प्रत्येकाला शक्य होत नाही. विविध कारणांमुळे लोकांना कॉलेजमध्ये जाण्याची संधी मिळत नाही. कधीकधी त्यांच्याकडे पैसे नसतात, तर काही वेळा त्यांना इतर जबाबदाऱ्या स्विकाराव्या लागतात. पण प्रत्येक विद्यार्थ्यांच्या मनी ही इच्छा असतेच की, आपण सुद्धा हे ( कॉलेज लाईफ ) जगले पाहिजे इतर मित्र-मैत्रीणी सारखी मौज मज्जा केली पाहिजे.

महाविद्यालयीन जीवनाचा अनुभव खरोखरच वेगळ्या प्रकारचा असतो. लोक नेहमी कॉलेज कॅन्टीन मध्ये घालवलेल्या वेळेकडे पाहतात. कॉलेजचे कॅन्टीन हे प्रत्येक विद्यार्थ्यांचे जेवण गप्पा मारणे आणि अशा अनेक गोष्टींचे केंद्र असते. जिथे ते त्यांच्या सवंगड्यांसोबत ( मित्रमैत्रीणी ) सोबत आनंद घेत असतात. हे सर्व विद्यार्थ्यांच्या जीवनातील सर्वात उल्लेखनीय आणि प्रेमळ क्षण असतो. काहीही असो. प्रत्येक व्यक्ती त्यांच्या महाविद्यालयीन जीवनांचा मनसोक्त आनंद घेत असतात आणि ती वेळ संपल्यानंतर ती पुन्हा जगण्याची इच्छा असते.....!

**Nikita More**  
**FYBCom**

## कोल्हापूर जिल्हयाबद्दल लेख

- कोल्हापूर जिल्हा हा पर्यटन स्थळांसाठी खूप प्रसिद्ध आहे. कोल्हापूरमध्ये फिरण्यासारखी अनेक ठिकाणे आहेत. जसे की महालक्ष्मी मंदिर, ज्योतिबा आणि रंकाळा खूप प्रसिद्ध आहेत. कोल्हापूरी खाण्यामध्ये तांबडा – पांढरा रस्सा खूप प्रसिद्ध आहे.
- कोल्हापूरातील ऐतिहासिक ठिकाण कोल्हापूर ज्या मूळ गावापासून विस्तार पावले ते गाव ब्रम्हपुरी होय. इतिहासकारांच्या मतानुसार कोल्हापूर जिल्हा परिसरावर आंध्रभृत्य, कदंब, चालुक्य, राष्ट्रकूट, शिलाहार, देवगिरीचे यादव व बहामनी अशा अनेक राजवटींचा अंमल होता. कोल्हापूरच्या आसपास केलेल्या उत्खननात, तेथील पुरातन अवशेषांवर सातवाहन कालीन व बौद्ध धर्माच्या खुणादेखील आढळल्या आहेत. कोल्हापूर परिसरावर विजापूरच्या आदिलशहाची अनेक वर्षे सत्ता होती. छत्रपती शिवाजी महाराजांनी मार्च, १६७३ मध्य पन्हाळा जिंकून स्वराज्यात आणला, तसेच १६७५ मध्ये कोल्हापूर परिसर खऱ्या अर्थाने जिंकून आपल्या अखत्यारीत आणला. जिल्ह्यात पंचगंगा, वारणा, दुधगंगा, वेदगंगा, भोगावती, हरिण्यकेशी नदी आणि घटप्रभा या प्रमुख नद्या आहेत. या नद्या पश्चिम घाटात उगम पावून पूर्वेकडे वाहतात. पंचगंगा नदी कासारी, कुंभी, तुळशी सरस्वती ( गुप्त नदी ) आणि भोगावती या उपनद्यांपासून बनली आहे. कृष्णा नदी जिल्ह्याच्या पूर्व सीमेवरून वाहते तर तिल्लारी नदी पश्चिम सीमेवरून वाहते.
- गोकुळ डेरीची स्थापना कधी झाली ? कोल्हापूर जिल्हा सरकारी दुध उत्पादक संघ यांच्यामार्फत चालविण्यात येणाऱ्या गोकुळ डेरीची स्थापना १६ मार्च, १९६३ मध्ये झाली. “ ऑपरेशन फ्लड “ योजने अंतर्गत गोकुळची स्थापना कोल्हापूर येथे करण्यात आली आहे. देशभरातील दुध उत्पादक संघामध्ये अमूल नंतरचा गोकुळ हा दुसरा मोठा दुध उत्पादक संघ आहे. जरी अमूल मोठा दूध उत्पादक संघ असला तरी गुणवत्तेमध्ये गोकुळच अग्रेसर आहे.
- कोल्हापूरच्या माणसांमध्ये एक माणुसकीच व आपुलकीच नातं आहे. कधी तुम्ही कोल्हापूरला गेलात तर तुम्हाला घरच्यांसारखा पाहुणचार करणारी अशी गोड माणसं भेटतील. कोल्हापूर जिल्ह्यात साखर कारखाना प्रसिद्ध आहे. त्या काळ्या मातीचा सुगंध खरच मस्त असतो. कोल्हापूरातल्या काळांमवाडी धरण खूप मोठं असून पाणीसाठा १००% इतका आहे शिवाय ह्याच धरणातून शेतात, उसाला व डॅम ला पाणीपुरवठा केला जातो. म्हणूनच कोल्हापूर हा जगातील प्रसिद्ध जिल्हा मानला जातो.

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## बालपण

लहानपण हे रम्य असते ते खरं आहे. “लहानपण देगा देवा मुंगी साखरेचा मेवा” असे तुकाराम महाराजांनी म्हटले आहे आणि त्याची जाणीव आम्हांला आता होते. तसेच त्या वेळचे जीवन आणि आताचे जीवन फार बदलेले आहे. आताच्या जीवनात जो प्रचंड बदल झालाय तो म्हणजे महागाई, नवीन सुविधा, मोबाईल फोन पूर्वीच्या काळी गरीबी असून ही माणसे सुखी होती आणि आता हातात खुप पैसा मिळून ही संपूर्ण आनंदी होता येत नाही. त्या काळी आईच्या हातचं चुलीवरचं जेवण किती स्वादिष्ट लागायचं आता तसेही नाही आता घरात पार्सल यायला लागलीत वरण, गोळोणी थालीपीट, पीठलं हे पदार्थ फार कमी प्रमाणात बनवले जातात. आताच्या तुलनेत जमिन आसमानाचा फरक झाला आहे. त्या काळी १०० रूपयाची नोट पहायलाही मिळायची नाही पैशा दोन पैशात वस्तू मिळायच्या पूर्वी सण ही मोठ्या आनंदाने साजरे व्हायचे त्या त्या सणाला वेग वेगळे पदार्थ बनवले जायचे उदा. होळी म्हटली की पुरण पोळी, कटाची आमटी गणपती म्हटले. की, मोदक आणि दिवाळी म्हटली तर लाडू करंज्या, चकल्या शंकरपाळ्या हे सारे पदार्थ घरी आई, काकी, ताई बनवायच्या कंदील सुद्धा स्वतः बनवायचे त्यातली गंमत हळू हळू कमी होऊ लागली आहे. आता वेळे अभावी बाहेरून तयार पदार्थ आणावे लागतात. काळा नुसार बदलावं लागतं म्हणुनच म्हणावसं वाटतं रम्य ते बालपण.

**Sahil Sane**  
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## भारतीय क्रिकेटचा इतिहास

आता दुनिया गाजवणारा भारतीय संघ सुरुवातीच्या काही दशकात या संघाला एकही सामना जिंकता आला नव्हता. १७२१ साली भारतीय क्रिकेट संघाने क्रिकेट खेळायला सुरुवात केली. १८४८ साली भारतीय पारसी समुदायाच्या काही लोकांनी OPIENTA CRICKET CLB (OCC) संघटना स्थापन केली. तरी देखील त्याचा तेवढा फायदा उठवण्यात क्रिकेट संघ अयशस्वी झाला. त्यानंतर काही वर्षांनी म्हणजे एकोणविसाव्या शतकाच्या प्रारंभाला भारतीय क्रिकेट चाहत्यांची पसंती वाढली. आणि त्यानंतर भारतीय क्रिकेट संघ आपलं सर्वोत्तम योगदान द्यायला लागला. १९१२ ला मुंबईत पारसी, शिख , हिंदू, मुस्लिम लोक दरवर्षी युरोपीयन संघाबरोबर खेळायला लागले. भारतातील काही दिग्गज खेळाडूंना इंग्लंड क्रिकेट संघाकडून खेळण्याची संधी मिळाली. ते दोन खेळाडू म्हणजे Ranjin Sinhoji आणि Doleep Sinhji त्यानंतर पूढे जाऊन भारताचे दोन Domestic Cricket यांच्या नावावरून ठेवण्यात आले Ranji ट्रॉफी व Duleep ट्रॉफी.

१९३० – १९४० च्या दशकात भारतीय क्रिकेट संघाने खुप मेहनत केली. तरीदेखील अजुन भारतीय क्रिकेट संघाला आंतरराष्ट्रीय विजय मिळवता आला नव्हता याच दरम्यान जगात दुसरे महायुद्ध सुरू झाले. दरम्यान कोणती क्रिकेट स्पर्धा खेळली गेली नाही. व भारताचे वीर जवान, भारतपुत्र भारताला आझादी मिळवण्याच्या मार्गात लागले होते आणि १९४७ साली भारत आझाद झाल्यावर भारताने पहिली टेस्ट सिरिज ऑस्ट्रेलिया विरुद्ध खेळली होती. हे पहिल्यांदा घडले होते की भारत इंग्लंड सोडून कोणत्या दुसऱ्या संघा सोबत मॅच खेळत होते. इथेपण भारताला पराभव स्विकारावा लागला होता. १९४८ साली आपल्या भारतीय जमिनीवर इंग्लंड सोडून वेस्ट इंडिज संघासोबत भारतीय संघ खेळला. पाच मॅच ची सिरिज खेळली आणि १-० ने वेस्ट इंडिजने पराभूत केले तरी भारत सुधारणा करत होता.

१९५२ साली पहिली टेस्ट मॅच जिंकली वर्षाच्या शेवटी अखेरीस पाकिस्तानला संपूर्ण सिरिज जिंकण्यात यश मिळाले. भारतीय संघाने १९५६ साली NEW ZEALAND ला हरविले होते परंतु त्याच्यानंतर काही वर्षे सतत भारताला पराभवाचा सामना करावा लागला. १९६२ मध्ये इंग्लंडला संपूर्ण सिरिजमध्ये हरविले. हळू – हळू खरी पण आपली छाप पाडत होता. १९४७ साली ONE DAY क्रिकेटला सुरुवात झाली होती. पण या Format मध्ये भारत खुप कमजोर संघ होता. त्यामुळे भारत पहिल्या दोन World Cup मध्ये पहिल्या फेरीमध्ये बाहेर पडला. बऱ्याच वर्षांनंतर तो क्षण आला, तिसऱ्या वर्ल्डकप मध्ये १९८३ साली कपिल देव, रवि शास्त्री, सुनिल गावस्कर यांच्या चमकदार उत्कृष्ट कामगिरिमुळे भारताला गतविजेता संघ म्हणजे वेस्ट

इंडिज ला फायनलमध्ये खुप वाईट प्रकारे हरविले कोणालाही वाटलं नव्हत भारत हा वर्ल्डकप जिंकेल व फायनलमध्ये इतक्या मोठ्या संघाला हरवेल. नंतर काही वर्षे भारताला खुप मेहनत करावी लागली याचदरम्यान भारतीय संघाला काही दिग्गज खेळाडु मिळाले उदा. सचिन तेंडुलकर. सौरभ गांगुली, व्ही. व्ही. एस लक्ष्मण, राहुल द्रैविड इत्यादी. १७ फेब्रुवारी २००५ साली क्रिकेटचा नवीन Format म्हणजे T-20 साऊथ आफ्रिकेमध्ये सुरु झाला हा वर्ल्डकप भारताने M. S. Dhoni च्या कॅप्टनसी मध्ये जिंकला व यावेळीदेखील भारताला प्रबळ दावेदार मानले जात नव्हते. पण धोनीच्या नेतृत्वाखाली भारतीय युवा संघाने ते करुन दाखविले त्यानंतर २०११ साली भारतात वर्ल्डकप झाला व हा World Cup भारताने जिंकला. त्यानंतर बरेच वर्षे Test मध्ये उच्चदर्जाचा खेळ भारतीय संघाने केला. २०१३ मध्ये चॅम्पीयन ट्रॉफीदेखील भारतीय संघाने जिंकली. आता सध्या भारतीय क्रिकेट संघ संपूर्ण जगात उत्तम दर्जाचा संघ मानला जातो.

**Shashank Todankar**  
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### पदवीधर

आज काल पदवीधर ( गॅज्यूएट ) होणे म्हणजे रोज सकाळी चहाबरोबर वर्तमानपत्र ( पेपर ) वाचण्याइतपत सर्वसाधारण झालं आहे. जसं दिवस संपल्यावर वर्तमानपत्राचं नाविन्य संपून रद्दित जमा होत. तशीच परिस्थिती पदवीधर लोकांची आहे. यांना नव्याने काही सुचत नाही. काही नोकरी मिळवण्यासाठी पदवीधर होतात. काहींना पदवी मिळाली तरी समजत नाही आपण कशासाठी पदवीधर झालो ?

अनेक मित्रांना विचारलं सध्या काय करता तर उत्तर मिळालं एमपीएससी, युपीएससी करतो. मला प्रश्न पडला, एमपीएससी किंवा युपीएससी करतो म्हणजे नेमकं काय करतो ? कारण माझ्या माहितीप्रमाणे जगात एकाही विद्यापीठात हा कोर्स नाही. याचं प्रमाणपत्र कुठेही मिळत नाही. मग ही लोकं अशी उत्तर का देतात ? नीट विचार केला तर जगात सर्व जण रोज काहीतरी शिकत असतात, अभ्यास करत असतात. मग ते देखील एमपीएससी, युपीएससी च करतात ना ? हा, काहींच वय या स्पर्धा परीक्षांच्या अटीत बसत नसेल, पण ते रोज शिकत असतात.

मग ते रोजच्या वर्तमानपत्रातून असेल, रोजच्या अनुभवातून असेल. ही लोकं फक्त स्वतःला मी एमपीएससी करतो किंवा युपीएससी करतो असं लेबल लावत नाहीत एवढाच फरक.

आज सर्वजण या पदांकडे उत्तम जॉब म्हणून पाहतात. या स्पर्धा परीक्षा पास होऊन ठराविक लोक अधिकारी बनतात. पण आपल्या आयुष्यातली उमेदीची वर्ष पणाला लावणाऱ्या इतर तरूणांचं काय ? वयाच्या तिसी पर्यंत प्रत्येक तरूण पाहिलेलं स्वप्न साकारण्याचा प्रयत्न करत असतो. हेच स्वप्न साकारण्यात त्याला अपयश आल्यावर त्याला किती वाईट वाटत असेल ? काहींना तर नैराश्य येतं, जगण्यातील आनंद हरवतो मी कोणालाही नाउमेद करण्याचा प्रयत्न करत नाही. ही वस्तुस्थिती आहे. मग एककल्ली होऊन स्पर्धा परीक्षांचा अभ्यास केला तर कुठे चुकते ? म्हणजे पुढे येणाऱ्या यश – अपयशाला सामोरे जाण्याची, पचवण्याची ताकद तरी राहते. आणि प्रत्येकाने पदवीधर झाल्यानंतर एकच क्षेत्र निवडावे हे काही अनिवार्य नाही.

मग मेंढराच्या कळपा प्रमाणे एकामागे एक जाण्यापेक्षा प्रत्येकाने आपलं वेगळं स्वप्न साकारण्याच्या प्रयत्न केला तर कुठे चुकते ?

**Priti Jadhav**  
**FYBAF**



## श्रावणमास

श्रावणमासीं हर्ष मानसी, हिरवळ दाटे चोहिकडे,  
क्षणांत येते सरसर शिरवे, क्षणांत फिरूनी ऊन पडे.

पावसाळी ऋतूत येणारा हा मराठी श्रावण महिना सणांचा राजा मानला जातो. या वर्षी मराठी दिनदर्शिके नुसार अधिक मास आहे. महादेवाला प्रिय असणाऱ्या या श्रावण महिन्याला हिंदू धर्मात विशेष महत्त्व आहे. श्रावणी सोमवार पासून ते अगदी श्रावणी अमावस्येपर्यंत अनेक सण या महिन्यात असतात. भगवान शंकराला हा महिना खूपच प्रिय आहे. असा समज आपल्याकडे आहे आणि या महिन्यात करण्यात येणाऱ्या व्रतांमुळे वातावरण पवित्र होते. आणि आपल्या पापांपासून मुक्ती मिळते. असाही समज आहे. त्यामुळे या काळात महादेवाची पूजा ही फलदायी ठरते.

श्रद्धेनुसार असे मानणे आहे की, प्रत्येक वर्षी श्रावण महिन्यात शिवशंकर हे आपल्या सासरी जात असत. आणि त्यावेळी भक्तांना त्यांची कृपा प्राप्त करण्याची संधी मिळत असे. त्यामुळे याच काळात शिवशंकर पृथ्वीवर येतात असे मानले जाते. म्हणूनच शिवशंकराला प्रसन्न करून घेण्यासाठी श्रावण महिना साजरा करण्यात येतो. तसेच देवी पार्वती यांनी या महिन्यात युवावस्थेत असताना केवळ शंकरांना प्रसन्न करून घेण्यासाठी कठोर उपवास केला आणि त्यांच्या या कठोर तपस्येला याच महिन्यात शंकर भगवान यांनी फळ दिले. या महिन्यात तपस्येचे चांगले फळ मिळते म्हणून सुद्धा श्रावण महिना साजरा करतो.

श्रावण महिन्यात येणारे सण :

श्रावणी सोमवार , श्रावणी मंगळागौर , नागपंचमी , नारळी पौर्णिमा , रक्षाबंधन , कृष्णजन्माष्टमी , पिठोरी अमावस्या

श्रावण महिन्यातील व्रते :

श्रावण महिन्यात अनेक व्रतवैकल्य करण्यात येतात. त्यापैकी तीन व्रते अधिक महत्त्वाची मानण्यात येतात.

श्रावणी सोमवार , मंगळागौर , श्रावणी शनिवार

श्रावण महिन्याची काही पौराणिक कथा आहेत.

• पुराणात उल्लेख असल्याप्रमाणे श्रावण महिन्यात समुद्र मंथन झाले होते. त्याचवेळी समुद्रातून निघालेले विष पिऊन शंकराने सृष्टीची रक्षा केली होती, त्याचमुळे शंकराला प्रसन्न करण्यासाठी श्रावण महिन्याचे महत्त्व अधिक आहे.

• सांगण्यात आपल्याप्रमाणे भगवान विष्णू हे श्रावण महिन्यात योगनिद्रेत निघून जातात. त्यामुळे संपूर्ण सृष्टीचे उत्तरदायित्व यावेळी भगवान शिव करतात. त्यामुळे श्रावणात शिवशंकराला अधिक प्राधान्य देण्यात येते.

**Sakshi Palav**  
**FYBAF**

## पैठणी साडीची संपूर्ण माहिती

पैठणी हा महाराष्ट्र राज्यातील साडी या पोशाखाचा एक प्रकार आहे. पैठण ही पुरातन काळी महाराष्ट्राची राजधानी होती. या पैठण मध्ये तयार होणारी वैशिष्टपूर्ण शिवकालीन साडी म्हणजे ' पैठणी '. चौकानी नक्षी तसेच पदरावरील मोराच्या नक्षीमुळे पैठणी लगेच ओळखून येते. भारतातील सर्वात महागड्या साड्यांपैकी ती एक मानली जाते. ही उत्कृष्ट रेशीमपासून बनविली जाते.

स्वरूप : पैठणीमध्ये एक तिरकस चौरस डिझाईनची सीमा आणि मयूर डिझाईनचा पल्लू दर्शविला जाते. साध्या तसेच स्पॉट डिझाईनस उपलब्ध आहेत. इतर वाणांपैकी, सिंगल कल्लर आणि कॅलिडोस्कोप रंगीत डिझाईन देखील लोकप्रिय आहेत. लांबीच्या दिशेने विणण्यासाठी एक रंग आणि रूंदीनुसार विणण्यासाठी दुसरा रंग वापरून कॅलिडोस्कोपिक प्रभाव प्राप्त केला जातो. पाटण ( पैठणी ) ही सोन्याची आणि रेशीम साडी आहे. पैठणी विणण्याच्या पुनरुज्जीवनात, उत्पादन निर्यातीच्या गरजेकडे होते, तर साड्या फक्त आधुनिक खरेदीदारांसाठीच तयार केल्या गेल्या. पैठणी सुती तळापासून रेशीम तळापर्यंत विकसित झाली. रेशीम कपड्यांच्या डिझाईन्समध्ये आणि सीमांवर वापरली जात असे. एक काळ असा होता की चीनमधून रेशीम आयात केले जात असे. आता येवला आणि पैठण बेंगळूरहून रेशीम खरेदी करतात.

तीन निकषांद्वारे वर्गीकरण केले जाऊ शकते. आकृतिबंध, विणकाम आणि रंग.

१) पैठणी : पैठणी साडीचे वैशिष्ट म्हणजे ही संपूर्ण साडीवर हस्तकलाने नक्षी काम केलेले असते. ही पैठणी बनवण्यास अत्यंत अवघड असते. काम एकदम बारीक असते. आणि बाजारात पैठणीची मागणी विदेशातून खुप प्रमाणात असते. कारण त्याची किंमत ही लाखां मध्ये असते.

२) मोरबांगडी : बांगडी या शब्दाचा अर्थ बांगडी आणि मोर म्हणजे मोर तर मोरबांगडी म्हणजे बांगड्यांच्या आकारातील मोर पल्लूवर अंगभूत वस्त्र विणले गेले आहे, काही वेळा एकच नृत्य करणारा मोर डिझाईन केलेला आहे. या मोटिफचा वापर केल्यामुळे साड्या खूपच महाग आहेत.

३) मुनिया ब्रोकेड : मुनिया म्हणजे पोपट. पोपटे पल्लूवर तसेच सीमेवर विणले जातात. पोपट नेहमी हिरव्या रंगात असतात. रेशीम मधील पोपटांना टोटा – मैमी असेही म्हणतात.

४) कमळ ब्रोकेड : पल्लूमध्ये आणि कधीकधी सीमेवर कमळाचे स्वरूप वापरले जातात. कमळाच्या आकारात 7-8 रंग असतात.

ब) विणकाम

१) कडियाल वॉर्डर साडी : कडियाल म्हणजे इंटरलॉकिंग सीमेचे ताना व पट्टे समान रंगाचे असतात तर शरीरात ताना व विणमकासाठी वेगवेगळे रंग असतात.

२) कड / एकधोटी : वीटल विणण्यासाठी एकच शटल वापरला जातो. वॅप यॉनचे रंग वेफट रॉनपेक्षा वेगळे आहेत. यात नारळीची सीमा असून पैशा, वटाना इत्यादी साध्या वट्या आहेत. कडा हालगीचा एक प्रकार आहे आणि पुरुष महाराष्ट्रीय वापरतात.

क) रंगवार

१) कलीचंद्रकला : लाल किनारी असलेली शुद्ध काळी साडी.

२) रघु : पोपट हिरव्या रंगाची साडी.

३) शिरोडक : शुद्ध पांढरी साडी.

पैठणी ही कापसाचा धागा व रेशीम यांच्यापासून हातमागावर विणलेली एक वैशिष्ट्य प्रकारची नक्षी असलेली साडी आहे. या मध्ये पदरावर मोराची तोता – मैना अशी चित्रे असलेली जरीकाम असते. पूर्वी पैठणी फक्त मोरपंखी रंगातच मिळत असे परंतु आता अनेक रंगात मिळते. जुन्या काळी पैठणी मध्ये सुती धागे आणि पदरासाठी रेशीम आणि जर मिळवले. आजकाल मात्र पैठणी ही पूर्णपणे रेशीम आणि पदरावर जर वापरून बनवली लाजे.

उभा धागा एका रंगाचा आणि आडवा धागा वेगळ्या रंगाचा वापरून पैठणीला ' धुपछाव ' प्रकारचा परिणाम दिला जातो. पैठणीच्या अंगावर कोयरी, आंबा, अश्रफी, बांगडी मधील मोर, अमरवेल, नारळ, पारवा, पोपट अशी नक्षी आढळते. पदरावर मोर, तोता, मैना, भौमितिक आकाराची फुले पदरातील जर पक्की करण्यासाठी लहर नावाची पट्टी आसावली म्हणजेच फुले असणारे कलश, मुथाडा, बारवा असे विविध नक्षी प्रकार आढळतात. पैठणीची मोठ्या प्रमाणात निर्यातही केले जाते. नाशिक जिल्ह्यातील येवला येथील पैठणी जगप्रसिद्ध आहे. येवल्यातील वीणकाराना विशेष कर सवलती दिल्यामुळे येथील वस्त्र व्यवसाय वाढला आहे. पैठणी या महावस्त्राच्या इतिहासाला २००० वर्षांची परंपरा आहे. गोदावरी नदीच्या काठावर वसलेल्या पैठण या ऐतिहासिक नगरीवरून या वस्त्राला पैठणी हे नाव मिळाले. प्राचीन काही पैठणाला प्रतिष्ठान, पाटन, पोतान, पैठन अशा अनेक नावांनी ओळखले जात होते. या शहराला सांस्कृतिक, धार्मिक महत्त्व आहे. औरंगाबाद जिल्ह्यातील पैठण तालुक्याचा वैभवशाली इतिहास आहे. संतांची भूमी, विद्वान पंडिताची विद्यानगरी म्हणून पैठणची ओळख आहे. प्रतिष्ठान ही राजधानी असणाऱ्या सातवाहन राजवंश्याच्या काळात पैठणी साडीच्या निर्मितीला सुरुवात झाली, असा ऐतिहासिक ग्रंथात उल्लेख ओळखती. पैठणी साडीची निर्मितीच प्रामुख्याने भारतातून परदेशात निर्यात करण्यासाठी आणि राजकोषात भर घालण्यासाठी झाली. भारतीय विणकाम, वस्त्राचा पोत, रंगसंगती, नक्षीकाम टिकाऊपणा साडी नेसण्याची पद्धत या सर्व गोष्टी विदेशी ग्राहकाना आकर्षित करत फार पूर्वीपासून पैठणीला विदेशात प्रचंड मागणी होती. तेव्हापासून आंतरराष्ट्रीय बाजारपेठेत भारतातून कापड निर्यातीला सुरुवात झाली. गौतमी पुत्र सातकर्णी याने सातवाहन काळात पैठणी निर्मिती उद्योगाला नवी ओळख करून दिली. या काळात हा उद्योग प्रगतीच्या उच्चशिखरावर होता. रोम, इटली या देशात पैठणी वस्त्र मोठ्या प्रमाणात निर्यात होत.

एक पैठणी घडवण्यासाठी कारगिरांना खूप परिश्रम घ्यावे लागतात. पूर्वी पैठणमध्ये सोने – चांदी, हिरे – माणिके यांची सुबत्ता होती. ही साडी हातमागावर रेशीम व सोने – चांदीचे यांचे जर वापरून तयार होत असे. पूर्वी ही पैठणी प्रामुख्याने फक्त मोरपंखी रंगातच तयार होत असे. तिच्या पदरावर सोन्याच्या धाग्यांनी विणकाम केले जाई. एक सहावारी साडी विणण्यासाठी १८ ते २४ महिन्यांचा काळ लागतो. साधारणपणे पाचशे ग्रॅम रेशीम धागे आणि अडिशे ग्रॅम जर लागते. पैठणीचे वैशिष्ट्य म्हणजे ती दोन्ही बाजूनी, पदर आणि बॉर्डर समानच असते. म्हणजे मागील व पुढील बाजू सारखीच दिसते. कालांतराने पैठणी विविध रंगातही जसे लाल, पिवळा, निळा, हिरवा, जांभळा, गुलाबी, आदी रंगामध्येही तयार होऊ लागली.

पुढे यादव राजवंश्याच्या काळातही पैठणीला विदेशात मागणी होती. मराठे, पेशवे यांच्या साम्राज्यात पैठणीला राजाश्रय मिळाला राज घराण्यातील महिला याच साड्यांना पसंती देत. राजश्रयाबरोबरच नंतर तिला लोकप्रिय मिळू लागला. नववधूला 'पैठणी' या महावस्त्राने अलंकृत करून तिची सासरी पाठवणी होऊ लागली. तिला पूजेत मान मिळाला. पंढरपूरच्या विठू माउली, कोल्हापूरची अंबाबाई यांना खास पैठणी वस्त्र विणून सजवले जाऊ लागले. जरी आणि रेशीम यांच्या एकेक धाग्यांच्या तानाबान्यातून विविध संस्कृतीचे वैभव असणारी पैठणी सौभाग्याचे लेणे म्हणून मिरवू लागली.

**Prerna Bhogle**  
**FYBAF**



# हिन्दी विभाग



## पराई बेटियाँ

मुट्टी बाँध पैदा हुई जिम्मेदारियों संग  
बड़ी हो जाती हैं आखिर ये तो बेटियाँ है  
जनाब बेटियाँ क्या पराई बन जाती है?  
बचपन में अपने पायलों की  
आवाज से पूरे घर को चहकाती है.  
बड़ी होने पर बेटों के भाँति अपना फर्ज निभाती हैं.  
माता-पिता भाई - बहन सभी के दिलों में बस जाती है।  
आखिर ये तो बेटियाँ है  
जनाब बेटियाँ क्यों पराई बन जाती है?  
माँग में सिंदूर पड़ते ही वह बेटों से बहू बन जाती है।  
पुराने रिश्तों को छोड़ नये रिश्तों को अपनाती है  
शादी के बाद जैसे उसकी दुनिया ही बदल जाती है  
आखिर ये तो बेटियाँ है  
जनाब बेटियाँ क्यों पराई बन जाती है?  
जो किया करती थी दिल खोल के बाते  
अब कहने से डर जाती है-  
रखा करती थी अपने विचारों को सबके सामने  
ससुराल में चुप सी रह जाती है।  
माँगा करती थी पैसे सबसे पति से माँगने पर कतराति है।  
आखिर ये तो बेटिया है  
जनाब बेटियाँ क्यों पराई बन जाती है?  
सास-ससुर के दवाई से लेकर  
बच्चों की पढाई तक सभी का ख्याल रख लेती है  
सबकी पसंद-नापसंद को बखुबी से समझ पाती है।  
कभी दहेज को लेकर तो कभी बोझ या  
बाझ समझकर सभी के अत्याचारों को सह जाती है  
अपने आसुओं को वो हंसी के अंबारों में छिपाती है  
आखिर ये तो बेटिया है  
जनाब बेटियाँ क्यों पराई बन जाती है?

**Ms. Reeta Halwai**  
**Faculty**  
**Junior College**

## गुरु आज भी याद आते हैं.

"गुरु ईश्वर की प्रतिमा का वह दुसरा रूप है,  
जो अज्ञानता को भटकते- दूर कर  
ज्ञान की तरफ ले जाते हैं हुए शिष्य को राह दिखाते हैं  
माँ की ममता की तरह प्रेम बरसाते हैं  
सुदामा - कृष्ण की भाँति मित्रता निभाते हैं  
कठिन परिस्थितियों में चलना सिखाते हैं  
सामाजिक अनुभव का ज्ञान बताते हैं  
सही गलत की पहचान कराते हैं  
देखते ही देखते कई वर्ष बीत जाते हैं.  
और एक दिन हम, उनसे दूर चले जाते हैं,  
जीवन की उलझनों में कभी मिल न पाते हैं  
फिर भी गुरुन मुझे आज भी याद आते हैं  
मेरे गुरु मुझे मुझे आज भी याद आते हैं " याद आते  
हैं।"

**Ms. Reeta Halwai**  
**Faculty**  
**Junior College**

## हार नहीं मानूंग

जूझने का मेरा इरादा न था, का मेरा कोई इरादा न था,  
जूझन पर मिलेंगे इसका वादा नथा रास्ता रोक कर  
खड़ी हो गई, यूरे लगा जिन्दगी से बड़ी हो गईक मौत  
की उमर क्या है? दो पल भी नहीं, जिन्दगी सिलसिला  
आज कल की नहीं। मैं जी भर जिया, मे मन से मरू  
लौटकर आऊँगा कूच से क्यों डरूँ? तू दबे पाँव, चोरा-  
छिपे से न आ, सामने वार कर मुझे आजमा।

**Sanket Gupta**  
**SYJC**

हरी भरी यह हमारी धरती, हर मन को अपनी सुंदरता से धरती, पेड़,  
पौधे, नदिया और झरने, हरते हैं मन को यह सबके  
पेड़ हमें देता फूल और मधू छाया विशाल है इसका रूप , हर दिल  
को है यह भाया, अपने साथ है, रंगो भरी खुशिया ये लाया फूलों की  
अपरम्पार खुशबू,मन को है सबको भाये,हर दिल इसको सुंग के  
है,खुशहाल हो जाए हरी भरी यह हमारी धरती हर मन को अपनी  
सुंदरता से हरती "

**Vineet Solanki**  
**SYJC**

## जिन्दगी की पानी टीचर माँ

जिन्दगी की बढ़ती फ्रेड्स माँ जिंदगी भी माँ क्योंकि जिन्दगी देने वाली बुरी माँ  
ऊपर जिसका अंत नहीं उसे आसमान  
की ऊपर कहते है!! जिसका अंत नहीं उसे आसमान करते है! और हम नहां  
से जिसका कोई अंत ना हो उसे "माँ कहते हैं!?"  
अपनी कुर्बानियों की सीडियों में जो आपको, कॉनयाबी के शिखर तक  
पहुंचाए वह शाखास पिता होता है।  
sister's love is no less than a blessing. Even if they are for  
away a there is no Sorrow.  
सब से अलग हैं भैया मेरा सब से प्यारा है भैया मेरा, कौन करता है खुशियाँ  
ही सब होती हैं जहाँ में) मेरे लिए तो खुशियों से भी अनमोल है भैया मेरा.  
रोशनी बनकर आए जो हमारी जिंदगी में, ऐसे गुरुओं को मैं प्रणाम करता हूँ,  
जमीन से आसमान तक पहुंचाने का जो रखते हैं हुनक,ऐसे टीचर्स को मैं दिल  
से सलाम करता हूँ

**Vineet Solanki**  
**SYJC**

## काश तू ऐसा ना होता

एक बार एक काली होती ना गुलाब कितना से अच्छा कहा -  
व्यक्ति ने कोयल से कहा तो कितनी अच्छी होती, " होता, "  
तुझमे कांटे ना होते तो

समुद्र से होता तो कहा कितना "तेरा पानी अगर नमकिन  
अच्छा होता।" ना

बो व्यक्ति फिर मोदर तू मूर्तियों मे ना होकर गया \* कितना  
अच्छा होता।" भगवान से बोला- असलियत में होता तो

इतने में भगवान् बोले ऐ मेरे बनाए हुवे इंसल अगर तुझमें  
दूसरों को देखने की कितना अच्छा होता

**Priti Gupta**  
**SYBCom**

## बेटियों

कौन कहता है बेटियाँ होती हैं बोझ,  
वो तो है नई भारत की नई सोच ।  
वो लड़को के कंधोंसे कंधा मिला के चलती है,  
मुझे मेरे माँ-बाप का नाम रोशन करना है बस वो यही  
सोचती है।

लड़की, बेटा, बहन, माँ इस नाम से जानी जाती है,  
फिर क्यों इस दुनिया में लड़कों से कम लड़कियाँ पैदा होती  
है।

माँ-बाप बेटियों को सिखाओ कि तुम पढ़ो लिखो,  
बेटियों की और बेटों को सिखाओ की तुम हमेशा बेइज्जत  
करो।

लड़कियो को हाथ लगाओ तो वे लड़ जाएगी,  
और बाहर निकलो तो आगे जरूर बढ़ जाएगी।

लड़कियाँ पराया धन नहीं होती है,  
वो तो नए जीवन की नई सोच होती है।

**Kartik Chandaskar**  
**FYBSc.IT**

## School life

बचपन कितना अच्छा था फेक 8लुशन्स का भंडार था प्रिन्सेस सी करेला और बाबीं उनसे भरा जमाना था ना पढाई : जिम्मेदारी "वा एक धोर हमारा था

वक्त आगे बढ़ता गया बचपन पिछे छूटता गया । झुठला गए उलूकान्स सार सच से सामना नहीं उम्र भले ही बढ़ती . गया पर दिल अभी भी बच्चा था

शुरू हाई स्कूल लाईफ हमारी आँ चुकी । यो पढाई की बारी स्कूल और ट्यूशन के बीच सीमुद गई थी जिंदगी हमारी पॅरेंटस करने एक ही विचार कक्षा में करे टॉप उसबार दिखाते देखते बिज गया कूल बदल चुके से हमारे विचार

सोचते थे कित 11th 12th मे जाकर होगी आप अपनी लाईफ आसान जीतना ये वक्त मुस्किल था उतना हो या सुदाना "घडी उस मुळे कल सी घड़ा में हमने खुद का है पहचानाअब तक लगता था कि पढाई करना है बेकार लेकिन अब हुआ रिअलाउज की वहाँ सफलता का द्वार टिन्हास, और दोस्तो के हेन्य से कर रह हम से फेज पार उन शब्दों में सीमट रही हूँ उस खुबसुरत जर्नी का सार।

**Sneha Salunke**  
**SYBAF**

## स्वाल

चलो आज बात कुछ यूँ कर ले.....

अपने अपने दायरों का हिसाब कर ले

तेरे हिस्से में कितना क आता है

मेरे हिस्से में कितनी में

चल आज ये बात भी साफ कर ले

तेरे हिस्से में जबाब ही क्यूँ,

मेरे किस्से में सवाल ही क्योँ??

तेरे हिस्से में करना ही क्योँ ??

मेरे हिस्से में पूछाना ही क्योँ ??

तेरे हिस्से में पूरी मर्जी तेरी

मेरे हिस्से में सिर्फ तेरी इजाजत ही क्योँ ? तुम्हे नहीं लगता कि ये जायन नहीं.

तेरे हिस्से में सिर्फ

मेरे हिस्से में पूरी मैं भी नहीं, क्योँ ना रिश्ते के दोहरे चेहरे की धूल भी साफ कर दे

अपने अपने दायरों का किसाब कर लें

सवाल ये हैं कि मुझे मेरे हिस्से मे जीने के लिए, तेरी रजानत की जरूरत क्योँ हैं .....

हर रोज तेरी हाँ या ना के बीच,

घुटने रहने की जरूरत क्योँ हैं ये सारे कायदे ये सारे बोझ मेरे फिरसे में ही क्योँ है

डाब हिस्से बराबर है तो दस्तुर क्यूँ नहीं...कभी मेरे रजाजत का घुटन का बोझ

उठाने के लिए मज़बूर क्योँ नहीं ??? सवाल बहुत है पर असली सवाल तो यही है ना

मेरे हिस्से में डाबाब और तेरे हिस्से में सवाल क्योँ नहीं चल आज हिस्से बदलकर

इंसाफ कर ले. अपने अपने दायरों का हिसाब कर ले

**Anonymus**



## गिर जाना मेरा अंत नहीं

गिर जाना मेरा अंत नहीं की पूर परवाज की शक्ति है,  
मन मे आगाज की शक्ति है।  
जो खोच मे तिनका डाले,  
डाली पर दो आँख तकती है।  
वो पुरख रही है,  
तूफानों की बाजू मे कितना ताकत है।  
वो देख रही है, दूर-दूर तक,  
नाम मात्र की राहत है।  
पैसे से धटका हाली पर,  
पंखों से हवा ढकेली है  
वो आसमानो में तूफान से लड़ती  
जान अकेली है,  
पर लगी सांस जब फूलने,  
तो तूफान ने मौका लपक लिया  
आसमान की उम्मीदों को ला धरती  
पर पटक दिया गजब खानी है  
चोट खाने के बावजूद उड़ने की ललक पुरानी है।  
तब रखो घोषना अपनी-अपनी अपने अपने कंठ तो,  
गलत करुगा साबित सबूको यहां कोई अरिहनत नहीं गिर जाना  
मेरा अन्त नहीं. गिर जाना मेरा अन्त नहींमौत से बेखबर,  
जिन्दगी, शाम हूर सुरमई, रात घूंसा का स्वर का सफर  
बात ऐसी नहीं कि कोई गम ही नहीं दर्द  
अपने-पराए कुछ कम भी नहीं प्यार  
इतना पुरायो से मुझको मिला,  
न अपनो से बाकी है कोई गिला  
हर चुनौती से दो हाथ मैने आंधियो मे किये,  
जलाए है बुझते दिया इदे टूटे हुए सपनो की कौन सुने सिसकी  
अन्तर की चीर व्यथा यसको पर ठिठकी हार नहीं मानूंगा रार  
नहीं ठानूंगा काल के कमाल ये लिखता मिटाता हूं  
गीत नया गाता हूं गीत नया गाता हूँ.

**Sanket Gupta**  
**SYJC**

## रेल का सफर

शाम का समय है रेल छूटने को है सारे मुसाफिर सफर का मजा लूटने को मैं भी हूँ बैठा अपनी जगह बड़े आराम से गांव जाने को ली है छुट्टी अपने काम से गाड़ी में सफर करने के अजीब हैं सपने गैर भी बन जाते हैं कुछ पल के लिये अपने माना हवाई जहाज का आज फास्ट दौर है रेल के सफर का लेकिन मजा ही कु निकली वो अपनी शान से हरेक मंजिल की तरफ . कुछ और है बढती है मौजे जैसे अपने साहिल की तरफ निकला शहर और छोटे देहात आते रहे मुझको कुछ गुजरे लम्हें याद आते रहे मौसम हसी और राते भी हसीन हैं हाथों मे मेरे कलम और एक मेगजीन है इस तरह किताब में मे ऐसे खो गया न जाने कब आंख लगी और में सो गया मदम सी चाँद तारों की आब-वत्ताब है पहली किरण सुरज की लाजवाब है. पल के खुली तो देखा रोशन हुआ जहा बेचैन मॅन यह पूछे पहुंचा हूँ मै कहा खेत और जमीन नजरों के आगे थी घूमती ठंडी हवाए गालों को आकर शो चूमती दूर से ही नजर मुझ को मेरा वतन आ गया बचपन का मेरे गुलिस्ताने चमन आ गया उत्तर कर मुसाफिर दोस्तों से कहा अलविदा थोड़ी ही देर में फिर गाड़ी ने दी सदा किसी को हस्ताती, किसी को रुलाती रेल बिछडती किसी से किसी को मिलाती रेल

**Aasim Adamji**  
**SYJC**

### \* वकील \*

वकील शब्द अपनी उस व्यक्ति "आषए का बाद हैं। म को वकील के रूप में जानते है जो कानूनों मुकदम में हमाम्रा पछ न्यायालय के समझ प्रस्तुत करता है। काले कोट का करि पेंट ती विशिष्ट पोशाक इनकी विशेषता है। अधिकत अभिभाषक या वकील कडवोकेट आदि रूप में है उन्हें जाना जाता है। वकालत की पढ़ाई पहले विदेशों में थी। परंतु भारतीय अधिवक्ताओं की बहुत आवश्यकता थी। इस कमी को पूरा करने के लिए १६१८५५ कानून पाठ्यक्रम शुरू किये गये। कलकत्ता में 'हिंदू कॉलेज, बॉम्बे और मद्रास में एलफिस्टन कॉलेज ने १८५५ में पहली बार कानून पाठ्यक्रम शुरू किया। भारत की प्रथम वकील महिला थी। इनका नाम था कार्नेलिया सोराबजी। वकील को एडवोकेट बनने के लिए काउंसिल में रजिस्ट्रेशन करवाना होता है और के परिक्षा को करने होते है जिसके बाद बार वो एडवोकेट बन सकता हैं। क्योंकि वकील कोर्ट में केस नहीं लड़ सकता और एडवोकेट कोर्ट में केस लड़ सकता हैं। यह नियम हैं। वकील और बेरिस्टर में इन दोनों में अंतर होता है दोनो ही काबुन की डिग्री प्राप्त व्यक्ति होते हैं। जब कि अंतर यह हैं कि जो व्यक्ति स्वदेश में रहकर कानून की डिग्री कहलाता है और प्राप्त, करता है वह वकील जो व्यक्ति इंग्लैंड और दुसरें देशों से वकालत की पढ़ाई करके आता है वह बैरिस्टर कहलाता हैं। वकील को न्यायालय वाद बार प्रतिपादन तथा दलील रखने का कानूनी उपधिकार हैं। कानून में विशेष्यज्ञता की डिग्री प्राप्त व्यक्ति जिसे कानून का पूर्ण ज्ञान होनेके साथ भी जरूरी साथ अपनी बात को प्रभावी ढंग से क्षमता संविधान के राज - कौशल या भाषा-शक्ति होती हैं एठक वकील को भारत के अनुसार चलना होता है। कीष्टि संविधान में निर्धारित कानूनों और नियमों के अनुसार ही अदालत में न्यायाधीश के समक्ष अपने मुक्किल को न्याय दिलाता है। वकील पेशा चुनौतियों से भरा होता हैं। वकील का मुख्य कर्तव्य है अपने मुखविकल (वलाइ के अधिकारों की की रक्षा करते हुए कानून की रक्षा करना।

**Dimpal Pamosh Malviya**  
**FYBCom**



# ગુજરાતી વિભાગ



## કુશળ નેતા

પ્રિય વાંચક મિત્રો,

આપણે સૌ જાણીએ છીએ કે ટોળા ઘેટાઓના હોય, સિંહના નહી. સિંહ એકલો જ જીવી જાણે છે. કુશળ નેતા પણ સિંહ જેવો જ હોય છે – નીડર, કુશાગ્ર, દીર્ઘદ્રષ્ટા, મક્કમ. એક કુશળ નેતા સામાન્ય ને પણ અસામાન્ય બનાવવાની ક્ષમતા ધરાવે છે.

કુશળ નેતાનું મુખ્ય લક્ષણ એનો સ્વયંમાં વિશ્વાસ ધરાવવાની આવડત છે. સ્વાભિમાન અને અભિમાન વચ્ચેનો ફરક એને ખબર હોય છે. સ્પષ્ટવક્તા હોવું અને જરૂર હોય એટલું જ બોલવું એ એની લાક્ષણિકતા હોય છે.

દુનિયામાં જેટલા કુશળ નેતા છે એમણે ક્યાંય પણ કુશળતાની તાલીમ નથી લીધી.

એ પોતાની જાતમાં વિશ્વાસ મૂકીને એક શિસ્તથી પોતાને અને બીજાને ઉપર લાવે છે. કુશળ નેતા લોકોને નીચે દેખાડવામાં નહી પણ બધાને સાથે બધાને ઉપર લાવવામાં માને છે. કોઈની ઈર્ષ્યા કર્યા વગા, કોઈને દોષી બનાવ્યા વગર સતત પોતાના રસ્તા પર ચાલીને લોકોને ઉદાહરણ પૂરું પાડે છે. એને ભીડની જરૂર નથી હોતી. ભીડ સવ્યંભુ એની પાછળ ઉમટે છે. ભીડ એનું અનુકરણ કરે છે. પોતાના નિર્ણયો માટે ક્યારેય કોઈને કારણ આપતો નથી અને કદાચિત એનો નિર્ણય ખોટો ઠરે તો સ્વયં એની ભૂલને સ્વીકારતા ખચકાતો નથી. ગમે તેવો પરિસ્થિતિમાં e નથી વિચલીત થતો કે નથી સ્વયં પરથી કાબુ ગુમાવતો. એની ત્વરિત નિર્ણયશક્તિ એના જીવનમાં એને સતત આગળ લઈ જાય છે.

નેતાની કુશળતા યોગ્ય વ્યક્તિને પારખવામાં અને પોતાની જાતમાં સતત સુધારા કરવાની ક્ષમતામાં હોય છે. નિષ્ફળતાને એ પચાવી જાણે છે અને સફળતાને જીરવી જાણે છે.

કોઈના પર પોતાના વિચારો ઠોપ્યા વગર સામેવાળાના અભિપ્રાયો સાંભળવાની અને સમજવાની ક્ષમતા ધરાવે છે.

ખરેખર આ ગુણો આત્મસાત કરવાથી લોકોની વચ્ચે એક અમીટ છાપ છોડી જાય છે અને એક કુશળ નેતા આખા સમાજને એક સાચી દિશા અને ઉન્નતિ તરફ દોરી જાય છે.

**Ms. Prachi Shah**  
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## આરોગ્ય

જ્યારે સ્વાસ્થ્યની વાત આવે છે ત્યારે સામાન્ય રીતે લોકો વિચારે છે કે તે શારીરિક સ્વાસ્થ્ય વિશે છે. હા, શારીરિક સ્વાસ્થ્ય એટલું જ મહત્વનું છે પણ સ્વાસ્થ્યમાં માનસિક સ્વાસ્થ્યનો પણ સમાવેશ થાય છે. માનસિક સ્વાસ્થ્યમાં હતાશા, સ્કિઝોફ્રેનિયા, ભાવનાત્મક તણાવ, ખાવાની વિકૃતિઓ, ચિંતા, ડ્રગ્સનો દુરુપયોગ વગેરેનો સમાવેશ થાય છે. ભારતમાં જાગૃતિનો અભાવ, ખોટી માહિતી અને સાદી ઉદાસીનતા છે જેના કારણે તે વ્યક્તિઓ કે જેઓ કોઈપણ પ્રકારની માનસિક સ્વાસ્થ્ય સમસ્યાઓનો અનુભવ કરી રહ્યાં છે તેઓ વ્યાવસાયિક સહાય લેવા માટે અચકાય છે.

ડબ્લ્યુએચઓના ડેટા મુજબ લગભગ 20% ભારતીય વસ્તી તેમના જીવનકાળ દરમિયાન એક માનસિક રોગથી પીડાય છે. લોકો માનસિક સ્વાસ્થ્ય સમસ્યાઓને વર્જિત માને છે અને તેઓ તેમની સમસ્યાઓ છુપાવવાનો પ્રયાસ કરે છે અને ચૂપચાપ સહન કરે છે. પ્રાચીન ભારતમાં સંયુક્ત કુટુંબ પ્રણાલીને કારણે તણાવ, ચિંતા અને હતાશાનું સ્તર ઘણું ઓછું હતું. લોકો તેમના પરિવાર, મિત્રો અને સમાજ સાથે જોડાયેલા હતા. જેમ જેમ દુનિયા આધુનિક બની રહી છે તેમ-તેમ પરિવારો સંયુક્ત પ્રણાલીમાંથી ન્યુક્લિયર સિસ્ટમ તરફ વળ્યા છે અને તેના કારણે સામાજિક જોડાણો ઘટ્યા છે અને સંબંધો ઓછા થયા છે. વધુ કમાણી માટે તણાવ, ગળું કાપવાની સ્પર્ધા અને સાથીઓ વચ્ચેની સરખામણીએ માનસિક સ્વાસ્થ્ય સમસ્યાઓના કેસમાં વધારો કર્યો છે.

બાળપણના દુર્વ્યવહાર, આઘાત, માતા-પિતા-બાળકની તકરાર, ભાઈ-બહેનની હરીફાઈ, વગેરે જેવી ભાવનાત્મક સમસ્યાઓને કારણે પણ માનસિક સ્વાસ્થ્ય પર અસર થાય છે. ભાવનાત્મક સ્વાસ્થ્ય એ વ્યક્તિની લાગણીઓ, લાગણીઓ સાથે વ્યવહાર, ભાવનાત્મક ખલેલ છે. ઈમોશનલ કોશોન્ટ અથવા ઈમોશનલ ઈન્ટેલિજન્સ તાજેતરના સમયમાં લોકપ્રિય થઈ રહ્યું છે. ભાવનાત્મક ગુણાંકનો અર્થ થાય છે નકારાત્મક લાગણીઓથી સારી રીતે સામનો કરવાની પદ્ધતિ, પર્યાવરણમાં થતા ફેરફારો માટે દત્તક વર્તન, તમામ પરિસ્થિતિઓમાં હકારાત્મક વિચારસરણી.

સ્વ-પ્રેરણા, અન્યો પ્રત્યે સહાનુભૂતિ વિકસાવવા, સામાજિક કૌશલ્યો, દયાળુ વલણ, સંતુલિત જીવનશૈલી દ્વારા ભાવનાત્મક સ્વાસ્થ્યને સુધારી શકાય છે. કાઉન્સેલર, મનોચિકિત્સકો વગેરેની મુલાકાત લઈને ભાવનાત્મક મુદ્દાઓને ઉકેલી શકાય છે.

**Ms. Riddhi Parikh**  
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# English Section



## **BLOOD**

Only thing in the world having  
No caste in General, Medically categorised in  
Different journal (Group)  
Having one colour for all, Being of one function to all,  
Still, there is greed  
For the blood of other breed  
Oh! Blood! Same have you remained  
Although Mankind has changed

**Ms. Lata .S. Bangera**  
**Faculty**  
**Junior College**

## **You are Special**

There is nothing in the world that is perfect. Even the perfect moon is full of craters and the beautiful sea is full of water, it is salty isn't perfect but it is special. So everyone is special in some or other thing. Be free. Don't live your life to be perfect for someone. Live your life doing what you love. No need to impress anyone. Don't leave your speciality, by proving someone, your perfect model. Remember you might not be perfect, but everyone is special. You are imperfect but you are special.

**Mr. Hyacin Thomas**  
**Faculty**  
**Degree College**

## Planning Your Career

Decision-Making on career is not a magic, and it doesn't happen quickly. No one else can make the decision for you, and this may scare you at first. Always remember to discuss your thoughts freely, as this helps you to clarify your own thinking.

If you are dissatisfied with what you do every day, it takes a toll on your physical and mental health. You may feel burned out and frustrated, anxious, depressed, or unable to enjoy time at home knowing another work day is ahead. What's more, if you don't find your work meaningful and rewarding, it's hard to keep the momentum going on to advance in your career. Future is uncertain for everyone, but it is important to develop a career plan that will provide financial support and personal fulfillment over the course of one's professional life.

Many hobbies correspond to real world needs and positions. Consider what you like to do, and how that might fit into a career. Figuring out what you should do with your life may sometimes require you to get to know yourself better. Choosing a career is the most critical task of our lives. If you want a career that will really make you happy, you have to have a very good understanding of what you want and what you enjoy.

One of the most important things to consider is if the career path you've chosen will provide you with an acceptable level of financial security.

It is also important to consider a future with career stability. Job markets fluctuate as society needs different things at different times. You will need to consider that the career you choose is stable enough for you and your desires for the future.

Consider, check what career options are available for you to easily move into like working for the same company as one of your parents, for a family business or working for a friend. If you are still confused, consider doing more research on the topic.

If you don't like your career, change it! People rarely know right away what career they should be in and it takes most people several years to settle into the path they will follow. Don't feel like you are much behind.

It's not the end of the world if you choose a career that isn't something you dreamed of doing ever since you were young. If you have a job that doesn't make you miserable but securely provides for you and your family's future, you will be surprised how happy you feel about your life and career.

Always believe in self and everything is achievable with efforts, perseverance and determination.

**Ms. Lata .S. Bangera**  
**Faculty**  
**Junior College**



## Some thing to know

- 1.The most Powerful communication channel – Prayer
- 2.The most Important being in life – God
- 3.The biggest asset – Faith
- 4.The most satisfying work – Helping others
- 5.The most beautiful attire – Smile
- 6.The most effective sleeping pill – Peace of mind
- 7.The biggest problem to overcome – Fear
- 8.The two most powerful words – ‘You Can’
- 9.The deadliest weapon – The tongue
- 10.The greatest loss – Loss of self respect
- 11.The most dangerous habit- Worry
- 12.The worst thing to be without – Hope
- 13.The worst thing to depend upon – Destiny
- 14.The only thing we cannot retain – Time
- 15.The only most damaging disease – Excuse
- 16.The biggest joy of life – Self contentment
- 17.The ugliest Personality trait – Selfishness
- 18.The most difficult job in the world – Motherhood

**Ms.Smita Mangale**  
**Faculty**  
**Junior College**

## Change Your Life With Atomic Habits

To achieve your goals, you have to introduce a strategy of making small daily changes in daily life here are some strategies-

### 1.Habits are key to Reaching Goals-

Most people are aware of compound interest when it comes to finances. You save some money in a savings account and interest adds up over a period of time. At first, the interest looks minimal, it would be easy to doubt if it makes a difference at all. Patience is the key here, as the year goes on, the increases become greater, until a moderate sum of money becomes something for more substantial.

If you want lasting change, remain consistent with your habits. Don't focus much on the size of the change, instead on where it can lead you.

Think of your habits as the compound interest of self-improvement. They are the things you do every day-both good and bad- which lead to consequences. This is why it's just 1 percent change, think of what a difference just 1 percent makes. Over a lifetime, it can lead to noticeable results.

## 2. Your Habits Determine Your Identity

People focus too much on the action itself and not on who they are as a person. To truly adopt new habits or break old ones, you need to know your identity.

Let's look at a familiar habit people try to break. Sometime at length many people go to eliminate a habit that can be extensive but much of their thinking emphasizes on what they are trying not to do.

They constantly think to themselves, "I am trying it doesn't take an identify – based approach. Instead of thinking, "I am trying to cut out smoking, "a person should think, "I am not a smoker."

When you identify who you are, you can adopt the habits consistently with that identity. If you say, "I am not a smoker". You do those things that a nonsmoker would do, chief among them being avoiding cigarettes.

## 3. Be Positive and Believe in Yourself

Don't view yourself by what you are not, but rather by what you want to become.

Think "I am a punctual person" or "I always remember important things" to correct wrong behavioral change

Once you know who you are, you can work towards being the best in that area.

Shift your thinking away from someone who is chasing something to a person who is something.

Spend maximum time creating your systems as the process while your goal is the end product, the journey to get there will be like a chore, and the odds will be against you succeeding. However, if you like the process as well, you will find satisfaction during the journey. Your chances of success will then become that much greater.

**Ms. Rasika S. Narkar**  
**Faculty**  
**Junior College**

## **NOT EVERYTHING DESERVES YOUR TIME AND ATTENTION**

An elephant took a bath in a river and was walking on the road. When it neared a bridge, it saw a pig fully soaked in mud coming from the opposite direction. The elephant quietly moved to one side, allowed the dirty pig to pass and then continued its onward journey.

The unclean pig later spoke to its friends in arrogance, "See how big I am; even the elephant was afraid of me and moved to one side to let me pass". On hearing this, some elephants questioned their friend, the reason for its action. Was it out of fear? The elephant smiled and replied, "I could have easily crushed the pig under my leg but I was clean and the pig was very dirty. By crushing it, my leg would become dirty and I wanted to avoid it. Hence, I moved aside.

Moral: You need not react to every opinion, every comment or every situation ignore the drama and keep going ahead.

**Ms. Almas Virji  
Faculty  
Junior College**

### **Mahashweta : Review**

Mahashweta:-Again a beautiful book by Sudha Murty. A Tale of courage, hope and Resilience amidst the trials and tribulations of a vitiligo patient is what that frames the story of mahashweta. Anupama's Colorful life turns completely white (Mahashweta) when she discovers a white patch on her skin. Abandoned by her husband and in-laws, she returns to her village to takes refuge, only to be tamed down by people. Despite the numerous hardships life throws at her, she is determined to mend her life. This takes her to Bombay which does not remind her of leukoderma and helps her to restore respect, success and independence. This book lefts the heart full of optimism and hope that there always exist a light at the end of the dark tunnel.

**Ms. Varsha Poojary  
Faculty  
Junior College**

## **LIFE'S AMAZING SECRETS : REVIEW**

While making their way through Mumbai's terrible traffic, monk Gaur Gopal Das reveals life's amazing secrets to his young, wealthy friend Harry, who was going through a rough phase in life. To most of us, modern city life is like a battlefield, throwing up new challenges that leave us feeling stressed and defeated.

That corporate job, the competition, financial pressures, strained relationships, rising crime inflation.... We wonder if there will ever be respite. Trust me, this book has a lot more than these pointers. It is filled with lots of inspiring quotes and anecdotes. Though this book doesn't offer anything new or teach something that hasn't been taught before in any other self-help book, it's still one of the best self-help books that I've read so far!

**Ms. Varsha Poojary**  
**Faculty**  
**Junior College**

### **Reduce, Reuse & Recycle**

The 3 R's which will save our planet this century will be - Reduce, Reuse & Recycle.

We have learned all about it in our school years and even in our adulthood. But even with all the information available we haven't been able to make any use of it. In our country, we are still not able to deal with waste properly. Large landfills have waste piled up from many years. We still face the challenge of waste segregation. Despite all the efforts taken up by the government to sensitize people of this issue, nothing much has been done about it so far. People are so used to living the way they do, they are not willing to change themselves. Municipal corporation provides bins for the entire country but you will notice in many parts of the country, especially in cities, where there are pockets of slums, waste overflows from the bins and sometimes the garbage pickup trucks rarely collect the waste in those areas which is the root cause of various diseases in those areas and pollutes the air with filthy smell.

Ever since The Indian Prime Minister, Narendra Modi took office in 2014, one of his aims has been to transform India into a cleaner nation. And to achieve the goal he has launched a number of schemes and initiatives, of which the most ambitious and successful is the Swachh Bharat Abhiyan (Clean India Mission). The effort to promote better waste management needs to be done in an effective manner. If converting an old pair of jeans

into a shopping bag that needs continuous repair, you are better off donating the jeans in the first place and purchasing reusable shopping bags. Sorting out recyclable items may be challenging in the beginning, but once you get the hang of the system, the related chores will become effortless habits.

**Mr. Prerana Singh**  
**Faculty**  
**Junior College**

### **Never Meddle with your Faculty**

One night four college kids stayed out late, partying and having a good time. They paid no heed to the test that had been scheduled for the next day and didn't study. In the morning, they hatched a plan to get out of taking their test. They covered themselves with grease and dirt and went to the Dean's office. Once there, they said they had been to a wedding the previous night and on the way back they got a flat tire and had to push the car back to campus.

The Dean listened to their tale of woe and after a while considered them for a retest three days later. They thanked him and felt obliged.

When the test day arrived, they went to the Dean. The Dean put them all in separate rooms for the test. They were fine with this since they had all studied hard. Then they saw the test paper. It had 2 questions.

1) Your Name (1 Mark)

2) Which tire burst? (99 Marks) Options - (a) Front Left (b) Front Right (c) Back Left (d) Back Right  
The lesson: Always be responsible and make wise decisions.

**Mr. Sanju Chandaliya**  
**Faculty**  
**Degree College**

## Shall We Rage A War?

Dear Readers,

I Would like to draw your attention to an issue which is now like a simmered coal with ash. Yes, my reference is about wars between nations across the world for some reason or the other. Wars get triggered for any reason just by the drop of a hat.

Wars that have been killing people, rendering lakhs homeless and leaving them in despair with no hope of future.

This topic has lost its importance now.

The world is no more bothered about people existing in warring countries.

The leaders don't talk about it anymore.

The News channels-for them it is stale.

The people living in relatively peaceful areas have conveniently forgotten it.

Those who have returned to their motherlands safely from those terrifying areas have no intension to go to such places.

But, THE PROBLEM IS VERY MUCH ALIVE AND KICKING.

Do we really need to fight wars?

Yes, we must

Let us fight a war, kill something and emerge victorious.

What is that we all need to fight against?

We need to fight our inner foes, the six deadly passions.

Kāma, Krodha, Lobha, Moha, Mada, Matyarya

Lust, Anger, Greed, Delusion, Pride, Jealously.

These inner foes which dwell in us, comfortably dominate our conscience.

They kill our tender emotions, make us barbaric, stagnate progress, growth, assassinate our truthfulness and diminish our lives to nothing. We need to grow and enhance ourselves by raging a war against them and come out clean and lead our lives in sanctity. Once these foes are killed, we will see everything with clarity, develop compassion, love, consideration and above all be humane and contribute our bit for the progress and benefit of our society. So, let us rage a war.

Best wishes to all

**Ms. Radhika Rao**  
**Faculty**  
**Degree College**

## Value of 'Games' in Education

Education aims at the overall development of the human personality. The human personality has several sides and it is the purpose of education to develop all these sides so that the individuals may attain his full stature. Man has a body, a mind and a spirit. Accordingly, education aims at the physical development, intellectual development and the spiritual development of man. It is a very narrow view of education to think that education merely gives knowledge to a human being and thus fits him for the purpose of earning his livelihood but education does much more than this.

The Value of Games in Education cannot be ignored the physical side of man. Man has been blessed with a beautiful body. Poets, painters and sculptors have turned rapturous over human body and have tried to depict it in their arts in many ways. Games are a means of keeping the body healthy and fit. Physical fitness and freedom from all kinds of ailments are the desire and ambition of every human being. Indeed, good health is the first condition of happiness in life. Those who play games greatly maintain good health. Games are an excellent means of bodily exercise.

Apart from building the body, games are an excellent recreation or pastime. Education teaches man the need and value of recreational activities. Education does not approve of the scholar who keeps pouring over books all time. Recreations are necessary. And games are among the most interesting recreations in the world. The essence of recreation is that it should refresh the body and maintain and provide a means of escape from one's professional or scholarly pursuits. While playing golf, billiards, badminton or table tennis, one becomes forgetful of everything else and gets absorbed in the games. Thus, games are very useful as a diversion for the mind. They are a diversion not only for the players, but also for the spectators, because of the great interest they create.

The value of games in Education is not just diversion for the mind. They even provide a kind of training for the mind. Most games today are a matter of high skill and right judgment. Hockey, football, cricket and other games are not just a matter of physical exertion and exercise. Players must acquire the art of playing a game. Every game, therefore, contributes to the development of the mind and the judgment of a player. The value of games in Education depict how good players show a lot of mental alertness and ingenuity in the course of their play.

Fair play is a noble moral quality when practised in political dealings. The

quality is best inculcated in human beings through games. The habit of fair play makes a man love honesty, integrity and justice which are great moral qualities. Games also teach the lesson of accepting defeat on the field with a smiling face. A defeated player shakes hands with his victorious opponent and even offers him congratulations. Defeat does not dishearten or depress a true sportsman. On the contrary, it provides an incentive for a greater effort. This lesson also is bound to prove useful to a man in the wider sphere of life. Life has its misfortunes, woes, failures. But a man with strong character is not daunted by these. Games make a man tough and thus enable him to withstand the sling and arrows of fortune. Games teach retain other lessons as well. They teach team-spirit or the spirit of mutual cooperation. They teach the value of unity or united effort. They teach the necessity of always obeying the orders of the captain or the leader. All these are valuable lessons which prepare a man to live correctly and nobly. Education aims at building up character and character includes all the qualities mentioned above. Thus, the value of games in forming and moulding character is very great. Education aims at developing qualities of leadership too in human beings. The qualities of leadership are developed most effectively and fruitfully through games.

**Ms. Rachana D Shetye**  
**Faculty**  
**Degree College**

### **Unlocking Your Potential: Strategies for Academic Success**

Dear students, As your teacher and mentor, I am delighted to share some valuable insights and strategies that will help you unlock your potential and achieve academic success. Being a student is a remarkable journey filled with opportunities for growth and learning. By implementing these strategies, you can maximize your abilities and pave the way for a bright future.

**1. Set Clear Goals:** One of the first steps towards success is setting clear, achievable goals. Reflect on what you want to achieve academically, whether it's improving your grades, mastering a particular subject, or developing essential skills. Break your goals down into smaller, manageable steps and create a realistic timeline to track your progress. By having a clear vision, you will be motivated and focused on your path to success.

**2. Cultivate Effective Study Habits:** Developing effective study habits is crucial for academic success. Create a conducive study environment, free from distractions, and establish a consistent study routine. Prioritize your tasks and allocate time for each subject accordingly. Experiment with various study techniques such as active reading, summarizing information,



creating flashcards, or teaching the material to someone else. Find the methods that work best for you and adapt them to different subjects and learning styles.

**3. Seek Clarification and Ask for Help:** Never hesitate to seek clarification or ask for help when you encounter challenges. Remember, asking questions is a sign of curiosity and a desire to understand better. Approach your teachers, classmates, or online resources for assistance. Embrace collaboration and use it as an opportunity to deepen your understanding of the subject matter.

**4. Time Management:** Time is a valuable resource, and managing it effectively is essential. Create a schedule that accommodates your academic responsibilities, extracurricular activities, and personal life. Prioritize tasks based on urgency and importance, and avoid procrastination. Break down larger assignments into smaller, manageable tasks, and set specific deadlines for each. By managing your time effectively, you will reduce stress and improve your overall productivity.

**5. Embrace a Growth Mindset:** Adopting a growth mindset is a transformative approach that can revolutionize your academic journey. Embrace challenges as opportunities for growth and view setbacks as temporary hurdles. Believe in your ability to improve through dedication and effort. Cultivate a positive attitude towards learning, and remember that intelligence and skills can be developed with perseverance and a resilient mindset.

**6. Balance Work and Play:** While it is crucial to prioritize your studies, it is equally important to maintain a healthy work-life balance. Make time for activities you enjoy, whether it's pursuing a hobby, engaging in sports, or spending time with friends and family. Taking regular breaks and engaging in activities outside of academics will refresh your mind, increase productivity, and contribute to your overall well-being.

**Conclusion:** Dear students, your academic journey is a unique opportunity to discover your strengths, expand your knowledge, and shape your future. By implementing these strategies – setting clear goals, cultivating effective study habits, seeking clarification, managing your time wisely, embracing a growth mindset, and maintaining a healthy work-life balance – you can unlock your full potential and achieve academic success. Remember, success is not merely measured by grades, but also by the growth and learning you experience along the way. Believe in yourself, stay determined, and make the most of every opportunity that comes your way. Wishing you a fulfilling and successful academic journey!

**Mr. Chitrath Kate  
Faculty  
Degree College**

## Hobby come Passion

It is quite common for hobbies to evolve into passions. Hobbies are activities that people engage in during their leisure time for enjoyment and relaxation. When you consistently pursue a hobby and find deep satisfaction and fulfillment in it, it can be transformed into a passion. A passion is a strong and intense emotion or enthusiasm towards something.

The transition from hobby to passion typically occurs when you start exploring your hobby more deeply, seeking to improve your skills and investing more of your time and energy into it.

Turning a hobby into a passion is a wonderful journey that can lead to personal growth, fulfillment, and even potential career opportunities. Here are some steps to help you transform your hobby into a true passion:

**Discover Your Passion:** Reflect on your hobbies and determine which one resonates with you the most. Consider the activities that bring you joy, excitement and a sense of fulfillment. Your passion should be something you genuinely love and can see yourself dedicating time and effort to.

**Set Clear Goals:** Once you've identified your passion, set clear and achievable goals related to it. Whether it's improving your skills, participating in certain events or creating something specific, having goals will keep you focused and motivated.

**Learn and Improve:** Invest time in learning more about your passion. Take classes, attend workshops, read books and follow experts in the field. Continuous learning will not only enhance your skills but also deepen your connection with your passion.

**Find a Community:** Seek out like-minded individuals who share your passion. Join clubs, online forums or social media groups where you can discuss your interests, exchange ideas and get inspired by others.

**Challenge Yourself:** Push your boundaries and step out of your comfort zone. Explore new aspects of your passion, take on challenging projects and embrace opportunities for growth.

**Make Time for It:** Dedicate regular time to engage with your passion. Set aside specific days or hours each week to immerse yourself in the activity you love.

**Share Your Passion:** Share your passion with others, whether it's through teaching, writing, creating content or showcasing your work. Sharing your knowledge and experiences can deepen your understanding and appreciation for your passion.

**Stay Patient and Persistent:** Turning a hobby into a passion takes time and effort. There will be ups and downs along the way, but staying patient and persistent will help you overcome obstacles and keep moving forward.

**Seek Feedback:** Be open to receiving feedback from others, both positive

and constructive. Feedback can provide valuable insights and help you refine your skills.

**Evaluate Your Progress:** Regularly assess your progress and how your passion is evolving. Celebrate your achievements and acknowledge the impact your passion has on your life.

Remember, the journey from hobby to passion is about embracing your interests and allowing them to enrich your life. Enjoy the process and let your passion guide you towards new and exciting opportunities.

**Mr. Vikram Desai**  
**Faculty**  
**Degree College**

### **DROP THE GLASS**

Once upon a time a Psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As he raised a glass of water, everyone expected that he will ask the typical “glass half empty or glass half full” question. Instead, with a smile on his face, the professor asked, “How heavy is this glass of water I’m holding?”

Students shouted out answers ranging from 50 grams to 100 grams.

He replied, “From my perspective, the absolute weight of this glass doesn’t matter. It all depends on how long I hold it. If I hold it for a minute or two, it’s fairly light. If I hold it for an hour straight, its weight might make my arm in a little pain. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn’t change, but the longer I hold it, the heavier it feels to me.”

As the class shook their heads in agreement, he continued, “Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to feel the pain a little. Think about them all day long, and you will feel completely numb and paralyzed – incapable of doing anything else until you drop them.”

**The moral:** It’s important to remember to let go of your stresses and worries. No matter what happens during the day, as early in the evening as you can, put all your burdens down. Don’t carry them through the night and into the next day with you. If you still feel the weight of yesterday’s stress, it’s a strong sign that it’s time to put the glass down.

**Mr. Harsh Chouhan**  
**Faculty**  
**Degree College**

## Nurturing the Entrepreneurial Spirit: A Career Path to Success

In today's dynamic and fast – paced world, the allure of entrepreneurship has captivated the minds of many students. The prospect of building a successful business, making an impact, and achieving financial independence is undeniably enticing. The road to become a successful entrepreneur is paved with challenges and requires a unique set of skills and qualities. This article attempts to explore the essential steps and mindset that can empower students to embark on the journey of entrepreneurship and increase their chances of success.

- **Cultivate a Growth Mindset:** The foundation of entrepreneurial success lies in developing a growth mindset. Embrace challenges, view failures as learning opportunities, and persist in the face of setbacks. A growth mindset encourages continuous learning, adaptability, and resilience, which are crucial traits for entrepreneurs navigating the ever – evolving business landscape.
- **Identify Your Passion and Purpose:** Passion serves as a driving force that fuels entrepreneurial endeavors. Identify your interests, strengths, and values to discover a venture that aligns with your passion. Pursuing a business that resonates with your purpose will not only increase your motivation but also make the journey more fulfilling and sustainable.
- **Embrace Creativity and Innovation:** Successful entrepreneurs embrace creativity and are always on the lookout for innovative solutions. Cultivate a mindset that encourages thinking outside the box, challenging conventional wisdom, and seeking novel approaches to problems. Nurture your creativity through activities like brainstorming, exploring diverse industries, and connecting with like – minded individuals.
- **Develop a Strong Work Ethic:** Entrepreneurship demands dedication and perseverance. Develop a strong work ethic that emphasizes discipline, time management, and a willingness to go the extra mile. Be prepared to invest long hours, continually improve your skills, and make sacrifices to achieve your goals.
- **Build a Network and Seek Mentorship:** Surround yourself with a supportive network of mentors, advisors, and fellow entrepreneurs. Seek guidance from those who have walked the path before you, as their insights and experiences can be invaluable. Actively participate in entrepreneurship – focused events, join networking groups, and leverage online platforms to connect with like – minded individuals who can provide guidance, support, and collaboration opportunities.

• **Learn from Failures and Take Calculated Risks:** Failure is an inevitable part of entrepreneurship, but it should be viewed as a steppingstone rather than a deterrent. Embrace failures as valuable learning experiences and opportunities for growth. Take calculated risks by conducting thorough market research, validating your business ideas, and developing a contingency plan. Successful entrepreneurs understand that risk – taking is essential but must be balanced with thoughtful analysis.

• **Continuously Educate Yourself:** The entrepreneurial journey is a continuous learning experience. Stay updated on industry trends, Technological advancements, and market dynamics relevant to your business. Attend workshops, seminars, and webinars, enroll in entrepreneurship courses, and read books written by successful entrepreneurs to gain valuable insights and knowledge.

Becoming a successful entrepreneur requires more than just a brilliant business idea. It demands dedication, perseverance, and a commitment to personal and professional growth. By cultivating a growth mindset, identifying passions, embracing creativity, and developing a strong work ethic, students can lay the foundation for entrepreneurial success. Building a supportive network, learning from failures, and taking calculated risks further enhance the chances of achieving their entrepreneurial dreams. Remember, entrepreneurship is a journey, and each step taken brings valuable lessons and opportunities for growth.

**Dr.(Prof.) Sunita Sharma**  
**Faculty**  
**Degree College**

## Never Give UP

If I made a mistake,  
Then I would have to retake,  
And do it once again,  
Even feel the pain.

But there also lays a prize,  
And that made me realize that,  
Even if I was to fail  
It would be a learning trail.

If I hope for medals and a cup,  
I can't just rely on luck.  
I must do hard work,  
To show the world my worth.

That's the essence of never giving up!

**Janhavi Vijay Mane**  
**SYJC**

## The Ocean

As I look from the edge of the poem  
Glimmering Golden, for it's almost down  
So many waves coming towards me.  
And yet I know there's lot more going on

The ocean stretches for miles around  
So many creatures with fins and gills  
So many miles below the ground  
The waves are splashing closer and closer

As I realise the world is bigger than it seems  
As I stare into the ocean,  
In golden light, it gleams.

**Rutuja Ravindra Sawant**  
**SYJC**

### Inspiration

Don't fight just to feel light,  
Think about future and try to make that bright,  
Forget the issue and hug them tight.  
Love the world and feel free to cry;  
Whenever you are depressed and deprived  
Feel free to laugh,  
And let them think on their behalf.  
You are strong enough to reach the heights,  
And live till the day you are alive.  
You are the precious gift from the sky,  
Because God has created you,  
As a unique creation on this land to fly.  
You are the best, don't let others to take your test,  
And live rest of your life with the things  
You can do it best!

**Ayaan. N. Shaikh**  
**SYJC**

### Believe Yourself

The day you will be born,  
The day you will die,  
Is never determined.  
Always remember you will  
Be alone in your path  
And there is always a  
Compromise.  
Don't wait for anyone  
Nor anyone will wait for you  
Just remember there is always  
One person you'll believe  
And that is you.....

**Ayaan. N. Shaikh**  
**SYJC**

## The Magic of Thinking Big

- What you repeat becomes the part of your identify Repeat good things.
- Action cures fears and build confidence.

Be an experimental person.

**Janvi Devre**  
**SYJC**

## ENVIRONMENT

The Environment with its Treasures  
All so countless of measures  
Fish and Whales in the Deep blue waters  
Life in the sea, So alive

Grasslands and forests with terrestrial life  
Cold, Freezing Mountain peaks  
And Hot, tiring deserts  
Life among the trees and sands, So alive

Sky so blue with air so clean  
Only Sun, Moon and Stars to see  
Eagles and vultures take their turn  
Life in the sky, So Alive

**Priyanka Pal**  
**SYBCom**



### Have you been Naughty?

Disciplines and regulations smoothen the living  
But naughtiness brings child rejuvenation which is loving

Everyone should have mischievous phase inside  
Because at same point in life we have to take a donkey ride

The mischief in life should resemble Tom and Jerry  
Which makes life a beautiful Ferry.

**Sanabano Shaikh**  
**FYBAF**

### Be Yourself.....

Overcome all your Fears  
Laugh out loud  
Break all the silence in your way  
Always come between two persons  
Ego, Jealous, Greed many times  
You have to raise your voice in Crowd  
Feel the joy inside you  
Taste the wind which blows  
Breathe the stars  
Imagine yourself what's happening inside you  
Model of Kindness which nobody can reach  
Wear a coat of Happiness and peace  
Show mercy on your loves ones  
Act as the leader of yourself  
Know your sadness  
Which can heal your pain with joy starts and be fearless  
Listen to your heart closely  
You can find the way  
Learn from secret truth  
Like nobody knows you  
Whatever comes in your way be happy in it.....

**Shruti Ambekar**  
**SYBMS**

## The Monk Who Sold His Ferrari

The story of Julian Mantle

Julian mantle the legitimate lawyer, earning a seven-figure income never had a thought that one day, he would wake up in an ICU having bread and water in the breakfast.

Series of events that happened in the past have astonished him.

A day before he was admitted to ICU, he was in the courtroom waiting for his turn. But, suddenly he fell on the floor in the middle of the courtroom. As he was playing the mental movie of past events in the ICU, the door opened and a doctor came in. The Doctor said, "You had faced a heart attack, Julian".

After hearing the message from the Doctor, Julian decided to quit law career and begin to travel on the path of spirituality to find inner peace. He called up the organization and announced all the changes he would make.

Julian sold off all the expensive items, including his Ferrari. That's why the book is called "The Monk who sold his Ferrari".

In the Journey towards inner-peace, Julian finds out seven principles to live his life.

**Eshita Ashish Parab**  
**FYBMS**

## MOVIE REVIEWS ON PADMAN

Known for making films that focus on bridging the age and gender gap, R.Balki's (Director) Padman is a film with a powerful subject that gives you the wings, despite the odds related to the traditional myths. It will free women of their inhibitions, which is its biggest success. This movie is all about a topic of Taboo-Menstrual, Hygiene and caring.

People who do actions are the ones crazy to change the world. Through Padman, R.Balki tells the real life inspiring story of 'Arunachalam Muruganatham' (played by AKSHAY KUMAR) a Social entrepreneur from Coimbatore. He invents low cost sanitary napkins. Concerned about his wife Gayatri's (Radhika APTE) menstrual hygiene, Lakshmikant Chauhan urges her to ditch the cloth. Gayatri is reluctant due to cost factor. Lakshmi makes her cringe but he insists on bringing upon a change by addressing the taboo topic. There begins the actual struggle. So, he attempts to make one for her but fails. The attempts to test his invention on himself using a bladder of Goat's blood. Turns an utter flop. The entire village criticizes him as a psychic guy and throws him out. Gayatri's family takes her away. Later on, Lakshmi learns that the material used for pad isn't actually "cotton" but cellulose. He learns that the machine to make pads is

expensive . Rather than giving up he borrows money to buy a machine and tries to invent simple ones. After struggling, he emerges successful in manufacturing affordable pads for women and sells them. Later his wife and other women join hands to improve sales and create awareness. The Dialogues were thoughtful. "Auraton ke liye sabse badi Beemari hai Sharam" Only 12% of India's 355 million menstruating women use sanitary pads. Over 70% of the 355 million menstruating women and girls in India admit they cannot afford sanitary Napkins • It is not a luxury • It is basic necessity • It should be Tax free

**Shraddha Jaiswar**  
**FYBMS**

### ARTICLE

- 1) We can't help everyone,  
But everyone can help someone.
- 2) Education is the most powerful weapon  
Which you can use to change the world
- 3) The past cannot be charged'  
Yet, the future is your power
- 4) Every morning you have two choices, Continue to sleep with your dreams  
or Wake up and chase them.
- 5) Believing in Yourself is the First Secret to success.

**Pooja Singh**  
**SYBAF**

### My Earth and My Nature

From the First ray of the Sun to the moonlight of the Moon, from the open fields, from the gardens to the forests and mountains from the melodious music of the river to the waves rising in the sea, the chirping of a bird sitting on a tree, whatever are the natural resources available around us. We should experience it all and enjoy it. Because until then we do not realize its importance and until then we do not learn to appreciate its beauty, it cannot be a matter of importance for us. The feeling of a painter, poet, writer and artist are awakened only when he imagines it in the lap of nature in a calm environment, only then he puts it on paper without it there is no color in life. When a person gets bored while leading a mechanical life, he wants to go in the lap of nature and take a breathe. In present time man, is getting more

attracted towards natural things and even while buying he prefers natural things. We give so much importance to natural product but why not to nature? After all, things are available as long as there is nature.

We want a lot from nature but at what cost? Planting of saplings is not taking place at the rate we make products by cutting down trees and destroying forests. We need clean water to drink, but we throw all the poisonous wastes from the factories into the rivers. We need chemical free fruits, flowers and food to eat but we don't stop using chemicals.

If this continues so, our efforts will not have any effect on nature. The way we treat nature, it will treat us. We should be prepared for repercussions of unseasonal rains, floods, droughts, weather changes, landslides, drying up forests, barren land. We should try to enjoy and get benefit from it without disturbing the balance of nature. Otherwise it is useless to hope for a clean and healthy of life without keeping it clean and healthy life. Our future is in the hands of nature.

**Harsh Rathod**  
**SYBCom**

### **Eid ul-Adha: Sacrifice & Compassion**

Article on Eid ul adha

Title: Eid ul Adha: The festival of Sacrifice and Compassion

Introduction

Eid ul-Adha, also known as the Feast of Sacrifice, is one of the most significant festivals celebrated by Muslims worldwide. This joyous occasion commemorates the willingness of the Prophet Ibrahim (Abraham) to sacrifice his son as an act of obedience to God. Eid ul-Adha is marked by acts of worship, community gatherings, and sharing of meat with the less fortunate. In this article, we will explore the significance, traditions and the spirit of compassion that surrounds Eid ul-Adha.

Historical and religious Significance:

Eid ul- Adha holds great historical and religious significance in Islam. According to Islamic tradition, Prophet Ibrahim received a divine command to sacrifice his beloved son, Ismail(Ishmael). Demonstrating unwavering faith, both father and son were willing to submit to God's will. However, just as Ibrahim was about to sacrifice his son, God intervened and replaced Ismail with a sheep, signifying that the sacrifice had been accepted. This event symbolizes absolute devotion, trust, and obedience to God.

Observance and Preparations:

Eid ul-Adha falls on the 10th day of Dhu al-Hijjah, the final month of the Islamic lunar calendar. The festivities span over four days and involve various customs and rituals. In the days leading up to Eid, Muslims engage in spiritual preparation, reflecting on the values of sacrifice, gratitude and generosity. On the morning of Eid, Muslims gather in mosques or outdoor prayer grounds for a special congregational prayer known as Salat al-Eid. This prayer brings the community together, fostering a sense of unity and solidarity. It is customary to wear new or clean clothes and to exchange greetings, embracing the spirit of brotherhood and joy.

**The Act of Sacrifice:** A significant aspect of Eid ul-Adha is the ritual animal sacrifice, known as Qurbani, following the example of Ibrahim, Muslim families, who are financially well off, slaughter an animal, typically a goat, sheep, cow or camel. The meat from the sacrificed animal is divided into three parts: one-third is retained for the family, one-third is shared with friends and neighbors, and the remaining one-third is donated to the less fortunate.

**The Essence of compassion:** Eid ul-Adha is not only about the act of sacrifice but also emphasizes the importance of compassion and caring for others. Sharing the sacrificial meat with those who are less fortunate highlights the spirit of generosity and solidarity. Muslims are encouraged to remember the needy, feed the hungry, and ensure that everyone can partake in the festivities. This act of charity strengthens the social fabric of communities and fosters empathy and compassion among individuals.

**Family, food and festivities:** Eid ul-Adha is a time for family gatherings, where loved ones come together to celebrate and enjoy a delicious feast. Traditional dishes and sweets such as biryani, kebabs and sheer khurma are prepared and enjoyed with family and friends. The festivities include exchanging gifts, visiting relatives and engaging in recreational activities, creating a joyous atmosphere.

**Conclusion:** Eid ul-Adha is a significant Islamic Festival that commemorates the spirit of sacrifice, obedience and compassion. This practice reminds Muslims of the importance of unwavering faith and generosity towards others. Through acts of worship, communal prayer and the sharing of food, Muslims worldwide come together to strengthen bonds and foster a sense of unity. Eid ul-Adha not only serves as a reminder of the Prophet Ibrahim's devotion but also encourages individuals to reflect on their own values and strive towards a more compassionate society.

**Ansari Atiq  
SYBCom**

## Celebrating Eid ul Fitr

### A Joyous Festival of Renewal and Gratitude

Eid ul Fitr, also known as the festival of breaking the fast, is one of the most significant religious observations celebrated by Muslim worldwide. Eid ul Fitr bring together families, communities and individuals to commemorate the spiritual journey and express gratitude for the blessing received. In this article, we explore the tradition, custom and significance of Eid ul Fitr.

1. The spiritual significance of Eid ul fitr:- Eid ul Fitr holds immense spiritual in Islam. It serves as the time of renewal, where Muslims rejoice in their accomplishment during Ramadan and seek forgiveness for any short coming. The festival symbolizes the completion of period of self- discipline and devotion and reinforces the importance of compassion charity and gratitude.

2. Preparation and excitement:- In the days leading up to Eid ul Fitr, Muslims engage in various preparations to make the occasion truly special. Homes are cleaned and decorated. New clothes are bought or stitched, special delicacies are prepared. The atmosphere is filled with excitement as families and friends plan gathering, exchanging gifts and extend invitation to loved ones.

3. The Day of Eid:- Eid ul Fitr begins with a special congregational prayer called Salat al Eid, held at Masjid or designated prayer ground. Muslims dress in their finest attire and head to these local where they offer prayer as a community, seeking divine blessing and expressing gratitude. The sermon delivered during this prayer emphasizes unity, mercy and acts to charity.

4. The Joy Of Giving:- One of the key aspects of Eid ul Fitr is the act of giving, known as zakat al fitr. Muslims are obligated to give as specific amount of money or food to the less fortunate in their communities before the Eid prayer. The act of charity ensures that everyone can take part in festivities and experience joy during this blessed occasion. The distribution of gifts known as Eid, among children and loved ones is a cherished tradition, fostering a sense of love and togetherness.

CONCLUSION:- By coming together to celebrate Eid ul Fitr, Muslims strengthen their bonds with family, friend and community at large, fostering a sense of unity and harmony. The festival represents a fresh start encouraging individuals to continue their spiritual Journey and spread kindness and generosity through the year.

**Ansari Shaikh  
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## Eid-e-Milad-un-Nabi Celebration

• TITLE:- Eid-ul-Milad-un-Nabi

Celebrating the birth of Prophet Mohammad (PBUH)

• INTRODUCTION:-

Eid-e-Milad-un-Nabi is an important religious observance celebrated by Muslims worldwide. This annual commemoration marks the birth anniversary of Prophet Mohammad (PBUH), the founder of Islam, who was born in the city of Mecca in Saudi Arabia. Eid-e-milad-un-Nabi is a time of Joy, reflection and gratitude for Muslims as they honor and express their love for the Prophet Mohammad (PBUH)

1. HISTORICAL BACKGROUND:- The tradition spread across the Muslim world, evolving and adopting to local customs and practices. Today, the observance of Eid-e-Milad-un-nabi varies from region to region but retain to common purpose. To remember and venerate the life and teaching of Prophet Mohammad (PBUH)

2. RELIGIOUS SIGNIFICANCE:- For Muslims, the Prophet Mohammad (PBUH) is considered as the last and final messenger of Allah. His life serves as a guide for Muslims providing teaching and examples of righteousness, compassion and justice. Eid-e-Milad-un-Nabi is an occasion to reflect upon the Prophet Mohammad (PBUH), his message

of peace and impact he had on shaping Islamic civilization. 3. CELEBRATION AND CUSTOM:-Eid-E-Milad-un-Nabi is marked by a range of activities that vary across different cultures and communities. Masjid and home are often adorned with lights and colourful decoration. On the day of Eid-e-Milad-un-Nabi people gather to recite devotional poetry in praise of Prophet Mohammad (PBUH). 4. Who is Prophet Mohammad(PBUH)? Prophet Mohammad (PBUH) is a messenger of Allah who brought the message of Islam to mankind and preached how to live a good life Part of Prophet Mohammad (PBUH) legacy was to end infanticide and establish explicit right for women. Islam teaches that man and woman are equal before God.

**Rashid Zahid Hussain Purani**  
**SYBCom**

## MANGALORE:- The City of Cultural Diversity

Mangalore is one of the beautiful cities in Karnataka. It is also the Headquarters of the Dakshina Kannada District. It is the fastest developing cities of India. Mangalore is bounded by the Arabian Sea to the west, Western Ghats in the east, Nethravati River in the south and Kulur River on the North.

Mangalore is the state's only city to have all four modes of transport - Air, Road, Rail & sea and helps people to travel in a comfortable way. The population is 6,19,664 according to the 2011 National census of India.

The city of Mangalore is named after the Hindu Goddess Durga and Shakti in the form of MangalDevi. It is also known as "Rome of the East". Mangalore is famous for its natural beauty which is a gift of God. The Sun-kissed beaches, age old temples, lush green gardens and the greenery which gives us a fresh air and peaceful nature. Mangalore is also famous for its culture like the Pulivesha (Tiger Dance), Bhuta Kola or spirit worship, Karadi Vesha and on Dasara they perform Kambala (Buffalo Race) The city is also known as Ice Cream city. Tall coconut trees all around the city add to the majestic look. Mangalore is also known as an Educational hub. The city is home to a number of universities and well- known schools and colleges. Number of students from various other states and countries take up courses in popular colleges and Universities. The Mangalore city landscape features sloping mountain, coconut trees, water streams and hard red-colour crafted walls. Mangalore is a mixture of cultures and lifestyles. People from different communities of neighbouring states have moved in here for business, job, education and many more reasons. The famous dishes are Kori Roti, Idli, Dosa, chicken sukka, fish and many more. Mangalore is a melting point of amazing cultures and traditions. Mangalore is not just a modern city, it has the 2nd best quality transport network in the state. There are many chemical factories like (BPCC) Bharat Petroleum Corporation Ltd. MCF Mangalore Chemical & Fertilizers. The official languages spoken are Tulu & Kannada. Mangalore is known tourist attraction.

**Sania Suvarna**  
**FYBCom**



## CRICKET

Cricket is a bat and ball game played between two teams of eleven players. On a field at the center which is a 22 yard (20-metre) pitch with a wicket balanced on three stumps, the batting side scores runs by striking the ball bowled at one of the wickets with the bat, and then running between the wickets.

The earliest reference to cricket is in South East England in the mid-16th century. It spread globally with the expansion of the British Empire with the First International matches in the second half of the 19th century. The games governing body is the International Cricket Council (ICC), which has over 100 members who play all formats of cricket. The sport is followed primarily in South Asia, Australia, New Zealand, The United Kingdom, Southern Africa and the West Indies.

Highest Government Body	International Cricket Council
First Played	16th Century, South East England

### Characteristics

<b>Contact</b>	<b>Number</b>
Team Members	11 Players per side (Substitutes permitted under some circumstances)
Mixed Sex	No, Separate competition
Type	Team sport, Bat and Ball
Equipment	Cricket ball, Cricket Bat, Wicket (Stumps, Bails) Protective Equipment
Venue	Cricket Field
Glossary	Glossary of Cricket terms
Olympic	1900 summer Olympic

It is generally believed that cricket originated as a children's game in the South-East of England, sometime during the Medieval period.

Although, there are claims for prior dates, the earliest definition reference to cricket being at a court case in Guildford in January 1597. The case concerned ownership of a certain plot of land and the court heard the testimony of a 59 year old coroner. Cricket is not a simple game, however can be learned and practised regularly by following all the rules and regulations of cricket. There are two main players, a batsman and a bowler at a time, and both are changed whenever they become out or exhaust their all number of balls and overs. It is a beautiful game played using a bat and a ball in an open space on a big field. It is my favourite sport. I generally see only cricket on TV whenever any National or International cricket match is played. Both the teams get a chance to bat alternatively. However, the team that wins the toss does batting first and the opposite team bowling. Cricket has become one of the most fascinating games in India from the observer's point of view. When any national or international cricket game is played interested people become so excited much before the start of the game. Many Cricket lovers book tickets to see them live on-site cricket games in the stadium instead of watching on TVs. Our country has become famous all over the world for it prowess in playing cricket. India has won matches at the International arena and the World Cup as well.

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**Sujal Sanjay Dubey**  
**FYBCom**

## TUTORIALS ON TOOLS AND APPLICATIONS

You constantly need to be innovative in your content writing techniques and incorporate new things to provide to your target readers. Tutorials are great for sustaining readership and bringing in recurrent readers to your Blog website.

There are some pertinent best practices to create tutorials that would continue to reap the benefits in the long run. Most importantly, you have to be clean on the points you would like to communicate.

It is generally a step-by -step process of informing your focus group about a particular application, software, device or tool. You should write it as simply as possible.

A very important part of writing tutorials is to include text with images as you proceed with clarifying the step. It helps your target reader to understand and follow the article more closely. Moreover, a long winded tutorial without images to bolster your write-up will not appeal to your target readers.

Tutorials are a great way to expunge any doubt relating to any device application or appliances.

You should take utmost care to provide much value and give them as much help you can in your article. Do not forget the element of intrigue. Make it interesting, conversational and structure it properly.

**Karina Suthar**  
**SYBCom**

### Nothing Is Impossible in life

The above proverb implies that working hard to overcome the difficulties will surely help to emerge victorious. In The words "IMPOSSIBLE" itself it means "I'm Possible" Giving up is not the solution of any problem. Instead one should think how he can overcome the obstacles of life.

Dr A.P.J Abdul Kalam once said that, one who runs away from problem is a loser, but one who stands still and fights courageously is a real hero. Imagine if Gandhiji had said that it was impossible to fight for freedom of the country, what would have been the condition of the people of India? Everyone says that life is a race and every person runs after fame and success. If one fails to win the race, don't they have any option other than ending their live? Success and failure are like two sides of a coin. It's upto a person how he wins his race of life. Hard-work should be the real motto of life.

So says the proverb "NO GAINS, WITHOUT PAINS". Therefore one should try one's best to achieve all gains for we should always remember that the word 'IMPOSSIBLE' should never shatter a person's 'Dream'.

So Work hard and Never give up.

**Mitali Rasal**  
**SYBCom**

## Depression In Children and Teens

Many children have times when they are sad or down, occasional sadness is a normal part of growing up. However if children are sad, irritable or no longer enjoy things and this occurs day after day, it may be a sign that they are suffering from Major Depressive Disorder commonly known as Depression. Some people think that only adults become depressed. In fact children and adolescents also experience depression and studies show that it is on the rise. More than one in seven teens experience depression each year.

Common symptoms of depression in children and adolescents include:

- Feeling or appearing depressed, sad, tearful or Irritable
- Not enjoying things as much as they used to
- Spending less time with friends or after school activities
- Change in appetite and / or weight loss
- Sleeping more or less than usual
- Feeling tired or having less energy
- Feeling like everything is their fault or they are not good at anything
- Having more trouble concentrating
- Caring less about school or not doing as well in school
- Having thoughts of suicide or wanting to die

Children also may have more physical complaints, such as frequent headaches or stomach aches. Depressed adolescents may use alcohol or other drugs as a way of trying to feel better. We don't always know the cause of depression. Sometimes, it seems to come out of nowhere. Other times, it happens when children are stressed or after losing someone close to them. Bullying and spending a lot of time using social media may be associated with depression. Depression can run in families. Having another condition such as attention problem, learning issues, conduct or anxiety disorders also put children at higher risk for depression. If you think your child or teenager might be depressed it is important to seek help. A pediatrician, school counselor or qualified mental health professional can help by referring your child to someone who can conduct a comprehensive assessment diagnose depression and identify the right treatments. The good news is that there are several effective treatments for depression. Treatment may include psychotherapy (or "talk therapy"), meeting with your family and with your permission discussion with your child's school. Cognitive behavior therapy (CBT) and Interpersonal psychotherapy (IPT) are forms of psychotherapy shown to be effective in treating depression. Treatment may include the use of antidepressant medication. The potential risk and benefits of any medicine should be carefully discussed.

**Akansha Yadav**  
**SYBCom**

## The Transformative power of Yoga for Mind Healing

In recent Years, the ancient practice of Yoga has gained immense popularity as a holistic approach to physical and mental well-being. Beyond its physical benefits, Yoga has been recognized for its profound impact on the mind and its potential to facilitate healing. This article explores the transformative power of yoga as a tool for mind healing, shedding light on its principal techniques and the scientific evidence supporting its effectiveness

### YOGA AND MIND HEALING

1. Stress and Anxiety Reduction: Yoga offers a holistic approach to managing stress and anxiety by combining movement of breath awareness and mind fullness. Research suggests that regular yoga practice can lower cortisol level the stress hormone and activate the parasism pathetic nervous system including a stock of relaxation and calmness

2. Emotional balance:- Yoga encourages self-reflection and self- awareness, healing individuals develop emotional intelligence and resilience. By cultivating mindfulness on the meet practitioners learn to observe their thoughts and emotions without judgement, enabling them to navigate challenging situations with greater clarity and equanimity.

3. Trauma Recovery:- Yoga has shown promise as a complementary therapy for individuals recovering from trauma. The combination of physical movement, breath work and mindfulness creates a safe space for individuals to reconnect with their bodies, release tension and process emotional trauma in a supportive environment.

4. Improved Mental Focus:- The integration of physical movement with breath awareness in yoga helps enhance concentration and focus. Studies have indicated that regular yoga practice can improve cognitive function span, making it a valuable tool for managing conditions such as ADHD.

Scientific Evidence:- Numerous scientific studies have explored the therapeutic benefits of yoga for mental health.

The studies have demonstrated positive outcomes in various pollutions, including individuals with anxiety disorders depression, PTSD and chronic stress. Incorporating yoga into your healing journey:- If you're interested in using healing Yoga for mind healing, consider the following steps:- 1. Find a qualified instructor: Seek out a certified yoga instructor who can guide you through the practice and tailor it to your specific needs. 2. Start slowly:- Being with gentle Yoga classes or styles like hatha and restorative yoga to familiarize yourself with the basic postures breathing techniques. 3. Consistency is key:- Incorporate yoga into your routine by practicing regularly, even if it's just for few minutes each day. Gradually increase the duration and intensity for your practice as your progress.

4. Listen to your Body:- Pay attention to your body's signals and modify the Practice as necessary to avoid strain or injury. Yoga should be a gentle and nurturing experience. Conclusion:- Yoga offers a holistic and accessible approach to mind healing, combining physical movement, Breath work, and mindfulness, by individuals can enhance their emotional well-being reduce stress and foster a deeper connection with themselves. While yoga is not a substitute for professional mental health care, it can serve as a valuable complementary practice for those seeking a holistic approach to healing the mind.

**Harsh Rasal**  
**FYBCom**

### Education

Education is an important part of life. Education transforms lives of people. Education is a sector where people acquire knowledge, skills, habits, values or attitudes.

The word education is also used to describe the result of the education process, eg:- In literacy rate.

Education is the thing that makes us decent human beings and contributes to the progress of the society. We not only learn something new through education, but it also transfers knowledge from one person to another.

It is the key to success in life and provides many opportunities to us.

There are various benefits of having education such as a good career status in society self-confidence and much more.

For today's generation education is very much important at every path of life. In this the University helps to achieve graduation and go for higher studies.

Education is important for all. It is important for selecting a career and to achieve future goals. It is the thing where people can fix their goals and with the help of studies they can clear every step to achieve their goals.

With technology growing faster, Education is a must for all to walk with technology.

Education not only gives the knowledge about studies but it also gives knowledge about life, how to deal with situations, and its importance with regard to women empowerment.

The current Education system is also helping in women empowerment, The ministry of education has allocated ₹1,12,899 Crore. There is an increase of 13% over revised estimates for 2022-2023.

So, for the growth of society and development of self and of the Nation EDUCATION IS MUST.

**Bhoomi Jain**  
**FYBAF**

## TRAIN TRAVEL

Train Travel is a unique and exciting way to explore new places and see the world. Whether you're looking for a scenic journey through the country side or a fast and efficient way to get from point A to point B, train travel has something to offer for everyone. In this guide we'll explore some of the benefits of train travel, as well as some tips and tricks for making the most of your journey.

### BENEFITS OF TRAIN TRAVEL

One of the main benefits of train travel is the opportunity to see the world from a new perspective. Unlike flying or driving, train travel allows you to take in the sights and sounds of the countryside as you pass through it from a range of hills and lush forests to quaint towns and bursting cities, train travel offers a unique and immense way to experience the world.

Another benefit of train travel is the comfort and convenience it provides. Many trains offer amenities such as comfortable seating, food and beverage services and even sleeping berths for long journey. Additionally, train travel is often more eco-friendly than other modes of transportation, making it a great choice for travelers who are conscious their footprints.

If you're planning to travel by train, there are a few things you can do to make the most of your journey. Here are some tips to keep in mind.

- 1) Plan Ahead:-Before you embark on your Journey take some time to research your route and stop along the way. This will help you plan your itinerary and ensure that you don't miss any must see sights or experiences.
- 2) Pack Light:-Train travel often involves carrying your own luggage, so it is important to pack light and only bring what you need. Consider using a backpack or other lightweight bag that is easy to carry and store.
- 3) Bring snacks and entertainment:-While many trains offer food and beverages, it's always a good idea to carry your own snacks and entertainment equipment to keep you occupied during the journey, books, magazines and portable electronic devices.
- 4) Be aware of the train's rules and regulations:- Different trains have different rules and regulations, when it comes to things like smoking, alcohol consumption and noise levels, be sure to familiarize yourself with the train's policies before you embark on your journey.

**Pooja Omprakash Gupta**  
**SYBCom**

## Street Dogs

The Street dogs are a common sight in India. There is no street without a kennel (pack) of such dogs. As soon as a stranger enters a street, they begin to bark. They not only bark at him but pursue him, pounce upon him and sometimes bite him.

There are daily cases of dog bite in every street. The street dogs are a great nuisance. People are so religious minded that they don't look at their destruction with favour, so they continue to flourish and multiply.

They are dangerous. Some of them suffer from some infections and diseases like rabies. When they bite a man, he turns mad and dies. How dangerous are then these street dogs! Street dogs are generally dirty and unclean.

Some of them are full of fostering wounds and flies. They spread foul smell and diseases wherever they go. They case themselves in the streets and thus spread dirt and filth. They feed on things which are filthy.

They live on crumbs of bread that people throw at them on dirty pieces of meat and bones or lie on soil in the streets. They are hated and beaten wherever they go. They lead miserable lives. They are not at all beautiful to look at.

They are devoid of good qualities of loyalty, sagacity and watch-fullness that we generally associate with dogs. They are the most hated abominable creatures. They do positive harm and serve no useful purpose at all. They are notorious for their theft and make away with whatever articles of food they chance upon.

It is no sin to destroy these street dogs. In cities like London or New York, we don't come across stray dogs. There are hardly any cases of mad dog-bite. There is no reason why they should not be destroyed in our street also. It is no kindness to feed animals that spread diseases and bite us. The faster they are done away with the better it will be. The government has to spend lakhs of rupees on the maintenance of hospitals meant to treat patients bitten by mad dogs. This money can be much better used to provide milk to school children. The protection of street dogs cannot be defended on any grounds. They must go lock, stock and barrel. In it lies human safety. In it lies the beauty of our streets. In it lies wisdom and prudence. A beginning in this direction has already been made in cities like Mumbai and Kolkata. But People in India are conservative and are averse to change. It will take many years to change. It will take many years before our streets are completely cleared of this nuisance which needs quick eradication.

**Puran Prajapati**  
**FYBAF**



## INDIAN NAVY

Indian Navy:- A Beacon of National Pride. Merit and status - The Indian Navy is balanced and cohesive through pronged force, forming the core of the Indian Armed Forces. It is responsible for protecting the country's maritime borders and enhancing international relations through port visits, joint exercises, humanitarian missions and disaster relief. Indian Navy offers a lot of opportunities to young dynamic individuals with enthusiasm. It offers a unique blend of professional challenges with a fulfilling personal life. The navy doesn't just work. It's a way of life. Requirement for Indian navy's eligibility varies, depending on the specific role or position for which a candidate is applying. But some common requirement includes; minimum Educational qualification for entry level post like sailors from 10+2 to bachelor's degree for officer level. Post engineering degree is required for technical branches. MBBS Degree or above is required for doctors.

Age Range: Age ratings vary depending on rank. The age limit for cadet officers to join is 19-25 years. The age limit for sailors is 17-20 years.

Physical standards: Candidates must meet certain physical standards including height, weight and eyesight. They must be good in physical and mental health.

Nationality: The candidate must be a citizen of India. Posts in Indian Navy: The Indian Navy offers a wide range of positions, each with its own responsibilities and challenges. Key word include Chief of Naval staff, naval officers and naval leaders are responsibility for making strategic decisions leading their personality, reviewing the discipline and operational efficiency of the ship's company. Sailors: Sailors are the backbone of the Indian Navy. They handle everything from equipment maintenance and operations, to serving as gunners, drivers and communication specialists.

Pilots: Indian Naval pilots fly its aircraft which are used for various purposes such as research navigations and combat. Submarine Commander:-

Submarine person maintain submarines that play a vital role in the Navy's ability to protect the nation's maritime interest. Medical Officer:- Medical staff provides health care to Navy personnel and their families. They serve on ships, in Naval hospitals or in the field.

In conclusion, Indian Navy is a reputed organization that offers a wide range of opportunities to suitably qualified individuals. It provides fulfillment that not only enables individuals to serve their country but also promotes personal growth and development

The roots of the Indian Navy can be traced back to the establishment of the East India Company's marine in 1612. Tasked with protecting British merchant ships over the years, this force evolved into the Royal Indian Navy during the colonial period and eventually became the Indian Navy after India gained Independence in 1947.

**Harsh Jethwa**  
**FYBCom**

## My Mother Has Only One EYE

My mom had only one eye. My classmates used to tease me "Oye, your mom has only one eye she looks very ugly!" I hated her, I always ignored her and threw her a hateful look. She was such an embarrassment for me that I confronted her one day and said, "If you're only going to make me a laughing stock, don't respond..." I didn't even stop to think for a second about what I had said because I was full of anger. I was oblivious to her feeling. I wanted to go out of her association and have nothing to do with her. So I studied really hard and managed to get chance to go abroad for higher studies. In due course I managed to get a job, got married bought my own house had kids of my own.... I was happy with my life, my kids and comforts.

Then one day, my mom came to visit me. She hadn't seen me in past few years and hadn't met my wife either. When she stood by the door my children laughed at her. I yelled at her for coming over uninvited. I screamed at her, "How dare you to come to my house?" My mom quietly answered, "Oh I'm sorry", The address..... and she disappeared.

After few months, a letter regarding my school reunion came to my house. I decided to attend the reunion function. After reunion.... Just out of curiosity, I went to the locality of our old house. My old neighbors said that my mom died. I did not shed a single tear for her. They handed me letter that she wanted me to read.

"My dearest son, I'm sorry that I came to your house. I was so glad when I heard you were coming for the school's reunion but I may not be able to even get out of bed to see you. I'm sorry that I was a constant embarrassment to you when you were growing up.... You see, when you were little, you got into an accident and lost one of your eye. That day as a mother I couldn't see you having grow up and live with only one eye when I was having two So, I decided to give you one of mine. I am so proud of my son who is seeing a whole new world for me, in my place, with that eye with all my love to you.

Your Mom

Unstoppable tears silently started flowing from my eyes....

**Priya Parmar**  
**SYBCom**

## Camera

A camera is a device that captures images or records videos. It has become an essential tool in our modern lives, allowing us to freeze moments in time and create memories.

In 1816, Frenchman Joseph Nicéphore Niépce invented the first Photographic camera. The camera did not capture images, instead it projected them onto another surface. The camera obscura was small enough to be portable by the 17th century. Around this period, basic lenses for focusing light were introduced. With the advancement of technology, cameras have become more accessible and user-friendly. Today, most people carry a camera with them at all the time in the form of their smartphone. These devices have revolutionized photography, allowing us to capture high-quality images effortlessly. The convenience of using a smartphone camera means that we can document our lives and share our experiences instantly through social media platforms.

However, there is still a place for traditional camera's in the market. Professional photographers and videographers often rely on digital single-lens reflex (DSLR) camera or mirrorless cameras to achieve control. These cameras offer interchangeable lenses, adjustment settings and larger Image sensors, resulting in stunning photographs and videos.

Different types of cameras cater to various needs. Action camera, such as GO Pro, has gained popularity for capturing adventurous activities, these small and rugged devices are designed to withstand extreme conditions while providing stable footage.

The future of cameras holds exciting possibilities and further advancements in technology to push the boundaries of what we can achieve with a camera. Mirrorless cameras have become more prevalent, offering compactness and versatility while maintaining excellent image quality, virtual reality (VR) cameras are emerging, allowing users to capture immersive 360-Degree Experiences. From capturing everyday moments to professional photography and videography cameras have become tools that enable us to express our creativity and preserve memories. As technology evolves camera will live, opening up new horizons for visual story telling.

**Rahul J Kharvi**  
**FYBCom**

## Nilambur, Kerala

A train journey from Nilambur Road to Shoranur Junction in Kerala State on the onset of monsoon season in June.

This magical railway line is nestled amidst dense vegetation, branching away from the mainline, at Shoranur, heading eastward towards the Western mountain ranges. Trains amble along at a leisurely pace, halting at small stations, having an old school charm to them. One can also see the much photographed "tree station", Cherukara, where banyan trees dot the platform's length.

Nilambur is about 53 kilometres from Malappuram town. Vallomthode tribal Settlement Connelly's plot and the teak museum are popular tourist attractions in Nilambur. The famous hill station of Ooty is just a couple of hours away by road and is connected to Nilambur by frequent Kerala SRTC and Tamil Nadu state buses.

Sadly, many trees have been felled for laying of poles to support overhead electricity cables. The section has undergone a transformation, in line with Indian mission of 100% electrification of all its broad-gauge routes.

If you're planning to explore this line, do it now, preferably on a 'Sunday when the dairy commuting crowd is maximum'.

**Subin K. S**  
**SYBCom**

### SWEET CONVERSATION BETWEEN THE DISTANTS

Palaruvi: To make my life's dream bloom with love, when will you come back?

Stars: The coming night of spring I will come to make you mine.

Palaruvi: I will wait here, like a dove that will not fly away.

Stars: On the wings of the rainbow I shall rush to your side. Until I come, in person recollect my voice

**Subin K. S**  
**SYBCom**

### Synopsis

The conversion is between the two rakes where Palaruvi is an Express train, she has lost her charm as the Diesel Locomotives are on the verge of extinct. The new era of Electric Locomotive is replaced the diesels so, the Palaruvi Express is pleading the stars to get back her lost charm.

In reply stars promised to get her lost charm and recollect their voice till they meet again.

**Subin K. S**  
**SYBCom**

## Gita Thoughts

1) When there is no trust, there is no love, Possessiveness is a sign of insecurity due to a lack of trust.

TRUST is THE FOUNDATION

for Any Relationship

2) Keep your social media and entertainment time to a minimum.

An overloaded mind leads to uncontrollable thoughts, resulting in stress and depression.

To overcome this, you must increase physical activity and decrease your information consumption. PHYSICAL ACTIVITY RESTORES THE BODY- MIND CONNECTION AND HELPS TO REDUCE MENTAL CLUTTER. 3) SHREE KRISHNA Says " Arjuna, fight for Dharma". Some Say, "Let Karma take care of it". If you don't fight for what is yours you will end up burying Your truth underground

**Subin K. S**  
**SYBCom**

## Awakening of the Dream Girl

From the time I saw you through my eyes

I Stumble upon with love, I could feel your presence inside me and I cherish it  
-the greatest gift in my life

While knowing that my dream girl exists in real.

Even death becomes an ultimate

Please All I want you to know about my life within The time you blink.

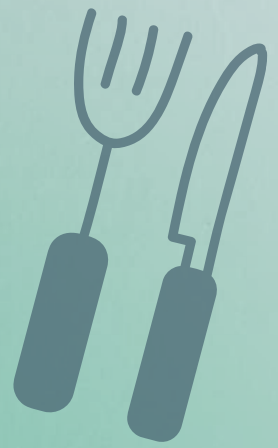
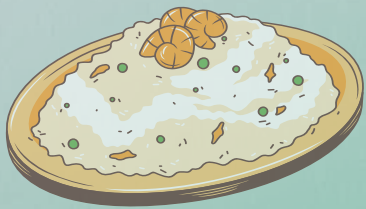
You are the outcome of my dream and you disturb my eyes with your prettiness.

In case you happen to leave me that will be the greatest curse I face

If I lose you after coming so close that will keep killing me for the rest of my life

Whatever I see, I see you in there and I am struggling to live such day dreaming. If I am the one to be blamed Kindly let me know the sin I committed. You were the dream who turned into reality And every cell of mine imbibed, you what more shall I ask for this is a dream come true. You are the outcome of my dream and You Keep disturbing my eyes with Your prettiness.

**Subin K. S**  
**SYBCom**



## आळूवडी

साहित्य

५-६ मोठी अळू ची पाने

तेल तळण्यासाठी

बेसन मिश्रण बनवण्यासाठी

१ वाटी (१५० ग्राम) चण्याच्या डाळीचे पीठ (बेसन)

१ मोठा चमचा चिंचेचा कोळ

१ मोठा चमचा किसलेला गुळ १

१/२ छोटा चमचा लाल तिखट

१/२ छोटा चमचा गरम मसाला पावडर

१/२ छोटा चमचा हळद

१ छोटा चमचा मीठ

१ मोठा चमचा आलं लसूण पेस्ट.

१ मोठा चमचा गोडा मसाला (ऐच्छिक)



कृती

- बेसन मिश्रण बनवण्यासाठी' लागणारे सर्व साहित्य एका मोठ्या वाडग्यात घ्यावे.
- थोडे थोडे पाणी घालून सर्व एकत्र करून, घट्ट पेस्ट बनवून घ्यावी.
- आता अळूची सगळी पाने देठ कापून स्विच्छ धुवून, पुसून घ्यावीत.
- पाने उलटी करून जर काही जाड्या शिरा अस्तील तर कापून घ्याव्यात.
- सगळी पाने उलटी करून त्यावर लाटणे फिरवून घ्यावे.
- सगळ्यात मोठेपान उलटेठे वून त्यावर बेसन पेस्ट पसरवून घ्यावी.
- आता दुसरे पान त्यावर उलटे ठेवून त्यावरही पेस्ट लावून घ्यावी.
- अशा तऱ्हेने सगळी पाने एकावर एक लावून सगळ्यांना पेस्ट लावावी.
- ह्या सगळ्या पानांची घट्ट गुंडाळी करावी.
- आता ही गुंडाळी मोदकपात्रात १२-१३ मिनिटे उकडून घ्यावी.
- उकडल्यावर हा उंडा थंड करून घ्यावा.
- थंड झाल्यावर ह्याच्या एकसमान आकाराच्या वड्या कापाव्यात.
- ह्या वड्या गरम तेलात खरपूस तळून घ्याव्यात.

तयारीसाठी लागणारा वेळ: ३५ मिनिटे

शिजण्यासाठी लागणारा वेळ: २० मिनिटे

वाढणी: ३ ते ४ जणांसाठी

**Ms. Shubhangi Bhud**

**Faculty**

**Junior College**

## આથેલા મરચા

સામગ્રી

15-20 લીલા મરચાં, 1 tbsp રાઈ

1 tbsp મેથી દાણા, 1/2 tsp વરિયાળી

1 tsp હળદર, એક ચપટી હિંગ

1 tbsp તેલ , સ્વાદ અનુસાર મીઠું

પદ્ધતિ:

૧. લીલા મરચા ને લાંબા કટ કરી તેના બેચડા કાઢી નાખવાના

૨. બધા સુકા મસાલા લઈ તેલમાં પાંચ મિનિટ સુધી શેકીને તેને મિક્સરમાં પીસી નાખવા

૩. એક વાટકામાં મસાલો પીસીને રાખેલો એમાં હિંગ હળદર અને મીઠું નાખીને ભેળવી નાખવું

૪. તેલ ગરમ કરવું લોવર ફ્લેમમાં તેને ઠંડુ કરી નાખું

૫. કાપેલા લીલા મરચાં અને મિક્સર ને બરાબર થી મિક્સ કરી લેવું

૬. મિક્સ કરેલા મરચા અને મસાલાની ઉપર ગરમ કરેલું હલકું તેલ મિક્સ કરવું.

૭. મરચા અને મસાલા મિક્સ કર્યા બાદ એને એક ડબ્બામાં રાખી ઠંડી જગ્યા પર સ્ટોર કરું..



**Ms. Jigna Sadhu**  
**Faculty**  
**Degree College**



## Pea and Bean Risotto Rice

### Ingredients

- Dash vegetable oil
- 1 large onion, finely chopped
- 4 garlic cloves, finely sliced
- 300g risotto rice
- 200ml dry white wine
- 1 litre vegetable stock, hot (or chicken stock)
- 300g frozen peas, defrosted
- Handful spinach, 100 g broad beans, fresh or frozen (podded weight) finely grated 1 lemon, plus juice of one lemon
- 60g unsalted butter, diced



### METHOD

1) Heat a dash of oil in a large saucepan over a medium heat. Add the onion and 3 of the sliced garlic cloves and gently cook for 7 minutes until soft and translucent. Tip in the rice, stir for a few minutes, then pour in the wine and cook until all the liquid is absorbed, stirring constantly.

2. Add a ladle or two of hot stock and stir until the liquid has absorbed, then add a ladle more stock. Repeat the process until you've used up all the stock and the rice is cooked perfectly – tender but with a little bite. Don't rush this process and stir often – this releases the starch in the rice, giving your risotto that signature creamy texture.

3. While you cook the risotto, put 200 g of the defrosted peas in a blender with the remaining sliced garlic clove, the mint and the spinach (if using). Whizz into a smooth, loose sauce, adding a little water as needed. Taste and season with salt and a squeeze of lemon juice.

4. Once the risotto rice is cooked, stir in the pea sauce, remaining peas, broad beans, lemon zest, butter and parmesan and season with salt and pepper. Cover with a lid and leave to sit for 5 minutes before serving. Now Enjoy the recipe. I hope you will enjoy to have it with your Family.

**Ms. Kishori Mahapadi**  
**Faculty**  
**Junior College**

## Special Green Tea

Ingredient: -

- lemon grass (2 tsp)
- mint leaves (2tsp)
- black jaggery (2 tsp)
- black pepper powder (A pinch)
- ginger (1 Piece small)
- lemon (1 medium size)
- water (As per requirement)



Method: -

- 1.To make Green Tea, take a sauce pan and start heating water on a high heat.
- 2.Add all the above ingredients except lemon to the boiling water.
- 3.Let it boil for minimum 10 mins.
- 4.Put off the flame and squeeze a lemon to the tea.
- 5.Stain the green tea into the cups.

**Ms. Zarna Bhadra  
Faculty  
Junior College**

## Chicken Biryani Recipe

Ingredient:

- 1½ teaspoon coriander powder
- 2/3 cup yogurt
- 1½ teaspoon red chili powder
- 1½ teaspoon biryani masala
- ¼ teaspoon turmeric
- 2 slit green chilies
- 1¼ tablespoon ginger garlic paste
- ½ teaspoon cardamon
- salt according to taste
- Chicken 500 gms



- coriander leaves
- mint leaves
- tomatoes 200 gms (chopped)
- 2-3 bay leaves
- fried onions chopped 300 gms

Preparation: -

1. Take a mixing bowl, add  $\frac{2}{3}$  cup yogurt,  $\frac{3}{4}$  teaspoon salt,  $1\frac{1}{2}$  teaspoon red chili powder, 1 to  $1\frac{1}{2}$  teaspoon biryani masala,  $1\frac{1}{2}$  tablespoon coriander powder,  $\frac{1}{4}$  teaspoon turmeric, 2 slit green chilies,  $1\frac{1}{4}$  tablespoon ginger garlic paste and  $\frac{1}{2}$  teaspoon cardamom powder.

Do not use sour curd here.

2. Add 1 tablespoon lemon juice. If your curd is even slightly sour, then just skip lemon juice.

3. Mix all of them and prepare the marinate. Add salt according to taste.

4. Add the chicken and marinate it. Cover the bowl and allow it to set overnight in the fridge or for at least 2 hours.

5. Fry onions

Slice 2-3 large onions uniformly and separate the layers. Heat  $\frac{1}{4}$  cup ghee in the same pot you intend to make the biryani.

When the ghee turns hot, add the onions and spread them well. Fry them uniformly until golden crisp and aromatic. Keep stirring uniformly to fry

**Ms. Rubina Shaikh**  
**Faculty**  
**Junior College**

## “उकडीचे मोदक ”

“उकडीचे मोदक ”

मोदक म्हणजे मोद देणारा, आनंद देणारा |  
बाहेरून मऊ लुसलुशीत आणि मधाळ गोडवा ||



साहित्य : १) १ मोठा नारळ

२) किसलेला गूळ

३) २ कप तांदूळाचे पिठ

४) वेलची पूड

५) मीठ

६) तांदूळाच्या उकडीत घालण्यासाठी तेल , तूप

कृती :

१) सारण बनवण्यासाठी नारळ घ्यावा. प्रमाणासाठी एक स्टीलची वाटी घ्यावी. जितक्या वाटया खवलेला नारळ असेल त्याच्या निमपट किसलेला गूळ घ्यावा. ( उदा. २ वाटीभर नारळाचा चव त्यासाठी १ वाटी किसलेला गूळ ) पातेल्यात खवलेला नारळ आणि गूळ एकत्र करून मंद आचेवर ढवळत राहावे. गूळ वितळला की वेलची पूड घालावी. ढवळून बाजूला ठेवून द्यावे.

२) आवरणासाठी तांदूळाची उकड करण्यासाठी नेहमी जितके पीठ तितके पाणी असे प्रमाण घ्यावे. २ कप पाणी २ कप तांदूळ पिठासाठी गरजेचे आहे. जाड पातेल्यात २ कप पाणी उकळवत ठेवावे. त्यात एक चमचा तेल/ तूप घालावे. चवीसाठी मीठ घालावे. गॅस बारिक करून पिठ घालावे. कालथ्याच्या मागच्या दांडीने ढवळावे. काही वेळा कालथ्याच्या अग्र भागाने मिक्स केल्यास पिठाचे गोळे राहतात. मध्यम आचेवर २-२ मिनिटे २-३ वेळा वरती झाकण ठेवून वाफ काढावी. गॅसवरून उतरवून ५ मिनिटे झाकून ठेवावे.

३) परातीत तयार उकड काढून घ्यावी. हि उकड व्यवस्थित मळून घ्यावी लागते. त्यासाठी बाजूला वाडग्यात कोमट पाणी आणि वाटीत थोडे तेल घ्यावे. उकड मळताना तेल आणि थोडे पाणी लावून मऊसर मळून घ्यावी.

४) उकड व्यवस्थित मळून झाली की त्याचे सुपारीपेक्षा थोडे मोठे गोळे करून त्याची पाती तयार करावी. त्यात एक चमचाभर सारण भरून बोटाने पातीच्या चुण्या कराव्यात आणि सर्व चुण्या एकत्र आणून पारी बंद करावी.

५) जर मोदक पात्र उपलब्ध असेल तर पात्रात पाणी उकळत ठेवावे. त्यातील चाळणीत स्वच्छ धुतलेले सुति कापड किंवा हळदीचे पान ठेवून त्यावर मोदक ठेवावेत. वरून झाकण लावून १०-१५ मिनिटे वाफ काढावी.

६) जर मोदक केल्यावर तांदूळाची उकड उरली असेल तर त्यात मिरची, मीठ, जीरे, हिंग, हळद, थोडी चिरलेली कोथिंबीर घालून मळून घ्यावी आणि त्याच्या गोल छोट्या चपट्या पुऱ्या करून शेवटचे मोदक वाफवताना त्यातच या सुद्धा वाफवून घ्याव्यात.

टीप : आवडत असल्यास सारणात काजू – बदामाचे पातळ काप घालू शकतो.

Ashwini Pujare  
SYBAF

## CHICKEN POTALI

- About this Recipe:-

Chicken potali is a bite size appetizer, perfect for parties. It has a spicy meat filling and the dough is shaped like a potali.

- Ingredients:-

- 250 grams chicken
- 1 medium size onion
- 1 green chilly
- 50 grams garlic
- 25 grams ginger
- Salt (according to taste)
- 3 drops soya sauce
- ½ teaspoon oyster sauce
- 200 grams spring onion
- 6 pieces spring roll sheet



- Procedure:

Prepare the filling of potali:

Heat a pan with 2 teaspoon of oil and saute chopped garlic, onion, ginger and green chilly together.

After a minute, add chicken with all the spices and mix them properly, toss it well.

Now add all the mixture into a bowl and allow it to cool. The mixture is ready.

Prepare the potali's

o Now take a spring roll sheet into your hand and using your thumb and index finger make a circle and place the filling inside the potali and close the sheet using spring onion and tie it carefully.

o Fry it in medium hot oil for about 5-6 minutes till it becomes golden brown

o Serve it hot with tomato ketchup or sweet chilly sauce.

**Antara Sunil Pawar**  
**SYBAF**

## DAL BAATI CHURMA

### 1. How to make Dal Baati?

- In a large bowl take 2 cups wheat flour,  $\frac{1}{4}$  tsp salt,  $\frac{1}{4}$  tsp baking powder and  $\frac{1}{4}$  cup ghee.
- Mix well making sure the dough is moist. Need to hold the shape when pressed with a fist.
- Now add water as required and knead the dough.
- Knead slightly stiff dough for preparing poori.
- Make a mark using your hand.
- Further roll without giving much pressure.
- Again make an X mark. This helps uniform cooking of Baati over pan.
- Now heat pan or cooker on low flame with few drops of ghee.
- Place the rolled baati in each mould.
- Cover and cook on low flame for 15 minutes.
- Flip over and cook the other side.
- Cover and continue to cook for further 15 minutes.
- Now baati is cooked from all sides and also from inside.
- Dip the baati in ghee for softer baati from inside. You can alternatively soak for 15 minutes if you are not worried about.
- Finally baati is ready.



### 2) Churma Preparation recipe

- Firstly take 3 prepared baatis and bread mixer
- Make coarse powder of baati
- Heat tawa with 2 tbsp of ghee and roast powdered BAATI
- Roast on low flame for 7 minutes or till it turns golden and aromatic
- Cool the mixture completely further add 3 tbsp powdered sugar, 2 tbsp chopped almonds, cashews and  $\frac{1}{4}$  tsp cardamom powder.
- Mix well and churma is ready.

### 3) How to make Rajasthani dal recipe? Firstly in a pressure cooker take $\frac{1}{2}$ cup moong dal, $\frac{1}{4}$ cup masoor dal and $\frac{1}{4}$ cup chana dal.

- Pressure cook all dals and take 4 whistles adding 1 tsp ghee and 3 cups water. Now in a large kadai, heat 2 tsp ghee and splutter, 1 tsp mustard, 1 tsp cumin and pinch of hing. Add 1 onion followed by 1 tsp ginger garlic paste and 1 green chilly. Saute well. Add  $\frac{1}{4}$  tsp turmeric,  $\frac{1}{2}$  tsp chilly powder,  $\frac{1}{4}$  tsp garam masala and 1 tsp salt.

Saute it on low flame. Furthermore add a cup of water to cooked dal and mix. Simmer and boil for 5 minutes or till dal absorbs masala. Now add coriander leaves and mix well. Finally serve dal bati churma with slices of onion and chilly. The history of Dal Bati churma Dal Baati Churma has been an important part of Rajasthani cuisine since time immemorial but the exact origin is not known. It is believed that the dish originated during the region of Bappa Rawal, the Founder of the Mewar Kingdom in Rajasthan. At that time Baati was considered as a war time meal.

**Yash Motilal Jain**  
**FYBCom**

## HOMEMADE PIZZA RECIPE

### INGREDIENTS FOR 2 PIZZAS:-

- 1 and 1/3 cups (320ml) warm water
- 2 and ¼ teaspoons instant yeast
- 1 tablespoon (13 g) sugar.
- 2 tablespoons olive oil (30 ml)
- ¾ teaspoon salt
- 3 and ½ cups (440 g) flour



### INSTRUCTIONS: PREPARE THE DOUGH

1. Whisk the warm water, yeast and sugar together in a bowl.
2. Add olive oil, salt and flour, beat slowly for 2 minutes.
3. Shift the dough out into a lightly floured surface. Knead it for 3 - 4 minutes.
4. Lightly grease a large bowl with oil or nonstick spray.
5. Place the dough in the bowl.
6. Cover the bowl with a clean kitchen towel.
7. Preheat oven to 475F (246oC).
8. Lightly grease baking sheet or pizza pan with olive oil.
9. Sprinkle lightly with cornmeal.

### SHAPE THE DOUGH:-

1. Divide the dough into 2 halves.
2. Flatten the dough on a disc.
3. Place on a prepared pan.
4. Lift the edge of the dough up to create a border around the dough.

### TOP & BAKE THE PIZZA:-

1. Top the pizza with sauce, onion slices, pepperoni, capsicum, mushroom, basil leaves, olives, cheese and bake for 12-14 minutes.
2. Slice hot pizza and serve immediately.

**Lakshita Sunil Varthe**  
**SYJC**

## Sweet Corn Cheese Balls

### Ingredients:-

1 corn grated, 150 grams paneer mashed, 3 bread slices crumbled, 4 tablespoons all-purpose flour, half cup green coriander, half capsicum and 3 green chilies (finely chopped), 3 tablespoons thick curd, a pinch of soda bi carb, a little cheese (cut into square pieces), ¼ cup of bread crumbs for wrapping, salt as per taste, oil for frying.

### Method:-

Mix all the ingredients except 3 slices of bread. Spread a little mixture on the palm and make a ball by placing 1 piece of cheese in it. Similarly make the rest of the balls as well. Wrap these balls in bread crumbs and deep fry them in hot oil.

**Sanjana Sudhir Rewale**  
FYBCom

## UNDHIYA RECEIPE

A Traditional Gujarati Curry. This deliciously rich curry is usually enjoyed in winter as veggies like fenugreek leaves, surti papadi and tuvar lilva are required to prepare this curry and they are easily available only during Winter.

### **Ingredients for Muthiya (Dhokli):-**

- 1 cup besan
- 1½ cup chopped fenugreek leaves (methi)
- ½ teaspoon red chilly powder
- ¼ teaspoon turmeric powder
- A pinch of baking soda
- 1½ teaspoon sugar
- ¼ teaspoon lemon juice
- salt to taste
- 1 tablespoon oil for deep frying

### **For Masala**

- ¼ cup grated coconut (fresh or dry)
- 1/3 cup roasted peanut powder
- ½ tablespoon sesame seeds
- ¼ cup finely chopped coriander leaves
- ½ tablespoon green chilly ginger garlic paste
- 1 teaspoon sugar
- ½ teaspoon lemon juice
- salt to taste



## **For Curry**

- 3-4 brinjals (small)
- 6-7 baby potatoes (or large pieces of potato)
- ½ cup surti papdi, strings removed
- ½ cup valor papdi, strings removed
- ½ cup tuvar lilva
- ½ cup green peas
- salt to taste
- ½ cup cooking oil (or less)
- 1 cup water Method to make mothiya (Dhokli):

1. Take 1 cup besan, 1½ cup fenugreek leaves, ½ teaspoon red chilly powder, ¼ teaspoon turmeric powder, a pinch of baking soda, 1½ teaspoon sugar, ¼ teaspoon lemon juice, 1 tablespoon oil & salt in medium bowl.
2. Mix all ingredients with a spoon, add water as needed and make soft dough. If the dough turns sticky, then add few teaspoon of besan and mix well.
3. Grease your hands with oil and carefully make 10-12 small oval shaped muthiyas from it. Heat the oil over medium flame to deep fry the muthiyas.
4. Deep fry muthiyas over low flame until they turn light golden brown and outer layer turns crispy. Don't deep fry over high flame they may remain uncooked from inside.
5. Remove them using slotted spoon and transfer over paper napkin to a plate. Methi muthiyas are ready.

### **Method to make Masala :-**

1. Prepare stuffing masala, take all masala ingredients in a medium bowl
2. Mix them well using a spoon and taste it. It should have strong spicy, mild sweet, mild sour and salty taste. If required add more seasonings.

### **Method to make Curry:-**

1. Take all vegetables required to make the undhiya.
2. Peel the potatoes and remove stems from brinjals. Make a crisscross cut on brinjal and potato from the topside until ¾ length. Make sure not to separate the segments. Stuff the veggies with prepared masala.
3. Heat ½ cup oil in a 3 litres or 5 litres steel / aluminium pressure cooker over medium flame. Add surti papadi, valor papdi, tuvar lilva, green peas, and salt. Mix well and cook for 2-3 mins.
4. Add 1 teaspoon red chilly powder, 1/3 teaspoon turmeric powder, ½ teaspoon cumin-coriander powder, ¼ teaspoon garam masala powder.
5. Mix well and cook for 3 minutes.
6. Add stuffed brinjal, potatoes and sprinkle some salt over it.
7. Add ½ cup water. Add fried Dhoki, methi muthiya, over it.
8. Close the lid and cook over medium flame for 3 whistles. Turn off the the flame. Open the lid after pressure releases naturally (10- 15min).
9. Gently mix the curry with a spatula. Do not over mix as the veggies and muthiya may break. Garnish with fresh coriander leaves and serve hot with Puri and Shrikhand in lunch.

## Indian Home Made Aloo Bhuna Recipe

### **Ingredients**

Bhuna Gravy

- Oil (2-3 tbsp)
- Cumin seeds (1 tsp)
- Onions (4-5 medium sized chopped)
- Garlic (2 tbsp chopped)
- Ginger (1 tbsp chopped)
- Green Chillies
- Curd (1/2 cup)
- Powdered spices
- Kashmiri Red Chilli powder (1 tbsp)
- Turmeric powder (1/2 tsp)
- Coriander powder (1 tsp)
- Cumin powder (1 tsp)
- Coriander stems (2 tsp)
- Tomato Puree (2 nos fresh)
- Salt (to taste)
- Hot water (500 ml)
- Garam masala (a Louge Pinch)
- Kasuri Methi (1 tsp)
- Fresh coriander (chopped)

Final Gravy

- Butter (2 tsp)
- Onions (1/3 cup sliced)
- Capsicum (1/3 cup sliced)
- Green chillies (2-3 nos chopped)
- Boiled potatoes (4-5 medium sized)
- Chaat masala (1 tsp)
- Hot water
- Fresh coriander

### **Method :-**

Set a handi on high heat and put oil into it, once the oil is heated add cumin seeds and let them crackle. Further add the onions, stir well and cook over medium flame until the onions turn completely golden brown. Once the onions turn light golden brown, add garlic ginger, green chillies, stir well and continue to cook until the onions turn completely golden brown. This entire process will take up to 7-8 minutes. Lower the flame once the onions turn golden brown. Then in a separate bowl add the curd and all the powdered spices, mix well using a whisk and make sure there are no lumps. This will prevent the curd from splitting and also stop the



spices from burning. Add the curd mixture in the handi along with coriander stems, stir and cook over low flame for a minute then increase the flame and cook until oil separates. Once the oil is separated, add tomato puree and salt, stir well and cook over high flame for 5 minutes then add hot water, stir well and cover the handi with a lid and cook over low flame for 20 minutes. Keep stirring the gravy at regular intervals. If the gravy turns dry add some hot water as required and continue to cook the gravy, open the lid and taste for seasoning, adjust salt accordingly. Further add garam masala, kasuri methi, fresh coriander and stir well. Your Bhuna gravy is ready. Now in a separate pan add butter and let it melt, further add onions, capsicum, green chillies and toss on high flame for a minute. Further add the boiled and diced potatoes and chaat masala, stir well and cook only for a minute. Now add the bhuna gravy you made earlier along with hot water as required, stir well and cook for 2-3 minutes. Garnish with some fresh coriander, your aloo bhuna is ready, serve hot with rumali roti, green and red chutney.

**Nirjara.R.Mandankar**  
**SYBSc.IT**

### **Japanese Recipe for Eggless Pancake**

Prep time:-10-15 minutes

Cooking time:- 2-5 minutes (One pancake)

Serves:- 10-12 pancakes depending on the size

#### **INGREDIENTS:-**

warm milk (1 cup)

vinegar (2 tsp)

refined flour (1 cup)

powdered Sugar (1/4 Cup)

baking powder (1 tsp)

baking soda (1/2 tsp)

salt (A pinch)

#### **Method:-**

To make the batter, we need to first make buttermilk. Mix milk & vinegar, keep it for 2-3 minutes, and buttermilk is ready.

For batter, take a bowl, add refined flour, powdered sugar, further add the prepared buttermilk, butter & Vanilla essence and mix it well. Use a whisker to make batter little fluffy. Do not over whisk. Your pan cake batter is ready.

Transfer this batter in a piping bag to get perfect round shape of cakes.

Use a non-stick pan and heat it well. Once heated well, cut the piping bag keeping the hole 2 cm in diameter and pipe it over hot pan, you can keep the pan cake size as per your preference. Keep the flame to medium heat and cook on both sides until Golden brown in color.

Your eggless fluffy pancakes are ready. Serve it by sprinkling some maple syrup or honey or any spread of your choice. You can serve it with some chocolate spread and dust some powder sugar.



**Nirjara.R.Mandankar**  
**SYBSc.IT**

## SEWAI RECIPE

### **Ingredients: -**

- 2 tbsp butter
- 100 gm sewai
- 25 gm cashew nuts
- 25 gm almond
- 25 gm raisins
- 600 ml milk
- 3 tbsp sugar
- 5 green cardamom cloves
- A pinch of saffron

### **How to Make Sewai:-**

1. In a pan, fry butter and sewai together.
2. Add cashew nuts, almonds and raisins into it. Fry them together.
3. In a different pan, boil milk, sugar and smashed green cardamoms.
4. Add the fried sewai mix into the milk pan. Combine ingredients together and add saffron.
5. Add a little extra milk to loosen the dish, towards the end.
6. Serve hot or chilled

### **Recipe Note: -**

You can also add more nuts like dates (Khajoor) to the Sewai.



**Sangeeta Gambha  
SYBMS**

# Art Section





**Sonal Yadav  
(FYJC)  
Science**

**Pranjali Shinde  
(SYJC)  
Commerce**



**Dimple Visavadiya  
(SYJC)  
Commerce**

**Dimple Visavadiya  
(SYJC)  
Commerce**





**Karishma Tyagi  
(SYJC)  
Commerce**



**Karishma Tyagi  
(SYJC)  
Commerce**



**Sae Warankar  
(Junior Faculty)**

**Trisha Pandey  
(FYJC)  
Science**





**Ms. Heena Nakum  
(Junior Faculty)**



**Himanshi Suthar  
(FYJC)  
Commerce**



**Poonam Patel  
(SYJC)  
Commerce**



**Unnati Mistry  
(SYJC)  
Commerce**



**Karishma Tyagi  
(SYJC)  
Commerce**





**Unnati Mistry  
(SYJC)  
Commerce**



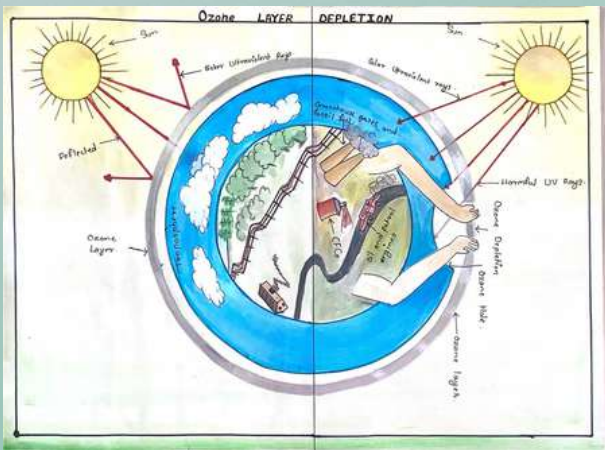
**Palak Gupta  
(FYJC)  
Commerce**



**Payal Chourasiya  
(SYJC)  
Commerce**

**Ms. Sae Warankar  
(Junior Faculty)**





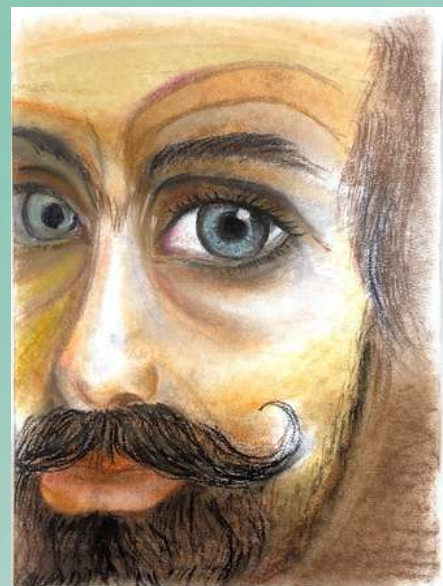
**Sanjana Rewale  
(FYBCom)**

**Harsh Jethwa  
(FYBCom)**



**Dhaval Khope  
(FYBAF)**

**Soham Mestri  
(FYBMS)**





**Roshan Bagwe  
(FYBMS)**



**Janhavi Sakpal  
(FYBCom)**

**Dhaval Khope  
(FYBAF)**

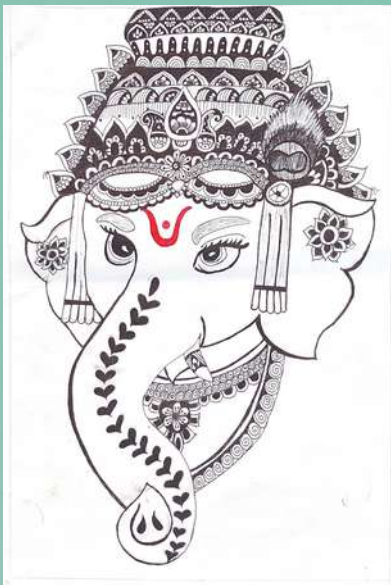




**Kartik Kadam  
(SYBMS)**



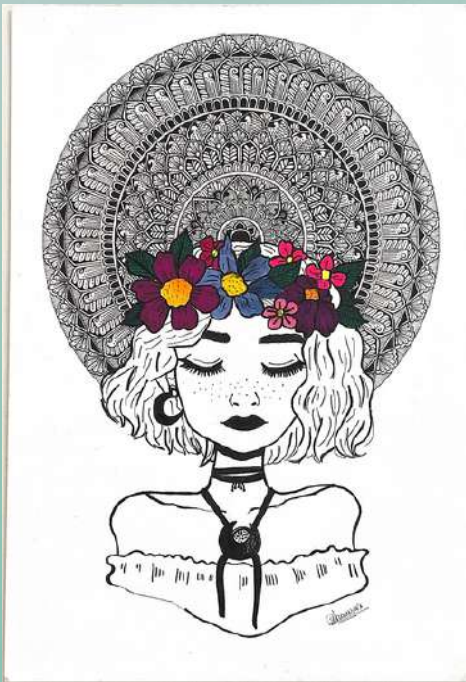
**Neha Vishwarkarma  
(SYBAF)**



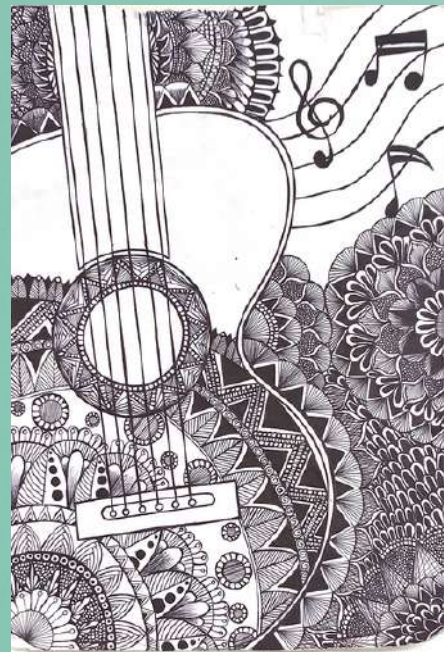
**Sania Suvarna  
(FYBCom)**



**Rohan Undre  
(SYBCom)**



**Shrushti Bhawsar**  
**(SYJC)**  
**Commerce**



**Khusbhu Yadav**  
**(SYJC)**  
**Science**



**Harshika Vaidya**  
**(SYBCom)**

# Glimpses of Departmental Activities



# NSS Activities

## Blood Donation Camp



## Tree Plantation



## International Yoga Day



## Run up Programme for International Coastal Clean Up



## Rakhi Making Competition



## College Rally





## AZADI KA AMRIT MAHOTSAV



## Job Fair Event



## Rapid Chess Tournament



## DLLE Activities



Joy of Sharing

Poster Making



Food Mela

Blood Donation Camp



Powada Singing



Beach Cleaning

Road Safety Rally



Self Defence Program

Udan Fest



Best out of waste

# WDC Activities

## Poster making Competition



## Orientation for First year girls



## Samanata (Gender Week)



## Health and Gender Training Program



## Career Guidance & Enhancement of Employability Skills Workshop



## Breast Cancer Awareness Programme



# Gymkhana Department Activities

## Chess Competition



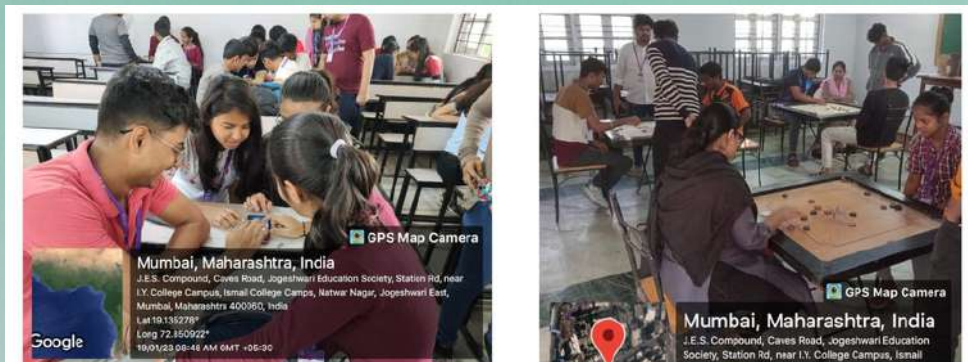
## Carrom Competition



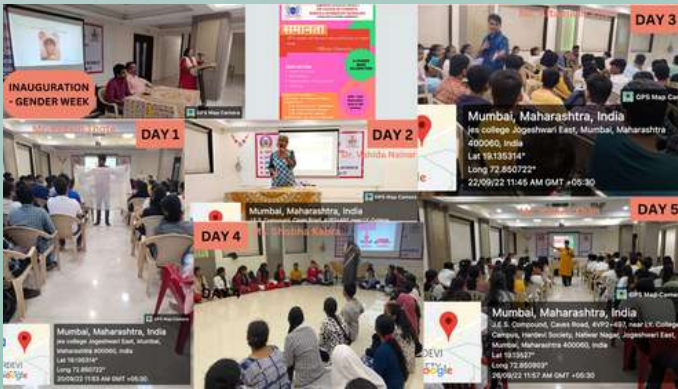
## Sports Day (Outdoor Competition)



## Sports Day (Indoor Competition)

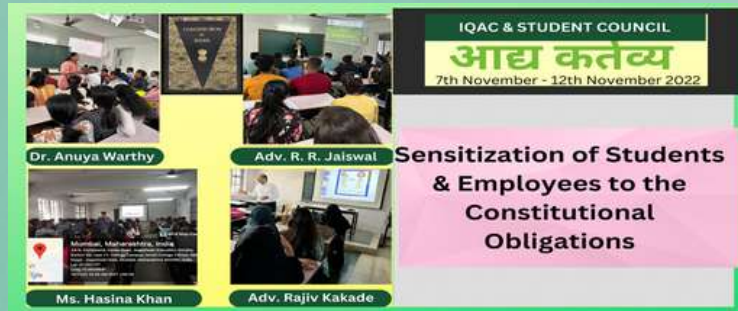


## IQAC Activities



### Gender Week Celebration

### Sensitizing students about Indian Constitution



### Entrepreneurial Skills



### Life Skills



### Bridge Courses Conducted

## Mentoring



## Professional Ethics

## Patriotism



## New Education Policy



## Project Annapurna



## Har Ghar Dastak



Group Accident Guard Policy  
Scholarship to Girl Child  
Senior Citizen Card  
Financial Literacy among illiterate women  
Message of Energy Conservation

## Institutional Distinctiveness



**Inclusive move! Sharing with Transgender**



**Visit to Old Age Home**

# Examination Toppers Junior



## Subject Toppers Students

### Commerce Section

<u>Name of Student</u>	<u>Subject</u>	<u>Marks Obtained</u>
Archita Anand Shinde	English	83
Rahul Rajendra Devadiga	Hindi	88
Aniruddha Anil Mali	Marathi	81
Rajesh Ramlaut Jaiswal	Economics	95
Rajesh Ramlaut Jaiswal	Accounts	98
Rajesh Ramlaut Jaiswal	O.C.M	92
Mrugna Hemant Satam	S.P	92
Rajesh Ramlaut Jaiswal	Mathematics	91

### Science Section

<u>Name of Student</u>	<u>Subject</u>	<u>Marks Obtained</u>
Yogita Ratnakar Sawant	English	82
Ayesha Sajid Shaikh	Hindi	94
Janhavi Nilesh Tirodkar	Marathi	76
Manish Bhavarlal Sharma	Mathematics	75
Awez Abdul Khan	Physics	71
Manish Bhavarlal Sharma	Chemistry	65
Zoya Ayub Shaikh	Computer Science	174
Bhumika Paras Suthar	Biology	85

# Examination Toppers Degree

## FYBCOM



SUVARNA  
SANIA  
RAMANAND



PAWAR SAMRUDDHI  
SANTOSH



SAKPAL JANHAVI  
AVINASH

## FYBAF



JAIN BHOOMI  
SURESH



SHAIKH SANABANO  
MUKHTAR



PRAJAPATI  
PURANKUMARI  
VACHANARAM

## FYBMS



GURAV  
NOOPUR PARAG



GUPTA DEVANGANA  
SURENDRA



GUPTA AAYUSH  
RAMESH

## FYBSc.IT



KUMARI TANISHA  
BHARATKUMAR



TELI SHRUTI  
ANANT



KADAM VAISHNAVI  
MAHENDRA

## SYBCOM



**JATHAR AKSHATA  
BHIKAJI**



**KARUMAMPARA  
SUBIN SANILAN**



**HASMEE SHAHIN  
JABBAR AHMAD**

## SYBAF



**VORA VEDANT  
ASHWIN**



**PUJARE ASHWINI  
SHRIKRISHNA**



**GUPTA SHRUTI  
VINOD**

## SYBMS



**POOJARI CHAITRA  
NARAYAN**



**SONAR KASHISH  
BHARAT**



**YADAV KARAN  
RAKESH**

## SYBSc.IT



**KURANE  
PRUTHVIRAJ  
RAJENDRA**



**KUMAR  
DIVAKAR  
BIRENDRA**



**KANNOJIYA  
SUJEET KUMAR  
SANJAY**



**PAL MANISH  
MANSHALAL**

**TYBCOM**



**KAMBLE  
DARSHAN  
MAHENDRA**



**KESHARWANI  
SANGEETA  
MUNNALAL**



**LAGAS  
SNEHA  
RAJU**



**KALINGAN  
SAILEE  
NITIN**

**TYBAF**



**Sonam  
Mukeshchandra  
Saroj**



**Deepak  
Mahesh  
Kandur**



**Durga  
Vachanaram  
Prajapati**

**TYBMS**



**BANE TANVI  
SUNIL**



**SINGH SANSKRITI  
RAMSHAMUJHA**



**TANDEL  
SAMRUDDHI NUTAN**

**TYBSc.IT**



**Jyoti Rahate**



**Khushboo Mishra**



**Aadarsh Yadav**

## **Report on PARIVARTAN 2K23**

The second Intercollegiate fest PARIVARTAN 2K23 of JES College of Commerce Science & IT was a two days' affair where various events in sports both outdoor and indoor, Fine Arts, Performing Arts and Management Events were conducted with great enthusiasm and spirit of excellence. The fest was organized in the campus on 30th and 31st of January 2023 from morning 9:00 a.m. to 5:00 p.m. in the evening. A point to noted here was the involvement of students from all streams who contributed in various ways to turn it into a grand event – Decoration, acquiring sponsors, conducting CL meets, getting entries, coming out with innovative ideas, giving out their time and energy and putting their heart and soul into it.

The two days fest witnessed some eminent personalities who wholeheartedly accepted the invitation as Chief Guest and other who achieved success in relevant fields were invited as Judges for those events of their interest and knowledge.

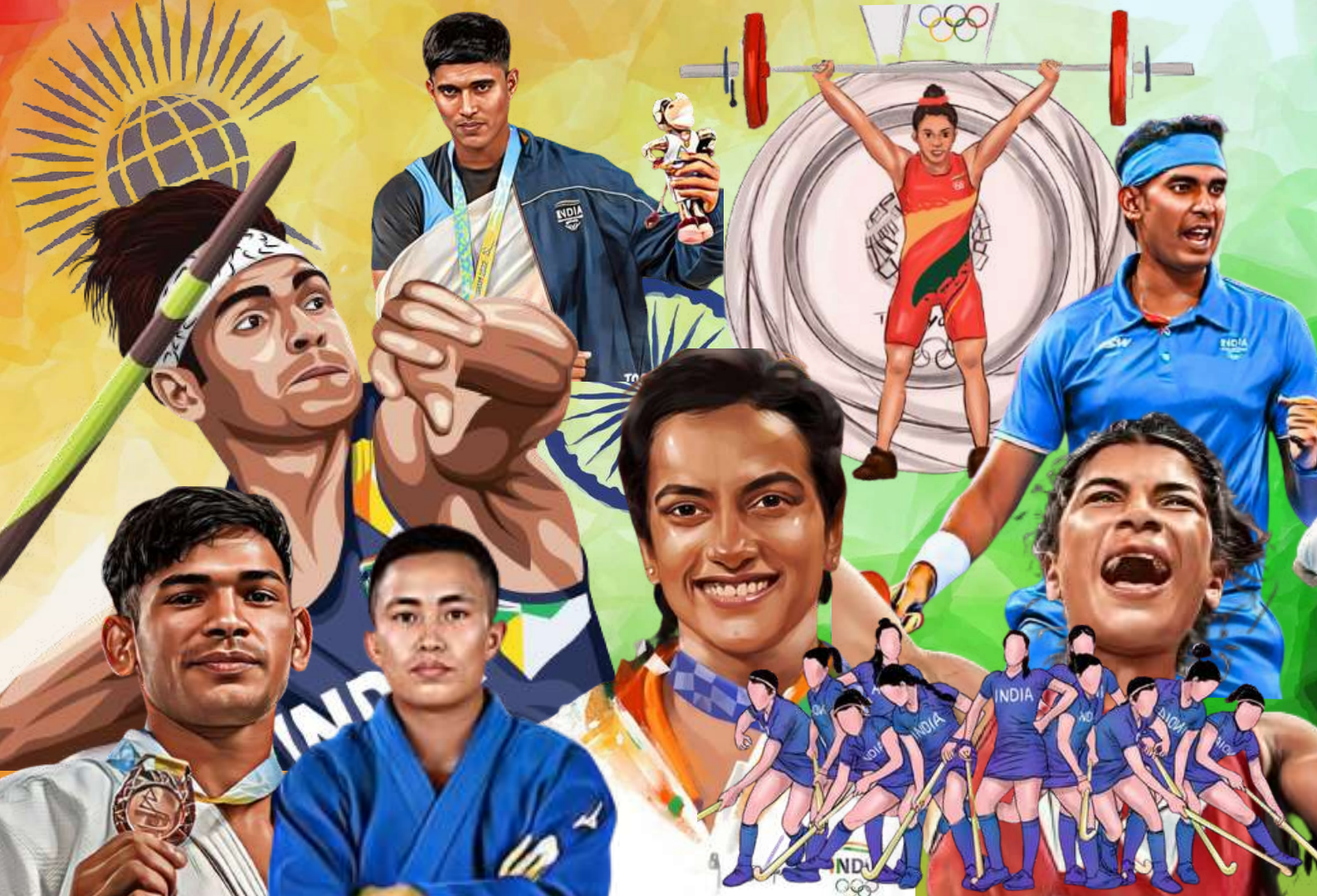
JES was fortunate to have Satish Wagh's Supriya Life Science Ltd., NKGSB Coop. Bank, The Saraswat Bank as their main sponsors and Prime Zone, Academy Achievers, Capstone, Mad Events, DJ Manish, Balwan Security Services, Atharv Print & Packages as their supporting sponsors.

Eminent Personalities like Shri Satish Wagh, founder, Supriya life Science Ltd, Shri Gopal Shetty, MP from North Mumbai, Shri Pankaj Yadav, Ex Corporator, Shri, Shri Vishal Pardeshi Journalist & Producer, Shri Sanjay Manjrekar Chief of Fire Brigade Mumbai, Shri Nikhil Vyas Social Entrepreneur & Educationists Yunus Bhai youth Leader BJP, Ms. Kinjal Bhanushali, Ms. Sushmita Yadav, Singer, Mr. Rishank Devdiga, Ms. Komal Devkar, Prof Suresh Pujari, Versatile singer, Mr. Rushal Karale Painter, Ms. Shweta Dafade owner of Diamond production, Shri Sameer Raut, Deputy CGM from the Saraswat Bank and Dr. MCV Maheswar Reddy DCP Zone X, Mumbai visited the college during the two day fest and graced the events.

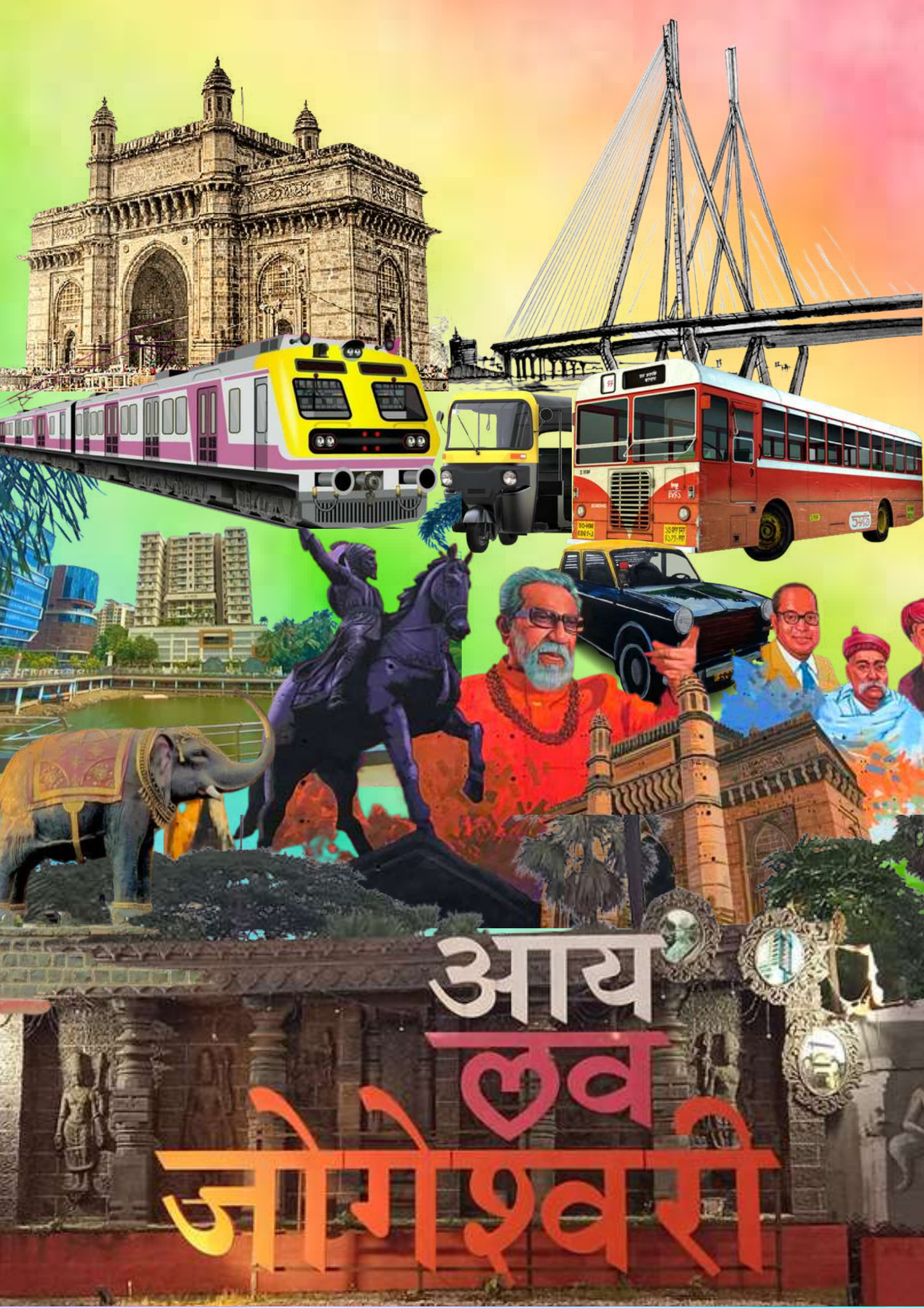
On the first day elimination rounds of cricket and football were conducted, kabaddi, speed Typing, Nail Art, Human Ludo, Carom, Chess, Web Design, Mehendi, Tug of War, Error Detecting, Tattoo Making were the events organized on the trust and different halls on the II floor, Mono Acting, Standup Comedy, and fashion show found their place in the evening lots from 4:30 p.m. on wards for which Shri Uday Nadkarni Ex Director the Saraswat Bank, and Ms. Kinjal Bhanushali were the judges. The college had the privilege of Mr. Rushal judging the Poster Making event.

On the second and final Day of the fest, finals of Cricket and football were conducted. Kho-Kho, Best out of West, Poster Making, Fifa Next Gen, Quilling, Debate, Business Proposal were the other events spread out during the day. In the evening on 31st from 5:30 p.m. singing and Dance both solo and Group were conducted on the Singing event. Ms. Sushmita Yadav judged the singing event. JES family's branch has dance teachers Mr. Sagar Babar, Mr. Pawan Salgonkar and Ms. Bhakti who judged the Dance events. The College had a whopping 1360 participants from 87 Colleges across Mumbai and Thane which was a record in itself. The entire fest was full of life and got concluded in a cordial way which would be remembered and cherished for a long time to come.









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जोगेश्वरी