

## 77 YEARS OF FREEDOM

### CHINMAYA CELEBRATED INDIA'S 78th INDEPENDENCE DAY

C. K. SHIYONA

Chala: Chinmaya Arts and Science college for women celebrated India's 78th Independence Day with great enthusiasm. The day's celebration began with a flag-hoisting ceremony, led by our college principal, Dr. Seema M. Thayil, in the morning.

To commemorate Independence Day, the college union had organised a range of programs, including patriotic song and dance performances, as well as a quiz competition.

Independence Day in India is celebrated annually commemorating the country's freedom from British colonial rule. The Prime Minister of India hoists the national flag at the Red Fort in New



*Freedom of Peace:* Dr. Seema Thayil addresses the students after the Tiranga flag-off ceremony.

Delhi, followed by a parade and a televised address to the nation.

Various cultural events and programs are organized in state capitals, showcasing India's diverse culture and heritage.

The college considers Independence

Day a significant occasion and is going all out to make it a memorable celebration. The college union is working hard to ensure the success of these events and make this Independence Day truly special.

## IGNITING CURIOSITY

### FYUGP Fosters a Culture of Academic Freedom

The Four-Year Undergraduate Program (FYUGP) breaks traditional academic boundaries, offering students unmatched flexibility to explore subjects beyond their major.

#### Minor Courses: A Treasure Trove of Knowledge

With 51 minor courses at their fingertips, students can delve into uncharted territories, selecting from a diverse range of subjects that complement their major. Chinmaya Arts and Science College's six departments offer a tantalizing array of minor papers, from the fascinating world of biotechnology to the captivating realm of film appreciation.

#### Navigating the FYUGP Landscape

Students can choose from three pathways: Single Major, Major with Minor, and Major with Multidisciplinary, each tailored to their unique academic aspirations. With a credit system that rewards exploration and excellence, students can complete their degree in three or four years, accumulating a treasure trove of knowledge and skills.

#### Foundation Courses: The Building Blocks of Success

FYUGP's foundation courses provide a solid academic foundation, equipping students with essential skills and knowledge. From language skills and multidisciplinary topics to value-added skills and skill enhancement, these courses empower students to succeed in their chosen fields.

#### A New Frontier in Undergraduate Education

FYUGP's innovative approach heralds a new era in undergraduate education, liberating students from traditional academic constraints. As we embark on this exciting journey, it's clear that FYUGP will revolutionize the way we learn, producing bold, curious, and visionary graduates.

## RAGGING FREE CAMPUS: CHINARTS PRIDE

K.V. AFRAH



Chala: Chinmaya Arts and Science College for women has established a dedicated anti-ragging mechanism, prioritizing students' safety and well-being. Ragging is a menace that has long lasting physical and psychological impact. The College has adopted zero tolerance policy towards ragging, affirming its commitment to preventing and addressing such incidence.

To combat ragging, Chinmaya College has set up:

#### Anti-Ragging Committee

A dedicated committee comprising faculty members, students, and administrative staff to monitor and address ragging incidents.

#### Anti-Ragging Cell

A special cell to receive complaints and take prompt action.

#### Ragging Prevention Squad

A team of senior students and faculty members to monitor and prevent ragging.

#### Mentor-Mentee System

Senior students are assigned as mentors to junior students for guidance and support.

Through these measures, Chinmaya College aims to prevent and address ragging incidents, ensuring a secure and inclusive environment for all students. The college's proactive approach demonstrates its dedication to protecting students' well-being and promoting a culture of respect and inclusivity.

Anitha Haridas, HoD of BCA Department, stated that "Ragging hurts the self-esteem of your fellow beings. Say no to ragging and yes to healthy bonding."

By affiliating with a zero-tolerance policy towards ragging, Chinmaya College sends a strong message that such behavior will not be tolerated, and perpetrators will face swift and severe consequences.

## KERALA'S RICH HERITAGE ON DISPLAY ADI-VEEDAN THEYYAM AT CHINARTS

K. AYISHA THAMANNA

Chala: Students of Chinmaya Arts and Science College are in for a unique cultural experience as they prepare to witness the traditional Adi-Veedan Theyyam performance, a centuries-old folk art form native to the region.

The event, scheduled for August 9th, will feature a mesmerizing performance of Adi-Veedan Theyyam, a variant of Karkkadaka Veedan Theyyam, performed by two young children. This ancient ritual is an integral part of Kannur's cultural heritage and showcases the rich traditions and customs of the region.

Karkkadaka Veedan Theyyam is a distinctive type of Theyyam performance that is widely practiced in the Kannur region of Kerala, India. This vibrant art form is known for its elaborate costumes, intricate rituals, and energetic performances, which are believed to bring blessings and prosperity to the community.



*Honoring the Past:* Students set to experience Kerala's folk art form; Karkkadaka Veedan Theyyam.

By exposing students to this traditional art form, the college aims to promote cultural awareness, appreciation, and understanding among the younger generation. The event promises to be an enriching experience for the students, offering a glimpse into Kerala's rich cultural tapestry.

The Karkkadaka Veedan

Theyyam performance is a testament to the region's commitment to preserving its cultural heritage and passing it down to future generations. As the students of Chinmaya College prepare to witness this spectacular event, they are sure to be inspired by the vibrant traditions and customs of Kerala.

## ARADHANA DAY Chinarts Remembers Pujyaguru S. GOPIKA



Chala: Chinmaya Arts and Science College marked the 31st death anniversary of Pujyaguru Chinmayananda with Aradhana Day observances.

Observed annually on August 3rd or 4th, Aradhana Day marked the 31st death anniversary of Swami Chinmayananda. On this day, devotees came together to pay tributes, recite prayers, and engage in spiritual activities such as meditation, chanting, and studying his teachings.

Through his message of selfless service, spiritual growth, and the

importance of living a purposeful life, Swami Chinmayananda continues to inspire people to walk on the path of spiritual enlightenment and self-discovery.

His legacy lives on through the Chinmaya Mission, which has been instrumental in spreading his teachings and values globally.

Aradhana Day remains an important occasion for devotees to come together and honor the memory of a spiritual leader who continues to inspire and guide millions.



## CHINMAYA UNVEILS SKILL DEVELOPMENT PROGRAM

**K. AYISHA THAMANNA**

Chala: Chinmaya Campus was launched a range of skill developing classes, aimed at enhancing specific skills and knowledge areas for personal and professional growth. The classes will cover diverse fields, including:

### Creative Art 1

Glass painting, embossed painting, and more...

### Creative Art 2

Hangings, beadwork, flower vase making, ornaments making, and more...

Hand stitching, Beautician courses, Mural painting, Cookery, Dance, Yoga, Music etc...

Expert mentors lead each course,

ensuring students receive top-notch guidance. Attendance is mandatory for first and second-year students, who will have the opportunity to join one of the above classes.

Course allotment will be based on the preferences and class strength

### Certification

Students with 75% or higher attendance will receive a certificate, acknowledging their skill development.

These skill developing classes align with Chinmaya Campus's mission to provide a holistic education, empowering students to excel in their chosen paths. Don't miss this chance to enhance your skills and interests.

## ORIENTATION

### A PERFECT BLEND OF FUN AND LEARNING

**S. GOPIKA**

Chala: The orientation programme for the 1-year UG programme at Chinmaya Arts and Science College for Women came to a close on 12 July with a series of engaging events and activities.

The programme commenced with an invocation and welcome speech by Ms. Amra Ashraf CK, followed by an FYUGP orientation conducted by Dr. Reshmy K, teacher of the PG Dept. of Biotechnology.

The three-day orientation programme saw enthusiastic participation from students, with each day featuring a different resource person. Mr. Sanal Padikkanam led the first day's proceedings, while Ms. Lavanya, a resource person and life



**New Beginnings:** UG Programme Orientation Comes to a Close

skill training expert, took charge on the second day. Ms. Archana Praveen, another resource person, conducted the third day's session.

Mita Vinaya Kumar, a III BCom student, delivered the induction address, while Pournami Caushal Nambiar proposed the vote of thanks.

The highlight of the programme

was the series of games and activities conducted by Mr. Sanal Padikkanam, including a fruit salad game, singing and acting out a song, finding a friend with eyes closed, and a logic-free conversation game, which saw participants receiving gifts.

The orientation programme aimed to familiarize students with the college environment and provide a platform for them to interact with their peers and faculty members. With its mix of informative sessions and engaging activities, the programme was deemed a resounding success.

The programme concluded with the teachers entering the auditorium and the principal presenting a gift to Mr. Sanal Padikkanam in appreciation of his efforts.

## CHINARTS' LIBRARY

### A HUB FOR ACADEMIC EXCELLENCE

**K. V. AFRAH**



**Legacy of Knowledge:** Chinmaya Arts and Science College Library

Chala: The library at Chinmaya Arts and Science College for women has emerged as a state-of-the-art resource center, catering to the academic and research needs of students, faculty, and staff. With an extensive collection of books, journals, and digital resources across various subjects, the library is a treasure trove of knowledge.

Equipped with modern infrastructure, including printers and scanners, the library

offers a range of services, including access to digital resources like e-books, online journals, databases, and research platforms. The library's facilities include reading halls, study areas, quiet reading zones, and silent study spaces, providing a conducive environment for learning and research.

Open to all members of the Chinmaya College community during college hours, the library is a vital resource for academic success. With its vast resources and facilities, the library is poised to support the college's mission to foster academic excellence.

## ANNA KSHETHRA WHERE CLEANLINESS MEETS QUALITY

**K. AYISHA THAMANNA**

Chala: Chinmaya Institute's Anna Kshethra, the iconic cafeteria, has raised the bar for healthy and hygienic food options on campus. The name "Anna Kshethra" itself reflects the kitchen's commitment to purity and completeness, inspired by the Hindu goddess of food and kitchen.

The crowning glory of Anna Kshethra is its open kitchen, equipped with CCTV cameras, allowing students to witness the culinary expertise and cleanliness firsthand. This transparency ensures a safe

and healthy dining experience, making it a popular spot for students, faculty, and staff.

Anna Kshethra offers affordable and reasonably priced vegetarian food options, making it accessible to all. The emphasis on vegetarian cuisine provides numerous health benefits, particularly for students, promoting overall well-being and development.

### Keyhighlights

Open kitchen with CCTV cameras for transparency.

High standards of hygiene

and cleanliness.

Affordable and reasonably priced vegetarian food options.

Spacious and comfortable seating area for relaxation and socialization.

Commitment to purity and completeness, inspired by Hindu mythology.

Anna Kshethra has become a benchmark for healthy and hygienic food options in educational institutions, setting a new standard for campus dining experiences.

## EMPOWERING YOUTH, ENRICHING LIVES CHYK INDUCTION PROGRAM

**K. K. DEVAPRIYA**

Chala: The Chinmaya Yuva Kendra (CHYK) induction program was conducted in the auditorium of Chinmaya Vidhyalaya, marking a significant milestone for the youth wing of the Chinmaya Mission.

The program commenced with a soulful prayer by the CHYK choir group, followed by the traditional lighting of the lamp by esteemed guests. Mita V.K., Secretary of CHYK, extended a warm welcome to the attendees.

Shri K.K. Rajan, Chief Seva, CMECT Kannur, delivered the presidential address, emphasizing the importance of empowering youth with values and vision. Brni Disha Chaitanya presented the inaugural speech, inspiring the



young minds to strive for excellence.

The program was felicitated by prominent dignitaries, including Shri Mahesh Chandra Baliga, Secretary of Chinmaya Mission; Prof. C.P. Sreenath, Zonal Director of Chinmaya Colleges, Kerala; and Shri Vijayanand A.N., Principal of Chinmaya Vidhyalaya.

The CHYK secretaries from

various institutes hosted the flags, symbolizing unity and solidarity. Ms. Pournami K. Nambiar led the gathering in reciting the Chinmaya Mission pledge.

The highlight of the program was the distribution of Gurudakshina and badges to all CHYK secretaries, recognizing their dedication and commitment.

As a global youth wing of the Chinmaya Mission, CHYK aims to empower young people with vision, values, and dynamism for success in all fields. Through weekly classes and various programs, CHYK nurtures the potential of youth, fostering spiritual growth, cultural awareness, and social responsibility.

## PIONEERING SUSTAINABLE EDUCATION FOR A BETTER TOMORROW

**C. K. SHIYONA**

Chala: Chinmaya Arts and Science College for women has transformed its campus into a sustainable and eco-friendly haven, showcasing its commitment to environmental conservation.

The college has meticulously maintained lush gardens, and biodiversity conservation areas, providing a serene and peaceful environment for students and faculty alike. The campus promotes sustainable agriculture practices through organic farming, ensuring a healthy and chemical-free produce.

Waste management is another area where the college has taken significant strides. Implementing segregation, composting, and recycling,

the campus has minimized its carbon footprint and reduced waste generation.

By integrating eco-friendly practices into its daily operations, the college is nurturing a generation of environmentally conscious citizens.



**Healthy Campus, Happy Campus:** Nurturing minds in a serene environment, with lush green garden.