



A NEW CHAPTER BEGINS

COLLEGE UNION & FINEARTS INAUGURATION ON OCT 4

S. GOPIKA

Chala: Chinmaya Arts and Science College for Women is set to inaugurate its College Union and Fine Arts Association on October 4th.

The ceremony, scheduled for 10:00 AM at the college auditorium, will transfer power to newly elected union members. Renowned novelist Sri Kalpetta Narayanan and popular RED FM jockey Sri Jithu will grace the occasion as honorary guests.

The program consists of two segments: an official inauguration ceremony, followed by a cultural inauguration. College Principal Dr. Seema



New Leadership: College Union members with Principal Dr. Seema M. Thayil after the declaration of their victory

M. Thayil said, "We are excited to welcome Sri Kalpetta Narayanan and Sri Jithu to our campus. This inauguration marks a significant milestone in our students' journey."

SECURING THE DIGITAL FUTURE

TRAI PARTNERSWITH CHINARTS FOR CYBERSECURITY AWARENESS

K.V. AFRAH

Chala: Chinmaya Arts and Science College for Women, in collaboration with the Telecom Regulatory Authority of India (TRAI), organized a comprehensive cybersecurity awareness drive on Wednesday, September 25th.

Cybersecurity experts Chandra Choodan, Joint Advisor, Regional Office, TRAI, Bengaluru, Bijumon, Superintendent of Police, Government of Kerala, and K. Muralidhara, Senior Research Officer, TRAI, Bengaluru, conducted the special sessions.

The consumer outreach program on cybersecurity aimed to educate students on online safety, digital literacy, and best practices to



Spreading Awareness, Ensuring Safety: Cybersecurity Experts Share Insights with Chinmaya College Students

prevent cyber threats. The program was led by Shri Muralidhara, who handled the introductory session, while Shri Chandra Choodan presented on Telecom Rights and Privileges. Shri Bijumon led the class on cybersecurity and related current issues.

Additionally, officers presented on cybersecurity threats analysis, network secu-

rity, and incident response. Interactive sessions focused on safe browsing habits, phishing scams, and password management, with discussions on emerging trends in cybersecurity, including AI-powered threats and social engineering.

More than 240 students and faculty members participated in the program, and TRAI generously provided a delicious meal to all registered attendees.



A Small Reward from the behalf of Chinmaya Arts and Science College

THE DOUBLE-EDGED SWORD

Balancing Benefits and Risks of Mobile Phones

As we navigate the complexities of modern life, mobile phones have become an indispensable tool, transforming the way we communicate, access information, and manage our daily routines. However, this technological advancement comes with a cautionary tale – the potential for misuse and detrimental consequences.

Mobile phones have revolutionized communication, enabling instant connections with loved ones and providing unparalleled access to information. Educational resources, entertainment, and productivity tools are just a tap away. Mobile banking, online shopping, and navigation have redefined convenience.

Yet, overreliance on mobile phones can lead to addiction, social isolation, and decreased attention span. Distractions caused by mobile phones contribute to accidents, decreased productivity, and compromised privacy. Cyberbullying, harassment, and online abuse also lurk in the digital shadows.

Excessive mobile phone use has alarming physical and mental health implications, including eye strain, headaches, and decreased physical activity. To harness the benefits while mitigating the risks, responsible mobile phone use is crucial. Setting boundaries, utilizing parental controls, and engaging in digital detox are essential strategies.

Mobile phones are a double-edged sword – empowering and convenient, yet potentially damaging. By acknowledging the risks and adopting responsible usage habits, we can ensure these devices enhance our lives without controlling them. It is time to reassess our relationship with mobile phones and strike a balance between technology and wellbeing. Establishing mobile-free zones and times, implementing parental controls, practicing digital detox, promoting responsible mobile phone use education, and encouraging physical activity and outdoor engagement are all necessary steps.

By embracing responsible mobile phone use, we can maximize the benefits of this technology while safeguarding our physical, mental, and social wellbeing.

Chinmaya Arts and Science College Embarks on Campus Cleaning Drive

K.K. DEVAPRIYA

Chala : Chinmaya Arts and Science College for Women conducted a campus cleaning drive as part of the "Swachatha Hi Seva" program on October 1, 2024. The initiative, held at 10:00 AM, saw active participation from the college's NSS volunteers.

Under the guidance of NSS Program Officer Miss Deepthi, the volunteers meticulously cleaned all areas of the campus, collecting waste and ensuring a spotless environment.

The drive aimed to promote cleanliness, hygiene, and environmental awareness among students and staff. By taking ownership of their campus, the NSS volunteers demonstrated their commitment to social responsibility



Swachatha Hi Seva: Volunteers on work

ty and community service.

"Swachatha Hi Seva" is a nationwide initiative that emphasizes the importance of cleanliness and sanitation. Chinmaya Arts and Science College's efforts align with this vision, fostering a culture of sustainability and civic engagement.

NSS DAY -A CELEBRATION OF YOUTH POWER AND COMMUNITY ENGAGED

C.K.SHIYONA



Chinarts celebrates NSS Day with enthusiasm

Chala: Chinmaya Arts and Science College for Women observed NSS Day on September 24, showcasing the power of youth and community engagement. The event was inaugurated by Dr. Nafeesa Baby, special guest from Kannur University's DSS.

This year's theme, "Eco Evolve," highlighted the college's commitment to environmental sustainability. The NSS unit organized an eco-art exhibition featuring innovative products crafted from waste materials collected from nearby areas.

The event offered a range of attractions, including a game corner, food court, and NSS store. The game corner proved to be a major draw, especially for students

from Chinmaya Vidyalaya who joined the celebration.

The food court offered a diverse array of cuisine, including Pani Puri, Gulab Jamun, and fruit salad. Meanwhile, the NSS store showcased handmade products created by the college's NSS volunteers. The eco-art exhibition demonstrated the creative potential of recycling and upcycling. By transforming waste into art, the students sent a powerful message about the importance of environmental conservation.

The event underscored Chinmaya Arts and Science College's dedication to fostering community engagement, social responsibility, and environmental awareness among its students.

Empowering Future Tech Leaders: Chinmaya College at ICSET 2024

K. DIYA REJITH



ICSET 2024: Chinmaya College Students Explore AI and Tech Frontiers

Calicut: Students from Chinmaya Arts and Science College for Women's BCA department are set to attend the prestigious ICSET 2024: Future of Engineering and Technology event. The college's first and second-year students will participate in 'The Quantum Leap' hands-on workshop, scheduled for September 27th at Markaz Complex, Calicut Tower.

Led by Lt. Lakshya Singh, Head of Public Policy and Government Affairs at Un-stop, the session will commence at 1 pm. The workshop,

organized by ICT Academy of Kerala in collaboration with Microsoft, will focus on Generative AI with Copilot in Bing, empowering students to develop innovative solutions.

"We appreciate the students' interest in attending the Gen AI conclave, which is crucial for computer science students," said by an event spokesperson.

This initiative underscores Chinmaya Arts and Science College for Women's commitment to providing students with cutting-edge knowledge and skills in emerging technologies.

WASTE TO ART : College NSS Unit Organizes Eco Art Exhibition on NSS Day

MANASA PRAMOD

Chala :The National Service Scheme (NSS) unit of Chinmaya Arts and Science College For Women celebrated NSS Day with a unique initiative—an Eco Art Exhibition that showcased artwork created entirely from waste materials. Held on the college campus, the exhibition highlighted the theme of sustainability and environmental consciousness, aiming to raise awareness about the importance of recycling and upcycling.

Students actively participated, transforming discarded materials like plastic bottles, newspapers, broken electronics, and fabric scraps into impressive sculptures and wall hangings. Each piece reflected the students' creativity and innovation while emphasizing waste's potential as a resource.

College Principal Dr. Seema M Thayil inaugurated the event, praising the NSS volunteers and participating students. A notable highlight was the incorporation of everyday cleaning products like soap and phenyl into artistic creations, emphasizing cleanliness, hy-



Eco Evolve: Chinmaya Arts & Science College Celebrates NSS Day with Eco-Friendly Twist

giene, and sustainable living.

The exhibition left a lasting impression on the audience, encouraging critical thinking about common products' role in eco-friendly practices. The event drew attention from various college departments and reinforced NSS's commitment to social

and environmental causes.

The best eco-friendly artworks were recognized and rewarded for creativity and impact. This initiative aims to inspire students and the community to adopt environmentally friendly practices, contributing to a greener future.

CHINMAYA ARTS AND SCIENCE COLLEGE UNION LEAVES A LASTING LEGACY

K. AYISHA THAMANNA

Chala: The outgoing union of Chinmaya Arts and Science College for Women has made history with its innovative initiatives and inclusive celebrations.

The outgoing union, led by Chairperson Amra Asaref CK, Vice Chairperson Geethika K, Secretary Devanandha Mahesh, Joint Secretary Anushka OK, UUC Shalbha Sajesh, Student Editor Parvathy Athilat, Fine Arts Mita Vinaya Kumar, General Captain Surya D, IDC Rep Riya Rafi, 2DC Rep Aaliya HashiqueCotticollen, 3DC Rep Veda NJ, PG Rep Sanjana Sreekumar, BCA Association Maneka Manoj, Commerce Association Pournami Kaushal Nambiar, Management Association Krishna Gireesh, and English Association Poorna Sreenivasan, has left an indelible mark on the college's history.

For the first time, the union conducted elaborate cele-

brations for Holi and Diwali, filling the community with vibrant colors, joyful laughter, and warm festivities. These celebrations brought people together, reveling in the spirit of these iconic Indian festivals.

In a monumental leap towards promoting women's sports, the union hosted an intercollegiate football tournament exclusively for women at Chinmaya Shankaram, Cochin. This thrilling platform showcased talented female athletes from various colleges, highlighting their skills, teamwork, and passion for the beautiful game.

The union also conducted Kerala Piravi celebrations, commemorating the formation of Kerala state in 1956. The venue was decorated with traditional Kerala elements, such as pookalam and traditional lamps.

Christmas celebrations were

held for the first time in the college's history, spreading joy, love, and cheer among students and faculty. The union's Collage Day celebration was a grand program, encouraging creativity, self-expression, and community engagement. Participants showcased their artistic talents, fostering connections and a sense of community.

Through these initiatives, the outgoing union has created lasting memories and a sense of accomplishment. Their legacy will continue to inspire future generations of students.

The college community looks forward to the incoming union's endeavors, hoping to build upon the foundations laid by their predecessors. As the baton is passed, the spirit of unity, creativity, and inclusivity will continue to thrive at Chinmaya Arts and Science College For Women.