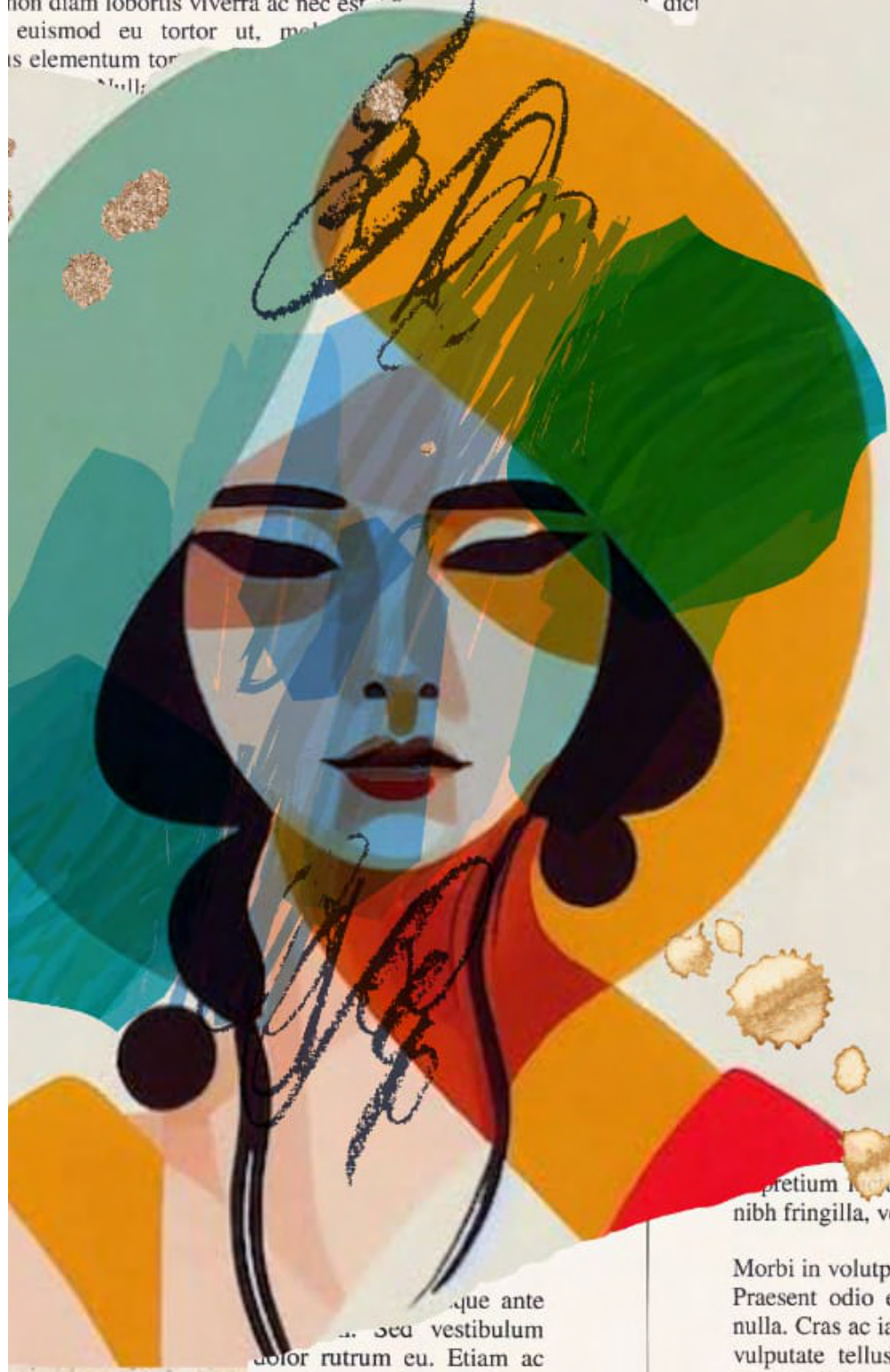




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# M U S E

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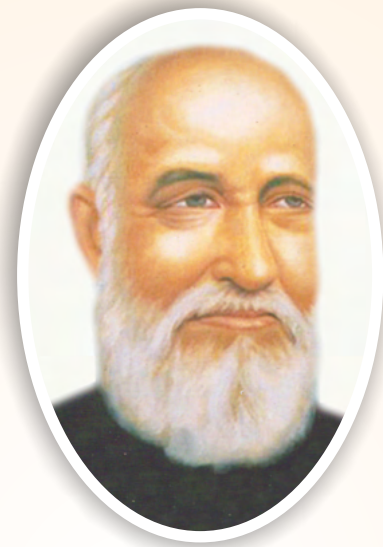
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## MULLER WAVE- 2023-2024

# REV. FR AUGUSTUS MULLER S.J

## Our Founder



Rev. Fr Augustus Muller, a German Jesuit priest, founded Father Muller Charitable Institutions in Mangalore, India, in 1880. Renowned for his dedication to healthcare and education, Fr Muller initially arrived in India as a missionary. Observing the dire need for medical services, he established a small dispensary in Kankanady, which gradually evolved into the comprehensive healthcare institution known today as Father Muller Medical College and Hospital.

Fr Muller's commitment to serving the poor and marginalized communities was profound. He was particularly focused on providing care to those who could not afford medical services. His work extended beyond physical health; he was instrumental in uplifting the socio-economic conditions of the local population through various charitable initiatives.

Under his leadership, the institution expanded its services, incorporating modern medical practices while maintaining a compassionate, patient-centric approach. Fr Muller's legacy is characterized by his holistic vision of healthcare, integrating spiritual care with medical treatment. His relentless efforts laid a strong foundation for what has become a renowned institution, continuing to serve thousands of patients annually, upholding his values of service, compassion, and excellence in medical care.

Today, Father Muller Charitable Institutions stand as a testament to Fr Muller's vision and dedication, embodying the Jesuit ethos of serving humanity with unwavering commitment.

# Father Muller College

SPEECH & HEARING





**M**

**U**

**S**

**E**



A "muse" is a source of inspiration that stimulates the creative process. Originating from Greek mythology, the Muses were nine goddesses who presided over the arts and sciences, each inspiring human creativity in different domains such as poetry, music, and dance. In modern contexts, a muse can be anything or anyone that sparks an artist's imagination and drives them to create.

For a writer, a muse might be a person whose presence evokes profound emotions, compelling them to write eloquent prose or heartfelt poetry. For a painter, it could be the shifting colors of a sunset, infusing their work with vibrant hues. Musicians might find their muse in the rhythms of nature, translating the sounds of the world into melodic compositions.



The concept of a muse highlights the mysterious and often intangible nature of inspiration. It underscores the deep connection between the external world and the internal creative spirit, illustrating how beauty, emotion, and even mundane experiences can ignite the spark of artistic creation. Ultimately, a muse serves as a reminder that inspiration can be found everywhere, waiting to be discovered and transformed into art.



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# BISHOP'S MESSAGE

Most Rev. Dr Peter Paul Saldanha



Dear Faculty and Students,

It is with profound joy and heartfelt blessings that I extend my warmest congratulations to all who have contributed to the creation of this year's edition of & "Muller Wave." This annual college magazine stands as a testament to the dedication, creativity, and academic excellence that are the hallmarks of the Father Muller College community.

The "Muller Wave" magazine not only showcases the academic and extracurricular achievements of your department but also serves as a platform for the exchange of knowledge, ideas, and experiences. It is inspiring to see the hard work, innovation, and collaborative spirit reflected in its pages. Each article and story is a testament to the passion and commitment you bring to the vital field of speech and hearing.

The work of speech and hearing professionals is of paramount importance in our society. By helping individuals overcome communication challenges, you significantly enhance their quality of life. Your dedication to diagnosing, treating, and supporting those with speech and hearing impairments embodies the very essence of compassionate care and service. Your contributions make a profound difference, fostering inclusion and understanding within our communities.

As you continue to pursue your academic and professional goals, may "Muller Wave" be a source of inspiration and motivation. I encourage you to keep pushing the boundaries of knowledge and to strive for excellence in all your endeavours. Your efforts not only enrich your lives but also profoundly impact the lives of those you serve.

May God bless each of you with wisdom, strength and perseverance. May this edition of "Muller Wave" be a resounding success, touching the hearts and minds of all its readers.

# DIRECTOR'S MESSAGE

Rev. Fr Richard Aloysius Coelho



Dear Faculty and Students,

In a world where the Muller Wave sets the tone clearer year after year, it's imperative to reflect on the power of communication, particularly in understanding the narratives of differently abled individuals. Their boldness, motivation, and purpose in life have continuously inspired us. Yet, amidst these tales of resilience, there exists a disheartening reality—many waste their talents, lacking direction and purpose.

God has bestowed upon each of us faculties to navigate through life's journey. However, the true potential of these faculties remains dormant until we choose to utilize them to their fullest extent. It's in the exploration of these hidden capabilities that our true essence emerges.

Consider the distinction between hearing and listening. While hearing is the mere process of perceiving sound, listening involves a deeper level of engagement—a thoughtful attention to what is being communicated. Similarly, there's a disparity between blabbering and talking; one is simply producing words, while the other entails meaningful expression.

Human existence thrives on communication. It's the thread that weaves together the fabric of society, fostering connections and understanding. When this communication channel is disrupted, the very essence of our interactions is compromised.

Yet, in our fast-paced world, genuine listening seems to be a lost art. We're often too preoccupied with our own thoughts, agendas, and distractions to truly listen to others. This lack of attentive listening creates a chasm between individuals, hindering meaningful connections and understanding.

It's time for a paradigm shift—a collective commitment to embracing the power of listening. By cultivating a culture of active listening, we can bridge the communication gap that plagues our society. It's about more than just hearing words; it's about empathetically understanding the emotions, perspectives, and experiences behind them.

Aged, ear and speech traumatized and the differently abled individuals have shown us the importance of perseverance and resilience in the face of adversity. Let us now learn from their example by extending the same level of empathy and understanding in our everyday interactions.

In a world where communication is key, let us unlock its full potential by listening with open hearts and minds. Together, let us pave the way for a more empathetic, connected, and understanding society—one where the power of listening transcends barriers and fosters genuine human connection.

Wishing the Editor and the team all the best for their collective efforts, hard work and team spirit in bringing out the Muller Wave to light.



# ADMINISTRATOR'S MESSAGE

Rev. Fr George Jeevan Sequeira



In the symphony of life, inspiration serves as the guiding melody that leads us through the intricacies of our journey. As students and professionals in the field of speech and hearing therapy, we are privileged to witness the transformative power of inspiration each day.

Our college, a beacon of hope and healing, is fueled by the stories of resilience, determination, and triumph that echo through our halls. From the whispered aspirations of our patients to the silent victories of overcoming obstacles, each moment serves as a reminder of the beauty that lies within the human spirit.

As we delve into the depths of our work, let us never forget the profound impact of inspiration. It is the gentle nudge that propels us forward, the comforting embrace that uplifts our spirits, and the driving force behind our commitment to making a difference in the lives of others.

Let us cherish the moments of inspiration, for they are the threads that weave the tapestry of our shared humanity. Together, let us continue to be beacons of light, illuminating the path for those in need and spreading hope to every corner of our world.

As we reflect on our path forward, let us embrace the beauty of inspiration in all its forms. Let us find courage in the face of challenges, wisdom in the depths of silence, and joy in the symphony of voices that fill our halls.

Together, let us continue to be the voices of change, the advocates for empowerment, and the bearers of inspiration in a world that is in constant need of hope.

I am glad to put down a few words on this nostalgic record and wish you very best for the growth of the Father Muller College and its all the activities.

**Thank you, Principal, Staff and Students.**

# ASSISTANT ADMINISTRATOR'S MESSAGE

Rev. Fr Nelson Dheeraj Pais



In the tapestry of life, inspirations weave the most intricate and vibrant threads, shaping our journeys, and illuminating our paths. As we embark on the exploration of our annual magazine, titled "Muse, focusing on inspirations in life," I invite you to delve into the realms of inspiration that enrich and transform our lives.

In a world filled with challenges and uncertainties, the theme of inspiration holds a special significance, reminding us of the transformative power of creativity, resilience, and innovation. From the stirring strokes of a painter's brush to the mellifluous melodies of a composer's symphony, inspirations manifest in myriad forms, transcending boundaries and echoing through time. In our pursuit of knowledge and excellence, we often find ourselves drawn to sources of inspiration that fuel our passions and drive our ambitions. Whether it be the wisdom imparted by a mentor, the beauty of nature's wonders, or the resilience displayed by those around us, inspirations come in various forms, shaping our perspectives, and guiding our journeys.

Through the pages of "Muse," we have the opportunity to explore and celebrate these diverse sources of inspiration that permeate our college community. I am immensely proud of the talent and creativity showcased within the pages of this magazine. It is a testament to the vibrant spirit of our college community and the unwavering dedication of all those who contribute to its success.

I would like to extend my heartfelt gratitude to the editorial team, faculty advisors, and all the contributors who have made this publication possible. Your passion and commitment to excellence are truly commendable and serve as an inspiration to us all.

As you peruse the pages of "Muse," I encourage you to reflect on the inspirations that have shaped your own journey and to embrace the creative spark that lies within each of us. May this magazine serve as a source of inspiration and empowerment for our entire college community, inspiring us to reach new heights and pursue our dreams with courage and conviction.

Thank you for your continued support and dedication to our college's mission of excellence. Together, let us continue to embrace the muse and illuminate the world with our creativity and passion.

# PRINCIPAL'S MESSAGE

Prof. Cynthia Santhmayor



Education is the key to success. Possessing a degree from a reputed Institution adds on to the opportunities and avenues to excel in life. Making a decision to study in the portals of Father Muller Institutions is the door to a successful destiny ahead.

Father Muller College (speech and Hearing), a unit of Father Muller Charitable Institutions, aims at giving the best infrastructure for education, well qualified and efficient faculty and a state of art clinical set up in a multidisciplinary environment making learning very effective and interesting. Furthermore, with a supportive management the college has become one of the leading institutions in the district.

Our college provides a diverse and friendly learning community where students progress well in their studies and we are very proud of their achievements. The achievements made by students in their academic as well as extracurricular fields help them succeed in life. We are happy to say that all our Alumnus are well placed in their profession and have excelled in their lives.

The college has invested heavily to modernize the clinical set up with highly modernized instruments for diagnosis and treatment of communication disorders. A well-equipped library, with recent edition of books and other e-learning resources, is a boon to the aspiring and ambitious students. Our client databank reflects a variety of population specific to communication disorders.

The college welcomes students from various parts of the country respecting the individuality and beliefs of the student and offers opportunities for spiritual, physical as well as interpersonal growth along with a conducive high-profile atmosphere for learning. Ours is an echo friendly campus which is spread across 10 acres and houses all the facilities for a well-balanced life and strives for the all-round development of the student.

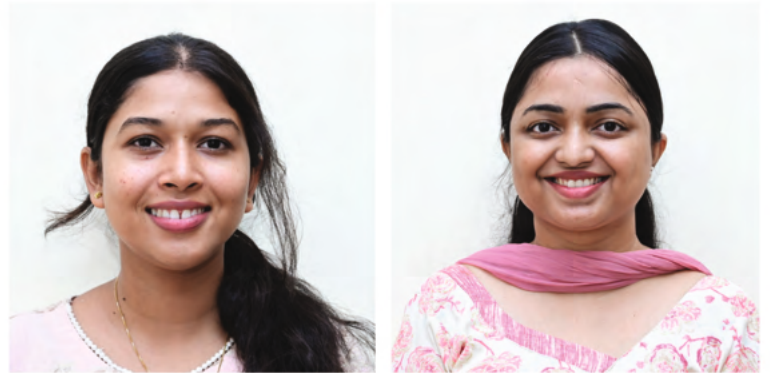
In a world where communication is crucial, let's unlock its full potential by listening with open hearts and minds. Together, we can create a more empathetic, connected, and understanding society—one where the power of listening transcends barriers and fosters genuine human connection.

Wishing the Editors and the team the best for their collective efforts, hard work, and team spirit in bringing "Muller Wave" to life.

We are thrilled to present this year's edition of "Muller Wave," the annual magazine of Father Muller College's Department of Speech and Hearing. Themed "Muse," this edition celebrates the inspiration driving our creativity, passion, and dedication, reflecting our vibrant college community.

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# ***Staff Advisor's Note***



"Muse" highlights the sources of inspiration that fuel our creativity and drive our quest for knowledge and excellence. Each piece in this magazine is a testament to the inspiration that propels us to create, learn, and grow. As we celebrate this edition of "Muller Wave," we are reminded of the power of collaboration and the importance of communication in our field. We hope you enjoy reading this magazine as much as we enjoyed creating it. Thank you for your continued support and contributions.

This magazine wouldn't be possible without the hard work of the Magazine and Media Committee members—Maria Jacob, Gina Miranda, Priya Davis, Jeanna Pereira, and Fathima Shiza—whose creativity and teamwork have enriched this edition.

***With Gratitude***

***Christy Crasta***

Audiologist Gr 1

***Melissa Saldanha***

Speech language Pathologist Gr 1

# THE EDITORS NOTE

Dear Readers,

It is with immense joy and a sense of accomplishment that we present to you the latest edition of our college magazine, MUSE - MULLERWAVE 2023-2024. This year marks a significant milestone as we revive this cherished publication after a hiatus of six years.

When I took on the role of student editor, I knew it would be a challenge to bring our magazine back to life. We the editorial team have come a long way, even though finding a common ground wasn't always easy, but looking back, the journey we had together was pretty amazing. We learned a lot, faced challenges, tried new things, made mistakes, but in the end, we made it work!

This magazine is more than just words on paper; It is a testament to perseverance, creativity, and the power of collective effort. It is going to take you down the memory lane of events, and each article, poem, artwork, and photograph within these pages reflects the dedication and passion of those who have contributed to its creation.

Dive in, spot yourself in a picture as you browse through, and let your muse guide you through these pages.

Thank you for your support. Let's celebrate the power of the muse within us all. Happy Reading and Keep laughing!



**MARIA JACOB**  
IIIRD YEAR B.ASLP

# EDITORIAL

## BOARD



**Fathima Shiza**



**Ms Christy & Ms Melissa**



**Jeana Maria**



**Priya Davis**



**Maria Jacob**



**Gina Miranda**

# THE STUDENT COUNCIL

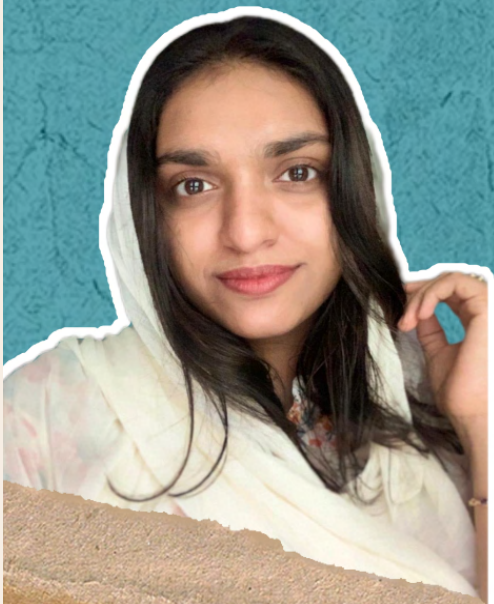




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JACOB

MEDIA AND MAGAZINE HEAD



# ANNUAL REPORT

2023-2024

Father Muller College, a unit of Father Muller Charitable Institution since its inception in 2007, is steadily climbing the ladder of success and has efficaciously completed 17 years. The college is recognized by the Rehabilitation Council of India and is permanently affiliated with Mangalore University. It offers a four-year Bachelor's degree in Audiology and Speech-Language Pathology (B.ASLP) along with two specialized Master's programs in Audiology (M.Sc. AUD) and Speech-Language Pathology (M.Sc. SLP). It provides state-of-the-art infrastructure and highly qualified faculty in each specialty for effective curriculum delivery.

## KEY EVENTS

### COURSE INAUGURATION



- The 17th B.ASLP batch course inauguration was held on 16th August 2023. The newly admitted 33 students were welcomed.
- The 4th batch of M.Sc. Audiology and M.Sc. Speech Language Pathology was inaugurated on 16th October 2023 extending a warm welcome to the 20 newly admitted students to the Institution.

### STUDENT COUNCIL INAUGURATION



Student Council for the academic year 2023-2024 was inaugurated On 6th September 2023.

### GRADUATION DAY



The Graduation ceremony of the college was held on 19th March 2024; 31 Graduates and 5 Postgraduates received the graduation honors.

### NATIONAL CONFERENCE - FOCUS 3

The National Conference on Speech Language Pathology and Audiological Practices FOCUS-3, was centered on "Advances in Enhancing the Quality of Life in Individuals with Communication Disorders". It was held on December 1st and 2nd, 2023. Renowned professionals delivered evidence-based lectures.



# CELEBRATION OF SPECIAL EVENTS

## TEACHERS DAY

Organized by the council batch on 13th September 2023. Students honored teachers with speeches, activities and expressed gratitude with cards and gifts

## CHILDRENS DAY

Children's Day was celebrated on November 17, 2023. Children receiving speech therapy and auditory verbal training, participated in games and cultural activities.

## WORLD AUDIOLOGIST DAY

On October 10th, 2023, An audiology related quiz competition was organized for both UG and PG students. Cash awards were given to the winners.



## WORLD HEARING DAY

Celebrated on March 3rd, 2024. a Walkathon was organized to raise awareness about hearing care. The students also staged a street play on the importance of undergoing hearing evaluation and using hearing aids.

## CEREBRAL PALSY AWARENESS MONTH

In March, various events were held to promote empathy and support for those with cerebral palsy, including poster making, a quiz competition, and an educational talk by Dr. Usha M, Associate Professor SLP.



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## EXTRA CURRICULAR ACTIVITIES

### Fresher's Day:

"BIENNALE" was organized on 28th October, 2023 to welcome the new batch of B.ASLP, M.Sc. (Audiology) & M.Sc. (SLP) students for the academic year 2023-24.

### Inter collegiate badminton tournament:

Mangalore University Inter-Collegiate Badminton Tournament 2023-24, organized by the Department of Physical Education, was hosted by our college on December 13-14, 2023. Over 36 men's teams and 19 women's teams participated.

### Annual cultural fest:

"Dhwani 2024" was held on 12th - 14th April 2024. The theme for the event was "Euphoria"

### Annual athletic and Sports event:

"Momentum" was held on 18th and 19th April 2024.

---

## CAMP/AWARENESS PROGRAMS

### Speech and Hearing camp

Held in September during International Speech and Hearing Week. A total of 87 patients received audiological and speech & language evaluations, and 14 pairs of hearing aids were provided at subsidized rates.

### Learning Disability screening camp

August, 2023, at St. Raymond's School in Vamanjoor and at Urwa, Mangalore, as part of the Sarva Shiksha Abhiyan Scheme. Over 300 students with speech and language difficulties were benefited.

### Hearing Awareness talks

In view of World hearing day and in collaboration with Roshni Nilaya school of social work a talk was delivered by Mr. Pancham Ponnana at Badriya High school and by Ms. Jovita Priya Tauro at Mutthappagudi Anganwadi, Kulshekar in March 2024.

### Speech and Hearing screening camps

In collaboration with Roshini Nilaya School of Social work camps were organized at Vidhya Jyothi School, Vamanjoor, Janatha Kendra Bolar, Seon Ashram, Belthangudi in the month of March 2024.



# STUDENT DEVELOPMENT PROGRAMMES

## Guest Lectures

**Hospital Infection Control and Fire Safety Training:** Dr. Thomas K conducted the training sessions on for students in November 2023. The workshops prioritized to educate students on safety and professional readiness in critical healthcare settings.

Guest Lecture on **Sound Level Meter Measurements:** Dr. Ajish Abraham, Professor at All India Institute of Speech and Hearing, Mysore, delivered an insightful lecture on "Sound Level Meter Measurements for Audiologists and SLPs" on October 11, 2023.

**Library Orientation:** On November 2nd 2023, Dr. Janet Dotty Lobo, Chief Librarian, led the orientation programme. This initiative aimed to familiarize students with library resources and services, available for their academic success.

**Drug Abuse Awareness Talk:** In December, 2023, the sub Inspector of Mangalore delivered talk for the PG and UG students, stressing on the importance of vigilance and prevention of drug use and abuse.

**Gender Sensitization session:** On November 3, 2023, students participated in a gender sensitization session delivered by Dr. Padmaja Udaykumar fostering an understanding and respect for gender diversity within the academic community.



## Workshops

**Applications of Statistics in Speech and Hearing:** Held on May 9th and 10th, 2024, this workshop offered practical guidance on the application of statistics in speech and hearing research, enhancing students' analytical skills.

**Cochlear Implant Mapping Workshop:** On May 19th, 2024, Mr. Sarath D Das, an experienced Audiologist from Ashadeep ENT and Cochlear Implant in Bangalore, conducted a workshop focusing on Cochlear Implant Mapping. This session provided students with valuable expertise in the field, enriching their understanding of cochlear implant technology and its applications.

## Career Guidance

In collaboration with Planet education India, the session aimed to provide 3rd-year UG and PG students with insights into profile building and the process of applying abroad in the field of speech and hearing



## Scholarships

Scholarship Award Ceremony was held on 8th March 2024 in order to help deserving students to achieve their goal of becoming a professional. Eight of our UG & PG students received the scholarship.

## FACULTY IN NEWS

### Prof Cynthia Santhmayor

- Promoted to the rank of Professor.
- Chosen as the Chairperson for the Board of Studies (BOS) and the Board of Examinations (BOE) at Mangalore University for the M.Sc. program in Speech Language Pathology.
- Appointed as external examiner at Manipal University, Yenepoya University, and Sumandeep University Gujarat

### Dr Usha M

- Successfully finished an advanced Mountaineering course at the Nehru Institute of Mountaineering in Uttarkashi, Dehradun.
- Served as a resource person at the National Conference FOCUS-3 in 2023.

### Dr Deepak P

- PhD guide at MAHE University.
- Led an external grant project aimed at constructing a regional database for Persons With Aphasia (PWA).
- Contributed as a resource person to the National Conference FOCUS-3 in 2023.

### Ms Lakshmi

- Resource Person for a series of lectures at Christ Deemed to be University, Delhi.

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## STUDENTS IN NEWS



The Best Paper Presentation Award was granted to **Ms. Anisha Michel Sequeira and Ms. Jenin Dsouza**, under the mentorship of Dr. Deepak P. Their study, titled "Impact of Aging in Discourse Genres - A comparative study in Cognitive Linguistic Category," at the RCI accredited National Conference held at Kasturba Medical College, Mangalore,



**Ms. Deslin Sara George and Sr. Jesna Jose** were awarded the Best Paper award for their presentation on the study titled "Impact of yogic practice in high-pitched male adolescent voice - a case Study," guided by Dr. Usha M, at National Speech and Hearing conference, Focus-3, 2023 at Father Muller College, Mangalore



**Ms. Dona Michael and Ms. Anushka** received the Best Poster Presentation award for their work on "Paternal knowledge and attitude regarding congenital hearing loss" at National Speech and Hearing conference, Focus -3, 2023 at Father Muller College, Mangalore, under the Guidance of Ms. Jovita Priya Tauro and Ms. Christy Crasta.

# BIENNALE -





# Fresher's Day



# GRADUA







# EUPH

DHWA





# EUPHORIA

NI - 2024



FATHER MULLER COLLEGE OF ALLIED HEALTH SCIENCES  
FATHER MULLER COLLEGE OF PHYSIOTHERAPY  
FATHER MULLER COLLEGE (SPEECH & HEARING)  
FATHER MULLER COLLEGE OF NURSING  
FATHER MULLER SCHOOL OF NURSING,  
THUMBAY

# MOMENTUM

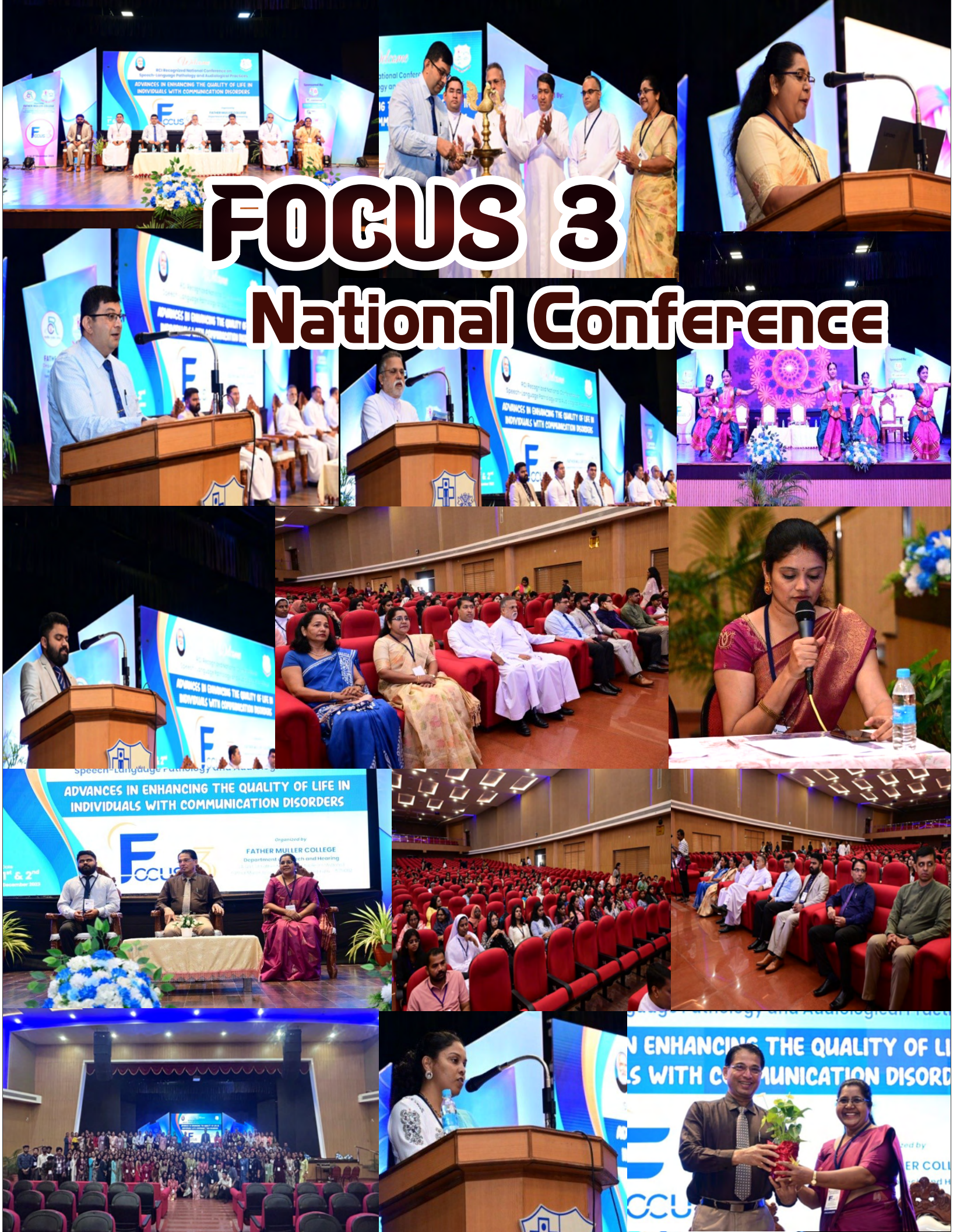




# - Sports Day



# FOCUS 3 National Conference







# MSC SLP



# MSC A&D



# INTERNS



# III B.A.SLP



# II B.A.SLP



# I B.A.SLP

# food ITINERARY



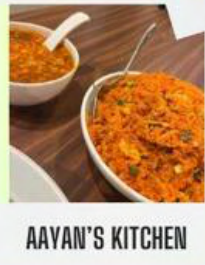
BREAKFAST



LUNCH



DINNER



ICECREAMS



DESSERT



curated by Anisha, Aafreen,  
Eshavian & Sandra

## Ingredients

- 5 cups rice
- 2 fresh coconuts, grated
- Jaggery, in small pieces
- Cardamom, as needed

# Arri Unda (Rice Laddu)



## Directions

- Take 5 cups of rice and roast them over medium heat.
  - Ensure the rice is roasted evenly without turning black.
  - Continue roasting until the rice becomes bite-able.
  - Allow the roasted rice to cool slightly before grinding.
  - Transfer the roasted rice into a grinder or food processor.
  - Grind the rice into a fine powder.
  - Once ground, set the rice powder aside.
  - Take grated coconut, small pieces of jaggery, and an appropriate amount of cardamom.
  - Grind the coconut, jaggery, and cardamom together until well mixed.
  - Set this mixture aside.
  - In a large bowl, combine the ground rice, coconut, and the jaggery-cardamom mixture.
  - Mix thoroughly until all ingredients are well incorporated.
- Form the mixture into balls.



# Rava Laddu



**Ms. Anamika**  
**INTERN**

## Ingredients

- 5 cups Rava
- 1 1/2 cup sugar
- 1 fresh coconut, grated
- Cardamom, as needed
- 1 cup milk
- Cashews
- Raisins
- 5 tablespoons ghee

## Directions

- Heat 2 tablespoons of ghee in a pan over low heat.
- Add 5 cups of rava and roast it evenly, ensuring it does not turn black.
- Roast for about 5 minutes until the rava becomes a light brown color.
- Allow the roasted rava to cool.
- In a separate pan, heat 3 tablespoons of ghee.
- Add cashews and raisins, frying until they turn light brown.
- Add the grated coconut and 1 1/2 cups of sugar to the pan, mixing well.
- Add an appropriate amount of cardamom for flavor.
- Add the roasted rava to the coconut mixture in the pan, mixing well.
- Gradually pour in the milk, a little at a time, mixing thoroughly until all ingredients are well incorporated.
- Once the mixture is well combined and still warm, take small portions and form them into balls.



## AAVESHAM

2024 · Action/Comedy · 2h 41m



This movie storms onto the screen as a high-voltage cocktail of comedy, action, and sheer entertainment, firmly establishing itself as a must-watch in the Malayalam cinema landscape. Led by Fahadh Faasil's electrifying performance as Ranga, the film grips you from the get-go and never let's go.

## SAVI

2024 · Adventure · 2h 5m



Nakul, Savi, and Adi are a happy-go-lucky family in England. One day, Liverpool Police arrest Nakul for murder. Despite Savi's efforts through legal channels, she can't help him. She then plans, with Joydeep's help, to break Nakul out of jail.

Will Savi succeed? If so, how will she protect her family from the law?

"Savi" is a gripping psychological thriller with a sharp screenplay, excellent editing, an awesome background score, and mind-blowing direction by Abhinoy Deo. It will keep you on the edge of your seat for over two hours.

## TURBO

2024 · Action/Comedy · 2h 42m



A power-packed mass entertainer Directed by Vysakh, this film is a perfect mix of Tamil and Telugu elements in Malayalam language. However, this film is not for the usual moviegoers. The story / script could have been better, but Mammootty's efforts in the action sequences make up for it. Raj B Shetty has delivered a commendable performance. And let's not forget, the villain's introduction scene is more mass than that of our hero's! .

## Aranmanai 4

2024 · Horror/Comedy · 2h 25m



"The best Tamil horror film ever!! As a fan of horror movies, I usually dislike Tamil horror films because they often lack scariness and logic. BUT!! This movie by Sundar C is mind-blowing. For me, it stands out as the best Tamil horror film, surpassing all others."



Karthikeyan  
1st MSc SLP

## KINGDOM OF THE PLANET OF THE APES

2024 · Sci-fi/Action · 2h 25m



After the impressive trilogy comes the fourth installment, presumably the first of a new trilogy. This movie does a good job of keeping the tone as well as visuals of the previous three, complete with amazing facial capture as well as poignant dialogue.

This movie takes place 300 years after the third movie, for those keeping score at home

We are taken on a journey by a new ape named Noah, who crosses paths with a mysterious female human. I am sure if this gets a sequel trilogy, that this movie will play better on the rewatch. I felt more connected to Apes 2 and 3, where Director Matt Reeves really showcased the emotional side of humans and apes and you really felt what was at stake.

I'd give this movie 7 out of 10

# DIGITAL DELIGHTS



" When comedy, drama, and classic Indian family dynamics blend with a spy thriller, you get a unique combination of genres in the Family Man. Manoj Bajpayee leads the cast in a fine display of acting and execution of art. This show can be watched by any genre favourite viewer. With two seasons out on Amazon Prime video and the third expected by the end of 2024, this show is rated 8.7/10 by IMDB.



An intense legal drama (IMDB rating of 8.1/10) dealt by a simpleton of an advocate who takes the toughest opponents head on and with the lowest odds in favour. Pankaj Tripathi in a unique characterization plays the lead in the three seasons that have dropped so far on Disney+Hotstar, with the fourth coming soon, in 2024. The plot and conspiracy against the accused get darker with every season and it is a one-man defence advocate handling his business with utmost simplicity.



One of Netflix India's most under-rated shows is Jamtara. This is a show named after a village in Jharkhand, infamous for being the source of many phishing scams and cyber thefts. Watch the two seasons of this gripping series as you witness how individuals wind up committing these crimes and what is their modus operandi. Rated 7.3 by IMDB, this show is a must watch considering the rise of cyber thefts and phishing in India, be it through false credit card calls or OTP enquiries.



This show is one of the world's less heard of, microseries, of all time. This series starring Abhay Deol, Pankaj Kapoor and others, highlights a strange suspense speculating towards the realistic possibility of finding wormholes in thin air allowing time travel. Witness this micro series (IMDB rating of 7.4) with a total duration of less than 3 hours on SonyLiv and be prepared to be taken aback.



A team of forensic experts engage in a battle of wits and weapons with a serial killer who calls himself a demon from Hindu mythology. This show embarks upon an oxymoronic plot with artificial intelligence backed by mythology. Arshad Warsi, a seasoned Bollywood actor mainly known for his comic roles, makes his OTT debut in this show. The series has two seasons available on Jio Cinema with an IMDB rating of 8.4/10.



Before Bobby Deol became Lord Bobby, he was already cast as his career's darkest character as the evil lead in Prakash Jha's Aashram. The story revolves around a duplicitous Godman who severely abuses blind faith and is responsible for multiple heinous crimes. This MX Original series, is awaiting the release of its fourth chapter. This crime drama series, with IMDB rating of 6.6, is rumoured to be based on the atrocities of Gurmeet Ram Rahim Singh, the fake Godman who was convicted for rape and murder in 2017. If you are in for crime drama, be prepared to love to hate Bobby Deol, much more than you loved to hate him in Animal.

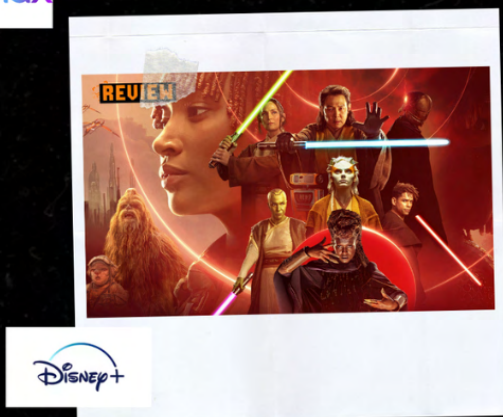
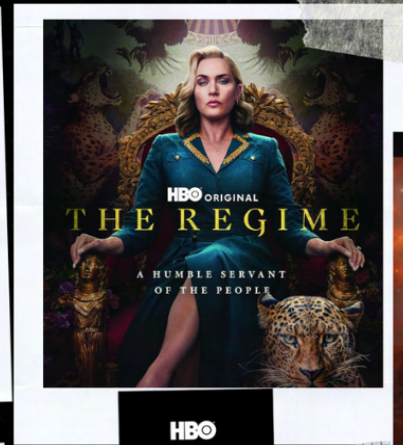


A newsroom drama and the various complexities in the personal lives of broadcast journalists blended with political interference is merely a gist of what this show is all about. Sonali Bendre makes her OTT debut with this Zee5 exclusive show, co-starring Shriya Pilgaonkar and Jaideep Ahlawat. With an IMDB rating of 7.6, this show has two seasons released so far and is ready to take you by storm.



**Mr. Pancham Ponnana**  
Assistant Professor  
Audiology

# OTT REVIEWS & RECOMMENDATIONS



MR. DEEPAK RAJ  
Former Assistant Professor,  
Audiology



# DESK DIARIES “Unveiling the Daily Inspirations of our Faculty”

## MS. GREESHMA RAVINDRAN



**“HAPPINESS IS THE  
V<sup>TH</sup> PEAK OF ABR”**

**What advice would you offer to students who are just beginning their journey in ASLP?**

Dedication to challenges and service leads you on the right path.

**What is the best thing about being an audiologist?**

Witnessing the joy of someone hearing for the first time is deeply rewarding.

**What is one thing you wish you could tell everyone about hearing loss?**

If you think you have hearing loss, see an audiologist nearby.

**If you must have one meal for the rest of your life, what would it be?**

Thalaserry dum Biryani, definitely!

**What is the most creative excuse you have come up with in order to take the leave?**

I relived my grandfather's passing, although it happened a decade ago.

**What is the best memory you have from work?**

The day I got my first salary.

## MR. PANCHAM PONNANA S A

**If you could go back in time, what advice would you give yourself as a student?**

Proceed straight to your PhD without taking breaks after your master's.

**How do you anticipate technology will transform the field of audiology over the next five years?**

AI can recommend and tune hearing aids based on hearing loss.

**What are the things you wish patient knew about hearing loss?**

Stigma around invisible hearing loss hinders aid acceptance; awareness is vital.

**If you could possess any superpower for a day, what would you choose?**

I would opt for teleportation or time travel to explore and change experiences.

**Which movies you recommend everyone to watch?**

Shawshank redemption and 3 idiots

**If you could have a theme song, whenever you enter work what would it be?**

Complete silence, even environmental noise, to announce my presence distinctly.



**“WHEN PORTIONS ARE  
COMPLETED WITHOUT  
ANY EXTRA CLASS”**

## DR. PRASHASTI POOVAIAH



**"IT'S A VESTIBULAR CASE.  
HOLD ON TIGHT;  
YOU'RE ABOUT TO GET DIZZY."**

### **What is the most challenging case you have worked on?**

Assisting a patient with ANSD aged 13, managing progressive hearing loss and associated difficulties.

### **What are the three things you're looking forward in the future of audio?**

Taking on diverse perspectives, enhancing patient care skills, and implementing standardized hearing aid fitting.

### **What is the most common misconception you've encountered about hearing loss or hearing aids?**

Wearing a hearing aid doesn't replace normal hearing-a common misconception.

### **If you could dine with any fictional character, who would it be?**

Calvin from Calvin and Hobbes, recognized for daydreaming and his constant companion, Tigger.

### **If you could switch lives with any person for a day, who would it be and why?**

Sirish Chandra, an auto journalist reviewing cars daily, traveling, and navigating hills.

### **If ever there was a biography made on you, what would be the title of it.**

"My passion for my profession"

## DR. DEEPAK P

### **What are the three things you're looking forward in the future of SLP?**

Enhancement in clinic quality, research quality, and translating research into practice.

### **What is the misconception people have about stroke and aphasia?**

After a stroke, patients often focus on physical strength, neglecting language skills. Professional help improves recovery prospects.

### **What is the most important lesson you have learnt in your career so far?**

Maintaining discipline and staying updated on communication disorders are essential.

### **If you could travel anywhere in the world right now, where would you go?**

Scotland or Ireland

### **What is the best memory you have from work?**

My students are the best memory of work

### **If there was ever a biography made on you, what would be the title of it?**

"Zero to plus one" or "A simple guy"



**"IT SEEMS LIKE A  
COMPLEX APHASIA  
CASE."**



**“FINALLY! STUDENTS  
HAVE WRITTEN  
SOMETHING THAT IS  
TAUGHT IN CLASS”**

## MS. FRANNIE FERNANDES

### **What's the most rewarding part of your job?**

The most fulfilling part of my job is witnessing patient progress and receiving positive session feedback.

### **What's your favourite therapy activity?**

I enjoy treating dysphagia, beginning with posture and breathing exercises, incorporating techniques like "Masako" and "shakers."

### **How do you think language development has changed in the digital age?**

Modern kids demonstrate advanced language skills influenced by technology such as cartoons and smartphones, shaping their early communication abilities.

### **What are the two things that people do not know about you?**

As an introvert, spontaneous conversations with others can be challenging. Though I may seem tough, I'm sensitive inside.

### **If you could choose a theme song to play every time you enter work, what would it be?**

"I am unstoppable" by Sia

### **What is one piece of advice you would like to offer?**

Don't change yourself for others unless they are willing to make an effort to change for you.

## MS. AKSHAYA S

### **What do you find most challenging about being a Speech-Language Pathologist?**

The challenge is not being able to control the child's family or environment, affecting language development.

### **What are the most frequently asked questions by parents?**

"How long will it take for my child to talk like a normal child?"

### **What are the three ways to go support communication development?**

Family support, language stimulation, and a holistic approach.

### **If you get one Sunday completely free what would you do?**

Right now, I'll begin my PhD work, then tidy up the house, and later possibly go to the beach for a pleasant evening.

### **What is your most comfortable meal?**

"Chapatti and any sabzi."

### **What did you want to become when you were younger?**

As a child, I dreamed of becoming a doctor, but life led me to become a speech-language pathologist and I have no regrets!



**“ALL SMILES FOR  
ARTICULATION  
CASES”**



## SCALING HEIGHTS: AN INTERVIEW WITH DR. USHA M

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By Gina Anuya Miranda  
IIIrd Year B.ASLP

### **What inspired you to become a speech language pathologist?**

When I first joined the course, I was clueless and overwhelmed, initially wanting to quit. Seeing children with special needs on campus was heartbreaking, and I felt helpless. My dad offered to withdraw my seat if I still wanted to quit after a month. However, seeing those children made me realize they needed our help, and quitting would mean giving up the chance to make a difference. I decided to continue, putting my heart and soul into the course, with those children becoming my motivation and inspiration.

### **What is the most important thing you have learnt from a patient?**

I've learned so much from the parents of children with special needs. One thing that stands out is their remarkable resilience, patience, and dedication. Seeing how they support their children has been a truly great experience.

### How do you stay current with the latest developments and research in the field?

One thing I should be thankful for is my teaching profession because of the teaching profession, I keep reading a lot of articles that keeps me updated. But I have always been a research oriented person with respect to my field, I always keep in touch with reading articles.

### How do you balance your three passions, while making time for yourself?

People often ask how I balance my PhD work and personal life. I find harmony by prioritizing self-care, spending weekends in the mountains to refresh for the week ahead. To avoid 'Monday blues,' I ensure time for myself even on Sundays. Balancing responsibilities and exploration helps me appreciate the present and look forward to each day.



### How did you get introduced to yoga, and what drew you to it?

My dad instilled yoga in me from a young age. Watching him practice regularly, I joined yoga classes as a child and learned its importance. After my master's degree, I found a research assistant job at KMC, focusing on yoga's effects on teachers' voices, aligning with my interests. I was selected and advised to take a certification course in yoga, which I completed, followed by a postgraduate diploma in yogic science.

### How do you think yoga can benefit individuals with communication disorders?

Commonly, yoga is perceived as physical postures or meditation, but it's more a way of life. Reciting ancient shlokas from a young age can enhance pronunciation and articulation, potentially reducing speech disorders in children. Regular recitation and memorization of these shlokas also correlate with improved cognitive function and memory, even after health setbacks like stroke or cardiac arrest. Embracing yoga as a lifestyle can contribute to preserving language skills, memory, and cognition.



**When did you realise that trekking is not just your hobby but your passion?**

My dad saw a newspaper column about a trekking program from YHAI (Youth Hostels Association of India). When he mentioned the trek, my first question was, “What’s trekking?” He said, “Let’s find out together.” That day, I met many strangers, dispelling many myths about talking to strangers. I had a great time with them, and by the end, they had become my friends.

**Can you describe your most challenging climbing experience?**

I had a near-death experience trekking to a 21,000ft peak in Leh. Despite being well-trained, altitude sickness hit me hard. Our group of ten dwindled to five, and I wasn't sure we'd make it. I pushed myself but couldn't complete the trek and had to return to base camp in that condition. Somehow, I made it back, didn't talk to anyone, and just slept.

**What advice would you give to someone who is interested in exploring multiple passions?**

Don’t be hesitant or don’t be scared to keep yourself open and to try out new things, whatever you want. Mostly people, won’t try because of the hesitation and the self doubt. The journey doesn’t matter it’s how to you enjoy the journey.

**Is there a particularly meaningful or inspiring experience that stands out to you, and how has it shaped your journey?**

I am grateful for everything, whether it is a bad thing or a good thing. Life has taught me one or the other things. All those experiences I have faced has shaped me the way I am today



# *The Art of Movement*

*ft. Ms. Lakshmi Kunnath*  
*By: Ms. Gina Anuya Miranda*

## **What inspired you to pursue speech-language pathology, and what do you find fulfilling about it?**

Initially, I was unfamiliar with this course but was driven by a desire to work in the medical field with children and explore career opportunities abroad. Now in academia, I enjoy teaching and the rewarding feedback from patients and students. I find great fulfillment in making a difference and have no regrets about this field.

## **What advancements or trends in the field are you most excited about?**

Recent AI advancements, particularly in dysphagia treatment, remain underexplored. Tools like video fluoroscopy and Modified Barium Swallow have improved our understanding. We should consider Augmentative and Alternative Communication (AAC) from the start, not just as a last resort.

## **Where do you see yourself in ten years?**

In ten years, I hope to have completed my PhD. I do not want to fixate myself on one position, but I hope to be happy wherever I am. Happiness comes from being satisfied with my work, and a comfortable, healthy work environment makes a big difference. So, I hope to be working in a very comfortable and healthy environment.



Interviewed : Ms. Gina Anuya Miranda, III year BASLP



## **What sparked your passion for Bharatanatyam, and what led you to become a Zumba instructor, blending dance and fitness?**

I began with Bharatanatyam, but as I grew older, I explored other styles. While classical dance remained essential to me, influencing my approach, everything I've learned has contributed to my growth. I joined Fitwood to lose weight, initially thinking, "I'll just dance and have fun!" I enjoyed it so much that it didn't feel like a workout. As a trainer, I realized our dance forms are unique, incorporating emotions into our choreographies and offering a holistic experience.

### How do you manage your passion for dance and fitness alongside your career as a speech-language pathologist?

Balancing everything isn't always easy, and sometimes 24 hours isn't enough. I question if it's all worth it, but remind myself that doing what I love professionally is a good thing. I take it one day at a time, focusing on today's tasks and leaving tomorrow's for later. If I can't rest peacefully or enjoy a simple cup of coffee, then what's the point? I ensure to take breaks, even if it means facing financial struggles, as they are essential for recharging and living in the moment.



### What's the most exciting adventure you've experienced, and do you have any upcoming adventures or destinations on your bucket list?

My biggest adventure is taking a break from my busy schedule. With a friend's support, I've started biking and prefer exploring as an adventurer, not a tourist. After an accident made me extend a holiday, I realized I'm not indispensable and prioritized travel. I aim to visit all of India, then go abroad, with the goal of taking breaks whenever I want.

### What motivates you to pursue your passions, and what drives this inspiration?

You need a strong support system. My parents never forced me to study excessively. They taught me that you can still have fun and be successful in life. Their parenting style was really great; they were happy about the smallest achievements, not just about me being a topper. My cousin also inspired me, saying that if you truly want something, you don't need to worry about it; just go for it. Also I never got inspired by someone online because true inspiration comes from knowing someone in real and what they have gone through. Also my other inspiration is "fear", fear is that when I grow up, I shouldn't have any regrets; I want to feel satisfied with my life choices.

**If you could choreograph a dance routine for any song, what would it be?**

During my PG I fell in love with contemporary and recently I heard this song - Oru deivam thantha poove. It has beautiful lyrics. I would love to choreograph that.

**Which movies are you planning to watch during your movie marathon?**

During my PG I fell in love with contemporary and recently I heard this song - Oru daivam thantha poove. It has beautiful lyrics. I would love to choreograph that.

**If you could go back and change something in the past what would it be ?**

There used to be half-hour or one-hour power cuts. My brother, Amma, Appa, and I would light a candle and sit on the veranda. Amma and Appa would tell us stories from our childhood, and my brother and I would tease each other, laugh and have fun. I wish I could go back and relive that scenario from a third-person perspective, watching it all unfold without any stress. Those memories will stay with me forever.

**What is the one message you would like to convey to the readers?**

Since we are speech-language pathologist, please communicate you have no idea what the power of communication is. Connect to people not through gadgets but face to-face.





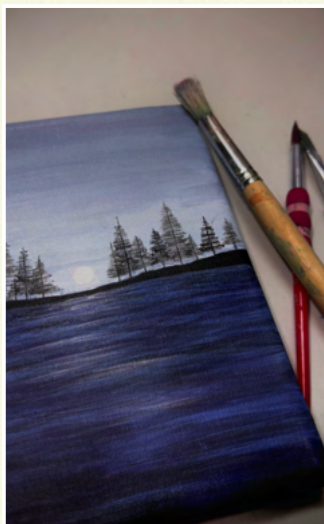
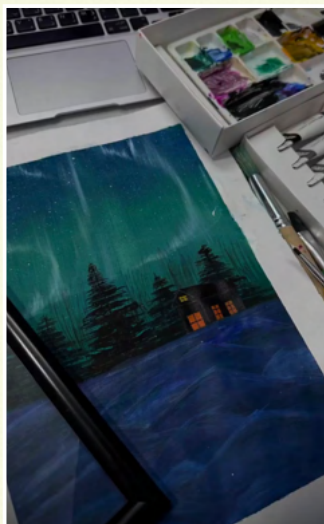
# “Crafted Creations”

Art, Craft, Poetry,  
Photography & More

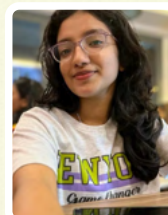
## IDEAS

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# Art & Craft



**Dr. Usha M**  
Former Assoc. Prof. SLP



**Ms. Dona Johns**  
I B.ASLP



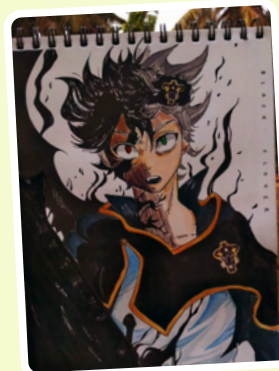
**Ms. Anice Viona Mendes**  
I B.ASLP



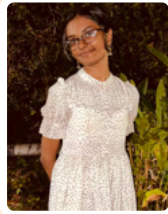
**Ms. Janis Miranda**  
I B.ASLP



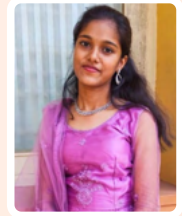
**Ms. Bhoomika**  
I MSc SLP



Ms. Ashel Fernandes  
Intern



Ms. Elena Boban  
I.B.ASLP



Ms. Ann Litta  
I.B.ASLP

### ILL-EFFECTS OF EAR PHONES

Decreasing sensitivity of Hair cells within the fluid filled cochlea, in turn leading to permanent sensori-hearing loss

### RECOMMENDED SOLUTION

60/60 rule

60% Volume for ≤ 60 minutes

Major Content Source:- Aumsum.com

### FOR THE POST OF A EARPHONE USAGE INFLUENCER

ESSENTIAL QUALIFICATIONS → 1. STRICTLY ADHERE to 60/60 RULE

Lower Volume level  
↓  
Better quality music

2. OVER THE TOP HEADPHONES can serve as a reasonable alternate

DESIRABLE QUALIFICATION

- LISTEN to AUDIO without any headset (Music is enjoyed more, when shared)
- USE Noise-Cancellation over the top headphones (60/60 rule implied)

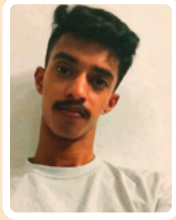
Farther away from Tympanic membrane

- AUM  
Made during the COVID era



Mr. Pancham Ponnana  
Asst Prof. Audiology

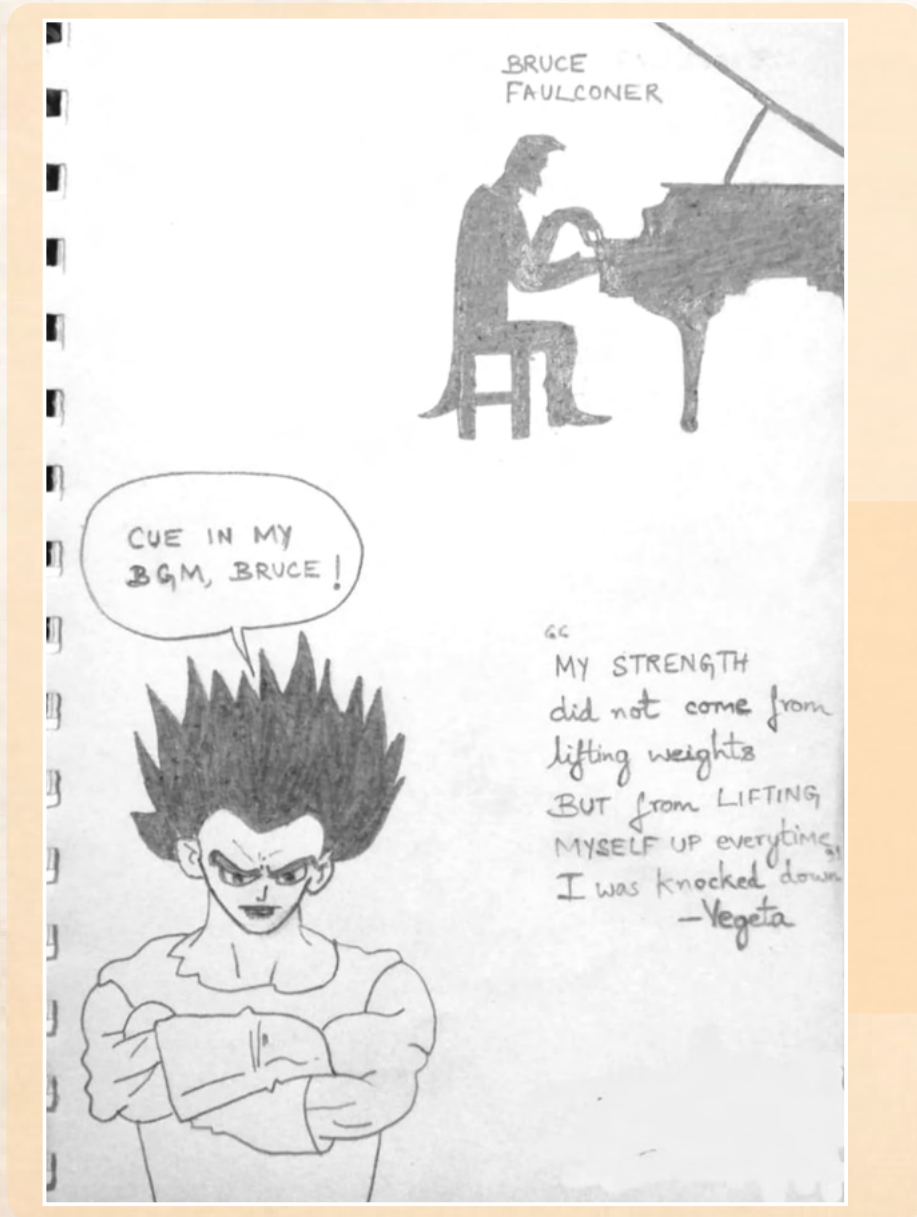




Mr. Matthew Paul  
I B.ASLP



Ms. Aishwarya K Ashok  
II MSc SLP



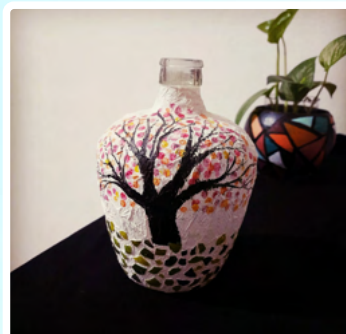
Mr. Pancham Ponnana  
Asst Prof. Audiology



Ms. Susmitha C G  
Assoc. Prof. Audiology



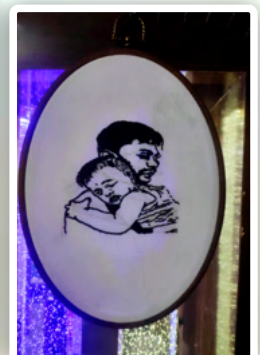
Ms. Sheik Alina  
III B.ASLP



Ms. Priya Davis  
II B.ASLP



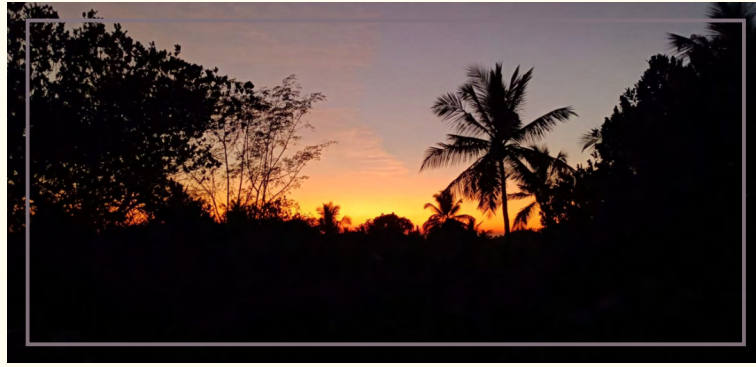
Ms. Sushmitha U J  
Speech Language  
Pathologist Gr 1



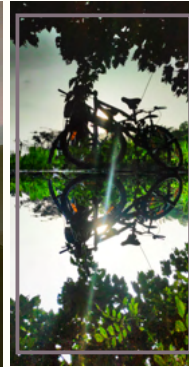
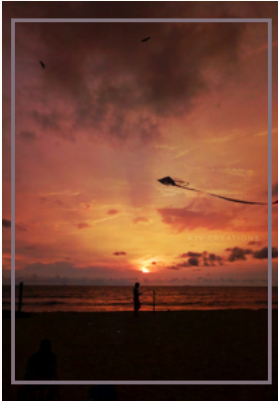
Ms. Lesline Dsouza  
I B.ASLP



Ms. Anitta K Denny  
I Msc Aud



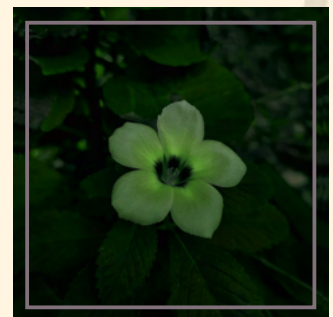
**Ms. Alisha Mascarenhas**  
I B.ASLP

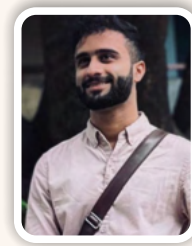
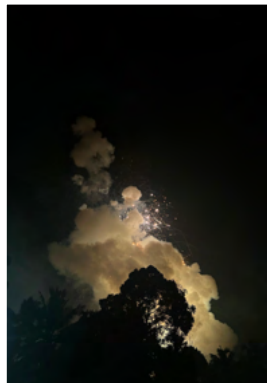
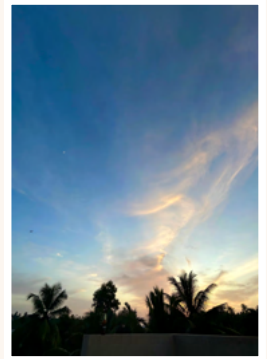
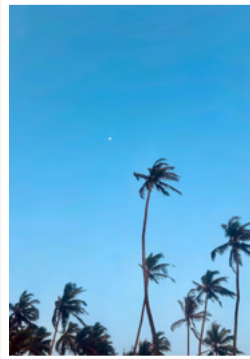
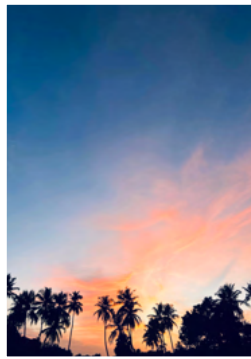


**Mr. Adwaith**  
1<sup>st</sup> MSc AUD

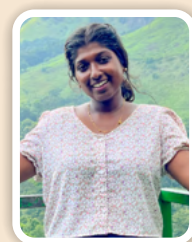
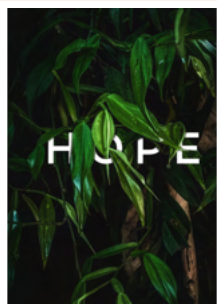
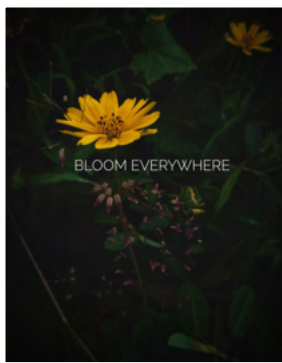
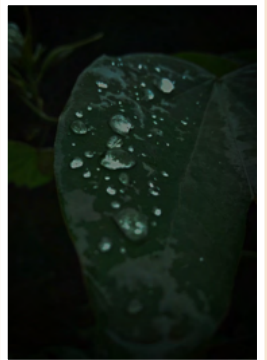


**Ms. Priya Davis**  
II B.ASLP

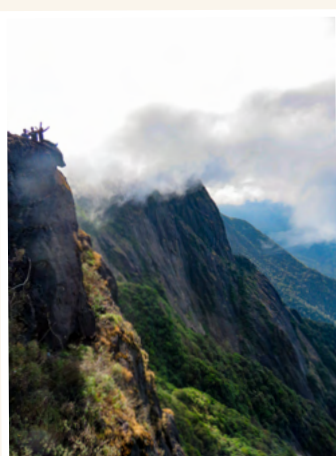
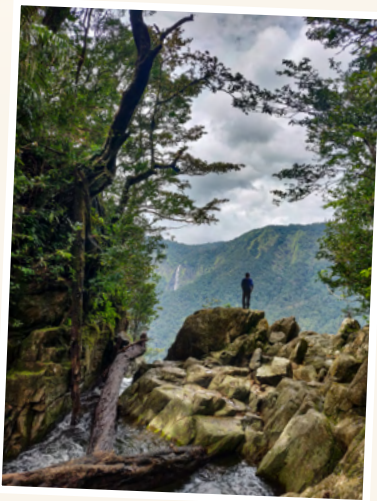




**Mr. Rajath**  
1<sup>st</sup> MSc AUD



**- Ms. Bhoomika .B**  
1<sup>st</sup> MSc SLP



**Dr Usha M**  
Former Assoc. Prof. SLP

# Distracted and Distanced

*For how long can you sit with yourself?? Yes, just with yourself!!!!*



**Dr. Usha M**

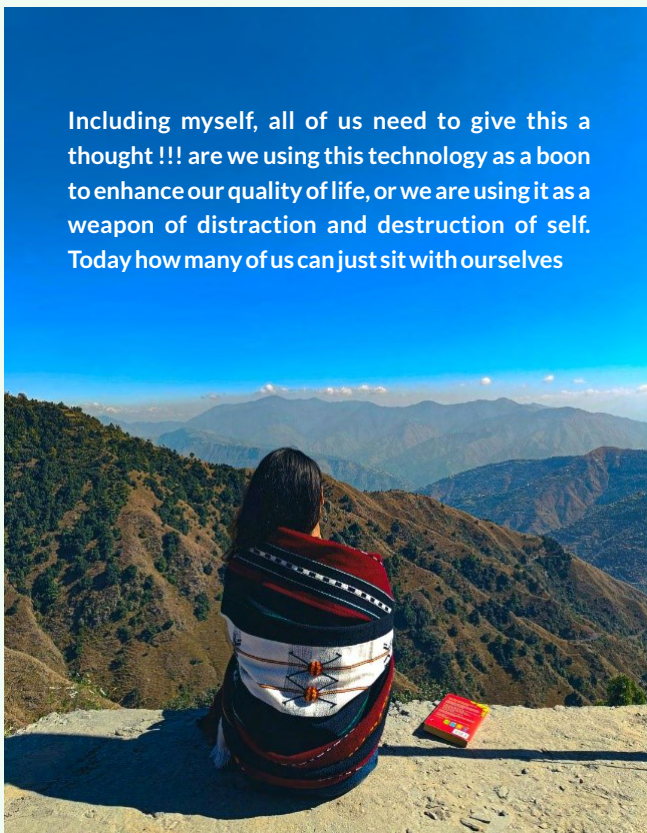
Former Assoc. Prof. SLP

There was a time, where I and every other 90's kids used to get shouting from their parents for all time indulging themselves in the phone. The unfortunate truth is.... now we all have got our turn to give it back to our parents 12 don't you agree with me?

It is important to update ourselves with growing technology and society to make our quality of life better, but it's not good to dwell in the same and forget to live our lives. One phone and one car per house full of people have changed to one child per family with phones/

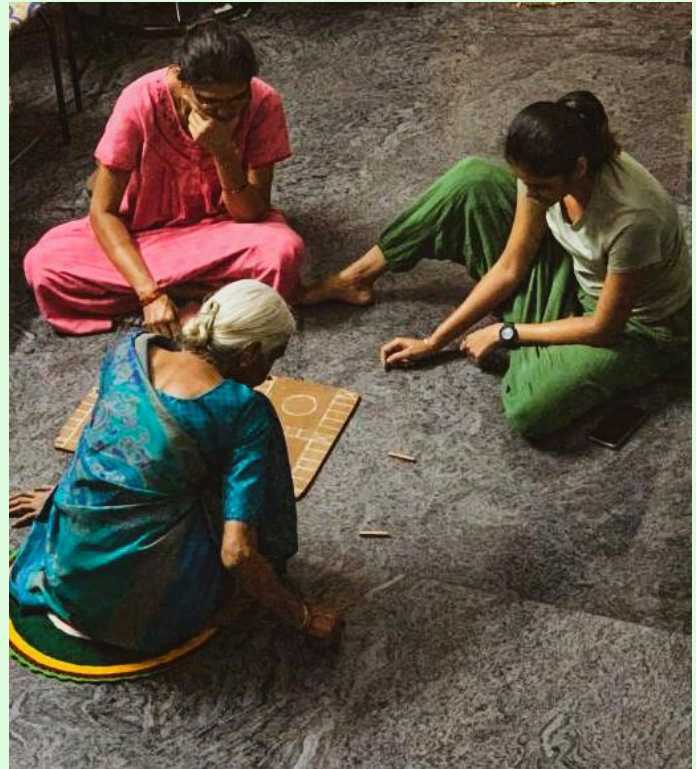


Including myself, all of us need to give this a thought !!! are we using this technology as a boon to enhance our quality of life, or we are using it as a weapon of distraction and destruction of self. Today how many of us can just sit with ourselves



gadgets and cars for each of them. The technology has of course helped people in this pandemic to reach out to their near and dear ones also the distan(t)ced ones to rebuild the relationships. But what we need to realize is how much we had neglected to connect to people who were right in front of us. The majority realized but found it difficult to reconnect and rebuild relationships directly because they were already too comfortable to do the same over the texts and phone calls. People were ready to talk in front of the camera, have a one-sided conversation, also talk in the clubhouse appregarding various problems of the world and many had even become online counsellors, but they forgot to talk and interact in their own houses and check on the mental health with their own people and with our thoughts at least for a short period of time. Constantly we are

searching for distraction and we are being coward and running away from our own thoughts. Main reason, that are we so afraid to face tough situations and challenges in life is, we have never met the true self. Hence, we are not aware of our own strengths and capabilities. There is nothing tougher than self-contemplation. Even though constantly we end up in a dark dead end, we give up so quickly and won't make an attempt to find the other possible hidden doors. We expect everything in life to be fixed as quickly as possible like a 30 sec reels that we watch in Instagram without being ready to go through the process patiently. So, slowly let's make it a practice to know ourselves without any further delay and discover the true self.



With respect to giving back to our parents instead of being on gadgets all the time, let's give them back. Let's give them our time whenever possible and make them realize we are not so distant anymore. They have lived their life beautifully with fewer distractions unlike us, and now that we move to different cities or even being in the same house, we are so unavailable to them, and parents are gradually forced to be on their gadgets, and sometimes it's the only possibility we offer them to connect with us. It's our responsibility to make our lives and lives around us build a healthy and peaceful mindset. Even though it's going to take time, we can't achieve it without putting in an effort from our end.

Let's not crave and go in search of places where we don't get a network and can disconnect ourselves from the outside world. With a small initiation and determination, we can take things under our control of not using our gadgets unnecessarily and give ourselves to the fullest of the things we do. Be it relationship with self, with others, or our work.....Let's give our best.

***Cut down the Distractions  
Cut down the Distance  
Let's Reconnect!!!***



# You are a Treasure

Stoop down into your heart and cherish  
The beauty hidden inside you  
The goodness you behold  
The riches you encompass  
You are indeed a treasure

The farsightedness of your thoughts  
The wealth of knowledge you possess  
The enormity of creativity you contain  
The profoundness of your exuberance  
You are indeed a treasure

The kindness in your words  
The gentleness of your smile  
The wisdom in your speech  
The serenity in your dealings  
You are indeed a treasure

Celebrate the treasure that you are  
Admire the hidden potentials in you  
Love the person that you are  
Venerate the divine in you  
You are indeed a treasure



Prof. Cynthia Santhmayor  
Principal FMC

## UNSURE FOR THE SURE

*If its complications were known  
Probably it wouldn't have been started*

*One after the other the risks truly amazing  
But giving up was the only option*

*Regrets everytime , everywhere all over  
But at the right moment the LIGHT appears  
That LIGHT that dawns new hope  
But is it the light to the real darkness  
Or is it meant to come and go*



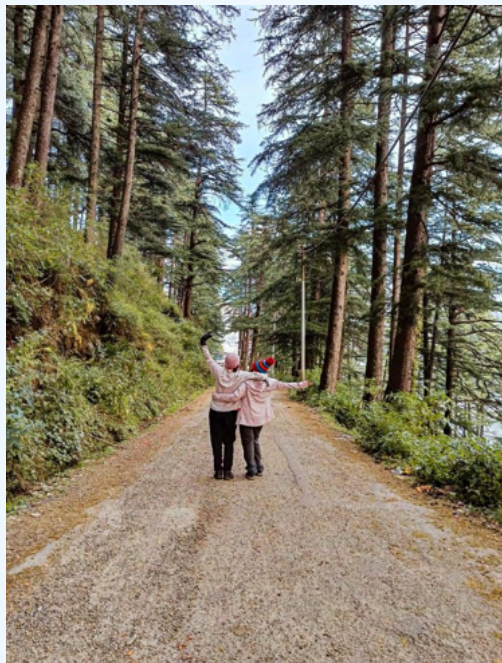
Aasta D'Costa  
I B.ASLP

# Consistency and Growth



**Dr. Usha M**

Former Assoc. Prof. SLP



**In a world that constantly demands our attention, maintaining consistency can often be a challenge. Alright, I'll be honest with you. I'm probably not the best person to talk about consistency these days**

because I've been struggling to keep it up myself. Back in the day, people used to ask me how I managed to juggle a crazy amount of extracurricular activities along with my work/ studies. I mean, I was all about singing, dancing, hiking, fitness training, traveling, you name it. And all

these things along with my PhD, 9 to 5 job! They even wondered about my secret: Where did I get all that energy and motivation? Sometimes, it seemed that I may have served too much on my plate and struggled because I was neither able to ditch it nor devour it. But, most of the time I enjoyed it. My routine never felt tired or burdened. As the years passed, if I look back to myself who I was, and what I am now, it's totally a different picture. Neither I am into that many activities nor I'm in that energy zone.

I am sure each one of us has had this feeling at one or the other point in our lifetime, and well, the consequences of this struggle can fall into a few categories.

## 1. Stuck in My Comfort Zone:

One option is to straight-up ignore the fact that I've changed and stuck to my current habits. Let's be honest, getting back into those good old routines takes effort, and sometimes, I just can't be bothered. So, why not stay comfy in my current bubble? Well, the danger is that I will forget how awesome I used to be, and I'll miss out on the satisfaction that consistency used to bring.

2. Blaming It on Age: Another choice is to accept that I'm not as young and enthusiastic as I used to be. Maybe I just don't have the same energy levels anymore. It's tempting to believe that I should slow down and give myself a break. But in that process, some might really fall into the zone of self-doubting – I am incapable, or am I just using age as an excuse to hold myself back?

3. Time to re-establish: Now, here's the interesting part. The third option involves making a serious effort to reclaim my old self and get active again. It means rolling up my sleeves, facing challenges head-on, and embracing the discomfort that comes with change. It might feel a bit



unsettling, but resuming one's own passion and getting back into the groove! Can really be worth it.

But, when I take a moment to reflect on myself, there's a whole different perspective on all these things. It's not that I've become lazy or lost interest in doing activities. It's more about growing up and gaining experience, really understanding who I am. I can clearly see that my beliefs and values have evolved over time, and I'm making better choices for myself now. I've started focussing more on self-satisfaction rather than trying to please everyone around me. I call it "GROWTH."



learned to create my own space and surround myself with a few close friends who share my thoughts and values.



Instead of saying yes to everything and everyone, I can set clear boundaries while still maintaining good relationships. I have transitioned from trying every restaurant in town to discovering the joy of cooking at home and savoring delicious flavors in my own kitchen. Moreover, I have shifted from bragging about my education to quietly honing my skills and expanding my knowledge through my personal home library. I have truly grown. Rather than planning or attending a party, now I crave the weekend where I can see myself sipping a cup of chai with a close friend, having deep conversations, and sharing our thoughts and experiences.

So, this is my 4th perspective on how I have taken things – Rediscovering the Self.

Therefore, consistency and growth are two intertwined aspects of our lives that require careful consideration. While it's easy to get caught up in the fast-paced world and lose track of our routines, it's important to reflect on our journey and embrace the changes that come with personal growth. To be frank, this journey of rediscovering myself has led me to grow in ways I never imagined. It's essential to regularly reflect on our thoughts, ideologies, and values in order to evolve further. By embracing change, pursuing personal growth, and finding a

balance between consistency and self-discovery, we can truly live a fulfilling and meaningful life.

***“It's time to reflect on ourselves”***

# PLAY UNDER BENIGNANT GOVERNANCE



Mr. Pancham Ponnana S A  
Asst Prof. Audiology

## A STRESS BUSTING BOON OR A LIFE STYLE WRECKING BANE?

PUBG is a personalized shooter game. The android version of the game was released in March 2018. It became an instant hit. The craze of PUBG can be seen among people of all age groups. However, it is especially popular among the youth. While the game was launched for the purpose of recreation, it is turned out to be a dangerous addiction. Eventually, it paved way for other similar genre of games and different modes of games such as Virtual and Augmented Reality.

Addicted gamers spend atleast 7-10 hours a day playing games. Little do they realize that playing continually slows down the brain activity and decreases the attention span. It also lowers the ability to grasp things. Research shows that students addicted to online gaming are seeing a dip in their academic performance.

Similarly, online gaming addiction is affecting working professionals. Many of those addicted delay submission of projects, miss important meetings and neglect their job responsibilities. They also portray unprofessional behaviour that hampers their career growth.

Gaming addiction is also ruining personal relationships and causes a lot of stress.

It is important to set a time during which these games are played. There are apps that alert when the set time is exceeded for playing a particular game or using a particular app that trigger extended screen times. The number of hours can be gradually decreased.

There is nothing more fulfilling and relaxing than spending time with family and friends. Talking to them, listening to all they say, indulging in activities enjoyed together and helping them with their tasks will definitely assist in gentle recovery from gaming addiction.

It is a good idea to involve in a previous activities of choice like sports, music, painting, gardening, shopping, travelling, etc. These activities should serve as good replacement for this toxic addiction.



# Success??? Just a thought



Imagine waking up tomorrow, having lost the one job you held onto so desperately. Your entire life revolved around that job, and now it's gone. Imagine there are no college studies to attend or expectations from anyone weighing on your shoulders. This is the moment of freedom, right? But some of us may find ourselves questioning what truly motivates us to open our eyes and start our day.

Have you thought about it? what would YOU do?

Somehow societal pressures have shaped our minds and lifestyles to think and act in a certain way and we've been conditioned to believe that our worth is tied solely to our jobs, studies, and the money that we make. But don't you think life is so much more than that? Everybody dreams about living fully, embracing experiences, and finding joy beyond the confines of societal norms but only a few will have the courage to sail their boats against the tides.

Nowadays, with everything moving at lightning speed and technology taking over lives, there is an intense race to achieve "Success and Fame." Either going with the norms or facing the odds, all are busy racing against each other. But what we are unable to see is that the effect of all these is creating serious consequences on our mental health. When the majority are caught up in the pursuit of recognition and success, ultimately, a very smaller number of people are satisfied running this race, and the rest feel just stuck or clueless.

Going back to the thought of what I said..... What IF you didn't have any work/responsibility to take care of when you wake up tomorrow? What would you do?

Can we just pause and reflect?

Imagine slowing things down in your life and enjoying every little aspect that is there in your life but you have failed to realize and appreciate it in your busy



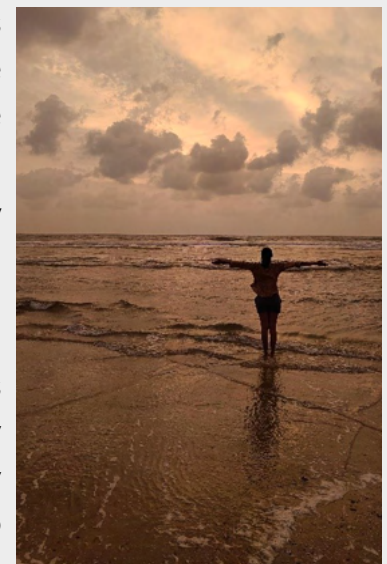
schedule. Let us consider some factors which may help us live life truly, happily, and at peace, no matter what the current situation is and how it will turn the next day morning.

Soul searching: A moment of freedom is the opportunity to discover what truly lights your life. Give up your identity as an employee of so and so for sometime and reflect on your life beyond your job. Consider your personal values, aspirations, and interests. Try redefining the purpose of your life just by giving it a thought.



**Dr. Usha M**

Former Assoc. Prof. SLP



Personal growth: Define personal growth in your view. cause for some people it's all about growing personally in a profession. We all need direction and a sense of purpose to live a meaningful life. Personal growth happens by regularly reflecting on our strengths and weaknesses. Working on building new skills, trying a new hobby, learning anything new which you had longed for. Engage yourself in any kind of activity which contributes to your personal growth.



Supportive Relationships: Surrounding yourself with your family, and friends with positive and caring attitudes

individuals can give you a new perspective on situations, without letting you down, and help you see beyond your setbacks.

Embracing the change: Always learn to embrace the change with open arms. Unexpected situations might get uncomfortable at times but it is an inevitable part of life. Embrace uncertainty and use the situation in your favor to reinvent yourself and explore different paths instead of limiting your existence to a preconceived notion or habit of yours.

Setting fresh goals: Whether short-term or long-term, setting a goal is very important. And the goals should not be kept in order to compete with others but with self. Growing inward is more beneficial than growing superficially.

Treat yourself: Never ignore your priorities, feelings, and emotions by distracting yourself with your busy schedule. Learn to sit with yourself. Enjoy the company of self. Treat yourself to activities such as playing, laughing with beloved ones, exercising, slow breathing, reading, and even just sitting in solitude with yourself without any gadget, song, or any work; simply existing in the moment, sometimes. Again, these activities should not be used as a distraction or escape mechanism but rather as a treat to self.



Last but not the least.... Defining **YOUR** success. Success is a deeply personal and subjective concept and varies from person to person. Don't let another person's definition of success overshadow your own aspiration and values.

For some becoming the CEO of the company is a success.

For some excelling at their personal talent or art is a success

For some having a family with lovable children is a success.

Focus on what truly matters to you and align your efforts accordingly to achieve your life's purpose which you can call a success.

***Just a thought***

# ಬೊಂಬೆಗೆ ಬಂಗಾರದ ಹೃದಯ



**Mr Deepak Raj**

Former Asst. Prof. Audiology

ಒಂದೂರಲ್ಲಿ ಒಬ್ಬ ಬೊಂಬೆ ಮಾಡೋ ಬಡಗಿ ಇರ್ತಾನೆ. ಮನುಷ್ಯನ ತರ ಇರೋ ಬೊಂಬೆ ಮಾಡಿ ಅದನ್ನು ಜಗತ್ತಿಗೆಲ್ಲ ಪ್ರದರ್ಶನಕ್ಕೆ ಇಟ್ಟು, ಆ ಬೊಂಬೆ ಇವನಿಗೆ ಪ್ರಶಂಸೆ ಸಿಗಬೇಕು ಅನ್ನೋದೇ ಅವನ ಆಸೆ. ವಿಧ ವಿಧವಾದ ಪ್ರಯತ್ನ ಪ್ರಯೋಗ ಮಾಡಿದ್ರೂ ಆ ಥರ ಒಂದು ಬೊಂಬೆ ಮಾಡೋಕೆ ಅವನ ಕೈಯಲ್ಲಿ ಆಗಲೇ ಇಲ್ಲ. ಬೇಸತ್ತು ಬಡಗಿ ಸುತ್ತಾಗಿ ಮಲಗಿಟ್ಟು ನಿದ್ದೇಲಿ ಅವನಿಗೆ ಒಂದು ಕನಸು ಬೀಳುತ್ತೆ. ಆ ಕನಸು ನಿಜವಾಗ್ಲೂ ತುಂಬಾ ಚೆನ್ನಾಗಿರುತ್ತೆ. ಆ ಕನಸಿನ ಗುಂಗಲ್ಲಿ ಎದ್ದ ಅ ಬಡಗಿ, ಒಂದು ಹೊಸ ಪ್ರಯೋಗ ಮಾಡೋಣ ಅಂತ, ಮನೇಲಿರೋ ಅಷ್ಟು-ಇಷ್ಟು ಬಂಗಾರ ಕರಗಿಸ್ತಾನೆ. ಕರಗಿಸಿ ಒಂದು ವಿಸ್ಮಯವಾದ ಹೃದಯ ಮಾಡ್ತಾನೆ. ಸುಮ್ಮೆ ನೋಡೋಣ ಈ ಬಂಗಾರದ ಹೃದಯದಿಂದ ಏನಾಗುತ್ತೆ ಅಂತ ಅಲ್ಲೇ ಹತ್ತಿರದಲ್ಲೆರೋ ಒಂದು ಬೊಂಬೆಗೆ ಈ ಬಂಗಾರದ ಹೃದಯ ಇಡುತ್ತಾನೆ. ನೋಡು ನೋಡುತ್ತಿದ್ದಂತೆ ಆ ಬೊಂಬೆಗೆ ಜೀವ ಬರುತ್ತೆ. ಇದನ್ನು ಕಂಡು ಬಡಗಿ ನಿಚ್ಚರಗಾಗಿ ನಿಲ್ಲಾನೆ. ಬಡಗಿಗೆ ಎಲ್ಲಿಲ್ಲದ ಸಂತೋಷ. ಮನುಷ್ಯನ ಹಾಗಿರೋ ಬೊಂಬೆ ಮಾಡೋಕ್ಕೆ ಹೋಗಿ ಜೀವ ಇರೋ ಬೊಂಬೆ ಮಾಡಿರ್ತಾನೆ. ಮನುಷ್ಯನ ಹಾಗೆ ಇರೋ ಜೀವ ಬಂದಂತಹ ಬೊಂಬೆ ಬಡಗಿನ ನೋಡಿ ನಗೋಕ್ಕೆ ಶುರು ಮಾಡುತ್ತೆ. ಬಡಗಿ ಹತ್ತಿರದಲ್ಲೇ ಇದ್ದ ಕಬ್ಬಿಣದ ಸಲಾಕೆ ತಗೊಂಡು ಬೊಂಬೆಯ ಬಂಗಾರದ ಹೃದಯನ ತೆಗೆಯೋಕೆ ಪ್ರಯತ್ನ ಪಡುತ್ತಾನೆ. ಬಡಗಿಗೆ ಇದಕ್ಕಿಂತ ಚೆನ್ನಾಗಿರೋ ಇನ್ನೊಂದು ಬೊಂಬೆಗೆ ಜೀವ ಬರ್ಲಿ ಅನ್ನೋ ಆಸೆ ಇರುತ್ತೆ. ಜೀವ ಬಂದಿರದು ಹೆಣ್ಣು ಬೊಂಬೆಗೆ. ನೋವು ತಡೆಯೋಕೆ ಆಗದೆ ಬಂಗಾರದ ಹೃದಯ ಇರೋ ಬೊಂಬೆ ಕಿರುಚೋಕೆ ಶುರು ಮಾಡುತ್ತೆ. ಅಳುತ್ತಿರೋ ಬೊಂಬೆ ನೋಡಿ ಬಡಗಿಗೆ ಬೊಂಬೆ ಮೇಲೆ ಅನುಕಂಪ ಬರುತ್ತೆ. ಹೋಗಲಿ ಅಂತ ಬಿಟ್ಟು ಬಿಡುತ್ತಾನೆ.

ಜೀವ ಇರೋ ಬೊಂಬೆ ನೋಡಿ ಊರಿನವರಿಗೆಲ್ಲ ಆಶ್ಚರ್ಯ. ಬೊಂಬೆ ನೋಡೋಕೆ ಜನ ಸಾಗರನೇ ಬರ್ತಿತ್ತು. ಬಂದವರಿಗೆಲ್ಲ ಬೊಂಬೆ ನೋಡಿ ಖುಷಿ ಪಟ್ಟು ಮುದ್ದು ಮಾಡಿ ಹೋಗುತ್ತಿದ್ದರು. ಬೊಂಬೆಗೆ ಹೊರಗೆ ಹೋಗೋ ಆಸೆ. ಚಿತ್ರಪಟಗಳನ್ನು ನೋಡಿ ಸಾವಿರ ಪ್ರಶ್ನೆಗಳು ಬೊಂಬೆ ಮನಸ್ಸಿನಲ್ಲಿ. ಪ್ರದರ್ಶನ ಬಿಟ್ಟು ಬೇರೆ ಕಡೆ ಧ್ಯಾನ ಹೋದರೆ ಬಡಗಿ ಬೊಂಬೆಗೆ ಹೊಡೆತ್ತಿದ್ದ. ಬೇರೆ ಬೊಂಬೆ ಮೇಲಿರೋ ವ್ಯಾಮೋಹ ಇನ್ನು ಕಮ್ಮಿ ಆಗಿರ್ಲಿಲ್ಲ. ಆ ವ್ಯಾಮೋಹ ಈ ಬೊಂಬೆ ಮೇಲೆ ಕೋಪ ತರಿಸಿತ್ತು. ಈ ಜೀವಂತ ಬೊಂಬೆಯ ಪ್ರದರ್ಶನದಿಂದ ಬಡಗಿ ಸಾಕಷ್ಟು ಹಣ ಮಾಡ್ತಾನೆ. ಆದರೆ ಆ ಹಣವನ್ನು ಕುಡಿತ ಜೂಜು ಅವರಿವರ ಶೋಕಿಗೆ ಅಂತ ಖರ್ಚು ಮಾಡಿ ಹಾಳು ಮಾಡುತ್ತಾನೆ. ಕೆಲವು ವರ್ಷಗಳ ನಂತರ ಬೊಂಬೆ ನೋಡೋಕೆ ಬರುವವರ ಸಂಖ್ಯೆ ಕಮ್ಮಿ ಆಗುತ್ತೆ. ಬಡಗಿ ಹತ್ತ ಹಣ ಖಾಲಿ ಆಗುತ್ತೆ. ಬಡಗಿ ಅನಾರೋಗ್ಯದಿಂದ ಹಾಸಿಗೆ ಹಿಡೀತಾನೆ. ಇಡೀ ಮನೆ ಕಷ್ಟಕ್ಕೆ ಸಿಲುಕುತ್ತೆ. ಬಡಗಿ ಬೊಂಬೆ ಮಾರೋ ಯೋಚನೆ ಮಾಡ್ತಾನೆ. ತುಂಬ ಕಡೆ ವಿಚಾರಿಸಿ ಕೊನೆಗೆ ಸರಿಯಾದ ಗಿರಾಕಿಗೆ ಬೊಂಬೆ ಮಾರಕ್ಕೆ ಮುಂದಾಗ್ತಾನೆ. ಗಿರಾಕಿ ಹೇಳೋ ಬೆಲೆ ಬಡಗಿಗೆ ಇಷ್ಟ ಆಗುತ್ತೆ. ವ್ಯವಹಾರ ಇನ್ನೇನು ಮುಗಿಬೇಕು ಅನ್ನೋ ಅಷ್ಟರಲ್ಲಿ ಬೊಂಬೆ 'ನಾನು ಇವರ ಜೊತೆ ಹೋಗಲ್ಲ' ಅಂತ ಹೇಳುತ್ತೆ. ಮಾತೇ ಬಾರದ ಬೊಂಬೆ ಮಾತಾಡುತ್ತಾ ಇದೆ ಅಂತ ಬಡಗಿಗೆ ಆಶ್ಚರ್ಯ ಆಗುತ್ತೆ. ಬಂದಿದ್ದ ಗಿರಾಕಿ ಬಂದು ಬೊಂಬೆಗೆ ಇಷ್ಟೊಂದು ಅಹಂಕಾರನ ಅಂತ ಕೋಪದಿಂದ ಹೊರಟು ಹೋಗುತ್ತಾನೆ. ಬಡಗಿಗೆ ಕೋಪ ಬಂದರೂ ಅನಾರೋಗ್ಯದ ಕಾರಣ ಏನೂ ಮಾಡಕ್ಕೆ ಆಗಲ್ಲ. ಬೊಂಬೆ ಪ್ರದರ್ಶನ ವೀಕ್ಷಣೆಗೆ ಅಂತ ಬಂದಂತಹ ಮಾರುವೇಷದಲ್ಲೆರೋ ರಾಜಕುಮಾರನಿಗೆ ಬೊಂಬೆಯನ್ನು ನೋಡಿ ಅದನ್ನು ಖರೀದಿಸುವ ಆಸೆ. ಆದರೆ ಬೊಂಬೆಗೆ ಇಷ್ಟವಾಗದಿದ್ದರೆ ತೊಂದರೆ ಎಂಬುದನ್ನು ಅರಿತು ಬೊಂಬೆಯ ಮನ ಒಲಿಸಿಕೊಳ್ಳಲು ಮುಂದಾಗುತ್ತಾನೆ. ರಾಜಕುಮಾರನ ನಡೆ-ನುಡಿ, ಹಾವ-ಭಾವ ಕಂಡು ಬೊಂಬೆ ರಾಜಕುಮಾರನಿಗೆ ಮನಸೋಲುತ್ತದೆ. ರಾಜಕುಮಾರ ಖರೀದಿದಿಂದು ಆಲೋಚಿಸುತ್ತಿರುವ ಸಮಯ, ಬಹು ಕಾಲದಿಂದ ಹಾಸಿಗೆ ಹಿಡಿದ ಬಡಗಿ ಹಠಾತ್ತನೆ ಮರಣಿಸುತ್ತಾನೆ.

ಬಡಗಿಯ ಸಾವಿನಿಂದ ಬೊಂಬೆ ಅವನ ಕಪಿಮುಷ್ಠಿಯಿಂದ ಮುಕ್ತಿ ಹೊಂದುತ್ತದೆ. ರಾಜಕುಮಾರನನ್ನು ಸಂಪೂರ್ಣವಾಗಿ ನಂಬಿದ ಬೊಂಬೆ ಅವನೊಡನೆ ಅವನ ಅರಮನೆಗೆ ತೆರಳುತ್ತದೆ. ಬೊಂಬೆಯನ್ನು ಅತಿಯಾಗಿ ಹೆಚ್ಚಿಕೊಂಡ ರಾಜಕುಮಾರ ಬೊಂಬೆಯ ಮನ ನಲಿಸುವ ಎಲ್ಲ ವ್ಯವಸ್ಥೆಗಳನ್ನು ಮಾಡುತ್ತಾನೆ. ಬೊಂಬೆಯ ಮೇಲೆ ಹುಚ್ಚು ಸ್ವಾಮ್ಯಸೂಚಕತೆ ಬೆಳೆಸಿಕೊಂಡ ರಾಜಕುಮಾರ ಬೊಂಬೆಯನ್ನು ಸದಾ ತನ್ನೆದುರಿಗೆ ಇರಿಸುತ್ತಿದ್ದ. ಬೇಟೆಯಾಡಲು ಹೋದರೆ ಬೊಂಬೆಯ ಪಹರೆ ಮಾಡುವ ಸೈನಿಕರನ್ನು ಹೆಚ್ಚಿಸುತ್ತಿದ್ದ. ಅರಮನೆಯ ಹೊರಹೋಗಲು ಬೊಂಬೆಗೆ ಯುವರಾಜ ಸಂಪೂರ್ಣ ನಿರ್ಬಂಧನೆಗಳನ್ನು ಹೇರಿದ್ದ. ಆದರೆ ಕಾಲ ಕಾಲಕ್ಕೆ 'ನೀನು ಸಂತೋಷವಾಗಿದ್ದೀಯಾ ? ಇವೆಲ್ಲ ನಿನಗೆ ಹಿಡಿಸಿತೇ?' ಎಂದು ಬೊಂಬೆಯನ್ನು ವಿಚಾರಿಸುತ್ತಿದ್ದ. ರಾಜಕುಮಾರನಿಗೆ ಮತ್ತು ಅವನ ಪ್ರೀತಿಗೆ ಮನಸೋತ ಬೊಂಬೆ ತಾನು ಸಂತೋಷವಾಗಿರುವುದಾಗಿ ಹೇಳುತ್ತಿತ್ತು. ವರ್ಷಗಳು ಕಳೆದಂತೆ ಬೊಂಬೆ ಸಪ್ತಗಾಯಿತು. ರಾಜಕುಮಾರನಿಗೆ ಬೊಂಬೆಯ ಮೇಲೆ ಆಸಕ್ತಿ ಕ್ಷೀಣಿಸಿತು. ರಾಜಕುಮಾರ ರಾಜ್ಯ ಪರಿಪಾಲನೆಯಲ್ಲಿ ಮಗ್ನನಾದ. ಒಂಟಿತನ ಬೊಂಬೆಯನ್ನು ಕಾಡಲಾರಂಭಿಸಿತು. ಒಂದು ದಿನ ರಾಜಭೋಜನದಲ್ಲಿ ಕುಳಿತ ಬೊಂಬೆಗೆ ಹಠಾಶೆ ತಡೆಯಲಾಗದಾಗಿ ಭೋಜನವನ್ನು ಅರ್ಧದಲ್ಲೇ ನಿಲ್ಲಿಸಿ ಎದ್ದು ಹೋಯಿತು. ಇದರಿಂದ ಅವಮಾನಗೊಂಡ ರಾಜಕುಮಾರ ಕೋಪದಿಂದ ಬೊಂಬೆಯ ಮೇಲೆ ಕಿರುಚಾಡಿದ. ಕತ್ತಿಯಂತೆ ತೀಕ್ಷ್ಣವಾದ ಅವನ ಮಾತುಗಳು ಬೊಂಬೆಯ ಮನ ನೋಯಿಸಿತು. ಬೊಂಬೆ ಅಳಲು ಶುರು ಮಾಡಿತು. ಮನ ಕಲಕಿತು. ತಾರಕಕ್ಕೇರಿದ ರಾಜಕುಮಾರನ ಕೋಪದ ಕಠಿಣ ಕಹಿ ಮಾತುಗಳನ್ನು ಕೇಳಿ, ಬಂಗಾರದ ಬೊಂಬೆಯ ಹೃದಯದಲ್ಲಿ ಬಿರುಕು ಮೂಡಿತು. ಬೊಂಬೆ ಕುಸಿದು ನೆಲಕ್ಕುರುಳಿತು. ರಾಜಕುಮಾರ ಆಘಾತಕ್ಕೊಳಗಾದ. ಬೊಂಬೆಯನ್ನು ಮುಟ್ಟಿ ಮೋಡಿದ. ಕೈ ಹಿಡಿದು ಅಲುಗಾಡಿಸಿದ. ಬೊಂಬೆಗೆ ಆರೋಗ್ಯ ಕ್ಷೀಣಿಸಿದೆ.

ಮನನೊಂದ ರಾಜಕುಮಾರ ದೇಶಾನುದೇಶಗಳಿಂದ ಬಡಗಿಗಳನ್ನು ಕರೆಸಿ ಬಂಗಾರದ ಹೃದಯವನ್ನು ಸರಿ ಮಾಡುವ ದಾರಿ ಯಾಚಿಸಿದ. ಏನು ಮಾಡಿದರೂ ಹೃದಯದ ಬಿರುಕು ಸೇರಲಿಲ್ಲ. ಸಕಲ ಸೌಲಭ್ಯಗಳನ್ನು ಅನುಭವಿಸುತ್ತಾ ಖುಷಿಯಾಗಿದ್ದ ಬೊಂಬೆ ಬೇಸರಗೊಳ್ಳಲು ಕಾರಣವೇನೆಂಬ ಪ್ರಶ್ನೆ ರಾಜಕುಮಾರನನ್ನು ಕಾಡಲಾರಂಭಿಸಿತು. ಉತ್ತರವಿಲ್ಲದೆ ಬರಿ ಪ್ರಶ್ನೆಯಲ್ಲೇ ಕುಳಿತ ರಾಜಕುಮಾರನಿಗೆ ಬೊಂಬೆ ಆಗಾಗ ಬರೆಯುತ್ತಿದ್ದ ದಿನಚರಿಯ ಬಗ್ಗೆ ನೆನಪಾಯಿತು. ಬೊಂಬೆಯ ಕೋಣೆಗೆ ತೆರಳಿದ ರಾಜಕುಮಾರ ಬೊಂಬೆಯ ದಿನಚರಿಯನ್ನು ಓದುತ್ತ ಕುಳಿತ.

ನನ್ನನ್ನು ಸೃಷ್ಟಿಸಿದ ಅಪ್ಪನಿಗೆ ನಾನೆಂದರೆ ಏಕೆ ಇಷ್ಟು ದ್ವೇಷ ? ನಾ ಬಯಸದ ನನ್ನ ಜನುಮಕ್ಕೆ ನನಗೇಕೆ ಈ ಶಿಕ್ಷೆ ? ದ್ವೇಷದ ತೆರಪಿನ ವಸ್ತುವೇ ನಾನು ? ನೋಡಲಷ್ಟು ಕುರೂಪಿಯೇ ನಾನು ? ಕುಂತರೂ ನಿಂತರೂ ಅಪ್ಪನಿಗೆ ಇಷ್ಟು ಕೋಪ ತರಿಸುವ ನಾನೆಂತಹ ಪಾಪಿ ? ಯಾವುದನ್ನೂ ಸರಿಯಾಗಿ ನಿರ್ವಹಿಸುವ ವಿಶ್ವಾಸ ಸಾಮರ್ಥ್ಯ ನನಗಿಲ್ಲವೇಕೆ ? ಹೊರಗಿನವರಿಗೆ ನನ್ನ ಮೇಲಿರುವ ಪ್ರೀತಿ ನನ್ನಪ್ಪನಿಗೇಕಿಲ್ಲ ?

ಮನೆಯಿಂದ ಹೊರ ಹೋಗಲು ನನಗೇಕಿಲ್ಲ ಅಪ್ಪಣೆ ? ದೂರದ ಬೆಟ್ಟ ಹಾರುವ ಹಕ್ಕಿ ಹರಿಯುವ ನೀರು, ಜಲಪಾತಗಳು, ಇವೆಲ್ಲವೂ ಚಿತ್ರಪಟದಲ್ಲಿ ಎಷ್ಟು ಮನೋಹರವಾಗಿ ಗೋಚರಿಸುತ್ತವೆ. ಕಾಣದ ಕಡಲಿಗೇಕೆ ಹಂಬಲಿಸಿದೆ ಈ ಮನ ? ಮನೆಯ ಬಾಗಿಲಿಂದಾಚೆಗೆ ಈ ಸ್ವರ್ಗ ನಿಜವಾಗಿಯೂ ಇರುವುದೇ ? ನಾನಲ್ಲಿಗೆ ಹೋಗಬೇಕು. ನಾನೊಬ್ಬಳೇ ಎಲ್ಲೂ ಹೋಗಬಾರದೇಕೆ ? ಕಥೆಯಲ್ಲಿ ಕರೆದೊಯ್ಯುವ ರಾಜಕುಮಾರನು ನನ್ನನ್ನು ಎಂದು ಕರೆದೊಯ್ಯುವನು.

ಅಪ್ಪನ ಆರೋಗ್ಯ ಕ್ಷೀಣಿಸಿದೆ. ಹಣದ ಅಭಾವ ಮನೆಯನ್ನು ಕಾಡಿದೆ. ನನ್ನ ಮಾರಾಟದಿಂದ ಆರ್ಥಿಕ ಪರಿಸ್ಥಿತಿ ಸುಧಾರಿಸಬಹುದೆಂದು ಅಪ್ಪನು ನಂಬಿದ್ದಾನೆ. ಮಾರಾಟಕ್ಕಾಗಿಯೇನು ನನ್ನ ಅಪ್ಪ ನನ್ನನ್ನು ಸೃಷ್ಟಿಸಿದ ಕಾರಣ ? ಜೀವವಿರುವ ನನಗೆ ಸ್ವತಂತ್ರವಿಲ್ಲವೇಕೆ ? ಇವರೊಡನೆ ಹೋಗಲು ನನಗಿಷ್ಟವಿದೆಯೇ ಇಲ್ಲವೇ ಎಂದು ನನ್ನನ್ನು ಯಾರೂ ಕೇಳಲಿಲ್ಲವೇಕೆ ?

ಒಲ್ಲದ ಈ ವ್ಯವಹಾರ ಬೇಡವೆಂದು ನಾನು ಬಾಯಿ ತೆರೆದು ಹೇಳಿದ ಮರು ಕ್ಷಣ, ನನ್ನ ಮನಸ್ಸು ಹಗುರಾಯಿತೇಕೆ ? ಎಲ್ಲಿಲ್ಲದ ಈ ಧೈರ್ಯ ನನಗಿಲ್ಲದ ಬಂತು ? ನನ್ನ ಮಾತುಗಳಿಂದ ಅಪ್ಪನ ಮನ ನೊಂದರೂ, ನನಗೆ ಬೇಸರವಿಲ್ಲವೇಕೆ ? ನಾನು ಸ್ವಾರ್ಥಿಯೇ ? ನನ್ನ ಆಸೆ ಆಕಾಂಕ್ಷೆಗಳನ್ನು ನಾನು ಹೇಳಬಾರದೇ ? ನನಗೇನೂ ಅರ್ಥವಾಗದೇಕೆ ?

ನಾ ಕಂಡ ನನ್ನ ಕನಸಿನ ಸ್ವರ್ಗಕ್ಕೆ ಕರೆದೊಯ್ಯುವ ರಾಜಕುಮಾರ ಇವನೇ ? ಅವನೆಂತಹ ಅಂದಗಾರ. ಕಣ್ ಸೆಳೆವ ಅವನ ಸೌಂದರ್ಯ. ನಾನೆಂದರೆ ಇಷ್ಟವಂತೆ! ಅವನೊಡನೆ ಹೋಗಬೇಕಂತೆ. ನನ್ನೊಪ್ಪಿಗೆ ಪಡೆದು ನಂತರ ಅಪ್ಪನನ್ನು ಕೇಳುವನಂತೆ.

ಅಪ್ಪನ ಸಾವು ಕಣ್ಣೀರು ತಾರದೇಕೆ ? ಮಗಳಾದ ನನ್ನನ್ನು ವಾತ್ಸಲ್ಯದಿಂದ ಕಾಣಲಿಲ್ಲವೇಕೆ ? ಅಕ್ಕರೆಯ ಮುತ್ತಿಟ್ಟು ಅಪ್ಪುಗೆಯ ಬೆಚ್ಚಗೆಯನ್ನು ನೀಡಲಿಲ್ಲವೇಕೆ ? ಅಪ್ಪನಿಗೆ ನಾನಷ್ಟು ಬೇಡವಾದೆನೇ ? ಸಾವಿನ ಕಡೆ ಘಳಿಗೆಯಲ್ಲೂ ನಾನವರಿಗೆ ಬರೀ ಬೊಂಬೆಯಾಗಿಯೇ ಉಳಿದೇನೇ ? ನನ್ನಪ್ಪನ ಕಳೆದುಕೊಂಡ ನನಗೆ ಮನಕಲುಕದೇಕೆ ? ರಾಜಕುಮಾರನೊಡನೆ ಹೋಗುವ ವಿನಃ ನನಗಿಲ್ಲ ಉಳಿದಿದೆ ಬೇರೆ ಆಯ್ಕೆ ? ನಾ ಕಂಡ ನನ್ನ ಕನಸಿನ ರಾಜಕುಮಾರನಿವನೇ ? ಅವನಿಗೆ ನಾನೆಂದರೆ ಇಷ್ಟ ಕರೆದೊಯ್ಯುವನು ಖಂಡಿತ. ಇನ್ನಾದರೂ ನಾ ಕಂಡ ಕನಸುಗಳು ನನಸಾಗುವವು.

ಅರಮನೆಯು ಎಷ್ಟು ಸುಂದರವಾಗಿದೆ. ರಾಜಕುಮಾರನಿಗೆ ನನ್ನೊಡನೆ ಸಮಯ ಕಳೆಯಲೆಷ್ಟು ಸಂತೋಷ. ಕ್ಷಣ ಕ್ಷಣ ಅದೆಷ್ಟು ಸುಂದರವಾಗಿದೆ. ಎಲ್ಲ ಸೌಲಭ್ಯಗಳನ್ನು ಅರಮನೆಯಲ್ಲೇ ಮಾಡಿದ್ದಾನೆ. ರಾಜಕುಮಾರನಷ್ಟು ಒಳ್ಳೆಯವನು. ಅರಮನೆಗೆ ಬರುವ ದಾರಿಯಲ್ಲಿ ಕಂಡ ಜಲಪಾತವನ್ನು ಕಾಣಬೇಕೊಮ್ಮೆ. ರಾಜಕುಮಾರನಿಗೆ ನನ್ನ ವಿಷಯದಲ್ಲಿ ಅದೆಷ್ಟು ಕಾಳಜಿ. ಅವನನ್ನು ಪಡೆದ ನಾನೇ ಪುಣ್ಯವತಿ.

ಬೇಟೆಗೇಕೆ ನಾ ತೆರಳಬಾರದು ? ಕಲಿಸಿದರೆ ಕಲಿಯುವ ಸಾಮರ್ಥ್ಯ ನನಗಿಲ್ಲವೇ ? ಅರಮನೆಯೂ ಅಪ್ಪನ ಸೆರೆಮನೆಯಂತೆ ಕಾಣುತ್ತಿದೆ ಏಕೆ ? ಹೊರಹೋಗಲು ಸ್ವಾತಂತ್ರ್ಯವಿಲ್ಲವೇಕೆ ? ಮತ್ತೆ ಪ್ರದರ್ಶನಕ್ಕಿಟ್ಟು ವಸ್ತುವಾದೆನೇ ನಾನು ? ಇಲ್ಲಿಯೂ ನನಗೆ ಸ್ವಾತಂತ್ರ್ಯವಿಲ್ಲವೇಕೆ, ರಾಜಕುಮಾರ ?

ಈ ಅರಮನೆಯು ಸೆರೆಮನೆಯೇ ಸರಿ. ಸಣ್ಣ ಸೆರೆಮನೆಯಿಂದ ದೊಡ್ಡ ಸೆರೆಮನೆಗೆ ಬಂದಿರುವೆ. ಎಲ್ಲಿಲ್ಲದ ಪ್ರೀತಿ ಇಲ್ಲಿಲ್ಲ. ರಾಜಕುಮಾರನಿಗೆ ನನ್ನ ಮೇಲೆ ಆಸಕ್ತಿ ಮುಗಿದಿದೆ. ಸದಾ ರಾಜ್ಯ ಪರಿಪಾಲನೆಯಲ್ಲಿ ಮಗ್ನ. ಕಂಡರೆ, ಸೌಲಭ್ಯಗಳು ಚೆನ್ನಾಗಿವೆಯೇ ಕೇಳುವನೇ ವಿನಃ ಇವು ನಿನ್ನಿಷ್ಟವಾದವೇ, ಎಂದು ಒಂದು ಬಾರಿಯೂ ಕೇಳಲಿಲ್ಲ. ನನ್ನಿಷ್ಟಪಟ್ಟವನು ನನ್ನ ಅಪ್ಪನಂತೆ ನನ್ನಿಂದ ದೂರ ಸರಿದಿದ್ದಾನೆ. ನನ್ನ ಮೇಲೆ ಪ್ರೀತಿ ಕ್ಷೀಣಿಸಿತೇ ? ಅದು ಪ್ರೀತಿಯೇ ಅಥವಾ ಕೇವಲ ಆಕರ್ಷಣೆಯೇ ?

ಸುಂದರವಾದ ಅರಮನೆಯಲ್ಲಿ ನಾನೊಂಟಿ ಜೀವ. ಜೀವವಿದ್ದರೂ ಇಲ್ಲದ ವಸ್ತುವಿನಂತೆ ಕಾಣುವರು. ನನಗೇನು ಬೇಕೆಂಬುದನ್ನು ಅವರೇ ನಿರ್ಧರಿಸುವರು. ಒಂದು ಮಾತು ನನ್ನನ್ನು ಕೇಳರೇಕೆ ? ನನ್ನೊಡನೆ ಮನಬಿಚ್ಚಿ ಮಾತನಾಡರೇಕೆ ? ಜೀವವಿದ್ದರೂ ಇಲ್ಲದ ಬೊಂಬೆಯಂತೆ ಕಾಣುವರೇಕೆ ? ನನ್ನ ಜೀವನ ಹೀಗಾಯಿತೇಕೆ ? ಒಮ್ಮೆಯಾದರೂ ನಿನಗೇನು ಬೇಕು ಎಂದು ಯಾರೂ ಕೇಳಲಿಲ್ಲ. ನಾ ಕಂಡ ಕನಸುಗಿಲ್ಲ ನುಚ್ಚು ನೂರಾಗಿವೆ. ಚಿನ್ನ ಬಯಸಲಿಲ್ಲ. ವಜ್ರ ವೈಷಯಗಳನ್ನರಸಲಿಲ್ಲ. ಬೆಟ್ಟ ಗುಡ್ಡಗಳ ನೋಡುವಾಸೆ. ಸಮುದ್ರದಲ್ಲಿ ಮೀಯುವಾಸೆ. ಅರಣ್ಯ ಪ್ರಾಣಿಗಳನ್ನು ನೋಡುವಾಸೆ. ಹಕ್ಕಿಯ ಕಲರವ ಕೇಳುವಾಸೆ. ಸೂರ್ಯೋದಯದ ಕಿರಣಗಳಲ್ಲಿ ಮಿಂದು ಚಂದ್ರನಡಿ ಮಲಗುವಾಸೆ. ಝರಿಯ ತಟದಲ್ಲಿ ಹರಿವ ನದಿಯೊಡನೆ ಓಡುವಾಸೆ, ತಿಖರದ ಉತ್ತುಂಗಕ್ಕೇರಿ ಮನಬಿಚ್ಚಿ ಕಿರುಚುವಾಸೆ, ಹಾಡುವಾಸೆ, ಹಕ್ಕಿಯಂತೆ ಹಾರುವಾಸೆ.

ಮನ ಕಲಕಿದೆ, ತನು ದಣಿದಿದೆ, ಹೃದಯ ಬಿರಿಯತೊಡಗಿದೆ. ಈ ನೋವನ್ನು ನಾ ಸಹಿಸಲಾರೆ, ಒಲ್ಲದ ರಾಜಕುಮಾರನಿಗೆ ಹೇಳಲಾರೆ, ಯಾರಿಗೂ ಭಾರವಾಗಬಾರದೆಂದು ಈ ನೋವನ್ನು ಸಹಿಸಿದೆ, ಇನ್ನಾಗುವುದಿಲ್ಲ. ನನಗರಿತ ಹಾಗೆ ನನ್ನ ಸಮಯ ಬಂದಿದೆ.

ಇದನ್ನೋದಿದ ರಾಜಕುಮಾರ ಬೊಂಬೆಯನ್ನುಳಿಸಿಕೊಳ್ಳಲು ಓಡುತ್ತಾನೆ. ಮಲಗಿರುವ ಬೊಂಬೆಯ ಕೈಯನ್ನು ಹಿಡಿದು "ನಿನಗೇನು ಬೇಕು ಹೇಳು



ರಾಜಕುಮಾರಿ, ನಾ ಕರೆದೊಯ್ಯುವೆ ನಿನ್ನನ್ನು ಶಿಖರಕ್ಕೆ, ಸಮುದ್ರದ ದಡಕ್ಕೆ, ಝರಿಯ ತಟಕ್ಕೆ.” ರಾಜಕುಮಾರ ಮಾತು ನಿಲ್ಲಿಸುತ್ತಾನೆ. ಬೊಂಬೆ ಅಲುಗಾಡಲಿಲ್ಲ. ಸೂಕ್ಷ್ಮವಾಗಿ ಹತ್ತಿರದಿಂದ ನೋಡಿದ, ಬೊಂಬೆಯ ಬಂಗಾರದ ಹೃದಯ ಒಡೆದು ನುಚ್ಚು ನೂರಾಗಿದೆ, ಬೊಂಬೆಯ ಜೀವ ಪರಲೋಕಕ್ಕೆ ಹಾರಿದೆ.

ಬೊಂಬೆಗೆ ಬಂಗಾರದ ಹೃದಯ

ಅರಿಯ ಬಯಸಲಿಲ್ಲ ಯಾರೂ ಹೃದಯ ಮಿಡಿವ ಪರಿಯ

ದೂರದ ಊರಿಂದ ಬಂದ ಜನರು ವೀಕ್ಷಿಸಿದರು ಬೊಂಬೆಯನು

ಮಾಡಿರುವೆ ಅದ್ಭುತ ವಿಸ್ಮಯ ಎಂದು ಹೊಗಳಿದರು ಬಡಗಿಯನ್ನು

ಸೃಷ್ಟಿಸಿದ ಬಡಗಿ ಸಣ್ಣ ತಪ್ಪಿಗೂ ಅಚಾರುರ್ಯಕ್ಕೂ ಬಡಿಯುತ್ತಿದ್ದನು ಬೊಂಬೆಯನು

ಯಾರಿಗೂ ತೋರದೆ ತನ್ನೊಳಗೆ ಅಳುತ್ತಿದ್ದ ಬೊಂಬೆಯ ನೋವನ್ನು ಕಾಣನಾದನು

ಹೇಳಿದ ರಾಜಕುಮಾರ ಕರೆದೊಯ್ಯುವೆ ನಿನ್ನನ್ನು ಅರಮನೆಗೆ

ನಂಬಿ ಹೊರಟಿತು ಬೊಂಬೆ ಬಂಗಾರದ ಸೆರೆಮನೆಗೆ

ಬಡಗಿಯಾಗಲಿ ರಾಜಕುಮಾರನಾಗಲಿ ಕೇಳಲಿಲ್ಲ ನಿನಗೇನು ಬೇಕು

ಕೇಳಿದರೆ ಬೊಂಬೆ ಹೇಳುತ್ತಿತ್ತು ಸ್ವಾತಂತ್ರ್ಯ ಸಂತೋಷಗಳಷ್ಟೇ ಸಾಕು

ಬೊಂಬೆಗಿದ್ದದ್ದು ಸರಳ ಸಣ್ಣ ಆಸೆ; ನಗುವಾಸೆ, ಅಳುವಾಸೆ, ಆಡುವಾಸೆ, ಹಾಡುವಾಸೆ, ಹಾರುವಾಸೆ

ಆದರೆ ಬಡಗಿ-ರಾಜಕುಮಾರ ಇಬ್ಬರೂ ನೀಡಿದ್ದು ನಿರಾಸೆ

ಅಳಲಿಲ್ಲ ಬೊಂಬೆ ಹೃದಯ ಬಿರಿದರು

ಅವಳ ಕಾಡಿದ್ದು ಇಷ್ಟ “ಜೀವವಿದ್ದರೂ ನನ್ನನ್ನೇಕೆ ವಸ್ತುವಂತೆ ಕಂಡರು?”

ಒಡೆದ ಹೃದಯ ಗಾಜಿನಂತೆ, ಏನು ಮಾಡಿದರು ಅದನ್ನು ಕೂಡಿಸಲಾಗದು

ಸೂರ್ಯ ಚಂದ್ರ ಬದಲಾಗಿ, ಭೂಮಿ ಆಕಾಶ ಒಂದಾದರೂ ಬೊಂಬೆಗೆ ಜೀವಬಾರದು

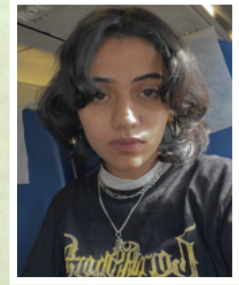
ಇರುವವರೆಗೂ ಬೊಂಬೆ ಕೇಳಿದ್ದು ಬರೀ ಪ್ರೀತಿ

ಇದನ್ನರಿಯದ ಜನರು ಬೊಂಬೆಯನ್ನು ನಡೆಸಿಕೊಂಡರು ಎದೆಯೊಡೆವ ರೀತಿ

ಬೊಂಬೆಗೆ ಬಂಗಾರದ ಹೃದಯ

ಅರಿಯ ಬಯಸಲಿಲ್ಲ ಯಾರೂ ಹೃದಯ ಮಿಡಿವ ಪರಿಯ

# CHASING THE ILLUSION OF PEACE



**Serina Nasir**  
**II B.ASLP**

Eyes of flame, what do you see?  
You possess fear  
Shook with a sense of loss and rage  
You miss them here  
Ashes and debris in the air  
You breathe it in  
Not like you could now even care

Oh eyes of flame  
But here, you're the one portrayed as the villain  
Because you're the one made to hold the gun  
But was it to protect your own son?  
To provide your own family with bread  
You've filled thousands of life with dread  
Sins worse than what morality could accept  
You drown and spiral in guilt  
Larger than a rich gluttonous man's debt

In this transient world that's unforgiving  
We're lost in seas of hate  
Guilt or loss  
These currents shall drown us both out  
Entrapped to an endless dance with destruction  
Did we really doubt  
The walls with the prophet's instruction?

Now as the rainstorms widen the blue  
Into the darkest waves  
Let's try something that shouldn't be new  
No more an illusion  
Give peace a chance  
The ones on cruises, boats or rafts

Put down the gun  
Take the time to embrace your own son  
Let the warm sun kiss our skin  
As we make more kins So look up  
Do you see a blue sky?  
With shining glimmery skyscrapers  
Oh but try not to get high  
Some might perceive the same sight  
As a buzz of heat  
And lay in defeat  
It's perspective too, you see

In our contrived mortal fate  
Entitled to this sea of hate  
You alone are the sailor of your vessel  
Yet collectively, we are the same ones  
causing turbulence.

# RIGHT HERE, RIGHT NOW



**Ms. Angel Sunil**  
**I B. ASLP**

A wise friend once told me, "Life's too short to miss out of the small things that brings happiness to you"

Throughout our lives, we live for our future. We worry about it since the moment we begin our school. First we worry about passing into the next grade, then we worry about college, then we worry about getting a job and then we worry about getting married. As we worry about thing that can't be controlled, we are missing out on the things that can be controlled.

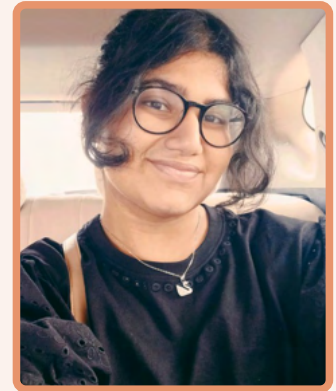
The people we meet, the friends we make and the moments we cherish are the ones that we would hold onto when we have to look back in life. Spending this moment all to yourself, grasping this second and taking in the beauty of the moment is something we all fail to see. We become so busy with our lives to the point where we forget to live a life true to us. Right here, right now, you could be sitting outside and watching the rain fall or cozying up in your room, reading a book and scrolling through your phone. You could be spending time with your loved ones while planning for your tomorrow. Rather, if you look closely in that moment, you could see the hidden gems of peace, love and tranquility. You could see that the world is not all black and white. When we are young, we do not worry about things.

We see things that some overlook, we hear things that some don't want to hear and we smile in life when make forget to do so. We could be happy, we would smile right now, but sometimes, we hold ourselves back from truly enjoying life. We always have a choice to whether be content with what we have and use the most of it or rather live in regret of the fact that we never let ourselves free for a moment. The very regret that would haunt us till the very end of time. People who smile and laugh and have a positive outlook in life always learn the secrets of life.

Some who search for the true meaning of life fails to find it because of this, because they are obsessed with the abstract thought of life that they do not see the physical answer in front of them. It could be the sun rise or how the moon shine. It could be how the birds fly or how the fishes swim. Life secretly shows us its true beauty. The very beauty we cease to see. In the hunt for opportunities in life, we don't realize that what we are searching for might be right in front of us.

In conclusion, I'd like to quote a famous author named Ken Poirot, "Our big opportunity may be right where we are right now. We have the sense to realize that a single idea can change the way we think, the way we feel and the way we live, that right now is one of those moments when we have the ability to influence the future. So, believe in yourself and live for the moment rather than hunt down something out of your reach"

# FANTASY TO REALITY



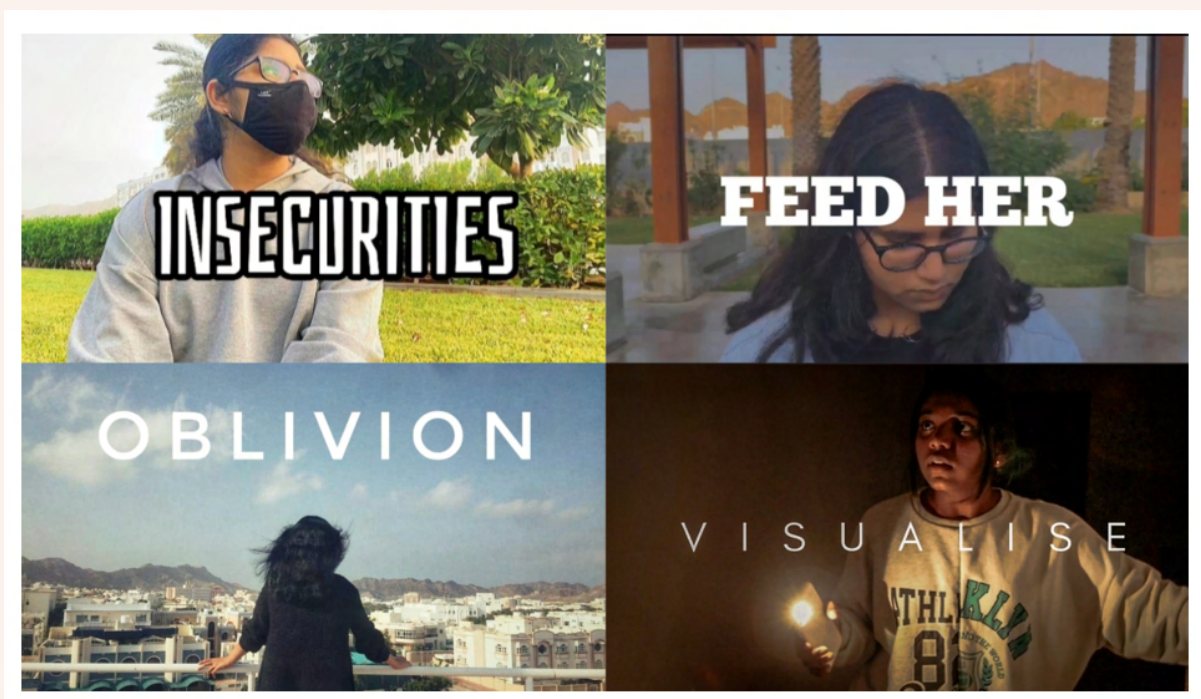
**Ms. Johana Jogy Thomas**

**I B.ASLP**

Its hard, really hard to make it come true, but you can. The first way is to imagine, fantasize and daydream. These are the best ones for film making. The more you do it, the more you are invested in it. School was the place where it started (probably for every first filmmakers). It was, as usual, started as a small, silly, fun thing to do that later became an addiction, which further turned into my passion. And I gave a lot of value to my passion than my talent (which is singing). I was always excited for it. The happiness I got when I made my first script, it was immense. I just couldn't express into words. Yes, it became a hit. I felt like I started to become visible at school. People started recognizing me and that made me feel alive. Of course I did this for me. Parents had doubts first but they were happy in the end.

Anyone who wants to pursue film making, let me make one thing clear- if you have a camera and a story idea, that's it, that's enough for you to be a filmmaker or a director. If you need actors, find people closest to you to act. Your first movie is always gonna be cringe and cliché but let it be. Learn from mistakes, improve from the past and make the next one better. Making movies always teaches you lessons, even if it's big or small. Everybody has a start, whether if it's good or bad- just start. Show the world your point of views because no one else around you ain't ready to show it. Do something about the story ideas that are screaming to come alive. Make it a reality.

Even if I am studying B.ASLP right now, movie ideas are knocking at the tip of my heart. I breathe for movies. I'm crazy for it, it's like I'm in love. I'll hard work like a dog for it. When you always doubt about your passion, ask this- What's something that you will regret not doing, 30 years later? Is it shutting your passions down because of the society or moving on with your life just a like a normal person having the same morning and night routines. If you want to do something about your unique self, do it now, stop dreaming and start now. You will fail, a thousand times, but don't give up. I was dumb enough to overthink but good enough to make my fantasy, a reality.



# LIFE IN LOCKDOWN



**Ms. Sangeetha Sanjen**  
**I B.ASLP**

Life in lockdown is changing what we do and how we feel. This was the new method of life and we accepted our new way of life. The corona virus outbreak was affecting people across India in different ways. My experience of lockdown as a student has had its ups and downs, as you would imagine. Being confined to our homes with no outside social interactions with fellow humans has been tough and goes against our human nature. I have been lucky enough to have a family that continues to support me during these uncertain times, and who always allow me the time and space I've needed over those past days. It was an unexpected announcement for the country when complete lockdown was announced on March, 2020 due to the increase in COVID'19 cases across the country. People were restricted themselves to their homes and this new normal continued for about 6 months before the restrictions were lifted one by one.

Though it was a tough time, we tried our best to survive and let our surroundings survive. The most important problems faced by the people is for food. The lockdown has completely made them disappointed. When it comes to education. It was not easy during the few weeks to provide education to students in the same old way. Later, we got hold of the situation and online classes took place across the country. However, this time has given me the opportunity to get more bond with family and exploring ourselves.

The best outcome of this situation has been that the Corona virus has made me aware of valuing food, water, fruits and other essential items. During those difficult days all of them were praying for that day when we get the news that there are no more any corona virus cases in the World. During these times as being students, have advantages and disadvantages. When there comes the total change in the atmosphere of education system. After a month I came to know about lots of advantages and disadvantages to this type of education.

Finally I realized that this virus is not a blessing to students but a foreshadow of the student's further life to adjust the online mode of education. The shift in education is totally different from all my education career. There are no significant advantages because there is a huge loss in jobs, lives, and the economy of the Country. But speaking about students there are some advantages. They will get more time to spend with their loved once. Well, this pandemic has made us learn a thoughtful lesson. Life in lockdown has been a challenging experience for many, but it has also highlighted or taught us the importance of the value of human connections, and made family relationships more strengthened. We should keep in mind that Lockdowns are only imposed for our welfare, so it is always our duty to follow rules of lockdown. I hope and pray for better days without any cases of COVID-19.

# Unconditional Love



**Dr Ramandeep Kaur**  
**Assoc. Prof. SLP**

*In colours that lie beneath the sun's rays,  
Your words craft the world in wonderous ways.  
A simple song, as gentle as dawn,  
Reflects your soul, from where it's drawn.*

*A magician true, in every sense and form,  
You create the calm amid the raging storm.  
Not just in words your virtues lie,  
But in the heart, beneath the boundless sky.*

*Your heart shines bright, guiding me through the dark,  
Filling my world with colourful sparks.  
But beneath all this, My feelings swirl  
Tough to think and rough to hold  
Its all a mess and hard to define,  
Leaving me confused if its the heart or your soul so divine.*

*With the term "Love" so cheaply defined  
By physical touch and looks confined,  
The truth is often lost in signs  
When feelings lie deep within a wise mind.*

*Around you, my joys are found  
In every laugh, in touch and sound.  
Your presence that, without a single word,  
Sings sweeter than morning songs of birds.*

*This feeling, unconditional and pure,  
Asks nothing but your presence to endure.  
It's not in gifts or materials display,  
But just in you, each moment, every day.*

*I know my feeling, deep and true,  
May never fully be understood by you.  
But that's the essence of what I convey,  
Unconditional, in every single way.*

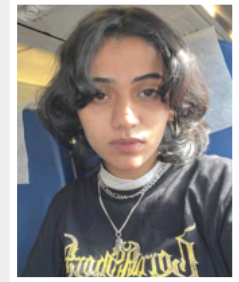
*It's not for you to grasp or to return,  
Not something taught, not something to learn.  
It simply is, like sunlight and breeze,  
A quiet comfort, an effortless ease.*

*This sentiment, it asks for nothing more  
Than just your happiness in deepest core.  
For even if you never see its depth,  
It still remains intact with every breath.*

*Someday you might feel this gentle flame,  
For someone you love, yet find no name  
And when you do, let it freely flow,  
To the one who makes your heart glow.  
Pass on this affection, pure and bright,  
That's all I wish, in the silent night.*

*So take my words as a promise and sign,  
Of something pure, something truly divine.  
Unseen, perhaps, but so true,  
My Love unconditional Only for you!!!*

# THINNER



**Serina Nasir**  
2<sup>nd</sup> year B.ASLP

**This poem is written from the eyes of a bulimic. Bulimia nervosa is an eating disorder where the person when entitled to a binge episode pursues unhealthy measures like self induced vomiting, over exercising and using laxatives to overcome the guilt of consumption.**

Thinner! I thought  
Looking at the fat around my bod  
Rushed with a sense of disgust  
And of hatred

Eat up, she said  
Of course, she does not see that I'm upset  
Don't u see I'm obsessed?  
Got a mask glued on so tight  
Not even Mysterio would fight  
None shall know  
My immense desire to be light

Ugh! U got a perfect bod  
Will say the friend  
But why does that sound odd  
To the voice in my head

I now look over at food sheepishly  
Can't stand the mirror  
Critiquing how my abs must be clearer  
Self hatred will now be my forte  
As long as these love handles wont go away

Skipping meals has now got me craving  
But hey! You can't be skinny  
Without a lil starving  
Nope! You will not exceed the deficit  
Gotta workout n stay fit  
Chloe will keep you exercising

Thinner! Said the voice again  
As disgust and only disgust  
Rushed again  
Muffin tops? I saw in the mirror  
But the hands on my hips felt something that differed

Felt the bone on my hips  
Yet the voice remarked, hip dips!  
Thinner!  
Want your thighs to get any fatter?

The sky blackens  
Each day only toughens  
Trying hard to keep my eyes open  
Yet those eyes stare  
Dont know what they see  
Regardless, thinner I MUST be

Oh no! A dessert?  
Oh what a sin  
You know u must desert it in the bin  
But certain temptations cant be stopped  
So now, face the hatred, you reap what u sow bitch  
Now deal with this consequential itch

Mm, satisfaction only rushes  
When looking at the once delish food  
Now in the toilet  
Partially digested  
But getting u back in mood

You understand it  
It messes up your system  
You acknowledge it  
Yet u dont wanna stop it  
For only u know  
You cant love you, for you  
Until u have a perfect body

Breakdowns and stomach cramps  
Are now a regular thing  
Knuckles bruised, yet u still aren't thin  
Gag reflex now giving up  
You need to find a better way to keep this up Or  
watch yourself fade away

Thinner, thinner!  
I can feel my bones  
Yet the eyes deceive me  
Still not satisfied  
So thinner I MUST be!



ಮಾತೆ ಬಾರದ ಮೌನ ಪುಟಾಣಿಗಳು ಇರುವಲ್ಲಿ  
ಮುಗ್ಧತೆಯು ಇನ್ನಷ್ಟು ಮೆರುಗು ತರುವುದಲ್ಲ,  
ಕಲೆಗಳು ಅಡಗಿರುವುದು ಅವರಲ್ಲಿ  
ಕಲೆಗಳನ್ನು ಹೊರತರಲು  
ಇರುವರು ಭಾಷಾ ಚಿಕಿತ್ಸಕರು ಅಲ್ಲಲ್ಲ.



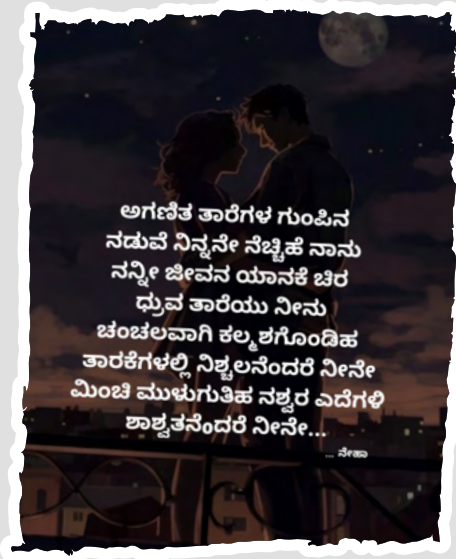
ಮಾತು ಬಾರದೆಂದು ನಿಂದಿಸದಿರಿ,  
ನಾಳೆಯ ಜ್ಯೋತಿಯು ಅಡಗಿರುವುದು ಅವರಲ್ಲಿ,  
ಪಡೆದುಕೊಂಡು ಬರಲೆಂದು ಕುಗ್ಗಲು ಬಿಡದಿರಿ,  
ಸಾಧಿಸುವ ಭಾವನೆ ತುಂಜಿ ಸ್ಫೂರ್ತಿಯಾಗಿ ಜೊತೆನಿಲ್ಲ.

ದೇವರು ಕೊಟ್ಟ ಸುಂದರ ವರವೆಂದು ಭಾವಿಸಿ  
ವಿಶೇಷ ಮಕ್ಕಳ ತರಬೇತಿಗಳಿಗೆ ಸೇರಿಸಿ,  
ವಿಶೇಷ ಮಕ್ಕಳಲ್ಲೂ ಸಹ ಇರುವ ವಿಶೇಷ ಕಲೆ ಗುರುತಿಸಿ,  
ಆ ಕಲೆಗಳ ಶಿಖರವೇರಿ ನಿಲ್ಲುವರು, ನಿಂದಿಸಿದ  
ಪ್ರಪಂಚವನ್ನೆ ಎದುರಿಸಿ.

– ನೇಹಾ



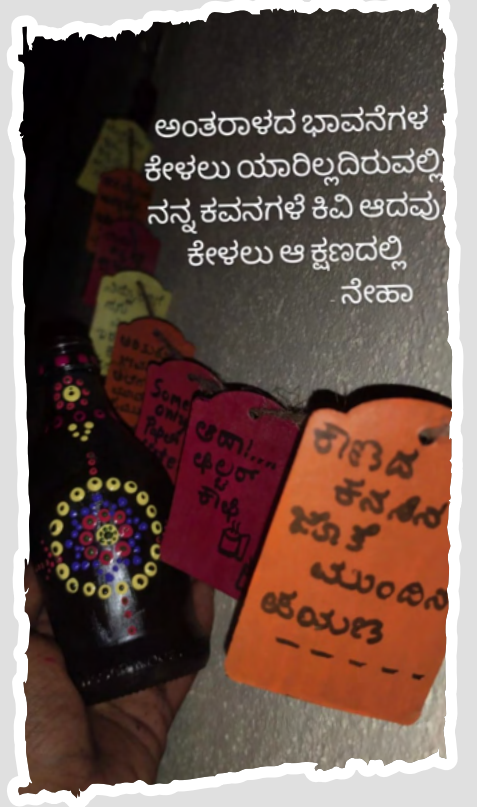




ಅಗಣಿತ ತಾರೆಗಳ ಗುಂಪಿನ  
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ನನ್ನೀ ಜೀವನ ಯಾನಕೆ ಚಿರ  
ಧ್ರುವ ತಾರೆಯು ನೀನು  
ಚಂಚಲವಾಗಿ ಕಲ್ಪ ಶಗೂಂಡಿಕ  
ತಾರಕೆಗಳಲ್ಲಿ ನಿಶ್ಚಲನೆಂದರೆ ನೀನೇ  
ಮಿಂಚಿ ಮುಳುಗುತಿಹ ನಶ್ವರ ಎದೆಗಳಿ  
ಶಾಶ್ವತನೆಂದರೆ ನೀನೇ...  
... ನೀಹಾ



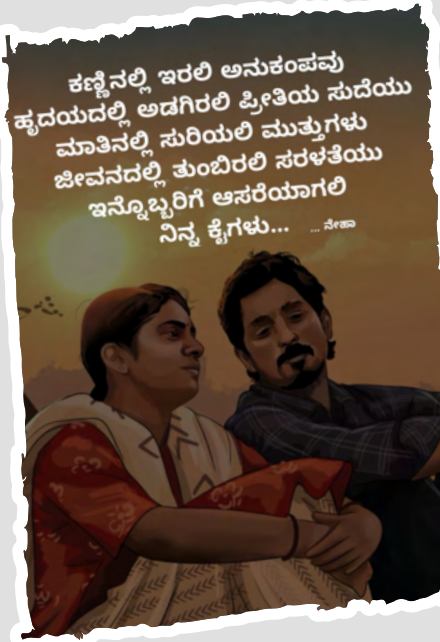
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... ನೀಹಾ



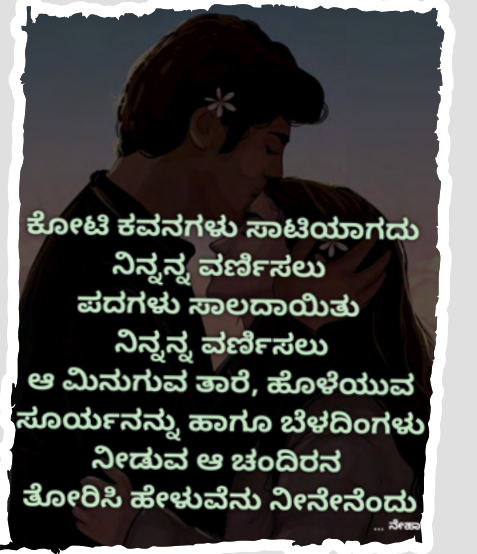
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ಕೇಳಲು ಯಾರಿಲ್ಲದಿರುವಲ್ಲಿ  
ನನ್ನ ಕವನಗಳೆ ಕಿವಿ ಆದವು  
ಕೇಳಲು ಆ ಕ್ಷಣದಲ್ಲಿ  
ನೀಹಾ



ಸೂರ್ಯನ ಹೊಂಬೆಳಕಂತೆ  
ನಿನ್ನ ಆ ಮುಖದ ಹೊಳಪು  
ಚಂದಪ್ಪನ ಕೌಮುದಿಯಂತೆ  
ನಿನ್ನ ಆ ಮುಗುಳುನಗೆಯು... ನೀಹಾ



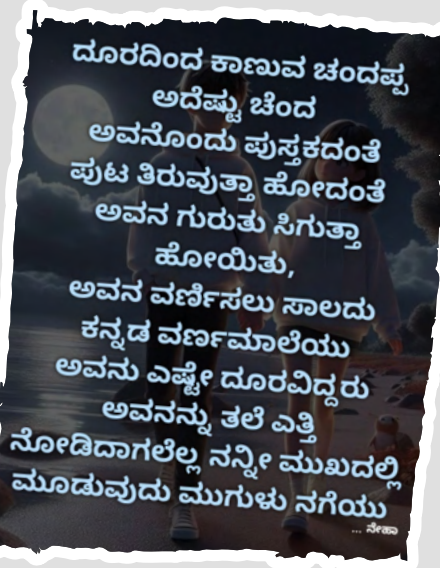
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ಮಾತಿನಲ್ಲಿ ಸುರಿಯಲಿ ಮುತ್ತುಗಳು  
ಜೀವನದಲ್ಲಿ ತುಂಬಿರಲಿ ಸರಳತೆಯು  
ಇನ್ನೊಬ್ಬರಿಗೆ ಆಸರೆಯಾಗಲಿ  
ನಿನ್ನ ಕೈಗಳು... ನೀಹಾ



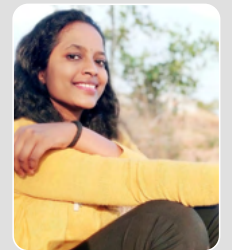
ಕೋಟಿ ಕವನಗಳು ಸಾಟಿಯಾಗದು  
ನಿನ್ನನ್ನ ವರ್ಣಿಸಲು  
ಪದಗಳು ಸಾಲದಾಯಿತು  
ನಿನ್ನನ್ನ ವರ್ಣಿಸಲು  
ಆ ಮಿನುಗುವ ತಾರೆ, ಹೊಳೆಯುವ  
ಸೂರ್ಯನನ್ನು ಹಾಗೂ ಬೆಳದಿಂಗಳು  
ನೀಡುವ ಆ ಚಂದಿರನ  
ತೋರಿಸಿ ಹೇಳುವೆನು ನೀನೇನೆಂದು  
... ನೀಹಾ



ಕಂಪು ಬೀರುವ ಹೂವಾಗಿ ನಿಲ್ಲು ನೀ  
ಹೂವಿನ ಸಂತೆ ಒಂದರಲ್ಲಿ  
- ನೀಹಾ



ದೂರದಿಂದ ಕಾಣುವ ಚಂದಪ್ಪ  
ಅದೆಷ್ಟು ಚಂದ  
ಅವನೊಂದು ಪುಸ್ತಕದಂತೆ  
ಪುಟ ತಿರುವುತ್ತಾ ಹೋದಂತೆ  
ಅವನ ಗುರುತು ಸಿಗುತ್ತಾ  
ಹೋಯಿತು,  
ಅವನ ವರ್ಣಿಸಲು ಸಾಲದು  
ಕನ್ನಡ ವರ್ಣಮಾಲೆಯು  
ಅವನು ಎಷ್ಟೇ ದೂರವಿದ್ದರು  
ಅವನನ್ನು ತಲೆ ಎತ್ತಿ  
ನೋಡಿದಾಗಲೆಲ್ಲ ನನ್ನೀ ಮುಖದಲ್ಲಿ  
ಮೂಡುವುದು ಮುಗುಳು ನಗೆಯು  
... ನೀಹಾ



Neha. R. Patil  
1st Msc SLP

# ಆವಯ್ ಮುಜಿ.....

ದೀಸ್ ಉದೆಲಾ ವರ್ತೊ, ಭರ್ಲಾ ಮೋಗ್ ಕಾಳ್ಜಾಂತ್ ಇತ್ಲೊ  
ಪಾರಂವ್ಕ್ ಅರ್ಗಾಂ ಆವಯ್ಕ್ ದೊಡ್ಲೊ  
ತಿಣೆ ಕೆಲ್ಲ್ಯಾ ಉಪ್ಕಾರಾಕ್ ಸರಿ ಜಾಯ್ನಾ ತಿತ್ಲೊ

ಹರ್ಯೆಕ್ ಘಡಿ ಕಷ್ಟಾಂಚಿಂ ಜಿಣಿ,  
ಸಾರ್ಲಿಯ್ ತುಂವೆಂ ನಿತ್ರಾಣ್-ಪಣಿಂ  
ನೋವ್ ಮಹಿನೆಂ ಗರ್ಭಾಂತ್ ತುಂವೆಂ,  
ವಾವೊವ್ನ್ ದಿಲೆಂಯ್ ಮ್ಹುಕಾ ಜಿವಿತ್ ನವೆಂ  
ವೆಗಿಂತ್ ಘೆತ್ಲೊಯ್ ತುಂವೆಂ, ದೊಳ್ಯಾಂ ದುಃಖಾಂ ಸವೆಂ

ದೀಸ್ ಆನಿ ರಾತ್ ಕಷ್ಟ್ ಆಯ್ಲೆ ತರೀ,  
ಸಾಂಡುನ್ ಫಾಲುಂಕ್ ನಾಂಯ್ ಮ್ಹುಕಾ ಕಿತೆಂಚ್ ಉಣೆಂ ಕರಿ  
ಮೋಗ್ ದಿಲೊಯ್ ಮ್ಹುಕಾ ತುಂವೆಂ ದೊಡ್ಡೆಪಣಿಂ  
ಸಾಂಬಾಳ್ಕೆಂಯ್ ಮ್ಹಾಕಾ ತುಜ್ಯಾ ವೆಂಗೆಂತ್ಪಣಿಂ

ಘಡಿ ಆಯ್ಲಿ ತುಕಾ ಸಾಂಬಾಳ್ನ್ ವರ್ಚೊ,  
ತುಂವೆಂ ಕಾಡ್ಲೆಲ್ಯಾ ವಾಂವ್ಡಾಕ್ ಕರ್ಚೊ  
ದೇವ್ ಬರೆಂ ಕರುಂ ಸಬ್ ಮೆಳ್ಳಾ ತಿತ್ಲೊ,  
ಕಶೆಂ ಸಾಂಗ್ಗೆ ತುಕಾ ಮ್ಹುಜೊ ಮೋಗ್ ವರ್ತೊ

ಪ್ರಯತನ್ ಕರ್ತಾಂ ತುಕಾ ಸದಾಂ ಸಂತೊಸ್ ದಿವುನ್  
ಹಾಳು ಕರ್ತಾ ತುಜಿಂ ವಜನ್ ಸಾಂಗಾಂತಾ ಘೆವುನ್  
ದುಃಖಾಂ ಪುಸ್ತಾಂ ತುಜಿಂ, ಮ್ಹುಜೊ ಹಾತ್ ದಿವುನ್  
ಕರ್ತಾಂ ಸೆವಾ ತುಕಾ ಸದಾಂ ಭಲಾಯ್ಕೆಂತ್ ದವರುನ್  
ಆವಯ್ ತುಂ ಮ್ಹಾಕಾ ಜಾಯ್ ಸದಾಂ  
ಭರ್ತೆಲಿಂ ತುಜಿಂ ಕಾಳಿಜ್ ವೆಂಗೆಂತ್ ಮೊಗಾಂ  
ಪೊಂತಾಕ್ ಪಾವಯ್ತಾ ತುಜಿ ಸೊಪಾಣ್ ಘರಾಂತ್  
ದಿತಲೊ ಆಶೀರ್ವಾದ್ ದೇವ್ ಸರ್ಗಾರಾಜಾಂತ್



**Sharine Maria Fallera**  
Non Teaching Staff

ഇരുണ്ടുകൂടിയ മാനം നോക്കെ  
ഉരുണ്ടുകേറി  
ഓക്കാനിച്ചതത്രയും,  
ഭൂതകാലത്തിന്റെ  
തളിർപ്പുകളിൽ  
വർത്തമാനം കവർന്ന  
നോവുകളാണ്...

ബന്ധനങ്ങളെന്ന് കരുതി  
നിലച്ചുപോയ ബന്ധങ്ങൾ  
അള്ളിപ്പിടിച്ചിരുന്നിട്ടും  
അറ്റുപോയതോർക്കെ  
ഇപ്പഴം എവിടെയോ  
മന്ദഹാസം മൊട്ടിടുന്നു.

ബാക്കി അയവിറക്കും മുമ്പേ  
തിമിർത്തു പെയ്ത മഴയിൽ  
ഞാനും വെറുതെ

മിഴികളടച്ചു,  
ഇനിയൊന്നും ഓർക്കാനാവില്ലെന്നപോലെ..



**Ann Treasa**  
**I B.ASLP**





**TEACHING STAFF**



**NON TEACHING STAFF**



**I YEAR BASLP**



**II YEAR BASLP**



### **III YEAR BASLP**



### **INTERNS**



## **I YEAR POST GRADUATES**



## **II YEAR POST GRADUATES**



# FATHER MULLER CHARITABLE INSTITUTIONS

Fr Muller Road, Kankanady, Mangaluru-575 002, Karnataka, India Ph: 0824-223 8000 / 8163  
muller@fathermuller.in | www.fathermuller.edu.in



REV. FR AUGUSTUS MULLER SJ BEGAN DISPENSING HOMEOPATHIC TREATMENTS

1880

ST JOSEPH LEPROSY HOSPITAL

1890

1901

MATERNAL & ISOLATION WARDS

1946

FATHER MULLER SCHOOL OF NURSING

1959

REHABILITATION UNIT

1965

FATHER MULLER HOMEOPATHIC MEDICAL COLLEGE UG COURSES

1985

FATHER MULLER COLLEGE OF NURSING

1987

HOMEOPATHY COLLEGE PG COURSES

1988

GMP FOR HOMEOPATHIC PRODUCTS

1990

1991

MEDICAL PG COURSES

1995

MLT COURSES

1996

MSC HOSPITAL ADMINISTRATION COURSES

1999

MEDICAL UG COURSE

2001

1250 BED MULTI SPECIALTY GENERAL HOSPITAL

2007

COLLEGE OF SPEECH & HEARING

2020

FATHER MULLER COLLEGE OF ALLIED HEALTH SCIENCES

2022

FATHER MULLER NURSING COLLEGE THUMBAY

2024

FATHER MULLER ROTARY SKIN BANK



## OUR VISION

Our Vision is to heal and comfort the suffering humanity with compassion and respect, and to be recognized as a global leader in medical education and research.



## OUR MISSION

- To be progressive in providing holistic health care services to all.
- To ensure global standards in medical education.
- To create and foster centre of excellence for medical research.

Father Muller Charitable Institutions (FMCI), established in 1880 by Rev. Fr Augustus Muller SJ (13.03.1841-01.11.1910), is a renowned healthcare and educational conglomerate based in Mangalore. Dedicated to holistic healthcare and education, FMCI operates multiple hospitals, including the flagship Father Muller Medical College Hospital, which offers a wide range of medical services and specialized treatments. FMCI's educational wing includes Father Muller Medical College, Nursing College, and various allied health science colleges, providing top-tier education and training in the medical field. The institutions are spread across several campuses, all equipped with state-of-the-art facilities and a dedicated faculty. FMCI is committed to excellence in healthcare and medical education, ensuring comprehensive care and nurturing future healthcare professionals. Through its unwavering dedication to service, FMCI continues to be a beacon of hope and healing in the region.



# OUR EDUCATIONAL UNITS AND COURSES OFFERED IN THEM:

## FATHER MULLER MEDICAL COLLEGE: ESTD PG 1991, UG 1999

- MBBS, MD/MS
- PHD: BIOCHEMISTRY, MICROBIOLOGY, PHARMACOLOGY, ANATOMY, ONCOPATHOLOGY
- M.CH: UROLOGY
- DIPLOMA: INDIAN DIPLOMA IN CRITICAL CARE MEDICINE (IDCCM)
- D.M: NEPHROLOGY, NEUROLOGY
- 0824-223 8172 / 223 8383
- deanfmmc@fathermuller.in



## FATHER MULLER COLLEGE (SPEECH AND HEARING): ESTD 2007

- BACHELOR IN AUDIOLOGY AND SPEECH LANGUAGE PATHOLOGY (B.ASLP)
- MASTER OF SCIENCE-AUDIOLOGY-M.SC. (AUD.)
- MASTER OF SCIENCE - SPEECH LANGUAGE PATHOLOGY - M.SC. (SLP)
- 0824-223 8022, 8277546831
- fmcosh@fathermuller.in



## FATHER MULLER COLLEGE OF NURSING: ESTD 1987

- BSC NURSING
- MSC NURSING: MEDICAL, OBG, PAEDIATRIC, MENTAL HEALTH, COMMUNITY HEALTH
- DIPLOMA: INDIAN DIPLOMA IN CRITICAL CARE NURSING (IDCCN)
- PHD NURSING: COMMUNITY HEALTH NURSING, MEDICAL SURGICAL NURSING
- 0824-223 8324
- fathermullercon@fathermuller.in



## FATHER MULLER HOMOEOPATHIC MEDICAL COLLEGE: ESTD 1985

- BACHELOR OF HOMOEOPATHIC MEDICINE & SURGERY (B.H.M.S.)
- MD HOMOEOPATHY (7 SUBJECTS SPECIALITIES)
- UNIVERSITY ROAD, DERIAKATTE, MANGALURU - 18
- 0824-220 3901, 0824-220 3902
- fmcoffice@fathermuller.in



## FATHER MULLER COLLEGE OF ALLIED HEALTH SCIENCES: ESTD UNDER FMCI 1995, SELF 2020

- B.SC. MEDICAL LABORATORY TECHNOLOGY (M.L.T.), MEDICAL IMAGING TECHNOLOGY (M.I.T.), RADIOTHERAPY TECHNOLOGY (R.T.), RENAL DIALYSIS TECHNOLOGY (R.D.T.), OPTOMETRY, ANAESTHESIA AND OPERATION THEATRE TECHNOLOGY (A.T & O.T.T.), NEURO SCIENCE TECHNOLOGY, EMERGENCY & TRAUMA CARE TECHNOLOGY, RESPIRATORY THERAPY, CARDIAC CARE TECHNOLOGY
- M.SC.: MEDICAL LABORATORY TECHNOLOGY, RADIATION PHYSICS, CLINICAL PSYCHOLOGY,
- MEDICAL IMAGING TECHNOLOGY
- MASTERS IN HOSPITAL ADMINISTRATION (M.H.A.), BACHELOR IN HOSPITAL ADMINISTRATION (B.H.A.)
- 0824-223 8172 / 223 8383
- deanahs@fathermuller.in



## FATHER MULLER SCHOOL OF NURSING: ESTD 1959

- GNM, PB BSC NURSING
- 0824 223 8326
- fathermullerson@fathermuller.in



## FATHER MULLER COLLEGE OF PHYSIOTHERAPY: ESTD UNDER FMCI 1994, SELF 2022

- BACHELOR OF PHYSIOTHERAPY (BPT)
- MASTER OF PHYSIOTHERAPY (MPT)
- 0824-223 8172/223 8383
- fmcpmr@fathermuller.in



## FATHER MULLER COLLEGE OF PHARMACEUTICAL SCIENCES: ESTD 2021

- B.PHARM
- UNIVERSITY ROAD, DERLAKATTE, MANGALURU - 18
- 0824-220 2430, 74118 00900
- fmcopsoffice@fathermuller.in



## FATHER MULLER NURSING COLLEGE THUMBAY: ESTD 2022

- BSC NURSING
- 08255 234856 9901262296
- fmncct@fathermuller.in



# OUR HOSPITALS

HERE ARE OUR HOSPITALS LOCATED ACROSS  
VARIOUS CAMPUSES.

## FATHER MULLER MEDICAL COLLEGE HOSPITAL, MANGALURU

0824 - 223 8163 / 8332 / 8333  
mullerhospital@fathermuller.in

1250  
BEDS

Father Muller Medical College Hospital, with over 1250 beds, offers 16 general specialties and 18 super specialties, including advanced fields like plastic and reconstructive surgery, neurology, and cardiology. Equipped with next-gen technologies such as the HALCYON linear accelerator and 3D mammography, the hospital ensures cutting-edge care. It provides 24/7 ancillary services, including emergency care, various ICUs, dialysis, radiology, laboratory services, and a pharmacy.

## FATHER MULLER HOSPITAL, THUMBAY, BANTWAL

08255 - 234853 / 232555,  
fmhthumbay@gmail.com

150  
BEDS

Father Muller Hospital, Thumbay, a 150-bed multispecialty unit of Father Muller Charitable Institutions, Mangalore, offers exceptional preventive and promotive healthcare. Guided by the vision "Heal & Comfort," it has evolved from general healthcare to a state-of-the-art multispecialty hospital. It provides 11 general specialties, including general medicine, surgery, OBGY, pediatrics, orthopedics, ENT, ophthalmology, dermatology, anesthesiology, radiodiagnosis, and physiotherapy.

## FATHER MULLER HOMOEOPATHIC MEDICAL COLLEGE HOSPITAL, DERALAKATTE

0824 - 220 3901 / 3902  
fmhmhospital@fathermuller.in

100  
BEDS

Father Muller Homoeopathic Medical College, established in 1985 and moved to Panir in 2000, is part of Father Muller Charitable Institutions, benefiting the Christian community but open to all. It is affiliated with Rajiv Gandhi University of Health Sciences and recognized by the Central Council of Homoeopathy. The college is accredited with an 'A' grade by NAAC, the first under Rajiv Gandhi University to achieve this.

## FATHER MULLER SALVADORE MONTEIRO RURAL HEALTHCARE CENTRE, BAJPE

0824 - 225 3800 / 3900 / 9448352363  
fathermullersmrhtc@fathermuller.in

20  
BEDS

Father Muller Salvadore Monteiro Rural Health Training Centre (RHTC) at Bajpe, Mangaluru, was established on November 1, 2018. Serving a catchment area of about 64,000 people across nine villages, RHTC offers comprehensive healthcare services including general and specialist OPD, laboratory, immunization, and health education. The center operates 24/7 emergency services, including telecardiology and X-ray facilities, and conducts 26-30 deliveries annually. Additionally, RHTC provides training facilities for interns, offering a well-equipped AV aids training hall and hostel accommodations.

# Going **GEN NEXT** for your care

AT FATHER MULLER MEDICAL COLLEGE HOSPITAL



Philips Ingenia 3.0T MRI Machine



Philips MR Ingenia Ambition 1.5T



Fujifilm FDR Smart F Digital X Ray System



Selenia Dimensions with HR Detector



Allengers Eco Track DRF



GE Revolution 128 slice



Hologic Digital Mammogram & 3D Tomosynthesis



GE Voluson E10 advanced ultrasound system



EMR paper free hospital

Father Muller's  
**De-Addiction Centre**  
Kankanady



WITH 20+ YEARS OF EXPERIENCE IN COMPREHENSIVE ADDICTION TREATMENT WITH FEMALE FACILITY SINCE MAY 2011, OFFERING SERVICES SUCH AS AA / NA MEETINGS, DETOX, AND RESIDENTIAL REHABILITATION.

Father Muller's  
**Pallitive Care**  
Deralakatte



OFFERS CARE TO PATIENTS WITH INCURABLE DISEASES, LIFE-LIMITING CONDITIONS, TERMINAL ILLNESSES THROUGH HOMOEOPATHY, YOGA, NATUROPATHY AND MODERN MEDICINE.

Father Muller's St Joseph  
**Leprosy Hospital**  
Kankanady



ESTABLISHED IN 1890 BY FR. MULLER, PROVIDING DIGNIFIED CARE FOR LEPROSY PATIENTS, OFFERING A SPECTRUM OF SERVICES INCLUDING RECONSTRUCTIVE SURGERY, PHYSIOTHERAPY, OCCUPATIONAL THERAPY ETC.

Father Muller's  
**Family Psychiatry**  
Kankanady



UNDER PSYCHIATRIC CARE UNIT ESTABLISHED IN 1966, IS THE FIRST IN THE PRIVATE SECTOR FOR THE TREATMENT OF MENTAL DISORDERS IN KARNATAKA.

## FATHER MULLER SIMULATION AND SKILL CENTRE:

0824 223 8441  
simulationlabfmmc@gmail.com

Welcome to Father Muller Simulation and Skill Center. FMSSC, established in November 2015, is Mangalore's first advanced simulation center, providing state-of-the-art training for healthcare professionals. The center integrates evidence-based simulation into the healthcare curriculum, offering a safe, controlled environment for learning. Accredited by the American Heart Association, FMSSC delivers comprehensive CPR and ECC training.

## FATHER MULLER PHARMACEUTICAL DIVISION DERALAKATTE

+91 82422 03401, 0824 220 3402  
hpd@fathermuller.in

Father Muller Homoeopathic Pharmaceutical Division, a GMP certified company established in 1880 by Fr. Augustus Muller SJ, continues its century-long dedication to homoeopathy in India. Located in Deralakatte, Mangaluru since 2004, it produces pure, high-quality homoeopathic medicines with state-of-the-art facilities and stringent quality tests.

## PRODUCTS

- Mother Tinctures,
- Dilutions,
- Triturations,
- Patents / Specialities,
- Bio Chemics /
- Combinations
- Pills and Globules,
- Father Muller specifics 1 to 33 pills,
- Tablets,
- Oils,
- Ointments



Father Muller Homoeopathic Pharmaceutical Division

Paneer Church Road, Kotekar Village. Deralakatte Post. Mangaluru 575018. DK.  
Karnataka, India.

Tel: (0824) 220 3401/3402 82771 20485 / mullerhpd@fathermuller.in

## FATHER MULLER REHABILITATION UNIT:

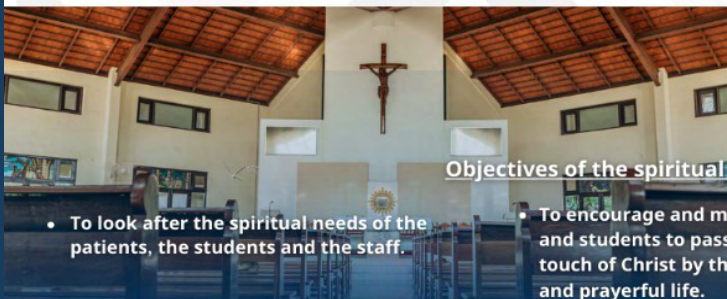
0824 223 8164  
rehabfmc@fathermuller.in

The rehabilitation unit, established in 1965, provides occupational therapy for leprosy patients using soft materials to restore their confidence. They create beautiful block-printed bedspreads, silk shawls, wall hangings, scarves, batik greeting cards, and toys. Additionally, a printing press produces letterheads, invitations, and envelopes for the hospital.

## ST JOSPEH CHAPEL

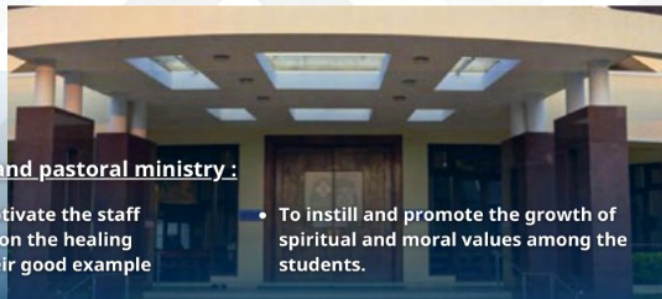


Embodies the institution's mission of holistic patient care, offering a spiritual atmosphere for all visitors. Upholding the motto "Heal and Comfort," it emphasizes the spiritual and pastoral aspects of healing. The ministry thrives with active participation from campus priests, Sisters of Charity, Helpers of Mount Rosary, and hostel wardens, ensuring dedicated and effective spiritual care.



### Objectives of the spiritual and pastoral ministry :

- To look after the spiritual needs of the patients, the students and the staff.
- To encourage and motivate the staff and students to pass on the healing touch of Christ by their good example and prayerful life.
- To instill and promote the growth of spiritual and moral values among the students.



## FATHER MULLER CONVENTION CENTRE

Offers an international standard convention experience with central air conditioning, artistic decor, high-end audiovisual systems, and versatile event spaces under Father Muller Charitable Institutions.



**MULLER AUDITORIUM 1750 PAX**  
38,750 SQ.FT AREA  
Artistically designed stage area of 3500 sq.ft centrally air conditioned

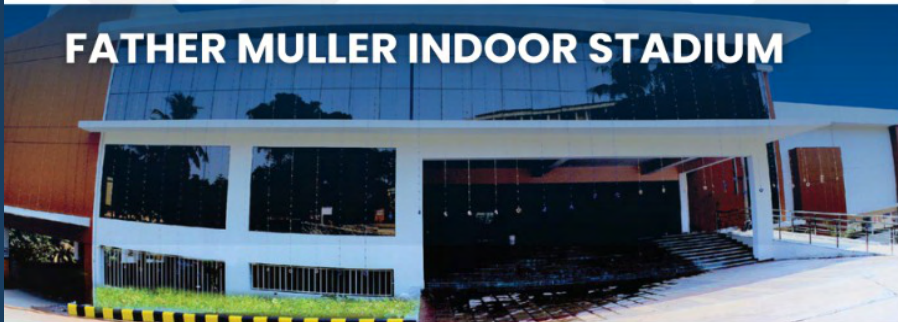
**MULLER DINE 1000 PAX**  
25,700 SQ.FT AREA  
spacious dining hall & access to kitchen



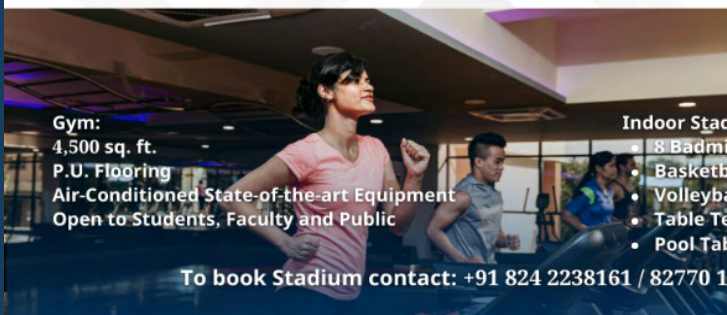
**MULLER MINI HALL 250 PAX**  
5600 SQ.FT AREA  
access to Muller Dine Sit-down dining facility

To book Convention Centre contact : 94816 02800 / 223 8488

## FATHER MULLER INDOOR STADIUM



where fitness is paramount. Offering a gymnasium, badminton court, and Zumba sessions, it promotes health and well-being for staff, students, and the public. At Father Mullers, we believe 'prevention is better than cure.' Join us in our ongoing commitment to good health.



**Gym:**  
4,500 sq. ft.  
P.U. Flooring  
Air-Conditioned State-of-the-art Equipment  
Open to Students, Faculty and Public

**Indoor Stadium:**

- 8 Badminton Courts
- Basketball Court
- Volleyball Court
- Table Tennis Courts
- Pool Tables & Squash Court

**Zumba:**  
Exclusively for ladies |  
Special student rates |  
Morning and evening batches

To book Stadium contact: +91 824 2238161 / 82770 14210 Email: [physicaldirector@fathermuller.in](mailto:physicaldirector@fathermuller.in)

*IN LOVING MEMORY OF*



**MR. MEFIN THOMAS**

1st year M.Sc. Audiology

BLESSED ARE THOSE WHO DIE IN THE LORD; LET THEM REST FROM  
THEIR LABOURS FOR THEIR GOOD DEEDS GO WITH THEM

REVELATION 14:13

- MANAGEMENT, FACULTY AND STUDENTS



# Thank You

First and foremost, we express our deepest gratitude to God for His blessings and guidance throughout this journey.

We extend our deepest gratitude to our esteemed Director, Rev. Fr. Richard Aloysius Coelho, for his unwavering support and guidance. Your commitment to fostering academic excellence and holistic development has inspired us all, guiding us through challenges and motivating our best efforts.

We sincerely thank our Principal, Prof. Cynthia Santhmayor, for her crucial support in creating this magazine. Her leadership and belief in us have been instrumental, fostering an environment where creativity and academic excellence thrive.


We are delighted to announce the winner of our cover page design contest, Ms. Divya Antony of 3rd Year BASLP. Congratulations, Divya, for your exceptional creativity and artistic talent that have beautifully graced this edition's cover.

We also extend our sincere thanks to Codialbail Press for their excellent printing services and for helping us bring this magazine to life.

In addition, we thank all the staff and students who contributed their time, talents, and efforts. Your articles, stories, and artworks are the heart and soul of this publication, showcasing the vibrant and diverse talents within our community. Without your contributions, this magazine would not have been possible.

Thank you once again to everyone involved. Your support and dedication are truly appreciated.

**With Regards,  
Staff Advisors & Committee members,  
Media & Magazine Committee, FMC**





## **Father Muller College**

(Department of Speech & Hearing)  
A unit of Father Muller Charitable institutions,  
Kankanday, Mangalore