



Parents-Teachers Meeting Fosters Strong Partnerships



A parents-teachers meeting was held on Saturday, October 5th, from 9:00 AM to 1:30 PM in the College indoor stadium. The event served as a platform for parents, teachers, and college administration to discuss student's academic performance, co-curricular activities, and overall well-being.

Rector, Rev. Dr Lourdu Prasad Joseph, addressed the gathering, encouraging parents to support their children in balancing academics and co-curricular activities, while also ensuring their well-being. Parents engaged actively, discussing issues such as attendance, extracurricular participation, and career guidance.

INCEPTA -2024, 78th Establishment Day Celebration Honours Legacy and Growth

Celebrating its 78th, Established since October 9th, 1946, in the form of INCEPTA-2024. The St. Philomena's institution held a commemorative event on Oct 22nd in the auditorium, organized by the Internal

of former leaders, including the first Bishop Rt. Rev. Rene Feuga, former bishops, principals, priests, and retired faculty member. He emphasized, the importance of building upon their legacy to achieve greater

- Apostolic Administrator of the Diocese of Mysore (Chief Guest), Rev. Dr Lourdu Prasad Joseph – Rector, Rev. Fr Gnanapragasam – Administrator, Rev. Fr David Sagayaraj S- Assistant to Rector,

Dr. Ravi JD Saldanha - Degree College Principal, Sunil D'Souza - PU Principal, Mr. M. Nagaraj Urs - Vice Principal, Mr. Ronald Prakash Cutinha - Vice Principal, A. Thomas Gunaseelan - IQAC Coordinator, Dr. V. Deepa - IQAC Co-Coordinator, Dr. Reena Francis - Controller of Examinations, Dr. C.A. Noor Mubasheer - PG Coordinator, Dr. Alphonsus D'Souza - UUCMS Coordinator, Deans, Heads of Departments, teaching and non-teaching faculty members - from both UG and PG departments were present at the event.



Quality Assurance Cell (IQAC). The ceremony began with a veneration of Saint Philomena, honouring the patroness and her influence on the institution's values and mission.

The event was graced by the presence of His Grace Most Rev. Dr Bernard Moras, Apostolic Administrator of the Diocese of Mysore. In his address, reflected on the contributions

heights of glory.

Dr V. Deepa, IQAC Co-Coordinator, welcomed the gathering and Sr. Angeline Vimal compered the ceremony.

The event concluded with a collective resolve to uphold the legacy of academic and moral excellence, as well as to strive towards continued growth and service to the community.

Most Rev. Dr Bernard Moras

Graduation Ceremony Honours Academic Achievements



The 10th convocation ceremony, held last month, recognized the accomplishments of 611 students who completed their respective courses, receiving degrees in both undergraduate and postgraduate programs. Out of the total, 409 students graduated from undergraduate courses, while 202 earned their postgraduate degrees. Additionally, 48 outstanding students were awarded gold medals for their exceptional academic achievements.

Prof. N.K. Lokanath, Vice-Chancellor of the University of Mysore,

delivered the keynote address, focusing on the transformative impact of the New Education Policy (NEP 2020). He discussed the integration of Artificial Intelligence (AI) and Machine Learning (ML) into education, emphasizing the increasing influence of AI across various sectors, including academia. Prof. Lokanath highlighted the challenges of AI and ML, warning that the gap between those with access to these tools and those without could lead to significant disparities in the future workforce, also emphasized

the growing influence of market demands on education, stressing the need to uphold high standards in critical areas like teaching and learning resources.

Ms. Febin M.F, Business Head of College connect at L&T Edu Tech, Chennai, the chief guest for the occasion, spoke about the importance of lifelong learning. She urged the graduates to continue pursuing their passions and to be open to new opportunities for growth. She highlighted that while the skills they acquired might not

always be immediately applicable, a solid educational foundation would provide them with a strong competitive edge.

The ceremony also included remarks from other dignitaries, including his Grace Dr Bernard Moras, Apostolic Administrator of the Diocese of Mysore, Rev. Fr. Alfred John Mendonca, Vicar General, Rev. Dr Lourdu Prasad Joseph, Rector and Dr. Ravi J.D. Saldanha, Principal. The event was a celebration of the student's hard work, marking an important milestone in their academic journeys.

“Deeksharambh”- 2024, Sets the Stage for New PG Students



The Postgraduate Orientation Programme, “Deeksharambh 2024,” welcomed new students to a transformative journey at St. Philomena’s College on October 23rd and 24th, 2024. Held in the college auditorium, the two-day event featured keynote speakers who provided insights into the evolving role of higher education, personal growth, and career readiness.

The orientation commenced with an inspiring presidential speech by Rev. Dr. Lourdu Prasad Joseph, the Rector and Manager of the college. His words set a motivational tone for the sessions that followed.

On the first day, Prof. Sapna M.S, Director of EMRC, University of Mysore, delivered the keynote address, **“Transforming Tomorrow: The Role of Higher Education in a Changing World.”** She emphasized the value of the PG program as a time for experimentation and growth and highlighted the important role of teachers as mentors. Prof. Sapna also described India as a hub of higher education that shapes individuals’ futures, urging students to make the most of their higher studies.

Prof. Suresh, CEO of JSS Law College, Mysore, was the next speaker, who spoke on **“The complexities of the Indian legal sys**

tem and the severe consequences of ragging”. He underscored the importance of understanding the Indian Constitution, which he described as a fundamental duty of all.

On the second day, Dr. Muthu Ruben from Christ University, inspired students to be life-long learners. He encouraged attendees to adopt a positive attitude that could transform their personalities and reminded them of the importance of skills that extend beyond college.

The final keynote was presented by Prof. Krishnaveni from the University of Mysore, who discussed sustainability and the significance of research. She encouraged students to contribute to the Sustainable Development Goals (SDGs) and stressed that self-motivation is crucial for success. The programme concluded with a session by ICICI Bank representatives on the benefits of mutual funds and Systematic Investment Plans (SIP), guiding students on how to begin saving and investing.

Afnan Pasha
1st sem, PG
Mass Communication and
Journalism

Inauguration of 2024-25 Sports Activities

The sports activities for the academic year 2024-25 were officially inaugurated on 24th September 2024 at 2:30 PM in the College indoor stadium. The event was graced by Rev. Dr. Lourdu Prasad Joseph, as the patron and presided over by Dr. Ravi J. D. Saldanha, Principal. The inauguration marked the beginning of a vibrant year for sports, encouraging students to engage in physical fitness and competitive sports.

Rev. Dr. Lourdu Prasad Joseph, in his address, spoke about the significance of balancing academics and sports, noting that physical activities play a key role in character building. He encouraged students to approach the upcoming competitions with determination and a sense of fair play. He inspired the students to take full advantage of the sports opportunities ahead.

Ms. Peria Nayagammal S, Physical Director, played an integral role in organizing the event, while Mr. William Joseph J, Sports Secretary, urged students to actively participate in the upcoming sports events and emphasized the values of teamwork, perseverance, and discipline.

The event set the stage for an exciting sports season, with students looking forward to showcasing their talents in the various competitions planned for the year 2024-25.



NCC Naval Briefing Day



The “NCC Naval Briefing Day,” marking the inauguration of the 3 KAR Naval Unit of the National Cadet Corps (NCC), was held on 24th September 2024 at 10:30 AM, near the college auditorium. The event, which included a special interaction session with students, aimed to introduce them to the values and activities of the naval unit, encouraging participation in NCC programs.

The ceremony was patronized by Rev. Dr. Lourdu Prasad Joseph, Rector, who highlight-

ed the significance of NCC in shaping disciplined and responsible citizens. The event was presided over by Dr. Ravi J. D. Saldanha, Principal, who emphasized the importance of the students’ involvement in NCC activities to build leadership and team spirit.

The event was coordinated by Sub Lt. Eliezer Vishwas, Associate NCC Officer of the 3 KAR Naval Units NCC, Mysore, inspiring students to embrace discipline, patriotism, and leadership through the NCC platform.

Breaking the Silence on Suicide



World Suicide Prevention Day with a thought-provoking event, **“Changing the Narrative on Suicide,”** was held on October 1, 2024, at 9:30 am in the college auditorium. The Departments of Criminology and Forensic Science and Psychology jointly organized the awareness program.

The event aimed to destigmatize mental health conversations, promote empathy, and encourage help-seeking behaviour. The act emphasized the importance of addressing mental health issues and creating a supportive community.

Special Thanks

Rev. Dr. Lourdu Prasad Joseph – Rector
(St. Philomena’s Educational Institutions)

Rev. Fr. Gnanapragasam – Administrator

Rev. Fr. David Sagayaraj S

Assistant to Rector

Dr. Ravi JD Saldanha – Principal

Mr. N. Nagaraj Urs - Vice Principal (Academics)

Mr. Ronald Prakash Cutinha - Vice Principal
(Administration)

Cultural Inaugural Program : Celebrate Tradition and Talent

September 27th : The cultural inaugural program for the academic year 2024-25, was held with grandeur at the indoor stadium at 2 PM. The chief guests for the event were Vidwan Sridhar Jain, an internationally renowned artist known for his role in "Apthamitra," and Mr. Darshan, Assistant Choreographer from the Dasara Ambari Dance Academy, Mysuru.

The program began with prayers seeking divine blessings, followed by the college anthem and the traditional lighting of the lamp. Vidwan Sridhar Jain, in his address, stressed the importance of respecting parents and teachers. He encouraged students to assist financially weaker classmates and suggested that students contribute from their first salary towards such noble causes. He emphasized that honesty and hard work lead to success and advised students to reduce mobile phone usage in favor of focusing on education. He also congratulated all the students who participated in the event.

After the felicitation of the chief guests, Rector Rev. Dr Lourdu Prasad Joseph delivered a motivational speech, encouraging students not to limit themselves within the classroom but to showcase their talents in external fields as well. He highlighted that humility, sacrifice, and continuous learning are essential to achieving success.

The cultural program featured a special dance performance by Mr Darshan, along with captivating performances including traditional Kerala dance, contemporary film-style dances and many more.

As part of the event, all the teachers and students took the Swachhata (cleanliness) pledge. They committed to understanding the importance of cleanliness and environmental conservation, resolving to follow clean and eco-friendly practices in their daily lives.

The event was attended by Rector, Rev. Dr Lourdu Prasad Joseph, Administrator, Rev. Fr Gnanaprasadam,

Assistant to Rector. Rev. Fr David Sagayaraj S, Principal Dr. Ravi J. D. Saldanha, Vice Principals, Mr. Nagaraj Urs and Mr. Ronald Prakash Cutinha, IQAC Coordinator Mr. A. Thomas Gunaseelan, Controller of Examinations Dr. Reena Francis, PG Studies Coordinator Dr. Noor Mubashir, Dean of Languages Prof. A. T. Sadebose, Dean of Science Prof. Agnes Sylvia D'Souza, Dean of Arts and Students Welfare Officer Prof. Praveen Saldanha, Cultural Committee Coordinator Dr. Poornima, along with teaching and non-teaching staff and students.



Gandhi Jayanti Celebration : Social Work Department Leads Cleanliness Drive

College celebrated Gandhi Jayanti with a cleanliness drive organized by the Department of Social Work (UG) on October 2, 2024. The event, themed "Gandhi's Vision: A Clean and Green India," aimed to promote Mahatma Gandhi's ideals of swachhata and environmental sustainability.

The Rector, Rev. Dr Lourdu Prasad Joseph and Principal Dr. Ravi J. D. Saldanha inaugurated the event, encouraging students to adopt Gandhi's principles in their daily lives. Students and faculty members enthusiastically participated in the cleanliness drive, covering areas within and around the college campus.



Farewell to Prof. B. Sujatha Devi



The academic community came together to celebrate the remarkable career of Prof. B. Sujatha Devi, who retired on September 30, 2024, after more than three decades of dedicated service as Head of the UG Department of Economics. Having joined the institution in 1991, her tenure was marked by academic excellence, a distinctive teaching style, and a genuine compassion for her students.

Prof. Sujatha Devi's influence has left a lasting impact on countless students and earned her deep respect within the college community. In a heartfelt farewell event, faculty, management, and students gathered to honour her exceptional contributions to education. As she embarks on this new chapter of her life, the entire community extends its warmest wishes for a fulfilling and joyful retirement.

Farewell to Prof. M. Subramanyam



Professor M. Subramanyam, an Associate Professor in the Department of Physics, is set to retire on October 30, 2024, marking the culmination of a distinguished career spanning 30 years. Known for his dedication and approachable personality, Prof. Subramanyam has made a lasting impact on both students and colleagues. Beginning his journey as a Lecturer in Physics in April 1994, Prof. Subra-

manyam served with commitment, contributing significantly to academic growth and community development. After the institutional bifurcation in 2001, he was redeployed to a government college in K.R. Nagar in 2010, where he continued his journey in education with the same zeal.

During his tenure, spent 16 years at his initial institution, where he gained a reputation as a student-friendly teacher, admired for his simple nature and warm demeanour. His years of service reflect not only his professional excellence but also his dedication to fostering an inclusive and supportive learning environment.

Rev. Dr. Lourdu Prasad Joseph – Rector, also shared his appreciation, expressing gratitude for Prof. Subramanyam's years of service. Dr. Ravi JD Saldanha – Principal and Mr. M. Nagaraj Urs - Vice Principal, extended heartfelt wishes, praising his dedication and positive influence on campus. His kindness has been a source of inspiration for both students and staff, the speaker remarked. In recognition of his contributions, a farewell function was organized to honour him on October 30, 2024, at 3:00 PM in the college auditorium.

NOTE: - All faculty members and students are hereby informed that our college will be publishing the "PHILO'S BULLETIN". Interested individuals are encouraged to contribute by submitting articles, stories, poems, and creative artworks. Your support and encouragement are greatly valued.

Email for Submissions: yamunabraj@stphilos.ac.in

Trails of Triumph

Faculty and students from various disciplines showcased their talents and academic prowess in diverse competitions and conferences. From scientific symposiums to literary events, their achievements reflected dedication and excellence.



Ms. Venitha Lobo, Office Superintendent at St. Philomena's College, won second place in the 2024 Dasara Home Garden Competition for the Ornamental & Lawn Garden (Medium) category, organized by the Horticulture Department, Mysuru.

This marks her tenth consecutive award in the competition. Inspired by her family, Ms. Lobo's garden features a landscaped lawn with a lotus pond, decorative water elements, and a vertical garden with ornamental plants. Her artistic arrangements and commitment to gardening continue to earn her Glory.



It is with great pleasure that the Athletic team of St. Philomena's College achieved remarkable success at the Mysore City Intercollegiate Athletic Meet held on October 25.

The boy's team made the college proud by winning the overall trophy.

Arun Ekka, second year BA, who excelled with an impressive second place in the 5000m race. Additionally, our team secured third place in the 4x400m relay and fourth place in table tennis.



The Association of Microbiologists of India (AMI), Mysore chapter, in association with the Department of Microbiology at St. Philomena's College, hosted an Intercollegiate Poster Presentation Competition on October 18, 2024, in the college auditorium. Students from our college secured the first and third prizes in this event. Their outstanding presentations showcased their research and creativity, reflecting the hard work and dedication they have put into their studies.

MBA Students Excel at JSS Management Fest. Mr. Prince Olivera and Ms. Sony Jasintha second semester, MBA Department, won the first prize in the Marketing event at the Management Fest organized by JSS Centre for Management Studies' Management Fest (September 12 -13). Additionally, our students also secured top 5 positions in the Business Quiz and Best Manager competitions.



Congratulations to Dr. Deepa V, Assistant Professor in the Department of BBA at St. Philomena's College (Autonomous), Mysore, for being honoured with the Shikshana Seva Ratna Prashasti award. The award ceremony was held on August 30, 2024, at the Kannada Film Chamber in Bengaluru. Your dedication and contributions to education are truly inspiring. Wishing you continued success and recognition in all your future endeavours.

Dasara Through students' Lenses



- Jashwant and Rajath
5th Sem, BA- Jour



The Postgraduate English Literature Department is commended for their outstanding Excellence in successfully staging "The Solemn Retreat" at the College English Theatre Fest, presented by the Mysore English Theatre Forum (METE) on September 28, at Rama Govinda Rangamandira.

The play was composed by Prof. Suhan Poovaiah and co-directed by Prof. Suhan, Prof. Reena Joyce, and Prof. Nidhi Gummdi.



P. B. Keerthana, 5TH sem, BA -Journalism has been honoured with the esteemed Dr. Sri Shivaratri Rajendra Mahaswamiji Award and received the first prize in the Vachanagayana competition on September 23, 2024. This recognition celebrates her remarkable achievements and valuable contributions to her field.

THOUGHTS FOR THE DAY

- 1. Embrace the Journey:** Every step, even the small ones, brings you closer to your goals.
- 2. Practice Gratitude:** Take a moment to appreciate the little things; they often bring the most joy.
- 3. Stay Curious:** Approach each day with a sense of wonder and a willingness to learn something new.
- 4. Choose Kindness:** A small act of kindness can make a big difference in someone's day—and your own.
- 5. Be Present:** Focus on the moment; it's where life truly unfolds and memories are made.

- Noor Saba

5th Sem, BA- Jour

Reflections of Self

*In the mirror's gaze, I find my worth,
A tender glow that lights the earth.
With every flaw, a story told,
A heart of warmth, a spirit bold.
Embracing me, both scars and grace,
In self-love's arms, I find my place.*

by- Noor Saba

5th Sem, BA- Jour

TONGUE TWISTERS

1. Red lorry, yellow lorry.

2. Six slippery snails slid slowly.

Effective Tips for Managing Mental Stress

Mental stress is a common term, and almost everyone experiences it in one situation or another throughout their lives. Stress can arise from various sources, such as academic pressure, workplace and financial concerns, relationship issues, and more. Unfortunately, stress is often dealt with in unhealthy ways, including alcohol use, smoking, substance abuse, and eating disorders.

Managing stress in a healthy, effective manner can lead to greater productivity, positivity, and overall health. Here are some ways to manage daily stress:

1. Practice Mindfulness and Meditation:

Mindfulness is the practice of being present and fully engaged in the current moment without judgment. Meditation is a powerful tool that helps calm the mind, reduce anxiety, and promote peace. Studies show that regular meditation can lower cortisol (the stress hormone), reduce anxiety, and improve concentration. Set aside just 5-10 minutes for breathing exercises to help regulate your system.

2. Regular Exercise: Exercise is a well-known stress reliever. It releases endorphins, one of the body's "feel-good" hormones. A nature walk, some yoga, or a 20-minute cardio session can boost confidence, reduce tension, and even improve sleep quality.

3. Get Quality Sleep: Sleep is essential for your body to perform its restorative functions, helping you recover from daily stressors. Try creating a calming bedtime routine, avoid caffeine late in the day, and maintain a regular sleep schedule to improve sleep quality and reduce stress effectively.

4. Time Management: Managing tasks to meet deadlines is crucial to preventing stress. Procrastination often leads to last-minute stress as work piles up. Organize tasks with to-do lists, reminder apps, or time-blocking techniques to help you stay on track.

5. Practice Gratitude: Acknowledging your blessings grounds you and helps you focus on what you have rather than what you lack. Appreciating what exists in your life can lessen stress about what doesn't exist. Remember, you are living what you once prayed for.

These are just a few simple ways to manage stress. If stress becomes overwhelming and affects your daily life, consider talking to a professional.

There is no problem that can't be managed—you only have to try.

- Hussaina Taher M

5th Sem, BA- Jour

A Rising Star in Kickboxing

Interview with Yaseer Shariff, 1st Year BCA (B Section) –



Yaseer Shariff, a student from the 1st Year BCA (B Section) at St. Philomean's College, has made his alma mater proud with his achievements in kickboxing, Muay Thai, and martial arts. He has won a total of 14 medals—4 at the national level and 10 at the state level. Yaseer's journey, fueled by hard work and an inspiration to many from his family, is a testament to his dedication and resilience. I had a conversation with him to learn more about his balancing sports and education, and his advice for young athletes. Here's a closer look at his story.

Q: When did you start kickboxing and what inspired you to pursue it?

A: I began my kickboxing journey when I was in the 8 standard. My father and brother were my biggest inspirations; they always encouraged me and instilled in me the belief that nothing is impossible.

Q: How do you stay motivated and handle setbacks or injuries?

A: I believe in myself and never let setbacks or injuries bring me down. I listen to my coach, and I see every injury as an opportunity to grow stronger and more confident than before.

Q: How do you manage pressure and prepare for competitions?

A: During competitions, I stay motivated by believing in myself. I also train with some of my senior and more experienced fighters, which helps me stay focused and prepared.

Q: How do you balance your sports career with education?

A: I enjoy studying as much as I enjoy sports. The key is time management. I give equal importance to both with passion and endurance, ensuring that I succeed in both areas.

Q: What advice would you give to young players starting out?

A: My advice to young athletes is simple: be confident, listen to your coach, respect your parents, and believe in yourself and your strengths.

Yaseer's dedication to both his studies and his sports career is truly commendable, and we look forward to seeing his future achievements.

- Noorain Fathima

5th Sem, BA- Jour

Unity, Faith, Celebration : Songs, Sweets, and Sacred Stories of the Festivals That Bind Communities Together.



Onam, Kerala's grand festival, celebrates the return of King Mahabali, a beloved ruler who fostered unity and prosperity. According to legend, Mahabali's reign was an era of happiness for Kerala and he was allowed by Lord Vishnu to revisit his people annually, marking the essence of Onam.

Held during the harvest season, Onam is also a tribute to nature's bounty. Homes are decorated with Pookalams, intricate floral designs symbolizing abundance. The Onasadya feast, a lavish vegetarian meal served on banana leaves, showcases Kerala's culinary richness, featuring dishes like avial, sambar, and payasam.

The festival's highlights include the thrilling Vallamkali, or snake boat races, and the vibrant Pulikali tiger dances, alongside classical performances like Kathakali. Though rooted in Hindu mythology, Onam unites people of all faiths, representing Kerala's spirit of inclusivity. Celebrated worldwide by Malayali communities, it's a cherished occasion that honors Kerala's traditions, community spirit, and gratitude.

- Praveen Banu

3rd Sem, B.Voc-Media

- Keerthana P B

5th Sem, BA Jour

Navaratri is one of the most significant Hindu festivals and is among the most ancient, dating back to time immemorial.

The word "Navaratri" is derived from two Sanskrit words: nava, meaning "nine," and ratri, meaning "night." Each day of Navaratri is dedicated to an incarnation of Goddess Durga. Traditionally, the first three days honor Durga or Kali, the next three are devoted to Lakshmi, and the final three celebrate Saraswati, symbolizing Devi's nurturing energy during the first nine days after the new moon.

The festival is divided into three phases of Durga, Lakshmi, and Saraswati, representing tamas (inertia), rajas (activity), and satva (transcendence), respectively. These energies are believed to influence human survival, well-being, and spiritual growth. The Three Phases of Navaratri:

1. First Three Days: The initial phase reflects the fierce energy of Durga and Kali, symbolizing tamas.
2. Middle Three Days: The rajas phase, associated with Lakshmi, invokes passion, activity, and energy.
3. Final Three Days: This phase, associated with Saraswati, represents purity and transcendence, embodying sattva.

On the ninth day, Ayudha Puja is celebrated, honoring tools and instruments of work.

The tenth day, Vijayadashami, marks the triumph of spirit over inertia, passion, and ignorance, symbolizing the victory of divine forces within oneself.



The Feast of the Nativity of the Blessed **Mother Mary**, celebrated on September 8th honours the birth of Mary, the mother of Jesus Christ. This significant event in the Christian liturgical calendar highlights Mary's role in salvation history. The feast, which has been observed since the 7th century, is rooted in the tradition of celebrating key figures in the Church.

Mary's birth represents a moment of hope and anticipation for Christians, symbolizing the beginning of God's plan for humanity's redemption. According to Christian tradition, her birth was foretold by the prophet Isaiah, making it a pivotal event that paved the way for the Incarnation of Christ.

Celebrations often include special liturgies, prayers, and hymns that reflect on Mary's virtues, such as humility, obedience, and faith. Many churches hold processions and gatherings, fostering a sense of community and devotion among the faithful.

In various cultures, the feast is marked with unique customs, from feasting and family gatherings to acts of charity, serving as a reminder of Mary's importance to believers and encouraging them to emulate her qualities.

Ultimately, the Feast of the Nativity of Mary is a celebration of life, faith, and the promise of salvation, inviting Christians to reflect on their own journeys and deepen their relationship with God through the intercession of the **Blessed Mother Mary**.

- Joshua J Antony

1st Sem, B.Voc Media

In Eastern and Northeastern India, Navaratri is celebrated as Durga Puja, symbolizing Goddess Durga's victory over Mahishasura and the triumph of good over evil. In Northern and Western India, Ram Leela (a retelling of the Ramayana) is performed, culminating in Dussehra, when effigies of Ravana are burned to commemorate Lord Ram's victory over Ravana. Navaratri, celebrating the defeat of Mahishasura by Goddess Durga, emphasizes the victory of good over evil. In some regions of India, people observe fasts during Navaratri, breaking them with puja on the final day.

Deepavali, also known as Diwali, is one of the most significant festivals in India, celebrated with grandeur across the country. Known as the "Festival of Lights," Deepavali symbolizes the victory of light over darkness and good over evil. The celebration varies across regions, incorporating various legends and traditions, but it's commonly associated with the return of Lord Rama to Ayodhya after 14 years in exile and his victory over the demon king Ravana.

The festival typically spans five days, with each day carrying unique significance. Dhanteras, the first day, is associated with wealth and prosperity, where people often buy gold and valuable items.

The main day of Diwali involves lighting oil lamps (diyas), bursting firecrackers, and decorating homes with intricate rangoli patterns. Families gather for prayers, especially to honor Lakshmi, the goddess of wealth, seeking blessings for prosperity.



Eid Milad, also known as Milad al-Nabi, commemorates the birth of the Prophet Muhammad, a pivotal figure in Islam. It is celebrated on the 12th day of Rabi al-Awwal, the third month of the Islamic calendar. On this day, we recite prayers, sing hymns in praise of the Prophet, and organize charitable events to help those in need.

As a child in my hometown, I remember seeing the streets adorned with green flags, each displaying a moon and star, strung along the streets. Mosques and madrasas were illuminated with jubilant lights. My mother would prepare a delicious sweet dish called sheer khurma, which my sister and I would distribute among our neighbors. My father and younger brother would wake up early to attend street presentations featuring various projects prepared by different communities, each showcasing unity and integrity in our faith. The streets would be filled with green flags, lights, and creative displays made from thermocol and paintings.

Wherever I am on this day, it keeps me grounded and helps me remember the moral and ethical values of my religion. For us, Eid Milad is about deepening our faith, strengthening community bonds, and engaging in acts of kindness—ensuring that the essence of the celebration extends beyond the day itself. Eid Milad is a joyous occasion, and every year, this 12th day of Rabi al-Awwal brings cherished memories with my family and friends.

- Suvaiba Hanzala

3rd Sem, BCA

On the day following Diwali, Govardhan Puja and Annakut are celebrated in parts of India, while the fifth day, Bhai Dooj, celebrates the bond between brothers and sisters. Diwali is a time for sharing sweets, exchanging gifts, and strengthening family and community bonds, making it a cherished festival for million globally.

- Rajat

5th Sem, BA Jour

