



Estrella



LOYOLA WOMEN'S HOSTEL

CHENNAI - 600 034

2022 - 2023

~ Dum Spiro Spero ~



ESTRELLA

MAGAZINE 2022-2023



LOYOLA WOMEN'S HOSTEL
CHENNAI 600034



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HOSTEL ADMINISTRATORS

Rev.Sr.Alice Mary.P, SCSA (Director, Loyola Women's Hostel)

Rev.Sr.Arockia Reesha Alphonse, SCSA (Assistant Director, Loyola Women's Hostel)

Miss.Vallinayagi.P (Assistant Director, Loyola Women's Hostel)

Miss.Joselene Suzan Jennifer P (Assistant Director, Loyola Women's Hostel)

Miss.Fennyl Britto J (Assistant Director, Loyola Women's Hostel)

Miss.Ajitha (Assistant Director, Loyola Women's Hostel)

Editorial Message

"Don't lose hope. When the sun goes down, the stars come out."

In the vast expanse of our lives, we come across several hurdles, obstacles and challenges. But it is the darkest nights that produce the brightest stars. In times of trial and tribulation, we must never fail to forget that there is always a fount of fortitude, conviction and resilience.

We might find it in God, in people around us, in places or in things we do. At the end of the day, we are all on a quest to find our guiding star that will fuel and ignite the star within each one of us. Bounded by the conventions of society, it is a woman who plays a pivotal role in guiding, shaping and fostering the world of tomorrow. But in today's world, women are no longer shadows of a star, they have become a star themselves.

The Loyola Women's Hostel has been nurturing young, bright women of tomorrow who leave a positive sparkle wherever they go. It has been providing them with invaluable opportunities and platforms to not just find the star within themselves but to also serve as a guiding star to help others discover their potential, purpose and persistence.

We have curated this edition of the Magazine under the theme ESTRELLA '23, meaning "Shining Stars". This would indeed be etched in our memories for the years to come.

We thank the Lord Almighty for his abundant blessings upon every endeavour. A special note of gratitude to the cornerstone of our hostel, Rev. Sr.P.Alice Mary, Director, LWH for her unceasing support and supervision and Rev. Sr. Arockia Reesha Alphonse for her care and counsel. We also immensely thank the Assistant Directors Ms.Vallinayagi, Ms.Fennyl Britto, Ms.Joselene Suzan Jennifer and Ms. Ajitha for always being the dazzling stars of encouragement and affection. We extend our heartfelt thanks to everyone who has contributed their valuable time and effort for this year's magazine. Be joyful in hope, patient in affliction, faithful in prayer and reach for the stars. Happy Reading!

**Warm regards,
The Editorial Board**

CHIEF GUEST'S MESSAGE

We need women at all levels, including the top, to change the dynamic, reshape the conversation to make sure women's voices are heard and heeded, not overlooked and ignored."

-Sheryl Sandberg



I am honored and privileged to congratulate Loyola Women's Hostel for bringing out the theme for the magazine "ESTRELLA" (Shining Star). In today's world, women play a major role in leading life in a more meaningful way, yet their choices are often measured by the yardsticks of someone else. Sometimes men always have all the rights which women never have. Here as the theme says, "Women are shining stars" which they prove by innumerable personalities such as leadership, communication skill, influential, innovation and promoting female empowerment etc. Indeed I am happy to say, it is very evident that Loyola Women's Hostel inmates have taught and molded themselves to develop their leadership, communication skills, influence towards the environment innovations in their works to the society that has shaped each ones responsibilities and personalities through various activities to promote female empowerment. I Conclude by saying, "The strongest actions for a woman is to love herself, be herself and SHINE amongst those who never believed she could." Keep motivating yourself, live your life to the fullest and be glad for who you are. There is nothing more rare, nor more beautiful than a WOMAN.

All the best, come out with flying colors and shine in your life as the shining star.

**MRS.PRIYA RAJAN
MAYOR,
GREATER CHENNAI CORPORATION.**

PROVINCIAL'S MESSAGE



*Dear Rev Sister Alice and Family Members
of Loyola Women's Hostel(LWH),*

My loving greetings to all of you on the occasion of the celebration of Hostel Day 2022-23 with a specific theme 'Estrella' (Shining Star).

Estrellas are the marvellous and beautiful creation of God. Each one of you is an Estrella and is being part of the celestial bodies of Loyola Campus. LGH in itself a small celestial home of the Campus, housing the Estrelas of all the institutions (LCAS, LIBA, LICET and LCE). It is a great joy to see the Estrellas of the Campus, shining in all the fields.

To become a shining star in any field, she/he has to go through the hard path of difficulties and adversities in life. LGH forms you to be the shining stars (Estrellas) not only through developing your intellectual calibre but by fashioning you through spiritual, intellectual, human and other formative values.

Jesuit Education aims at forming the students as holistic human persons and forming you as men and women for others. Through the integrated formation, imparting in you the other talents and aptitudes, you are moulded to be the best human persons for Others. This is the way to become the best and relevant shining stars (Estrellas) of today.

I assure you my prayerful blessings that each on you become the unique Estrella in your life.

I profoundly appreciate and sincerely thank Sr Alice the Hostel Directress and Sr Reesha and all the Staff for their tireless commitment in making the LGH to be the best celestial home.

**REV.DR.JEBAMALAI
IRUDAYARAJ
PROVINCIAL,
CHENNAI PROVINCE.**

RECTOR'S MESSAGE



Dear Rev Sr. Alice,

Greetings. Life in a hostel enriches one in many ways: It is a home away from home, where we find friends. Some of them would be journeying with us for the rest of our lives. We find out the life-pointers for our lives: Among many possibilities we could narrow down and often we find out the goal in life. Once that is done, then each one of us try to be unique. In this sense, we could say, that each one becomes a shining star, outstanding and exemplary. When we think of a 'star' the implications would be many. There are different 'stars' – cine stars, sports stars, academic stars etc. in addition to stars in the sky. LWH forms each one not only as an academic star but a star person who could show the way and lead others as well. The concept of star implies stability: During any sea voyage one looks for the North star – the bright star that can be seen in the northern part of the sky almost above the North Pole. It is so stable that it could guide the seafarer with confidence. For Loyola students the North Star is the value(s) we imbibe in the campus.

The inmates of LWH are not only bright stars in themselves; not only they show the way for others; but also they become model for and leaders of others. I am sure the milieu in the hostel and the infrastructure in the campus form our students as shining stars – They would let their light of ethical values shine in the world when they leave the portals of this temple of learning and formation.

I understand that the LWH magazine would be called Estrella: If 'stella' is the star, then 'Estrella' could be the shining star. I wish all the students in LWH the very best. My salutations to those who would complete their studies at the end of this academic year and would launch upon the sea of life: They would be the shining stars; and I wish them smooth sailing in life. Have a wonderful hostel day celebration.

**YOURS SINCERELY,
FRANCIS P XAVIER SJ
RECTOR
LOYOLA COLLEGE.**

SECRETARY'S MESSAGE



*Rev. Sister. Alice,
Director of Loyola Women's Hostel,*

I am glad to know that the Loyola Women's Hostel is going to bring out a Magazine on the theme "ESTRELLA (shining star)". This magazine will be a record of the programmes conducted in Loyola Women's Hostel and will showcase the talents of the inmates of this hostel.

Fresher's day was organized with the theme "Back to School" to make the 1 year students feel comfortable and welcome. Onam, Authutha Pooja and Christmas celebrations with flower and light decorations brought happiness to all the inmates. Carol competitions were conducted to bring out the singing talents of the inmates. Filmastra '22 was organized with much enthusiasm to encourage the students to take up the leadership roles. The talk by Dr. Jegan, the CEO of Win your Weakness Academy on the title Sirika, Sindhika, Seyalpada in Sauliere Hall to the Loyola Women's Hostel and the Loyola Men's hostel students would have motivated the inmates to lead a joyful life.

I appreciate Sr Director and Asst Directors for taking lot of efforts to create a conducive atmosphere in the Loyola Women's Hostel to help the inmates to become shining stars. I wish the Loyola Women's Hostel Students success in all they do.

**REV. DR. B. JEYARAJ SJ
SECRETARY & CORRESPONDENT
LOYOLA COLLEGE.**

TREASURER'S MESSAGE



Rev. Sr. Alice,

I am delighted to know that Loyola Women's Hostel is celebrating its Hostel Day for the academic year 2022-23 with all Excitement and Jubilation and releasing a magazine to commemorate this occasion. After two years of interruptions due to the COVID lock down, it is really heart whelming to see that the Hostel is functioning in full swing in the current academic year and the students are really enjoying their stay as they pursue their studies in the various institutions in the Loyola Campus. Loyola Women's Hostel always bestows the best care and concern on all its inmates during their stay in the hostel by providing excellent ambience to study and pray and full security as well as all facilities for games and recreation driven by a disciplined approach . I am sure that all the inmates do feel their stay at Loyola Women's hostel as "Home away from Home". I wish all of you an exciting experience and innovative Hostel Day Celebrations with the blessings of God the Almighty and St. Ignatius of Loyola. All the very best in your studies as well.

**REV. DR. D. SELVANAYAKAM SJ,
CAMPUS TREASURER,
LOYOLA COLLEGE.**

PRINCIPAL'S MESSAGE



DigitALL: Innovation and technology for gender equality” is the theme for the 2023 International Women’s Day. This theme explores the issues relating to access and opportunities available for women in digital space. It is to be noted that we all live in a digital age and the scale and pace of digital revolution in India is stated to be a driver of growth today. Amidst this “digi-discussion”, where do women stand and what needs to be done to include women to participate, if not drive, the digital revolution are questions that need to be raised.

UN study reports that,” 37% of women do not use the internet and 259 million fewer women have access to the Internet than men, even though they account for nearly half the world’s population. The UN report, also, observed that If women are unable to access the Internet and do not feel safe online, they are unable to develop the necessary digital skills to engage in digital spaces, which diminishes their opportunities to pursue careers in science, technology, engineering, and mathematics (STEM) related fields. By 2050, 75% of jobs will be related to STEM areas.

In this backdrop, women students in Loyola are fortunate to get education and be part of this digital explosion but that is not the end of the storey. Having access to education and being active in digital space is one thing but becoming a shining star in this field is entirely another thing. We want the women in Loyola to become torchbearers in this digital age so that they become leaders in the digital driven world in all walks of life; ensure safety of women in the digital space and work for providing greater access to technology for women who are deprived of. While the theme of the Loyola Women’s Hostel Day celebrates the shining role played by women, I wish this theme inspires the young women in this Hostel to become shining stars in the digital space. As the motto of the college resonates the theme of the Hostel Day, may the celebrations enkindle the fire within each of you. I take this opportunity to wish and greet the Hostel Director, Assistant Directors and all my beloved students.

REV.DR.A.THOMAS AMIRTHAM SJ
PRINCIPAL
LOYOLA COLLEGE

DIRECTOR'S MESSAGE



"Those who are wise will shine like the brightest of the star, and those who lead many to righteousness like star for ever and ever" (Dan 12:03)

The Loyola Women's Hostel by all means is synonymous to the guiding star that led the Kings to the manger. It serves as a shining star to the blend of diverse women students leading them to their destiny.

LWH is not just a home away from home but a pool of opportunities for the women students to dive in. Every girl is unique and they learn in their unique style. Growing minds have infinite capacity to understand and grasp various skills.

The cost of discipline is always less than the price of regret, so self-discipline is the biggest investment for success in life.

We at LWH aim to develop knowledge, discipline, confidence, Moral values, excellence and a sense of responsibility amongst them. The essence of being at LWH is to make efforts, be organized, develop resilience to embrace setbacks, win or lose honorably and lead by example. The character of this institution makes the student rise and shine even in adversity to face the challenges of the years ahead.

I sincerely applaud the efforts taken by our inmates and the Editorial Board in bringing out a creative and meaningful work of art.

God bless you all.

**REV.SR.P.ALICE MARY,
DIRECTOR,
LOYOLA WOMEN'S HOSTEL.**

DIRECTOR'S MESSAGE



Rev.Sr.Alice,

'Shining Stars' is the most apt symbolic theme for hostel day of LWH-2023 and my sincere appreciations to Sr.Director and the organizing theme for the insightful and well thought out plan for the meaningful celebration. Down the years, many daring women broke the institutionalized barriers and blocks and carved out a niche for themselves in sports, academia, politics, media, music, arts, armed forces etc, and making lasting contributions to the societal growth. Well-rounded formation given in LWH, I am sure that it shapes the aspirations and dreams of girls. Despite bumpy road of biases, patriarchy, stereotypes, women have to walk a long way to achieve great strides. Formation at Loyola has fueled you to face headwinds and rise from the ashes like a Phoenix. I wish you all the best for the celebration. God bless your efforts and dreams to create a world of peace, joy and inclusivity.

**REV.DR.LOUIE ALBERT SJ,
DIRECTOR,
LOYOLA MEN'S HOSTEL.**

DIRECTOR'S MESSAGE-LICET



Dear Friends,

At the outset, I would like to congratulate the editorial board of the magazine for choosing the apt word “Estrella” as the title for their creative and innovative annual magazine of Loyola College Women’s Hostel, for all the five hundred girls residing in this hostel and pursuing different branches of studies are real stars shining in the Loyola Campus who would very soon become shining stars in different walks of life in India upholding the core values of Loyola College Campus such as men and women for others, committed to the cause of the poor, downtrodden and voiceless people.

This magazine, no doubt provides wonderful platform to express in different forms of art their experience of living together, learning from one another, setting good example for others, sharing and discussing ideas and opinions on current and burning issues of the society at large and thus trying to find right solutions. The inmates drawn from different parts of the country bring their rich experience of their own culture, language and religion. Frequent interactions and working together enables them to get to know and appreciate other cultures, language and religion which in itself, I would say, an education. I deeply appreciate the hostel management and the students for their foresight and meticulous planning of offering varied activities and programmes for holistic development of all the students who are soon going to be leaders of our country. On this occasion I pray that the good Lord may bless all the members of the editorial board and others who have tirelessly worked and contributed to bring out this excellent magazine “Estrella”. Keep it up. All the best.

REV.DR.SEBASTIAN SOOSAI SJ
DIRECTOR,
LICET.

DIRECTOR'S MESSAGE-LIBA



Estrella (Shining Star)

Dear Sisters, Staff and Students,

I am pleased to write this note for your annual souvenir on the theme Estrella (Shining Star). The origin of the word 'Estrella' is Spanish, meaning star, divine strength.

In Latin Stella, is the equivalent that shares the meaning "star." A title befitting a burgeoning superstar, Estrella finds deeper meaning within its Norse heritage. Specifically in our hostel community we look forward to developing our women students as 'shining stars' who demonstrate the values we have taught that excellence encompasses ethics. Who are the persons who can be identified as shining stars? Someone who is outstanding or exemplary in some way or in some area. Organizations often talk about the importance of picking 'star' employees of the week or month. They want to appreciate the excellent work done by recognizing and felicitating, so that others will be motivated to improve by becoming more efficient. Students and youth are encouraged to reach for the stars, to imbibe the value of magis that inspires a person to strive to become better and better.

The environmental and social crisis that we face today demands a change in the response of global leaders. We must create awareness that a change begins with us as individuals and use our capabilities as future leaders (our star power) which we develop in our communities to activate change in our society. This is the first step towards being a 'shining star' that lights a way for others. In our campus it shows our responsibility towards journeying with our youth which sets us apart, because we form men and women for others.

Just as the Magi were guided by a shining star, Jesuits across the world commit to guiding the youth to a happy and meaningful life. Light does not burn for itself but for others, similarly, stars shine to light the way for others. A star is a reliable light that does not burn out but constantly brightens the path, so you too can become a shining star by working for the poor, hungry and needy, encouraging others as well to work for the cause of the marginalized in society.

Mother Teresa is a shining example and showed us that to be a star you do not need any pre qualifications, just the desire to work hard for the cause of the abandoned, to nurse to health a disease-stricken brother or sister, taking the wellbeing of the other as our responsibility and priority. In the same way, you too are called to be such beacons of hope, individually and in society. Be courageous enough to embrace the challenges and shine brightly despite the dark clouds that may threaten to overshadow your dreams. Believe that you were made to shine, that the sky is the limit and that you have been called for the purpose of brightening the path for others. With this conviction in your heart and faith in your talents each of you can be an Estrella – a shining star, with divine strength that keeps you shining with the desire to make our communities, our society, and our world a brighter place for the future.

My sincere appreciation to you all for making the hostel become a home to many who are away from their homes.

REV.DR.JOE ARUN SJ
DIRECTOR,
LIBA.

SECRETARY'S MESSAGE-LCE



My dear Sr. Alice, the Director and all the Assistant Directors and the inmates of Loyola Women's Hostel, Peace of Christ.

At the outset, I wish to share with you all joyfully my sincere greetings and wishes for your decision to bring out a magazine to mark the hostel day of this year with the theme 'Estrella' (the shining star). As the very theme that you've chosen has the capacity to brighten our minds, I wish and pray that all your efforts towards the publication of the magazine as well as the conduct of the hostel day illumine all your minds and hearts for a happy living forever.

In this almost a century old vast campus of Loyola, the women's hostel is relatively young, yet vibrant. I have for sure seen in my eyes the glistening gaieties of your family life on all my visits to your hostel in the past. Brushing aside the fact that there are people of different age, religion, language and studies, you have always borne together a collective witness that life is beautiful despite the differences. It's this spirit of your sisterhood for all around you in the same house, I think, that has already espoused you as 'Estrellas' (the shining stars) in the campus of Loyola.

May this occasion that paves way for one more time of assurance of the divine and human love experience, fill all yourselves with all kinds of positive vibes, so that by not missing any opportunity that's provided for your holistic growth in this home of care, you will all stay blessed forever to be 'Estrellas' in your own lives and in those of the others.

With every wish for a joyful celebration ahead, I remain.

REV.FR.SAHAYARAJ VIJAYAN SJ
SECRETARY
LCE.

The background of the page features a collage of images. At the top, several women in white nuns' habits are standing in a line. Below them, a group of students is visible, some wearing white uniforms. The overall scene is set against a backdrop of a building with yellow and red curtains.

ANNUAL ACTIVITIES

The Loyola Women's hostel is situated in the lush green premises of the Loyola College campus. The Loyola women's hostel witnessed its inception in the year 2011 and is now a home to more than 500 students from the educational units of Loyola College of Arts and Science (LCAS), Loyola Institute of Business Administration (LIBA), Loyola College of Education (LCE) and Loyola ICAM College of Engineering and Technology (LICET).

The hostel endeavors to work out its mission of providing holistic formation to all the women students in a nurturing, dynamic and multicultural environment and encourages its inmates to be morally upright, socially concerned and physically and mentally fit citizens.

Students from diverse cultures and traditions live together in harmony and solidarity, expressing and imbibing the true spirit of sisterhood. Every inmate upholds and practices the vision with which the hostel was built: to create tomorrow's leaders who transform and empower the society by letting their light shine.

The hostel administration is chiefly managed by Rev. Sr. Alice Mary P SCSA, and assisted by Sr. Reesha, Ms. Vallinayagi, Ms. Fenny, Ms. Joselene and Ms. Ajitha. The administrators are supported by a team of student-office bearers: Ms. Antoshiny R (President), Ms. Darry Crescenta M (Vice President), Ms. Jose Yazhini K (Secretary), Ms. Deepika (Joint Secretary), Ms. Saranya M (Cultural Secretary), Ms. Kaushiki Shukla (Sports Secretary). The administration of Loyola Women's Hostel earnestly endeavors to cultivate the spirit of fellowship and loyalty.

HOSTEL COMMITTEES

Every year the students enthusiastically come forward to be a part of various committees to ensure unity, embrace diversity and inculcate the feeling of oneness among the students through various activities and programmes thereby contributing to the seamless functioning of the hostel. The Loyola women's hostel comprises of a set of ten committees namely the Event management committee, the Attendance committee, Food committee, Liturgy and Choir committee, Cultural committee, Sports committee, Magazine committee, Decoration committee, Discipline committee and Tech-Sparklers committee. These committees along with the administrators are the painters of the magnificent picture - The Loyola Women's Hostel.



EVENT ORGANISING COMMITTEE

The Event Organizing committee is the pillar that holds all the committees together. It is the responsibility of the organizing committee to bring all the student activities together. They collaborate with the union bearers and plan events, thus providing opportunities to the inmates to bring out their innate talents. The success of this committee lies in their innovative and creative endeavors through which they help their fellow mates shine.



ATTENDANCE COMMITTEE

The attendance committee is adorned with the utmost responsibility in terms of the safety of the hostel inmates. With diligence and great enthusiasm, the attendance committee makes it their sole duty to record the presence of the inmates inside the hostel before the curfew. The committee takes it upon themselves to record and submit the details regarding the number of students present in the hostel and the number of students away from the hostel to the Director and the Assistant Directors every night after the night prayer.



LITURGY AND CHOIR COMMITTEE

The liturgy and Choir committee is concerned with the spiritual aspects of the inmates. It ensures that the inmates are provided with the opportunity to deepen their faith by embracing diverse modes of prayer and worship.

Thanks to their efforts, the hostellers wake up every day listening to heavenly hymns and inspirational messages. Rosary in different languages is conducted every day for catholic students while the students belonging to other denominations are engaged in ethical and moral classes. On every Tuesdays, all the Catholics gather in front of the Grotto near the church for common Litany along with the inmates of the LOHO. They play a pivotal role in relentlessly rendering its services for all hostel events and Holy mass.



CULTURAL COMMITTEE

The objective of the cultural committee is to bring into spotlight the latent talents of the students. It plans and schedules on and off stage competitions and events for the academic year, thus instilling a deep interest for extra-curricular activities and performing arts in the minds of the inmates.



DECORATION COMMITTEE

The decoration committee is a group of creative geniuses who puts the vision of an event to life by designing its layout and decoration based on the overall theme. The committee lights up all the special occasions in the hostel by drawing rangoli, adorning the backdrop for The Hostel day, The Hostel Mass, St Ignatius Feast Day Mass, Onam, Diwali, Corpus Christi, Christmas & Pongal & Feast of Our Lady of Lourdes processions and all the other programmes.



MAGAZINE COMMITTEE

The magazine committee aims to inform, inspire, entertain and create awareness on a number of current social issues to a diverse readership based on varied themes. The committee encourages the hostellers to come up with creative essays, poems, photographs and paintings, thus making the magazine a student-led publication that is written by the students for the students. The hostel magazine 'ESTRELLA' is the brain child of the magazine committee.



SPORTS COMMITTEE

The role of the sports committee is not to run the club, but to ensure that the club is run. Propagating the message that a sound mind resides in a sound body, the sports committee is responsible for the promotion and pursuance of physical sports activities, thus motivating and inspiring students to maintain physical well-being, and also enhance the true spirit of sportsmanship.



DISCIPLINE COMMITTEE

The role of the discipline and the cleanliness committee is to ensure a peaceful ambiance in the hostel premises. While the discipline committee works to achieve punctuality and keeping up with the code of conduct of the hostel, the cleanliness committee ensures the hygiene and tidiness of the rooms and the entire hostel campus.



TECH-SPARKLERS COMMITTEE

The tech sparklers extend their hands in providing technical support for the events held in the hostel, from shooting videos, clicking photographs, operating audio systems, preparing logos, invitation cards and creating certificate profile.



FOOD COMMITTEE

Catering to the basic requirement of food, the Food committee helps prepare the menu and give periodic suggestions regarding food. The committee is concerned with offering good and healthy food in accordance with the desire of the inmates. Their guiding principle is to fulfill the expectations of the majority, keeping in mind the health of the students.



HOSTEL REPRESENTATIVES

A Woman student from each year of all the institutions are elected by the inmates in order to serve as their representative. The duty of the representatives is to act as a bridge between the students and the hostel management in passing on the information and taking up their queries and difficulties to the management.



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EVENTS OF THE YEAR

Eucharistic Celebration

The Freshers' day commenced with the Holy Eucharistic Celebration on August 26, 2022 solemnized by Rev. Dr. Francis P Xavier SJ, Rector, Loyola College. The inmates were blessed with the innumerable gifts of God the almighty and were inspired to be the light of the world and salt of the earth.



Freshers' Day

The Freshers' day for the newly joined inmates of the Loyola Women's Hostel was conducted by the senior inmates on 27 August, 2022 in the quadrangle. The theme for the Freshers' day was "Back to school" and the new inmates dressed themselves in accordance to the theme. The evening was filled with various cultural activities consisting of dancing, singing, meme show, skit, ramp walk and an ice breaking session for the Fresher's to help them get in touch with their seniors and get comfortable in the hostel premises. The newly elected members of the hostel were declared and badges were given according to their posts.



Talk on mutual understanding and Co-living

A talk by Rev. Dr. Louie Albert SJ, Director, Loyola Men's Hostel was organized in the quadrangle for the inmates of the hostel on September 10,2022. An orientation on the objectives of the Loyola Women's Hostel and the importance of mutual understanding and adjustment to the hostel environment were the highlights of the talk.



Screen Lit campaign and Zumba

The 'Screen Lit' campaign was conducted by a team of seven students under the guidance of the Dr. B. Nidhya, Shift II, Coordinator, Department of visual communication, Loyola college on September 16,2022. The Chief guest of the day was Dr.Shobana, Psychiatrist.The campaign was conducted to concentrate on raising awareness on addiction of screen usage and providing necessary solutions to turn students into responsible users. In this regard, the campaign collected surveys from the students to understand their behavioural exposure to digital use including social media usage, gaming and online shopping. The women students also enjoyed a zumba session conducted by Ms.Anu, Zumba instructor, Vivid studio and Lee fitness promoting the importance of a fit mind and body.



Talk on drug addiction awareness

A talk on drug addiction was organized in the premises of the Loyola Men's Hostel for the men and women hostel inmates on October 10,2022. The spokespersons of the day were Dr.Aravind, Senior Consultant, KMC and Ms.Mary Jessi Rani, Assistant Professor, Department of Social work, Loyola College of Arts and Science. The students received an in-depth knowledge about the various reasons for drug addiction, it's effects and ways to overcome it.



Filmastra '23 - Thanksgiving and Inauguration of Estrella '23

The Thanksgiving programme for the senior students as a token of love and gratitude by the juniors and the inauguration of Estrella 2023 - the cultural and sports bonanza of Loyola Women's Hostel was organised on 19 November, 2022. The inaugural programme commenced with the lighting of the kuthuvilakku by the Director Rev. Sr. Alice, the Assistant Directors and the office bearers. The investiture ceremony was held for the committee heads and representatives and badges were given as a token of responsibility. A warm welcome was given to the newly joined inmates - the first year LICET and LCE students which was followed by a highly entertaining set of programmes hosted by the first years that included dance performances, singing, games and skits.



Sirika, Sindhika, Seyalpada - A talk session

The Loyola Women's Hostel and the Loyola Men's hostel jointly organized a talk by Dr.Jegan,the CEO of Win your Weakness Academy, popularly known as Ilaya Abdul Kalam, a title adorned by the Kalam book of records to conduct a session on the title Sirika, Sindhika, Seyalpada on December 09, 2022 in Sauliere Hall at 11:30 am. The session began with a prayer service followed by the welcome address. The stage was then handed over to Dr.Jegan for his session. The event was assisted by Mr.Janardhanan, CEO, Sulochana event management. Dr.Jegan enlightened the students with his motivation and instilled a sense of responsibility and commitment towards life in their minds. The session ended with a question and answer session which was followed by the Vote of Thanks which ended at 1:30 PM.



Outreach program

Embracing the spirit of Christmas through the act of giving and catering to the needs of others, the members of Loyola Women's Hostel contributed Rs.24,000 to help the needy in Chennai. Several students volunteered to go out on the streets and railway station to help the needy by distributing sarees, lungis, bedsheets, masks and blankets to the people living on the streets in Chennai. They distributed Toiletries and 15 days of provisions to the Plant Shelter Home in Chennai.



Competitions

Christmas competitions

In commemoration of the Christmas day celebration, the Loyola Women's Hostel held competitions such as Carol singing, Letter writing, floor decoration and crib competition. The girls participated with utmost enthusiasm and spread the joy of Christmas by decorating and grooming a crib in their respective floors. These competitions helped them grow in love and unity.



Estrella '23

Loyola Women's Hostel strongly believes in the holistic growth and development of its students. Hence, various competitions comprising both cultural and sports were organized in order to give them an opportunity to grow and exhibit their talent. The competition was called Estrella '23 which means "Shining stars". The following were the competitions held for Estrella '23 : Poetry writing, Essay Writing, Story Writing, Block and tackle, Face painting, Doodle art, Singing, Photography, Painting and drawing, Mehendi, Rangoli and Dance



Sports

The Sports Events conducted as a part of Estrlla '23 are as follows: Badminton, Chess, Table Tennis, Throwball, Carrom, Kho Kho, Badminton, Shot put, Basketball, Volleyball and Running events. Certificates and prizes were given to the winners and the participants of the competitions.



INTER-RELIGIOUS AND MULTICULTURAL CELEBRATIONS

Onam

The festival of Onam was celebrated in the quadrangle of the hostel on August 08, 2022. The inmates of the hostel decked themselves in beautiful Onam attires and decorated the hostel premises with pookalam. A delicious Onam sadya was served to all the students for lunch in the hostel mess. A cultural programme depicting the culture of Kerala was performed by the students. Rev. Sr. Alice Mary, Director, Loyola women's hostel wished and prayed for the inmates during the celebration.



Ayutha Pooja

Ayutha Pooja was celebrated in the premises of Loyola women's hostel on October 1, 2022 by the Director, the Assistant Directors, the mess staff and few inmates of the hostel. The observance was commemorated with a sense of gratitude for all the things that play a significant part in the lives of all the inmates in the hostel. The celebration consisted of a prayer song and bible reading by the mess staff which was followed by the blessing of the mess equipment.



Diwali

The festival of lights was celebrated on October 24, 2022 in the quadrangle. The Director, the Assistant Directors and the inmates of the hostel celebrated the day with a hope of filling humankind with universal compassion, peace, love and unity. The festival was celebrated in an eco-friendly way with a scrumptious lunch and distribution of sweets.



Christmas - Eucharistic Celebration

The Eucharistic Celebration to enshrine the significance of Christmas was celebrated on December 16, 2022 in the quadrangle by Rev.Dr. Jebamalai Irudayaraj SJ, Provincial, Loyola College. The inmates were filled with the joy of Christmas and swore to indulge in the act of sharing and caring.



Christmas Day Celebration

The annual Christmas Day Celebrations was splendidly celebrated on December 17, 2022. The hostel was wholly immersed in a joyous aura with twinkling lights and sparkling decorations, spreading the joy of Christmas in every nook and corner. The day was celebrated with melodious Carol singing, various cultural programmes, the significance of the Nativity play and a Christmas message.



Pongal

‘Pongal’, the grand harvest festival of Tamil Nadu was celebrated in the premises of Loyola Women’s Hostel which was adorned with beautiful decorations on January 15, 2023. The Director, the Assistant Directors, the staff and the students of LIBA, LCE, LICET and LCAS participated with great gaiety and enthusiasm. A prayer for prosperity, peace and joy was said and the sweet Pongal was served to all.



The Eucharistic Celebrations



Loyola Women's Hostel made it a point to conduct monthly eucharistic celebrations for the inmates of the hostel every first Friday in the quadrangle for the wellness and protection of the inmates and all their loved ones. The celebrants of the Mass were Rev.Dr.Francis P Xavier SJ, Rev.Fr.Sahayaraj Vijayan SJ, Rev.Fr.Justin Prabhu, SJ, Rev.Fr.Joe Arun SJ and Rev.Fr.Jebamalai Irudayaraj SJ respectively.

FUND CONTRIBUTIONS

Living up to the true spirit of humanity, the inmates of the Loyola women's hostel also came forward and contributed 24,000 rupees during Christmas. A prayer service for the victims of the Turkey-Syria earthquake was organized by the Liturgy and Choir Committee in the grotto of the Loyola Women's Hostel on February 19, 2023. The inmates prayed sincerely for the affected and also donated a sum of 45,800 rupees collected from the inmates of the hostel for the victims.





NOTE OF THANKS

First and foremost, we thank the Lord Almighty for his abundant blessings and for guiding us each step of the way in the path of prosperity.

With a heart brimming with gratitude, we place on record our profound thanks to Rev. Fr. Jebamalai Irudayaraj SJ, Provincial, Chennai Province and Rev. Dr. Francis P Xavier SJ, Rector, Loyola Campus for their incessant guidance and enthusiasm in the all-round growth and well-being of the inmates of the Loyola Women's Hostel and for ensuring a safe and wholesome atmosphere for every individual.

We would like to extend our thankfulness to Rev. Dr. B. Jeyaraj SJ, Secretary, Loyola College; Rev. Dr. D Selvanayakam SJ, Campus Treasurer; Rev. Dr. Thomas Amirtham SJ, Principal, Loyola College; Rev. Dr. Sebastian Soosai SJ, Director, LICET; Rev. Dr. C. Joe Arun SJ, Director, LIBA, Rev. Fr. Sahayraj Vijayan SJ, Secretary, LCE and Rev. Dr. Louie Albert SJ, Director, Loyola Men's Hostel. Thank you Fathers for your eager interest in the holistic development of the hostellers.

Our heartfelt thanks to every one of the teaching and non-teaching staff of each institution for their constant motivation and support. We thank all our kitchen staff, attenders and the technical staff for working hard day and night behind the scenes in ensuring the smooth conduct of the hostel.

We are greatly indebted to each and every member of the Loyola College Community for always assisting us in times of need.

Thank You.



*Art and
Articles*

It sometimes flickers in the sight of life

These long nights
long days, long steps...
I keep on walking, breathing,
.....surviving
Surviving the long cold nights
of the darkest days
as dark as a raven
as dark as my soul.
gripping tightly on one thing
as if I was holding my soul on my hand
for the fear of losing 'that thing'
I held it close to my heart
Cleaning with all my strength,
I hold it dear, ...
It was the light,
Guiding me through the dark,
through wars, through demons,
a small little light
it sometimes flicker in the sight of life
it sometimes burns in the sight of life too
too strange, too good, too bad
but among the craziest things,
it was the only crazier thing that lead me
through
without it, I am lost.
I am engulfed, I am gone.
I become nobody,
It is my hope.
That speck of stardust is the hope, the light
My source, my only motive
That makes me move
Even if I am told, 'its nothing but a dying star'.
I wanna believe it and
Keep moving.....!
May the light, my hope guides me
Through another war, another day

-M. Poshiya Antony Josphin

The Night We Met

It was a night like any other,
I was a lone visitor in my father's fields,
you were a day dreamer who had
come all the way to see,
The see the beauty of the sky at night
and the wondrous stars that gleamed
with light.
My father had told me to stay away,
From people who made their way,
Into his fields.
I found you making your way,
Into his fields.
I found you making your way,
Into my heart,
Into the darkest corners of my soul,
You sank into me,
Like a ship that had found it's harbor.
I held onto you,
Because you had dissolved into me.
It wasn't just you,
or me,
it was us,
longing, yearning to be,
I still go back, to that star-studded
Night,
Where I find you lying in my arms,
But when I wake up you're gone
And I realize you were my best deam.

-Anastasia Rose Dias

Keep your eyes on the stars and feet on ground

The first touch of your feet is joyful moment for all others, it is celebrated by them, not you.

Likewise all your success will be more admired by people around us.

Your eyes are powerful. In my opinion the most ambitious, visionary organ is our eyes in the whole body. The eyes can see anything, its our duty to filter the things what we see. Keep your eyes on stars and feet on ground. The aim or goal which we set has to be a like star because when we see stars from ground it seem to be very tiny or small but going nearer to it will make us understand how bit it is!

So your aim should be like a big star, it seem to be unachievable as everyone can't reach to stars so easily. The pathway to success will be hurdles but when you overcome all barriers and hurdles you will have a dreamt life ahead.

It is important that the formation you have at how important the goal setting is, the character and attitude you possess over all matters most. Your eye are on stairs but to achieve that if you are pulling someone down, mentally harassing your competitor, destroying your nature and surroundings, then what is the point in success.

I hear people say, Success is what all matters, the way doesn't. I totally disagree to this. Your success has to be inclusive of everyone. You have to stay grounded, helping one another, having good competitive spirit, helping others also to grow, then when you succeed your conscience also be so happy as you.

It is a tendency among people in this 21st century, especially youth, when you achieve something you will have the head weight on from then. "We know everything who are you to guide or judge us". That mentality itself says though your eyes are on stars your feet is not on ground.

Arjuna when Dhronacharya asked him to aim the eyes bird, he doesn't see anything other than the eyes and his aim was on point. But all other four brothers failed to have the eyes on the target

Thomas Awa Edison was sent from school for being not so intelligent but his eyes were on target like stars, so now we invented by him through the bulb.

Likewise there are many living examples which show us how people can succeed and by the same time be grounded

Dr APJ Abdul Kalam and Mother Theresa are best examples of how people can be to their surroundings and other people.

Keeping the eyes on stars and feet on ground wont always guarantee success, you may fail to achieve your target but try, try try until you succeed.

Whether you succeed or not, have humanity and love and care to people around you, you never know if that's a way to the star you aimed.

-Neha Ranjit

படிபடியாய் இருளை அகற்றம் ஒளி!

இருளின் ஒளி!

இந்த கவிதை எதார்த்தத்தை சுமக்கும்
எதார்த்தத்த கவிதையும் அல்ல
காமத்தை தேடும் காமத்து பால் கவிதையும்
அல்ல

இருள் சூளும் உலகில் இருளை அகற்றும்
ஒளியாய் அனைவரும் இருப்போம் என
அறிவுறை கூறும் கதை
இறைவனுக்கு தெரியுமா தன் அருள்
ஒளியால்

உலகம் பிரகாவிக்கும் என்று
கருவில் இருளில் இருக்கும் கருவுக்கு
தெரியுமா

தான் ஒரு நாள் வெளிச்சம் நிறைந்த உலகை
காண போகிறோம் என்று!

தந்தைக்கு தெரியுமா தான் இருளின்
ஒளியாய் குடும்பத்தில் இருக்கிறோம் என்று
ஒவ்வொரு நிமிடமும் இமைத்து மூடும்
கண்களுக்கு தெரியுமா தான் உலகில் இருள்
ஒளி என இரண்டையும் பார்க்கிறோம் என்று!

ஓடும் கடிகாரத்திற்கு ரெரியுமா தான்
பகலிலும் இருளிலும் அயராது
ஒடிக்கொண்டிருக்கோம்
அன்று!

இவை அனைத்திற்கும் தெரியாது
இருள், ஒளி இரண்டும் ஒன்றோடு
ஒன்று தொடர்பு என்று!

இருள் என்பது விடை தெரியா வினா
போன்றது
நம் கண் முன்னே என்ன இருந்தாலும்
தெரியாது

வெளிச்சம் என்பது விடை தெரியும்
வினா போன்றது
நம் கண்முன்னே என்ன இருந்தாலும்
தெறியும்

இதுபோல் சில நபர்கள் கண்களை மூடி
கொண்டு இருளிலே வாழ்ந்து
விடுகிறார்கள்.

சில நபர்களோ வெளிச்சத்தில்
இருந்ததில் கொண்டு ஒளியை
தேடுகிறார்கள்

எனவே மனிதர்களே இருள் ஒன்று இரு
இருந்தால் ஒளி என்ற ஒன்று நிச்சயம்
இருக்கும் துவண்டு போகாதீர்கள்
பிமிர்ந்து நில்லுங்கள் படிப்படியாய்
முன்னேறி செல்லுங்கள்

Ramya R

Enough yet

of fears that haunt from deep within,
The ones that suffocate and earth, they reside in.
Bellowing voices under thundering skies
United together in a chorus of cries,
Charting deep and against the reflection.
Poking, digging through the question I dare not face,
"Am I enough of a grown up, yet?"
A human, old enough to meet expectations.
To carry weight of responsibilities passed through time.

In a cold sweat, my feet kick off the blankets.
My hands reaching beneath the bed
Fingers enclosing around the handle of my contained wisdom.
In the form of a yellowed lamp.
My legs making way, yet again
To the sculpted staircase, darkened and aged with time.
The same path taken by the ones before me
and known things that I am yet to see.
Oh! but that fear, agonising dear.
It's tendrils laying heavy against my belly.
Freezing my entire self, stuck in place.
Light shining from the tiny lamp
In a room darkened with doubt
Hesitantly I made a step forward.
In that very staircase of piling expectations
And duties, and hope. Small reminders.
Weren't they enough yet?
At least not as a grown-up,
With no mind of grown-up,
Will I decide to tread on
Into my unseen future, carrying with me all my fears.

At least hidden beneath the hood,
I'll live in a world of my own.
Free from crashing expectations
Of a grown-up, who is enough on her

-Andrea X

The ray of light

They kept asking me what was wrong
And I said I am tired, maybe exhausted
"Sleep", they said, "you should sleep"
So that's what I did, at the end of the day
I snuggled up hoping to run away
Even though my soul was the one tired.
Sleeping seemed like the best escape
But I forgot about the nightmare demons

I opened my eyes in deep darkness
Had I not gone to sleep?
Where am I?
Oh! the nightmares are back, aren't they?
The darkness was too much, so I started walking
Walking ahead to escape the darkness
But it seemed endless, the dark and my nightmare
I walked, I ran, I screamed, but I was stuck
I can't even see myself, it's so dark

Someone save me please! Take me away!
I can't breathe! I can't go on anymore!
I want to give up! Please help me!
My pleas went unheard in the void
It echoed and came back to me
As if a distant voice of a stranger
but it's me and I can't help myself
I can't save me... or can I?
Maybe I can try? Just give it a try?
It's not like I have anything to lose
So I did and ran with all I have, to save me
I looked around to escape my nightmare
I still couldn't see much, but I went on
I found some hope, a ray of light
I ran but it is way too far to hold
Oh! is this a mirage and false hope?

I didn't give up though, I went on
I walked until I stumbled and fell
A staircase and is that a lamp, I see?
I started climbing as I held the light
It guided me up and forward
I kept the flame going as it led me away
Out from this seemingly endless abyss
Into the world of light, music and colours

When I look back, I thank myself everytime
For I kept going on, for not giving up
For saving myself and finding my light
Despite being consumed by dark, I won
I won because I am still here today
And I try to become the may of light
For all the lost souls wandering in dark
One day we will together fly, I hope.

-Namrata datta

Keep your eyes on the stars and your feet on the ground

Adam and Eve were sent foot on land to enrich, entitled and to envision. Envision not just were ground, to explore the stars of the distant far off sky.

Is it blue? Is it purple? Maybe a hint of orange and yellow? Oh! the tangerine? Yes all of that and to go beyond.

Humans do not merely want to live life the way of the current. The only one who did that lost his way in history.

Aristotle, the revolutionary philosopher and Plato, the profound teacher. Christ, the Messianic Rabbi, Kalam, the people's president, Mother Teresa, the lover of the poor. All these great magnificats had one thing in common. They chose their way. The other way of the current. They reached for the stars, set their eyes on them. The galactic stars of knowledge, education, love, learning and mercy.

Stars of nations formed once set eye on them no matter the unreachable, incomprehensible distance they seem to be. Humans, the most profound set species of creatures assigned for the most eclectic set of passion, role, job and life.

Strange is the prospect of matchmaking to the strangers of the Indus valley tribe. The culture defined in the Indian sub-continent remains perplexing to the land of the mest. So does it seem to anyone who tries to comprehend the try of the extremists.

The love of the father of the babbi whose feet is untouched, virgin of the ground, only wishes to see the same feet conquer it.

In the hassle of all forces coming from all sides only thing they miss as they look for the stars, in the land. The pursuit of reaching the horizon to fly for the twinkling ball of ferocious gas left men with no reminiscence of the purpose of the grass.

How can one out past the memory of the land that adorned him/her? Or was it foggy from the genetic beginning?

Was I too burdened laid with the force pushing upwards towards the spot of light, that I "forgot" (or should it be adopted to "never there") the mist of the dew falling green abode?

One slot remains estranged to the ground. The other remains too in the ground that they remain amnesic to look up. Reach for the stars said once a wise man, only did it not reach all ears of human kind.

To marvel at the sky were those ever busy on dead life. The laid back vivid hills of flat surface, of calm, commotion less almost children today, wise men tomorrow - one that ought to be so lay indifferent to the top and the down. Too lazy or too less motivated whatever the reason many are too less motivated whatever the reason many are too afraid to fix their eyes on the stars. Its either too intimidating or uninteresting to lose what's at stake, but what is at stake? One can never know until th3ey afford their effort to open the lashes, tilt their head and enlarge the pupil of shell shaped eyes.

An individual has to look up to envision what is to be reached and then put on the motor to reach it. Its brightly too hard but never was it easy to any men or women.

Its never easy for the childbearing creature to become a mother without pain. The pain that shrieks through the throat and ears with heavy heart. Then how can one be even living when he or she does not know the purpose of the stars.

The stars up above, needs to be made the feast for eyes, to prepare a banquet of rivh wine and healthy bread to self and the "tiny sparks" of human race. Never but mere tiny sparks. Sparks that cause commotion for revolution.

Feet on ground and stars up alone to be looked at. How did the great man front said achieve the far unthinkable. The hidden treasure was only that the body they had let them stay on the ground and look up at the same period.

Seems not understandable to many but only with try and a heart of brave encounter can perform it. And the only secret that hinders this seemingly unbearable pleasure is the lie laid, the truth hidden. The truth that you have a brave fierce heart of gold to reach for the diamonds and leisure of the blue and green.

வெற்றிப் படிக்கட்டுக்களா...

வாழ்க்கை சிகரம் ; வாழ்வாதாரத்தின்
அகரம்,

மண்ணைத்தொடவா பிறந்தோம்;

விண்ணை தொடவல்லவா?

விளக்குகளுக்கு ஏது விதி!!!

விண்ணையும் தாண்டிபறப்போம்டா
தோழா!!! படிக்கட்டுக்கள் பார்ப்பதற்க்கு
பயங்கரமானவை எதையும் பார்க்காதே,
பயணத்தை தொடர்!!! இருட்டுக்குள்
உள்ளவரை இமைகளும் செய்யும்,
இமைகளுக்குள் உள்ள முகமூடியை
அகற்று; இதயங்களுள் வெற்றியை
நம்பமுடியாதா? நம்மால் முடியாதா?
நானை வெல்லும் நாளாய் செய்வோம்
வாடா...

சுற்றம் பேசுவதை புறந்தல்; ஏற்றம்
எடுத்துக்கொள்; இலட்சம் கண்ணோடு,
இலட்சியங்கள் நெஞ்சோடு! உன்னை
போல் யாரும் என்று சொல்பவர்கள்
தொல்லை, சாகத்தான் பிறந்தோம்;
சாதித்துவிட்டு சாவோமே! பலகற்கள்கள்
ஒன்றுப்பட்டுதான் படிக்கட்டுக்கள்,
பலகஷ்டங்கள் ஒன்றுப்பட்டுத்தான்
வெற்றி.

இஷ்டப்படுவதைப் போல் கஷ்டப்படு
ஆனால் காரணத்தோடு படு; அந்த
கஷ்டம் இஷ்டமாக மாறும் வரை உன்னை
மாற்றும் வரை!!!

படிக்கட்டுகள் இல்லை என்றால் ஏற
மடியாது, உன் வாழ்வில், - சில பகடர்கள்
இல்லை என்றால் பாதை சிறக்காது...

- Rexaline S

நட்சத்திர மழை

ஐன்னல் வெளியே அரை நிலவு
அதை பார்த்தபடியே
அம்மாவின் கதையில் நானும் அண்ணணும்
கண்களிலே உறக்கம்
ஆனால் கற்பனையோ விழிப்பாகாகத்தான்
இருந்து

நட்சத்திரங்கள் எண்ணிக்கொண்டு...
சிறியவள் தான் உன் தங்கை தான்
ஒரேய வீட்டில் வளர்ந்தவள் தான்
ஒரேய வளர்ப்பில் வளர்ந்தவள் தான்
அப்பா அம்மாவிடம் செல்லமாக அடிபட்டோம்
ஒன்றாக சிரித்தோம் ஒன்றாக அழுதோம்
முடியை இழுத்து பிடித்து சண்டையிட்டோம்
தீன்பண்டங்கள் திருடும் போது இருவரும் ஒன்று
தான் என்றாய்
விளையாடும் இடத்தில நீ வேறு நான் வேறு
என்றாய்
வெளிப்படுத்தாத அன்பால் இணைந்து தான்
இருந்தோம் எப்பொழுதும்
உன் கனவு வாகனம் ஒன்று
வாழ்வில் என் இடத்தை பிடித்தது
பாசமும் சண்டையும் அதனுடன் தான் அப்பாவிடம்
செல் போனுக்கு ஒரு அழைப்பு

வேகத்தால் மகன் விபத்தில் இறந்துவிட்டான்
அன்பு மகிழ்ச்சி செல்ல சண்டைகள்
என வாழ்வில் இருந்த நட்சத்திரங்கள்
ஏனோ மழையாக பொழிகிறது !!!

அம்மாவின் கதையும் முடிய
கற்பனை உலகம் இருட்ட
நான் கண்களை திறக்க
அம்மாவின் கண்களின் நட்சத்திரங்கள்
வழிந்தோட தெரிந்தது நான் பயணித்த
கதை அம்மாவின் கதையென்று ...

-Jerline A

"Aim high, the higher the better. And don't let anything stand in your way"-

We should always aim high now matter whether it is a failure or success but we must aim high.

Aiming high always shows your own potentiality or the confidence you have on yourself. So it is about the faith you have on yourself. We should remember that keeping eye on the stars we should keep our feet on the ground too so that we have a balance while aiming for our goal. Keeping eye on stars means that we may find the star to be far away in the sky it may look away from us but that's where we need to take up the motivation, the inner faith, the inner light will then burn and shine brightly and surely one day we will achieve that success that is touching the sky. There is a saying that goes like this, we can never count the stars, that's indeed true we cannot count the stars in the sky since its all combined and in bunch so, we should think of on bright star in the sky and surely one day we will be the one shining star through which others takes us as an role model and we will guide others.

Keeping eyes on the stars in our life practically can be compared to our goals, our dreams, our ambitions, our future. When we achieve our dreams there will be hardships, hurdles on the path we travel in. There maybe tiny stars too on the path while we travel in. There maybe tiny stars too on the path while we travel but we should stop here or get distracted by these tiny stars on the way thinking this to be treasure rather work hard and even more harden, wait patiently, tell to yourself. Star is still waiting don't. Stop in between, encourage and motivate yourself until you really achieve your goal towards the star.

"Hard work and patience will one day give you success." Don't forget to keep eyes on the stars and feet on the ground!

-Anusha James

THE STARS

Not everyone in the world are gazing upon the sunrise or the sunset but all of them have admired the stars once in their lifetime either in their childhood or as an adult. Stars always shine and sparkle bright in the scary sky, the diamond cut sparkle seem to be precious when it is admired by the right person. A quote goes like this, "Beauty lies in the eyes of the beholder" stands true. People always set goals to reach up the moon. If due hard work is made then they step into the moon but if they are not able to land in the moon surely they try to catch up the stars. Reaching the stars also needs great effort and not all are who gaze upon the stars holds it in their hands.

Stars being so valuable and precious it's really very hard to bag them up but once you hit the stars don't try to fly up in the sky with the wings grown. Always remember your start, you've been striving hard with your feet laid down on the ground. Every force which was below made you to fly high above the sky. Be thankful for the goals achieved but don't try to gain any pride or jealous that you have reached a higher position or a higher standard.

In life it is only the simple acts of your character depicts who the person you and not your wealth or achievements. The rewards you gained will gain its true meaning when your deeds try to be good. The humble and polite hearted shine bright when they hold the stars and they don't try to move up high in research of any honour or recognition but stand firm in the ground being happy and satisfied on all that they have.

Life is short so its better to gaze upon the stars, catch them and bag it safely. In search of the stars don't try to remain in the sky but then come down to the reality of life and make the world (your mother earth) proud by your deeds and actions.

-Arockia Infanry Soris

DREAM BIG!!

It is often said that people who are humble and kind grow heights in their life. Simplicity leads a person to reach their goal successfully. It is always better to be down to earth and lead a worthy life. When the opportunity knocks at your door, appreciate it and lead your path on that way. People claim that there is nothing to be proud of success and depressed on failure. Considering the whole universe, people have a lot of opportunities, so to have high goals or ambition will definitely place in higher places. As a quote says, "Dream Big", dreaming our goals big will make a person responsible and lead his life valuably. There are people who lost their urocons because of disrespecting others. On the other hand, persona who has considered their success as a next step to their life will certainly glow in their life. Even though many famous personalities of nation reach their goals because of their humble and simple nature. Let us consider our late former president Dr. A.P.J.Abdul Kalam who had been an inspiration to all youth in the country as a humble man, who asked us to "Dream, dream, dream" to reach our aspiration. Many territories and kingdoms had been fallen down because of their proud personalities despite of all worldly pleasures, one should have control over his life and go over board on success.

"Its okay to be imperfect." To be a bright star, one should always witness a galaxy of stars and remember that reaching that heights needs more hard work. In these days, world is selfish and have many opinions. One should choose their own path and dust off all the dirt that impure them. It is said that the road that has not taken will lead to new destination. If you have a chance to fly, FLY but one day you have to come down to take rest. If you cant fly, RUN, not today, then walk, not today, CRAWL. To reach your own way but always have your destination at your ambition. In my opinion, it is okay to have high dreams or goals or ambition but the result of those should change one's personality.

"Showing off of your success lead the person's life as solitude, always have a humility that reach everyone's heart and soul that make our life worthy and valuable."

"Graciously accepting our success will remain in minds of the world out of whichone who make others inspire universally truth is that not leading your worth is acceptable. Deeply immense in your own way is appreciated."

To conclude that, one has a better life with his good attitude and gratitude towards others. The greatest virtue of all virtue is showing gratitude to others so be grateful and show reverence to others even though one reach the height of stars. Hence, always KEEP YOUR EYES ON THE STARS AND FEET ON THE GROUND.

-Sharon Litsiya

கால்கள் தரையில் கண்கள் நட்சத்திரத்தில்

முன்னுரை :-

விண்ணை தொடும் அளவிற்கு உன் கை எட்டவில்லை என்றாலும் உன் எண்ணத்தால் விண்ணை தொடவும் பிறரை தொட வைக்கவும் இயலும்! எனவே தளர்ந்துவிடாதே! எண்ணத்தை விட பலமானது ஏதுமில்லை.. உணர்ந்துகொள். எண்ணம் அதுவே உன் வெற்றிக்கு காரணம் எண்ணம் ஓர் ஆயுதம் உன் எண்ணத்தால் எதையும் படைக்கவும் இயலும். அதை உருக்குலைக்கவும் இயலும். கால்கள் தரையில் கண்கள் நட்சத்திரத்தில் இந்த தலைப்பின் வழியில் நாம் உணர வேண்டியது நம் எண்ணம் வாழ்வைத் தொடும் அளவிற்கு உயர்வாகவும் நிதானமாகவும் அதாவது ஓர் வடுவை பலர் உள்ளங்களில் பதித்துச் செல்லவும் வேண்டும் இக்கட்டுரையில் நம் எண்ணதைப் பற்றி காணலாம்.

எண்ணத்தின் வலிமை :-

எண்ணி எண்ணிப் பார்த்தேன் எதை எண்ணுவதென்று எதை எண்ணுவதென்று தெரியவில்லை ஆனால் அதுவே ஒரு எண்ணம் என்று உணர்ந்தேன்.. எண்ணிச் சிரித்தேன்.. எண்ணம் நல்லெண்ணம் கெட்டெண்ணம் உன் எண்ணத்தால் ஏற்படும் சேதம் உனக்கு வேண்டும் ஆனால் தெரியாமல் இருக்கலாம். ஆனால் உன் எண்ணத்தின் அதிர்வலைகள் நீ இருக்கும் இடத்தில பெரும் மாற்றத்தை ஏற்படுத்தும். ஒருவர் உன்னை பற்றி நினைத்தால் அதன் அதிர்வலைகள் உன்னை தாக்கும் என்று பலர் சொல்லி கேள்வி பட்டிருக்கிறேன். அது உண்மை. அதைவிட இன்னும் ஒரு அசாத்திய உண்மை ஒன்று உண்டு. எது என்ன என்றால் நெய் என்ன எண்ணுகிறாய் அதுவாகவே நீ மாறுகிறாய். உன் எண்ணம் நல்லதாக இருந்தால் உன் செயலும் நன்றாக இருக்கும். உன் எண்ணம் தீயதாக இருந்தால் உனக்கு தீமையே நிகழும்.

நீ எண்ணுகிற எண்ணமே நீ மாறுகிறாய் :-

வெற்றிக் காகிதமாய் இருந்த என்னை வெற்றிக் காகிதத்தில் சுற்றி வர வைத்தாய் வுண்ணம் அற்ற என் வாழ்வில் என்னமாய் நீ வந்து என்ன வைத்தாய் நான் வார் என்று!

உன் எண்ணமே உன் வெற்றியின் காரணம். பெரிய பெரிய அறிஞர்கள் எல்லாம் உயர்ந்து அவர்கள் எண்ணத்தினால் தகின். தாமஸ் ஆல்வா எடிசன். தோல்விகள் பல சந்தித்து உள்ளார். அவர் மட்டும் தன எண்ணத்தை வெற்றியை நோக்கி வைக்காமல் தோல்வியைக் கண்டு துவண்டிருந்தால் நம்மால் வெளிச்சத்தை டங்ஸ்டன் யை பெற்று இருக்க இயலாது. அவரும் வாளை எட்டும் அளவிற்கு புகழ் அடைந்திருக்க மாட்டார். உன் எண்ணத்தை உற்று நோக்கு உன் ஆசான் அதனை விட பெரிய ஆலோசகர் உனக்கு தேவை இல்லை

கால்கள் தரையில் கண்கள் நட்சத்திரத்தில் :-

கால்கள் தரையில் கண்கள் நட்சத்திரத்தில் அறிஞர்கள் எல்லோரும் தன அனுபவங்களை நமக்கு பாதச்சுவடுகளாக விட்டு சென்றிருக்கிறார்கள். ஒவ்வொரு நாள் நாம் தூங்கி எழும் பாய் தன சுவடுகளை நம்மீது விட்டு செல்கின்றது. அப்பொழுது எண்ணிப் பாருங்கள் நாம் ஒவ்வொரு நாள் நம் மனதில் சுமக்கும் எண்ணம் எவ்வளவு விளைவை ஏற்படுத்தும் என்று. நம் வாழ்க்கையில் மேடு பள்ளங்கள் பல உண்டு. ஒரு மிதிவண்டியை ஓட்டும் பொது நாம் பள்ளத்தை கண்டு துவண்டு பொய் மேட்டின் மேல் ஏறாமல் இருந்தால் நம்மால் நமது இலக்கை அடைய இயலாது. உன் பார்வையை மாற்று அதற்கு முதலில் உன் எண்ணத்தை மாற்று. ஆற்றின் வேகம் அதன் நீர் ஓட்டத்தை வைத்து கணக்கிடப்படுகிறது. மனிதனின் வேகம் அவன் எண்ண ஓட்டத்தை வைத்து கணக்கிடப்படுகிறது. ஆறு தன் நீர் ஓட்டத்தை நிறுத்தி விட்டால் வெறும் கட்டையாக மாறிவிடுகிறான். உன் எண்ணத்தால் மட்டுமே நீ மதிக்கப்படுகிறாய் உன் எண்ணமே உனக்கு நடக்க வேண்டிய வழியைக் காட்டுகிறது என்பதை மறவாதே!

முடிவுரை :-

விழித்தெழு. உணர்ந்திடு. கருக்கொள். உரமிட்டு. உருக்கொடு. மெழுகு. வெளியீடு. உன் எண்ணத்தை கால்கள் தரையில் கண்கள் நட்சத்திரத்தில். எண்ணத்தை உயர்வாக எண்ண கற்றுக்கொள்.

- Rexaline R

DREAMS

Dreams never fade, Spirit never dies, Soul never stops. Everyone dreams and aspires to reach heights in the lives, most of them are successful in doing so, only few of them stay grounded after achieving it. Humanity sprouts from the ground and stays intact with it even when they reach heights. Alike a beautiful tree, that sprouts out of a sapling, slowly emerging from the ground looks up at the sky and wants to grow high, eventually over years it does succeed in doing so. But grows tall on the ground, gives life to mother nature and happily fulfils its purpose on this world. It achieves this success in life only because its roots are intact in the ground. Once the roots come out of the ground the tree loses itself. It dies.

Similar is the life of a man. He dreams of achieving high. He sprouts from the scratch, steps ahead towards achievement, becomes successful and achieves his desire. But he would sustain the purpose of his being only if he stays grounded. When he flies far from ground he loses touch with humanity – the purpose for our survival. Everyone should aim for achieving the stars in life. This makes us keep going and on the way is when we fulfil the purpose of our living. The zeal, the enthusiasm, the courage, the spirit that it takes to come out of your shell and want to look up at the stars is a difficult task and not everyone is able to do it. And once you come out of your shell and do so you are the unstoppable that the world looks up to. Quoting our “Missile Man of India” who lived his life to the fullest and beautifully served the purpose of his living. Dr. A. P. J. Abdul Kalam belonged to a small middle class family from a small town of Rameshwaram. South of Tamil Nadu. He always wanted to reach the skies and always dreamt and aspired of nothing but only the sky and the stars. He wanted to fly to the real sky and never stopped working towards it. The man of great honour and pride failed many times in his life, but never ever stopped himself from exploring and working towards the sky and the stars. He was loved by all children and students and was an icon for youth. The love, pride and honour that he achieved was tremendous and bloomed everyday. No one can ever say they hated him. This success that stayed with him all the till he died was because his feet were always on the ground. He was grounded to humanity and beautifully served his purpose as a human being. He flew high with his “Wings of Fire” yet remained to the ground, the soil that gives life, to the mother land that he belonged to.

Human beings don't just stop with achieving the greatest of all. We are in a constant hunt of better-better, more – more and when we don't get enough of what we expect or want, we don't feel contented and fulfilled. But we should remember that there are a lot of people out there in the world who aren't blessed with the things that we have. This very thought is enough for us to feel a part among the creatures of beings and the part of the mother nature. When we have this thought, when we remind ourselves of this we will happily and contently will want to contribute our part of success and whatever plenty we have with the needy.

A newly born bird from the egg, that comes to the world without the knowledge of how to fly and what to do with its wings, we come into the world from our mother's womb without the knowledge of what we are capable of. But the bird is always aware about its wings and once it looks up at the sky it knows where it belongs and what it can do and starts flapping its wings to fly. Similarly we should have our eyes on the sky – the stars and are capable of the knowledge of our strengths and weakness and working towards reaching the greatest of great achievements.

The bird flies as high it can, but always remembers to rest itself on the tree and the ground and when it does so the place is beautified with its presence there. And like the bird even after reaching the heights and the great achievements when we remember to stay grounded, simple, kind and fair is when our environment becomes beautiful with out presence.

Take the flight with your golden wings,

Burn like the fire to achieve your desires,

Keep your eyes on the stars and your feet on the ground !

EYES ON THE STARS

Twinkling stars that burn bright in the darkest nights are sure to catch the eyes of every living thing on the Earth below. What most people fail to register is the fact of currently seen twinkling stars are nothing, but memories of a now dead star kept alive by time as its light travels across the universe. Perhaps, the legacy left behind and being a simple favourite memory is what pushed people to pursue higher dreams in life. Living in the twenty-first century people so far through the Google search engine. The world has been reduced to fit inside of the palm, while dreams and ambitions have exploded far into the height of the skies; perhaps hoping to find a place amongst stars.

In centuries past, man had been grounded morally to seek for only what's at arm's length. But with the growing Industrialization and expeditions of sea of the 18th Century made humans understand the absence to the limits of achievements. It is quite safe to say that after the events of World War 2, humans have been made to realize the extent of their power in hand through a simple atomic bomb. Curiosity is an enabling factor for kids to turn out smart, but in it lies the harsh truth that making is a danger to mankind itself. Though dreams are beautiful enablers to the path of success, it is best to have grounding factors: humility and morality.

Success at the cost of another's pain is in no way to be deemed a success or progress of a civilization. To remember one's roots and remain humble through the journey to success would deem rewarding to Earth and its inhabitants. It is no wonder that religion had been one of the pillars to the foundation of society. Most religions, especially Judaism and Christianity, have their messages on human mortality by reminding through the phrase, 'Ashes to ashes'. The beginning of human is believed to be evolved from dust and after a human's death, they are returned to dust as well. This simple philosophy is enough to withhold man from dreaming of treacherous plans which haunt others for selfish reasons. Education is another factor that helps commoners to pursue their dreams. But at the same time an academically ungifted person is deemed invaluable to contribute to humankind's progress. Still numerous successful businessmen and billionaires are drop-outs from schools and universities. Their unending dreams and forever awareness of their beginning have helped a few lives to shine brighter than those around them. This assertion, in turn, should possibly be not misunderstood as the act of good karma. It might be true in certain cases, while in the rest it is wonderful to retain humility so as to not hurt those who are in surrounding.

The phrase, 'shoot for the moon, for even if you fail, you'll land among the stars' is a popular optimistic perspective on one's dreams. Thought logically speaking it may tend to be unrealistic for stars are further from the nearest moon. Still the writer would not dare to refute the optimistic approach of the phrase. After all, the world that is haunted by existential crisis as days grow, requires optimism and the similar to continue existing. This is where recorder histories of legacies left behind by humble successful people contribute to the betterment of the world. Their memories shine like stars lighting up the way for the future generation to follow. Therefore, fellow reader, if your wish is to remain as a star of legacy, it is best if you follow your dreams while keeping your eyes on the stars and your feet on the ground.

-Andrea. X

Keep your eyes on the stars and feet on the ground

Beginning with the age old saying, “Aim for the moon, you’ll at least land amidst the stars. “Isn’t this what we all crave for? In a room full of people, one would definitely love to be acknowledged for all the achievements. These achievements that a person talks about, would be to receive external validation, just to give the assurance that he/she has taken the right path as approved by the society, family and friend. But at the end of the day, ‘what does a man gain by having all of the stars without being able to stand grounded?’

Ever heard of how people in Africa catch monkeys? They would place bananas at the end of a narrow-necked jar. The monkey would put its hand inside and not let go of the banana even though it is rotten, giving enough and more time for the people to catch hold of the monkeys. The same applies to us humans. By focusing on the greater pleasures of life such as having a secure job, a perfect lifestyle and a lump sum salary, we forget to take time to value the simpler pleasures of life. It is understood that today, we are being in a competitive world, one definitely has to keep running from pillar to post in order to attain the stars. The problem does not lie in reaching for the stars, rather on how we change after attaining the stars.

“THE WORLD SEEMS TO BE A BETTER PLACE TO LIVE IN, ONLY BECAUSE HUMANS UNDERSTAND THE VALUES OF ‘VALUES’ “.

In a world that is constantly changing, amidst all the chaos, it is necessary that we remember to stand grounded. Quoting examples of various famous personalities like Dr. Ambedkar and Dr. A. P. J. Abdul Kalam, we imbibe, that even though one has reached great heights, the roots should not be forgotten. They were people who stayed focused on their goals, reached the stars and yet gave importance to the values they had attained throughout the journey.

One such quality or value that helps a person to stay grounded is the fact that each person on Earth is bound to live an inter-dependent life at least in one stage of life. With this in mind, the envy of ‘I’ get removed, thereby helping one understand and acknowledge other fellow beings.

The route to staying grounded does not stop with acknowledgment alone. Gratitude is the key to live a fulfilled life. What would be like for a successful person if he/she has gained everything in the world but does not have near and dear ones to share happiness and sorrows with? Gratitude helps to remember that we’ve not come this far and reached the stars alone, rather is has a huge ladder which is being held down to the earth by people who value and trust the process of achievement.

Since a person who has reached the star, knows the hardships that come along the way, he/she should also serve as a beacon of light to help those who are climbing the same ladder. Remember, ‘HELP is achievement measured twice.’

No matter how great our goals are or how big our dreams may be, reaching the star does not mean that we have to forget the world and leave it behind. An interdependent life filled with gratitude and helping tendency without jealousy and ego is the ultimate star that one has to look for.

‘STAY FOCUSED, STAY GROUNDED, FORGET NOT YOUR ROOTS’.

-Aurelia Faustina S.

Best amidst a mess

Every soul born on earth prospers,
Listening to its hearts whispers,
Amidst a vast chaotic world,
Among the millions and millions of lives,
Each soul finds its path unfold-
Holding hands with a good pal to walk.
Even if the roads are dark,
Even if the legs are weak,
Even if the uncertainty strikes hard,
Sparkling light can pierce through-
At any moment of our long journey
Accompanied with lovely friend,
To share their till end,
Together the souls achieves, conquers and delights,
The world seems messy, complex and enormous!
May be we should replace our lens of focus
When the locus of control is at our small world,
With the little wisdom, little love, little happiness and relationship,
The soul would pursue its purpose,
To place its destiny at success,
Though limited, it feels contended,
With the right person to share and care,
And that is with my best friend called 'book'

-M. Vincia janett

Step to success

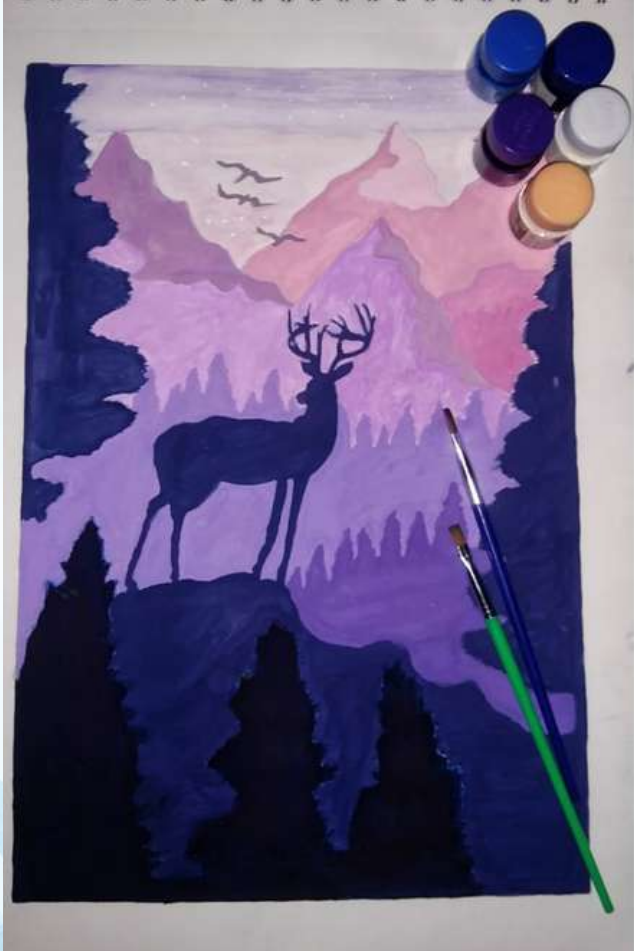
I see the steps
The steps to success
Amidst the darkness
With a ray of light
I see steps
The steps to success

The path seems to have hurdles
Where all will fall and fail
And with an optimistic mind
We all will rise again
And I see the steps
The steps to success

-Neha rajit

STUDENTS' WORK





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Not all the stars belong to the sky.

