

Smt. Bakul Tambat Institute of Nursing Education's

BETI

SELF DEFENCE FOR WOMEN

FASHION TIPS

DIET FOR CANCER PREVENTION

MOUTH WATERING RECIPIES

HEART TOUCHING POEMS AND ART

PROFESSIONAL ETIQUETTE

Office Bearer of BTINE Magazine

Magazine Director: Dr. Meena Ganapathy

Editor: Mrs. L. Bijayalakshmi

Editorial Board: Mrs Minakshi Garud,

Mrs Shailaja Mathews, Mrs Ujwala Jadhav,

Mrs. Pratibha Athare, Mrs. Shital Padalkar

Creative and Graphic Designer:

Mrs. L. Bijayalakshmi

The editorial team: Ms. Deepali Awate, Ms. Aveline D'souza, Ms. Sonali R. Magar, Ms. Akanksha G. Kshirsagar. (Students)

Photography: Mrs. Deepali Awate

Technical Advisor: Mr. Sagar Shingate

Disclaimer

BTINE Magazine takes no responsibility for unsolicited photographs or material. All photographs, unless otherwise indicated are used for illustration purpose only. BTINE's BETI Magazine, MKSSSBTINE, Pune-52 reserves the right to publish the material articles contents.

Subscription:

Maharshi Karve Stree Shikshan Samstha's
Smt. Bakul Tambat Institute of Nursing Education
Karvenagar, Pune 411 052
E-mail: btine09@gmail.com, btine03@gmail.com
Website: mksssbttine.ac.in, mksssbttine.org

CONTENTS:

- Letter from director P-1-6
- Letter from chief editor P-7
- Remembering the pioneers for women empowerment P-8-9
- Rise up P-10-11
- Stree, a poem P-12-13
- Poems on beti P-14-17
- A story about a woman's struggle and triumphs P-18-21
- Poems on mothers and women P-22-23
- Women's safety and defence tips P-24
- Tips on prevention of cancer in women P-25
- Women's status around the world P-26-28
- Poems on a talk of unborn foetus to her mother P-29-30
- An article on female foeticide P-31-34
- Career choice in military nursing P-35-38
- Professional etiquette and grooming P-39-41
- Fashion tips for teenager P-42-51
- Fashion for girls P-52-58
- Recipies section
- Photography and arts.

Cover page painting by: Ms. Hafsa Y Sayed – Daughter of our student

LETTER FROM THE DIRECTOR

It gives me an immense pleasure to release 'Beti' our MKSSS BT INE's first magazine. I am extremely thankful to the editor Bijayalakshmi Devi, and editorial team and the writers, poets, artists of our college.

The word Beti, means daughter: each one of us are extremely fortunate to be bound by this relationship to our parents, our Nation and our founder Maharshi Karve, as daughters.

It was our founder's vision and work to empower women through education. As the daughters of this great visionary, let us take forward his work by striving to empower ourselves and realizing our full potentials. When we reach the height, we need to help other people, both men and women to empower themselves.

Sometimes we expect less and at times we live with false superiority of expecting certain privileges as women. Instead, let us learn to value ourselves as we are, as equal to men. Let us learn to embrace our looks, our appearance, and our femininity and express self by overcoming obstacles and live our lives to the fullest.

Let us love our self to the fullest and teach our children/students/wards to love themselves to the fullest. All the articles in this magazine are interlinked on the issues of women her qualities such as resilience, perseverance, confidence, compassion, tolerance empathy and sensitivity. And it also about her self-protection, health and other roles.

This magazine is a tribute to an empowered woman hood.

I am proud that our editorial team and contributors produced this excellent magazine. Constructive feedbacks are welcome from the readers.

Thank you.



Dr. Meena Ganapathy

**Principal
MKSSS BT INE**

LETTER FROM THE EDITOR

First and foremost, I am grateful to our Principal and director of our magazine, Dr. Meena Ganapathy to give me this opportunity to partake in the process of constructing and releasing our first magazine 'Beti' as an editor.

The response from the students was encouraging. Our staff editorial and student editorial teams have contributed immensely in it.

I also like to take this opportunity to appeal to all the budding writers, poet's, chronicler of our college as well as our alumni to come forward and put their pen down in all hues of colours and touch our reader heart by their creativities. As this magazine is the right platform for the expression of the talent in all forms of writing and art, we invite you all to contribute in it and be a part of it!

I hope every reader will enjoy reading this magazine which is aptly named 'Beti.'

The word 'Beti' always strike a cord in our heart and are very precious. Being a daughter is a privilege and a joy. Daughters make this world a worth living place. Having said that, inspite of the fact of all things consider, there are still evils lurking behind them.

There are daughters still out there in the world who are in peril and suffering for being who they are. The very existences of them are in question so much so that policies are being made to protect them. Some daughters did not even have the chance to see the light of day. Female foeticide or female infant killing, young daughter being abuse or married off early to relieve the burden of the family, are the facts that had been casting a long shadow on them, chasing away their smile. Is that how society is viewing the daughters of the nation today?

Yet, in my heart of heart, accomplishment of Sunita William, work of Malala gives me hope. That one day, all the darkness lurking on our daughters in many forms will be gone and make all our daughters smile again. And we will make the world know where we stand and what we meant to be.



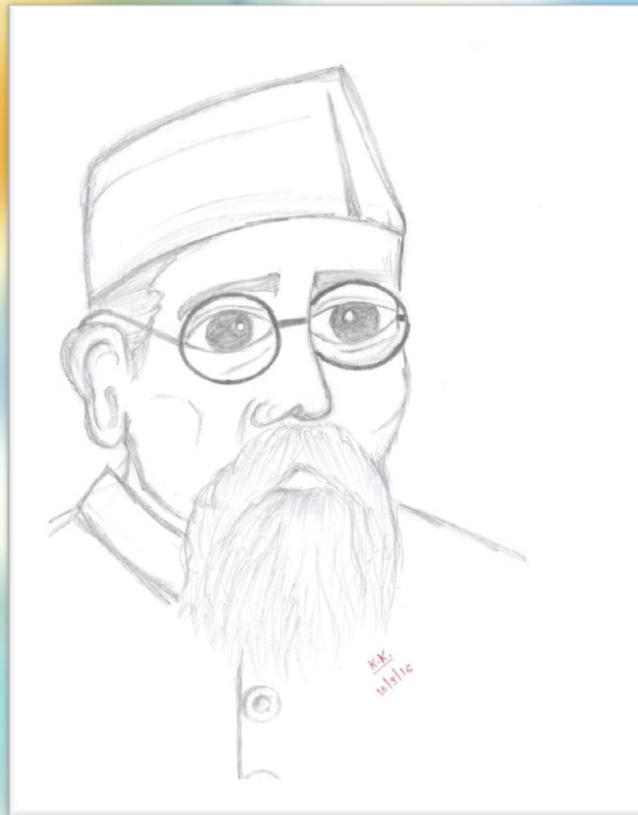
Mrs. L. Bijayalakshmi Devi
Associate Professor
MKSSS BT INE

REMEMBERING GREAT MEN WHO WERE PIONEERS IN WOMEN'S EMPOWERMENT

I. Maharshi Dhondo Keshav Karve

Introduction:

He set up first India's Women's University with five students in 1916. He was born on April 18th 1858. He hailed from Murud village of Ratnagiri District, Maharashtra. He was commonly known as Anna Karve, he was instrumental in empowering women in pre independence India and promoting widow's education. His vision was, "empowered women will play equal role in society and nation building".



Pencil sketch by Kalyani Kokare

Ten facts on our founder, who pioneered women education in India:

1. He taught mathematics at Fergusson College in Pune from 1891 to 1914.
2. Karve was inspired by the works of Iswar Chandra Vidyasagar, Vishnushastri Chiplunkar, Pandita Ramabai and British educator Herbert Spencer.

3. Anna married Anandibai, who was a child widow. He was ostracized for this decision. At that time, Brahmin widows had to tonsure their heads and were easy targets of abuse from men. Karve raised voice against such oppression.
4. In 1896, he started a school for girls at Hingne, now known as Karvenagar, Pune. Karve's 20 years old widow sister-in law Parvatibai Athavale was the first person to join the school.
5. In 1916, Karve set up India's first university for women with five students.
6. In 1936, he established the Maharashtra village primary education society to educate the upcoming generations. He also set up the Samstha Sangh or Association for the promotion of Human Equality in 1944, to promote adult education.
7. In 1920, philanthropist Vitaldas Thackersey donated Rs. 15 lakhs to the University and renamed it to Srimathi Nathibai Domodar Thackersey (SNDT) Indian Women's University which now has three campuses: two at Mumbai, one in Pune and many affiliated colleges across India.
8. Karve also fought against untouchability and stood for abolishing caste discrimination.
9. The Government of India issued stamps to commemorate Karve's 100th birth anniversary. It was the first time a living person's face appeared on a stamp in post-independence India.
10. Karve was awarded the highest civilian award, Bharat Ratna in 1958.

II. Dr. Babasaheb Ramaji Ambedkar on Women's Empowerment

Introduction:

In Ambedkar's word, "I measure the progress of a community by the degrees of progress which women have achieved." According to him empowerment is a multi-faceted, multi-dimensional and multi layered concept. He stated that, "Women's empowerment is a process in which women gain greater share of control over

material, human, intellectual and financial resources. And also control over decision making in their homes, community, society and nation to gain equality”



Pencil sketch by Kalyani Kokare

Ten advice of Dr. Ambedkar to women on their empowerment:

1. “Give education to your children: education is necessary to both genders, if you know how to read, and write, there would be much progress.”
2. Learn to be clean both internally and externally. Keep self from vices. Dress in a dignified manner to command respect from self and others.
3. Inculcate in the minds of your children that they are destined to be great. Remove all inferiority complexes from them.
4. The paternal duty of each parent is to give their children a better start than the one they had.

5. To every girl that marries: stand by your husband, claim to be his friend and equal, refuse to be his slave.
6. To every eligible married woman; you should be an active participant in following family planning. He introduced the “Maternity Benefit Bill, in 1942, during his tenure as Labour Minister in Governor General Executive Council.
7. On question of civil rights, Dr. Ambedkar made provision in articles 14-16 in the Indian constitution, which provided equal status to women and also banned the sale and purchase of women that was prevailing in India.
8. He also introduced an emancipatory bill (The Hindu Code Bill) in parliament which intended mainly:
 - a. To abolish different marriage system prevalent among Hindus and to establish monogamy as the only legal system;
 - b. Conferment of right to property and adoption to women;
 - c. Restitution of conjugal rights and judicial separation, attempts to unify the Hindu Code in tune with progressive modern thought.
9. He created awareness among poor, illiterate women and inspired them to fight against unjust social practices like child marriages and devadasi system.
10. He resigned his post as Indian Cabinet Minister when the parliament was hesitant to pass the Hindu Code of Bill. He was the only minister who resigned from his highest office for standing for women’s issues/cause.

III. Mohandas Karamchand Gandhi and Women’s Empowerment

Introduction:

One of the great contributions of Gandhi was the empowering of women in India. He made them to shed their deep rooted sense of inferiority and raised them to dignity and self-esteem. Women: urban, rural, educated, uneducated, Indian and foreign were attracted to Gandhiji’s idea on Satyagrah. He involved women in the political movement. Gandhiji not only worked for freedom our nation, but also for the liberation of suppressed and oppressed. For Gandhi when, “women, whom we call abala become sabala, all those who are helpless will become powerful”.

Gandhiji was against:

1. Child marriage, he said such marriages are null and void.
2. Barriers of widow remarriage.
3. The pardha system.
4. Heavy expenditure on marriages.



Pencil sketch by Kalyani Kokare

Though Gandhi never challenged the traditional system, he inspired women to make their destinies within it. Gandhiji once wrote, "So long as caste and community continue to weigh us and rule our choices, women will be well advised to remain aloof. Instead women workers should enroll themselves as voters, have practical education and think independently and release themselves from the chains

of caste that bind them, as to bring about a change in them which will compel men to realize women's strength and capacity for sacrifice and give her place of honor".

Summary:

Anna empowered us through education, Ambedkar through giving us the constitutional rights and Gandhi through making us to participate in politics. We should keep the ideas of these three pioneers in our heart, and practice it in our daily lives. The practice of all their suggestions will certainly empower us.



Dr. Meena Ganapathy
Principal
MKSSS BT INE

“You must be the change you wish to see in the world.”

“Live as if you were to die tomorrow, learn as if you were to live forever.”

“The best way to find yourself is to loose yourself in the service of others.”

~**Mahatma K. Gandhi.**

“I measure the progress of the community by the degree of progress which women have achieved.” ~ **Dr. B.R. Ambedkar.**

“National development and women education are closely related.” ~ **Maharshi Karve**

RISE UP!

Every year we celebrate 'Women's Day'. A whole day dedicated to extol womanhood. Whatsapp, Facebook and other social networking sites were flooded with quotes, images that gush about how a great a creation woman is! Shopping sites and shops have offers specially vying for the ladies attention to make them feel special. And then the next day world moved on 'woman empowerment' and went back to being just an idea. This makes me wonder – Is the woman of India really empowered? Is it something we can see in the near future? Can every woman of India be independent of the shadow of a man who supports her, first a father or brother and then a husband? For years we have been conditioned to accept that a woman is meant to be accepting of whatever is dealt to her. Her honour is the honour of the family. She is not free to choose his friends, be it male or female. Eyebrows are raised

if a girl is dropped home by a male friend. And it is an almost certainty this will be the subject of discussion the next day. Ironically it is the woman folk itself that raise fingers. It is the grandmothers, mothers and the aunts who tell the bride- to- be to be humble and submissive.

Yes, the menfolk do consider the woman a rung lower, but are they really

entirely responsible? Haven't

we inadvertently subscribed and even furthered this line of thinking? One of the images I received this women's day had a quote by William Golding that read 'I think women are foolish to pretend they are equal to men, they are far superior and always have been. So

ladies I think it is truly imperative if women empowerment has to become something more than just an idea is the belief in our strength, the readiness to embrace and acknowledge our worth.



Ms. Avelin D'Souza
1st year MSc. Nursing

स्त्री

नकळतच हात आज लेखणीकडे वळाले
माणसाचे हृदय परिवर्तित करण्याइतके
सामर्थ्य तिच्यात असते
म्हणून मनातल्या रागाला तिच्या सहाय्याने
वहीवर उतरवले,
माणूस हा किती गलिच्छ, कुत्सित बुद्धीचा
असू शकतो, याचे मूळ किती खोलवर रूतले,
हे मला आज कळाले,
संमिश्र भावनेच्या विळख्यात माझ्या कामाचे
जग व्यापलेले,
कुणी शांत, कुणी उन्मत्त, कुणी गरीब, कुणी श्रीमंत,
कुणी वेदनेने विव्दळलेला, कुणी श्वासात हरलेला,
पाहून कसे मन तुटके तुटके होते, पण माझ्या
पेशाला ते शोभत नाही म्हणून खूप सावरले होते,
पण आज मात्र अनावर झाले,
मानवी चेहऱ्याचे विकृत रूप मी पाहिले,
खरंच इतका नडतो माणसाला त्याचा अहंकार,
नाती-बंधना पलिकडेही जातात त्याचे विचार,
त्याच्या संसाराचा पदर त्याने संशयाला टांगला होता,
त्याचा चिमुकला आधार त्यानेच जाळला होता,
तिचं ते जळालेलं पातळ आणि त्या चिमुकलीची
होरपळलेली कोवळी कातळ मनाला चर्च करून गेली,
माणसाच्या मनाची विचारसरणी पुन्हा एकदा मागास ठरली,



संचिता

नारी

एकदा एक कळी मला बोलली छान
कोण आहेस गं तू काय तुझा मान
केवळ विषय म्हणून आहेस तू
की जगामध्ये आहे तुला काही स्थान

मी बोलले, मी आहे एक नारी
जिच्या शिवाय निरर्थक ही दुनिया सारी
जीवनातल्या तीन रुपांमुळे मी घडते
अन् निर्माण करते सृष्टी ही सारी

जन्माला एक मुलगी म्हणून येते
येथूनच त्याग आणि प्रेम देण्यासाठी मी शिकते
आई वडीलांना आधार मी देवून
घरामध्ये प्रेमाचा प्रकाश देते

पुढच्या रुपात मी एका पत्नीचे कर्तव्य करते
उन्हातानात पतीची साथ देते त्याचे जीवन मी सुधारते
कुलदिपकाची ज्योती बनते
मी जळते तरी कुलदिपकाला हयाचा मान आहे

माझं पुढचं जीवन केवळ बाळासाठी मी जगते
एका आईच्या रुपात पूर्णत्वाला येते
स्वप्न रंगवते, वेदनांना सामोरी जाते अन्
वेळ आली तर सा-या जगाशी मी त्याच्यासाठी लढते

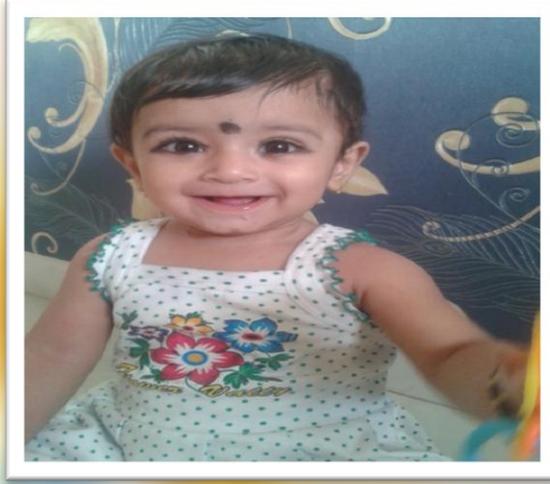
हे रूप माझे केवळ विषयासाठी जरी
माझ्याविषयी बोलण्यासारखं खूप तरी
जगात प्रेम जपणं अन् प्रेम करणं हयात माझा मान
ख-या अर्थाने आहे या जगाची मी शान
ख-या अर्थाने आहे या जगाची मी शान.....



क्षिरसागर आकांक्षा
प्रथम वर्ष बेसिक बी. एस्.सी.

बेटी

पूजे कई देवता मैंने तब तुमको था पाया
क्यों कहते हो बेटी का धन है पराया
यह तो है माँ कि ममता कि ही छाया
जो नारी के मन, आत्मा और शरीर में है समाया



मैं पूछती हूँ उन हत्यारे लोगोंसे
क्यों तुम्हारे मन में यह जहर है समाया
बेटी तो है माँ का ही साया
क्यों अब तक कोई समझ न पाया
क्यों नहीं सुनाई देती तुम्हें उस अजन्मी बेटी कि आवाज
जो कह रही तुम्हारे ही अंदर बार बार
मत छीनों उससे जीने का अधिकार
आने दो उसको भी जग मे और लेने दो आकार



सीमा श्रीकांत शेंडगे
तृतीय वर्ष बी.एस्.सी.नर्सिंग

बेटी

बेटी बेटी तू महान बेटी
जिसकी सारी जगत में कीर्ती
तू अभिमान, हमारी शान,
हम करते हैं तेरा सन्मान
तू हि माता, बहन, पत्नी और कन्या,
बेटी तो सच में होती है गहना
तू वंदनीय, तू पूजनीय,
लक्ष्मी, सरस्वती रूप तेरा अलौकनीय
सत्यवान की शक्ति, पतीव्रता तू सावित्री,
तारा अहिल्या तू मंदोदरी,
मिथिला कि मैथिली, महान पांचाली
वंदनीय तू जिजाउ माता,
युग युग से उनको पूजा
अंग्रेजों से लढी अकेली,
झांसी कि राणी लक्ष्मी बाई
जिसने पूरा देश सांभाला,
भारतरत्न बेटी तू इंदिरा,
विश्व में सुंदर तू सुशिमता,
अंतराल को छुई कल्पना
इतनी शक्तिशाली हमारी बेटी,
पहली आय पी एस किरण बेदी
अशोक चक्र विजेती, धैर्य वीर तू नीरजा,
नोबेल प्राप्त मदर तेरेसा
एवरेस्ट वीर संतोष यादव
नही तेरी जैसी कोई
बहुचर्चित तू भारत कि बेटी
जिससे देश कि शान बढी
प्रणाम तुझे ये भारत कि बेटी



दिपाली समित आवटे
प्रथम वर्ष एम.एस.सी. नर्सिंग

संघर्ष

उंच उंच आकाशात उडण्याची इच्छा मनात ठेवून जगाला प्रेमाचा सुवास देण्याची जिची आकांक्षा अशा हया प्रेमळ, खोडकर पण मायाळू अन् हुशार मुलीची ही कहाणी.

सगळ्यांची लाडकी अनेक गुणांमध्ये जी निपुण होती, दिसायला साधीच पण जिच्यात अनोखाच तेज जो सगळ्यांना आकर्षित करायचा अशी ही जान्हवी नेहमी हसत संकटाला सामोरे जायची. तिचा हाच गुण तिला विशेष बनवायचा.

लहानपणी ही खूपच सुंदर होती. तिला अजून दोन बहिणी होत्या. ही सगळ्यात मोठी मुलगी. तिच्या बाबांचा ही तिच्यावर खूप जीव होता. रोज न चुकता ते तिच्यासाठी काही ना काहीतरी खायला आणायचे असे तिचे खूप सुंदर विश्व होते.

ज्याप्रमाणे चंद्राला नजर लागून त्याचे सौंदर्य कमी झाले त्याचप्रमाणे हीच्याही घराला न जाणो कोणाची नजर लागली, समाजातल्या काही प्रतिष्ठित व्यक्तींनी तिच्या हया घराचे सौंदर्य चोरलं आणि ते लोक तिच्या वडीलांना चिडवू लागले कारण त्यांच्या घरात तिन्ही मुलीच, मुलगा नव्हता. त्यामुळे ते तिच्या वडिलांना नाही नाही ते बोलायचे तसेच मानसिक त्रास द्यायचे. याचा परिणाम म्हणजे घरातले गेलेले सुख.

तिचे वडील रोज घरी तिच्या आईला मारायचे, दारु पिवून खूप त्रास द्यायचे. आतातर तिचे वडील येण्याची वेळ झाली की तिची आई थरथर कापायची, रोजचा मार खावून तिच्या आईचं डोकं एखाद्या कापसाप्रमाणे मड झालेलं. तिची आई ही खूप रडायची. काही चूक नसतानाही होणा-या त्रासाचा तिला कंटाळा आला. एकदा तर तिच्या वडीलांनी जान्हवीला मारले. घरात रोज रडण्याचं सत्र सुरु व्हायचं. हया काळात आईला अन् आपल्या छोटया बहिणींना सांभाळायचे काम केलं ते जान्हवीने. एखाद्या मोठया समजूतदार स्त्रीप्रमाणे तिने परिस्थिती हाताळली.

एका दिवशी जान्हवीच्या घरावर दुखाच डोंगरच पडलं. तिच्या वडिलांनी दुसरं लग्न ही गोष्ट जरी सर्वसामान्य वाटली तरी पण ज्या व्यक्तीवर ही वीज पडली त्याचे जीवन खूप बदललं. जान्हवीच्या आईचे आणि बहिणींचे ही असचं जीवन बदललं.

जान्हवी आई व बहिणींबरोबर घराबाहेर राहू लागली. हयामुळे आई खूपच खचून गेली. रोज आई कामावर जायची. संध्याकाळी उशीरा काम करायची आणि घर सांभाळायची. नातेवाईक दूर दूर जावू लागले. याचा राग ती जान्हवीवरच काढू लागली, रोजचा त्रास ती सहन करायची. जान्हवी पण हया परिस्थितीमुळे खूपच दुःखी झाली. पण ती हार माणणारी नव्हती. आईच्या रागाला प्रेमात बदलायचे. एकदा तर जान्हवीच्या आईला जीवनाचा कंटाळा आलेल्या त्या वेळी जान्हवीने तिच्या आईला गच्च मिठी मारली व तिच्या आई वरचे प्रेम तिच्या आईला दाखवले. आई खूप रडली कारण जान्हवीवर आपण किती अन्याय केला हे तिला कळाले, त्याचप्रमाणे तिच्या आईने जान्हवीला शिकवण्याची जिद्द पकडली. केवळ जान्हवीलाच नाहीतर तिन्ही मुलींना स्वतःच्या हिंमतीवर शिकवण्यासाठी ती धडपडू लागली.

जान्हवीच्या जिवातल्या संघर्षाची सुरुवात तर झालेली. हा प्रवास पार करताना तिला अनेक गोष्टी शिकाव्या लागल्या. केवळ कसं जगावं हे नाही तर कसं हया जगाला आपल्या प्रमाणे जगवायला शिकली. शिकताना अनेक अडचणी सामोरी यायच्या. शिकताना लागणारा पैसा कमी पण जिद्द जास्त. त्यावेळी नशिबाने तिला शिष्यवृत्ती मिळाली. तिचे बारावी पर्यंतचे शिक्षण एका मोठ्या व्यक्तीने पूर्ण केले. पुढे तो व्यक्ती मरण पावला. शिक्षणासाठी खूप पैसा लागायचा. त्यावेळी दिवसभर शिकायची आणि रात्री दवाखान्यात काम करायची पण आईला हया संकटाची चाहूलही लागू द्यायची नाही, सकाळी जेवायला वेळ नसायचा असं सांगायची पण ते आपल्या हिस्साचे जेवण बहिणीला द्यायची.

दोन ते तीन तास झोपायची इतर वेळ अभ्यास आणि कामात घालवायची. कमवा आणि शिका योजनेतून ती पुढे शिकू लागली. तिचे शिक्षण पूर्ण झाले. जिद्दीने तिला खूप छान नोकरी लागली. तिच्या घरची परिस्थिती सुधारली. तिच्या लहान बहिणींना देखील तिने शिक्षणात आणि नोकरी शोधण्यात मदत केली आणि यशस्वी झाली.

एके दिवशी कामाला जाताना रस्त्यावर तिला एक व्यक्ती दिसली. त्या व्यक्तीचे कपडे खराब झालेले तसेच खूप दिवसांपासून काही न खाल्ल्यामुळे शरीर अशक्त झालेले होते. जान्हवीला कळून चुकले ते तिचे बाबा आहेत. तिला खूप दुःख झाले. ती त्यांना घेउन ती घरी आली व आई व बहिणींची समजूत काढली. सगळ्यांनी त्यांना माफ केले. सगळे जण सुखाने नांदू लागले.

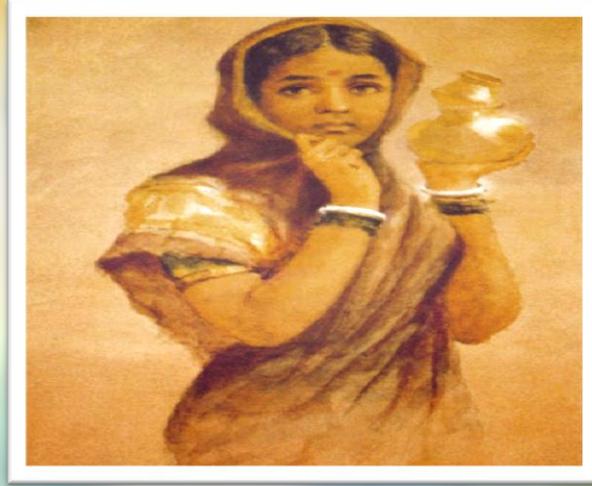


Image source site: google.co.in



गायत्री उघाडे

प्रथम वर्ष बेसिक बी. एस. सी. नर्सिंग

EVERYTHING MOM

How did you find the energy, Mom?

To do all the things you did,

To be teacher, nurse and counselor

To me, when I was a kid.

How did you do it all, Mom?

Be a chauffeur, cook and friend,

Yet find time to be a playmate,

I just can't comprehend.

Now I see, it was love, Mom!

That made you come whenever I'd call,

Your inexhaustible love, Mom

And I thank you for it.



Bincy P. Samuel
3 rd year B.Bsc Nursing

HELPING HAND

She woke up with the rising sun,
Starting the chores of the day.
And then she dressed in her best,
And left the home that way.

She reached the room here she seen him
Mumbling and grumbling in pain.
She smile at him with empathy
And said, 'let's work it out some way'.

She reached the second room
Where the granny await
She cleaned her spick and span
The filth was washed away.

She met the other rooms
With glee on her face
She never grumbled and mumbled.
Even with low pay, for she had a job,
That no one did.

She spend her whole long day,
To serve for all humanity
To give it all away.

God bless the hands that she has.
God bless her with good health.
The good hearted nurse that she is.

She is Mother Nature Gift
to the patient in health and sickness



Ramola Alphonso
Alumna

OH! WOMAN

Listen to your voice know yourself inside out
You have got a world to face
Hold your fear, have no doubt
Spread your wings and fly high
Cause you're meant for the land
Let your inner beauty speak volumes
Let the world understand.

Walk in faith hold your head high
Don't look down on yourself
Just look up and aim for the sky
You're woman, a soul rarely known
You're meant to be treasured, not disowned
You're meant to be belong, not thrown
You mean to laugh, not mourn.

So as you live your life, Oh! Woman
Know you are a vessel of honour of the Lord above.
Who fills you with his grace and glory
So you can spread His divine love.



Preeti Gaikwad

Alumna

MAMMA'S GIRL

We came with daddy that day,
In a coffin so silent he laid.
I knew what it had to be;
But somehow I just couldn't agree
My daddy has gone forever,
And has left us behind,
To see him never.

'Yet I remember that disheartening day,
When mama had to stay
With daddy in his sick hospital bed,
Never the less,
Would be gone in that day,
With his dying breath.'
Now he is not among us,
Leaving us alone.

In my silent heart,
I wished he had known!
How my mama is going on?
Just because she want her girl to grow strong!
I'll do my best, in my days to come
And to almighty, I leave the rest.
For I am my mama's girl.

As stubborn as she;
I will show to the world;
What my mamma expects of me,
That's what I'll always be!



Ramola Alphonso

Alumna

स्त्रियांच्या सुरक्षेबाबत समाजाची मानसिकता

सुरक्षा म्हणजे 'संरक्षण' हा शब्द उच्चारल्या बरोबर डोळ्यांसमोर एक दृश्य उभे राहायचे ते म्हणजे जवान, सैनिक, निधडया छातीचे वीर, आपल्या बाहू बळाच्या पराक्रमाने संपूर्ण प्रदेशाला परकीय अतिक्रमणापासून सुरक्षित ठेवायचे पण आज हे चित्र पूर्ण बदलले आहे सुरक्षा म्हटले की डोळ्यांसमोर उभी राहते ती एक स्त्री 'एक अबला स्त्री' जी मदतीच्या आशेने सर्वांकडे पाहते. असे काय झाले नेमके म्हणून हि परिस्थिती उद्भवली यामागे बरीच कारणे आहेत.



Image source site: google.co.in

पूर्वीच्या काळी स्त्रीयांना ब-याच हालअपेष्टा सहन कराव्या लागत. वेगवेगळ्या रुढी परंपरा उदा. सतीची चाल, बालविवाह इ. तिच्या जीवनातील आनंदच हिरावून घेतला होता. समाजाकडून होणारी अवहेलना आणि आप्तेष्टांकडून होणारी कुचेष्टा, कुचंबना यांनी तिचे जगणे नकोसे केले होते. त्यांना शिक्षणाचा अधिकार नव्हता. समान संधी नव्हत्या कि समाजात मानाचे स्थान नव्हते पण तरीही त्यांच्या असुरक्षिततेच्या संदर्भातील घटना त्यामानाने खूप कमी होत्या.

पूर्वी स्त्रीयांना जरी कमी लेखले जायचे तरी त्यांना घराची प्रतिष्ठा समजले जाई,

“शीलं परम भूषणं”

अजूनही स्त्रीची प्रतिष्ठा आहे पण हि भावना त्या काळच्या भावनेच्या तुलनेत बरीच बोथट झाली आहे. समाजाने घालून दिलेले नियम अमानुष होते तरी बरेच नियम असे होते की ज्यांनी स्त्रीयांना अप्रत्यक्षरीत्या सुरक्षित ठेवले जसे की सातच्या घरात असावे, अंगभर कपडे घालावेत, घरात जर कोणी पाहुणे आले तर त्यांच्यासमोर आदबीने वागावे इ. नियमांनी स्त्रियांकडे पाहण्याचा पुरुषांचा दृष्टीकोन अतिप्रमाणात दूषित झाला नाही.

आत्ताच्या परिस्थितीचा आढावा घेवूया. आत्ताची स्त्री खूप प्रगत झाली आहे. पुरुषांच्या बरोबरीने काम करीत आहे. घरातून बाहेर पडून, शिक्षणाचे पंख लावून यशाची नवनवीन

शिखरे पादाक्रांत करत आहेत. स्वावलंबी बनत आहेत. कामानिमित्त घराबाहेर रहावे लागत असल्याने सातच्या आत घरात हा नियम केव्हाच मोडीत निघाला आणि येथेच असुरक्षिततेच्या भावनेला सुरुवात झाली.



Image source site: google.co.in

विज्ञान व तंत्रज्ञानाच्या प्रगतीने वेगवेगळे शोध माहिती लोकांसमोर आली. त्याचे चांगले तसेच वाईट परिणाम होऊ लागले. जसे की इंटरनेट, एका क्लिकवर नको असलेले अश्लील मजकूर, संदेश, व्हिडिओज, छायाचित्रे उपलब्ध होतात. ज्यामुळे माणसांची मने विकृत झाली आहे. त्यांना एका स्त्रीकडे पाहिल्यावर आई, बहिण, पत्नी यांची आठवण न होता ती फक्त एक उपभोगाची वस्तू आहे असेच वाटते. प्रसार माध्यमांचा सुध्दा या परिस्थिती मागे अगदी सिंहाचा वाटा आहे. पडद्यावरील कलाकारांचे अवास्तव जगणे, अश्लीलतेचे प्रदर्शन, अर्धवट कपडे घालून केलेले अंगप्रदर्शन याचे आजकालच्या तरुण पिढीला भलतेच आकर्षण आहे.

पाश्चात्य लोकांची संस्कृती, त्यांची वेशभूषा इ. गोष्टींचे आचरण करता करता आपली संस्कृती ते विसरत चालले आहेत. किंबहुना त्यांना आपल्या संस्कृतीचे पालन करायला कमीपणा वाटतोय असे दिसून येते. फॅशन फॅशन म्हणता म्हणता... तरुणी तर आता चक्क भर रस्त्यावर अंग प्रदर्शन करू लागल्याने लोकांचा पाहण्याचा दृष्टीकोन बदलला आहे पण टाळी एका हाताने वाजत नाही. स्त्रीयां इतकेच पुरुष पण जबाबदार आहेत या सर्व गोष्टींना नाराधमांना 3-4 वर्षांच्या कोवळ्या मुलींचा निरागसपणा दिसत नाही, म्हणून ह्या कोवळ्या जीवावर इतक्या लहान वयात बलात्कारासारखी गंभीर संकटे कोसळतात. लैंगिक शोषण म्हणजे काय, हे काय माहित त्या बालकांना? त्यांना काय माहित लैंगिकता? त्यांच्या बालमनावर याचे खूप वाईट परिणाम होताना दिसून येताहेत.

रोजच्या वर्तमानपात ढिगभर बातम्या असतात. स्त्रियांवरील अत्याचाराच्या हयाच कारणामुळे ब-याच पालकांनी आपल्या मुलींच्या सुरक्षिततेबाबत सावधानता बाळगायला सुरुवात केली आहे. मुलींना तायक्वांदो, ज्युडो, कराटे यांसारखे प्रशिक्षण तसेच स्वसंरक्षणाचे धडे दिले जात आहेत. महिला आणि बालसुरक्षा खात्याकडून वेगवेगळे उपक्रम राबवले जात आहेत. हल्ली स्मार्ट फोन्सची चलती आहे. तरुण वयस्कर सर्वच वयोगटांमध्ये त्याची भलतीच केंद्र आहे, त्यामुळे या फोनचा उपयोग मोठ्या प्रमाणात केला जातोय. म्हणूनच सॉफ्टवेअर द्वारे

कंपन्यांनी वेगवेगळे ॲप्लिकेशन तयार केले आहेत. सुरक्षा ॲप हे सध्या प्रसिध्द ॲप्लिकेशन आहे. ज्याचा वापर महिला त्यांच्या सुरक्षिततेसाठी करू शकतात.

सर्व काही बदलले जसे लोकांचे राहणीमान, घरे, संस्कृती, वेशभूषा पण जे बदलायला हवे होते तेच नाही बदलले ते म्हणजे समाजाची मानसिकता आणि त्यांचे विचार जर यात बदल झाला तरच आमूलाग्र बदल होवू शकतो आणि ते अशक्य नाही, तुकोबांनी म्हटले आहेच –

“केल्याने होत आहे रे, आधी केलेची पाहिजे”

जर समाजातील लोकांना विशेषतः स्त्रीयांना सुरक्षितता नसेल तर वरवरच्या सुधारणांना काहीच अर्थ उरत नाही.



सोनाली मगर
चौथे वर्ष बेसिक बी. एस्.सी नर्सिंग

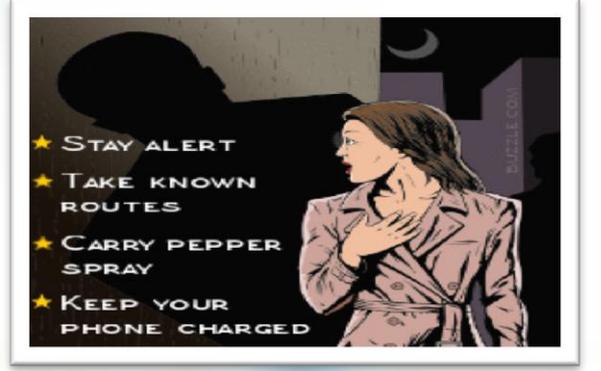
‘I know God will not give me anything I can’t handle. I just wish that He didn’t trust me so much’. ~ Mother Teresa

‘If you want something said, ask a man; if you want something done, ask a woman.’ ~ Margaret Thatcher.

**‘You can break down a woman temporarily but a real woman will always pick up the pieces, rebuild herself and come back even stronger than ever’
~ www.Daveswordsofwisdom.com**

स्वसुरक्षेच्या काही टिप्स

- 1 रात्री अपरात्री 10 नंतर बाहेर जाणे टाळावे.
- 2 वरदळ असलेल्या रस्त्यावरून ये-जा करावी सामसुम रस्त्याने जाणे टाळावे.
- 3 सार्वजनिक वाहतुकीचा वापर करावा. एकटिने लिफ्ट घेवू नका.
- 4 जर कोणी असभ्य वर्तन केले तर आरडाओरड करून लोकांची मदत घ्या किंवा त्या ठिकाणाहून पळ काढा.
- 5 एकटयाने खासगी वाहतुकीचा (रिक्षा, खासगी बसेस इ.) वापर करू नका. जर करावयाचा असेल तर त्या वाहनाचा नंबर आपल्या संपर्कातील 4-5 लोकांना मेसेज करा.
- 6 वाहनामध्ये बसल्यावर इतरत्र नजर फिरवा व मगच बसा. उदा. बॉम्ब सारखी वस्तू आढळली तर पोलिसांना कळवा.
- 7 सोशियल मिडीयावर पर्सनल फोटोज अपलोड करू नका.
- 8 सोशल मिडीयावर अनोळखी लोकांशी संपर्क वाढवायचे टाळा.
- 9 शॉपिंग केलेले कपडे दुकानातील रुम मध्ये घालण्यापूर्वी तिथे सी.सी.टी.व्ही कॅमेरा कुठे बसवलेला नाही याची खात्री करा.
- 10 जर आपणावर कधी अतिप्रसंग ओढवला तर 'बीहेव डर्टी' या कन्सेप्टचा वापर करा. उदा. उलटया करणे, स्वतःला खराब करून घेणे, जेणे करून समोरच्या नराधमाची वासना मरुन जाईल.
- 11 जर आपल्यावर काही संकट ओढवले तर आपण हात, पाय, नखे, चष्मा, काहीतरी वस्तू अशा गोष्टींचा वापर करावा.
- 12 जर आपल्याला एखादा मुलगा त्रास देत असेल तर आपण पोलिस प्रमुखांना निनावी पत्र पाठवू शकतो आणि आपली व्यथा कळवू शकतो.
- 13 आपल्या संपर्कातील 4-5 जणांचे मोबाईल नंबर तोंडपाठ करा.
- 14 जर कोणी पाठलाग करत असेल, धमकी देत असेल, त्रास देत असेल तर 100 या नंबरवर फोन करून कळवा.



सोनाली राजेंद्र मगर
चवथे वर्ष बेसिक बी. एस. नर्सिंग

TIPS FOR CANCER PREVENTION IN WOMEN

“An ounce of prevention is worth a pound of cure”

The amount of cancer related death is on the rise among women. It is with this thought that I have put up a few tips for prevention of cancer. Read on!

- Be as lean as possible without becoming under weight.
- Be physically active for at least 30 min every day.
- Avoid soft/drink with sugar and limits consumption of energy dense foods.
- Eat more of vegetables, fruits, whole grains and legumes such as beans and sprouts.
- Limit red meats (beef, pork, lamb) and avoid processed meats.
- Limit consumption of salty food and processed food with sodium.
- Don't use supplement to protect against cancer.
- It is best for mothers to breast feed babies exclusively for six months.
- After treatment, should follow the recommended cancer services.

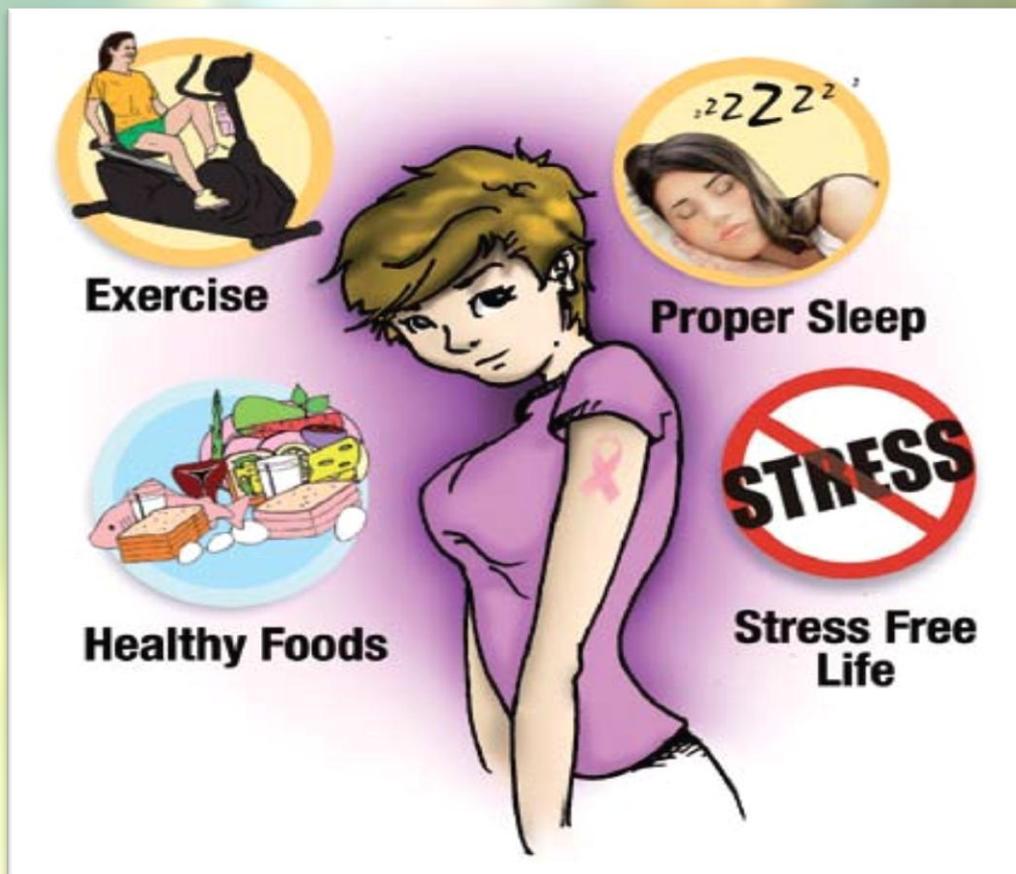


Image source site: Google.co.in

Here are the tips for lowering the risks:

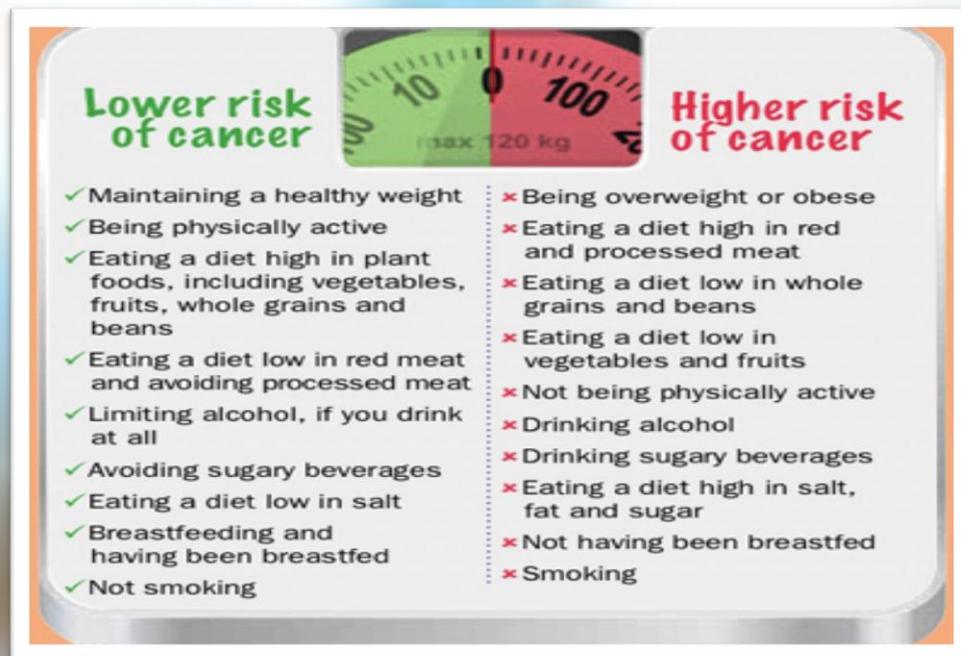


Image source site: Google

Summary:

Remember that cancer is preventable and curable. Early, regular screening and diagnosis is the key to defeat the cancer. Eat healthy and stay healthy!



Radhika Pingat.
4th year B. B.Sc. Nursing.

‘To keep the body in good health is a duty. Otherwise we shall not be able to keep our mind strong and clear.’~ Buddha (c.563 to 483 BC)

‘Those who do not find time for exercise will have to find time for illness.’ Edward Smith Stanley (1752-1834)

“You have to fight for your health and stay on top of it. Our bodies are meant to be healthv.” ~Laila Ali

शेवटी जाता जाता एक दृष्टीक्षेप स्त्रीकार्यावर

भारतातील सर्वोच्च पदावर महिला विराजमान
जगात सर्वाधिक नोकरी करणा-या महिला भारतात
जगात सर्वाधिक महिला अभियंते भारतात
भारतात 250 उद्योगांमध्ये महिला कार्यकारी प्रमुख
भारतीय सैन्यात महिलांना कायम स्वरूपी कमिशन देण्याची न्यायालयाची शिफारस
उच्च शिक्षित पदावर काम करणा-या महिलांची सर्वाधिक संस्था भारतात
शिखा शर्मा, चंदा कोचेर आणि इंदिरा गांधी यांचा जागतिक 100 महिलांमध्ये समावेश
मुलींनो हे शतक तुमचे आहे, संधी गमावू नका, पुढे या आणि तुमची सकारात्मकता
जगाला दाखवा आणि स्वतःला सिद्ध करा



Image source site: Google.co.in



राधिका पिंगट
चौथे वर्ष बेसिक बी.एस्.सी. नर्सिंग

गर्भाशयातील बाळाचे मनोगत

आई...

गर्भाशयात असताना किती छान उबदार
बाहेरच्या जगातही तितकीच रहा जबाबदार
गर्भाशयात असताना घेतली किती काळजी
प्रसुती होतानाही केली तितकिच तयारी

स्वच्छ जागा, स्वच्छ हात,

योग्य पध्दत, स्वच्छ ब्लेड,

स्वच्छ धागा

प्रसुतीनंतर नको मध, नको गाईचे दूध
गर्भाशयात असताना किती छान उबदार
बाहेरच्या जगातही तितकीच रहा जबाबदार



तुझेच बाळ...

उज्वला घातोलकर
आर. ए. एन. एम. प्रथम वर्ष

स्त्री श्रुण हत्या

जग बदललं आहे, बदलत जात आहे, बदलणार आहे. आपल्याला कालचे, आजचे व उद्याचे प्रश्न सोबत घेवुन जगायचे आहे. या सर्व सामाजिक, आर्थिक, राजकीय बदलांमध्ये आपल्या मनाची मानसिकता आपण बदलू शकलो का? स्त्रीच्या माथी पूर्वीपासूनच दुय्यमचा ठपका लागलेला आहे. अगदी घराच्या दारापासून ते देवाच्या मंदिरापर्यंत तिला दुय्यम स्थानीच ठेवलं गेलं आहे. माणूस बदलला त्याच्या राहण्याच्या, खाण्या-पिण्याच्या सवयी बदलल्या. शेतामध्ये बैलांकडून काम करुन घेणारा माणूस आता ट्रॅक्टर, वेचणीचे यंत्र वापरु लागला, तसेच चालत जाणारा माणूस वाहनांचा एवढेच नव्हे तर आकाशात उडणा-या विमानाचा, पाण्यात चालणा-या जहाजांचा वापर करु लागला. पण हा बदल स्त्रीच्या नशीबी आलेला नाही. मान्य आहे की, पूर्वीची स्त्री चूल आणि मुल या सुत्रांना ओलांडून, उंबरठयाबाहेर पाय ठेवून पुरुषांच्या खांद्याला खांदा लावून काम करुन दाखविते. ति प्राण पणाला लावून प्रतिष्ठा मिळवते.



पण शेवटी प्रत्येक नाण्याला दोन बाजू असतात. एकीकडे स्त्री प्रगतीच्या शिखरावर उंच गरुड भरारी घेत असताना तीच स्त्री समाजात जन्मालाच न येऊ देण्याचे षड्यंत्र सुध्दा रचले जाते. इ.स. 2001 च्या जनगणनेनुसार 1000 पुरुषांमागे स्त्रीयांचे प्रमाण 934 होते. पण हेच प्रमाण 2011 च्या जनगणनेनुसार 914 व्हावे एवढी मोठी तफावत कशी भरुन काढणार? उरलेल्या पुरुषांनी लग्न करायचं की अविवाहित राहायचं? पुन्हा एकदा बहुपती विवाह करायचा? पुन्हा एकदा महाभारत घडवायचं???

एक स्त्री म्हणून हक्काने जगण्यासाठी किती अग्निपरीक्षा द्यायच्या. अगदी पुराणामध्ये द्रोपदीचा झालेला भर राजदरबारातील अपमान असो की मग सीतेला तिचे पावित्र्य सिध्द करण्यासाठी द्यावी लागलेली अग्निपरीक्षा असो.

आता लोकांनी कहरच केला. स्त्रीला ते जगात येवुच देत नाहीत. फुल उमलण्याआधीच कळी चिरडली जाते. शेवटी काय , भारतातील पुरुषप्रधान संस्कृतीमध्ये स्त्री स्वातंत्र्यमर्हते या उक्तीचा अर्थ बरोबर दाखवून दिला जातो.

अहो,

गोष्ट सांगायला आजी पाहिजे

घास भरवायला आई पाहिजे

माया लावायला मावशी पाहिजे

खेळायला बहिण पाहिजे

प्रेम करायला बायको पाहिजे

मग मुलगी का नको?

आज स्त्री भ्रुणहत्ये मध्ये बीड जिल्हा रेडवर आहे. हरियाणा या राज्यांमध्ये स्त्रियांचे प्रमाण फार कमी आहे. 'बेटी बचाओ' 'मुलगी वाचवा' असे विविध उपक्रम राबवून स्त्री वाचवण्याचा जागर केला जातो. पण प्रत्यक्षरित्या हे उपक्रम किती प्रमाणात खरे ठरतात? का फक्त कागदोपत्री असतात? कितीही उपक्रम राबवून काय फायदा. खरचं काही करावयाचे असेल तर या मागील कारणे जाणून घ्यायला पाहिजे. स्त्रियांच्या वैवाहिक जीवनातील त्रास, हुंडाबळी, लैंगिक अत्याचार अशी बरीच कारणे सापडतील. स्त्री लहान असल्यापासूनच तिचा सांभाळ, वयात आल्यावर होणारा सामाजिक त्रास, वाढलेली असुरक्षितता, लैंगिक अत्याचार आणि विशेष करून लग्नासाठी लागणारा पैसा आणि एवढे करूनही वैवाहिक जीवनात तिला संकटे येतात. एवढा सगळा त्रास करण्यापेक्षा मुलगीच नको हा विचार जनमानसात भरलेला आहे. मुलगा वंशवेल वाढवतो, तशीच मुलगी सुध्दा वंशवेल वाढवू शकते. मुलगा झाल्यावर पेढे वाटले जातात पण मुलगी झाल्यावर का नाही? खरे पाहता, मुलगा एक घर सांभाळतो तर मुलगी दोन्ही घरे प्रकाशित करते आणि म्हणूनच मुली शिकल्या तर कुटुंब शिकते. मग का तिला जन्मघेण्याआधीच मारायचं.

स्त्रीच्या कर्तृत्वाचे अनेक पोवाडे गायले जातात. जिजाऊ नसत्या तर शिवबा नसता, भुवनेश्वरी देवी नसत्या तर विवेकानंद घडला नसता. अहो, कुण्या विद्वानांनी म्हटले आहे— "प्रत्येक यशस्वी पुरुषामागे स्त्री असते" स्त्रीयाच नष्ट होण्याच्या मार्गावर असतील तर पुरुषाची प्रगती कशी होणार? स्त्रीचे एवढे महत्व असताना सुध्दा समाजामध्ये तिच्याविषयी पूर्वग्रह दूषित मत का आहे? स्त्रियांवरील अत्याचाराचे प्रमुख कारण आहे जनमानसिकता आणि ती बदलायलाच पाहिजे.

संसाररूपी रथामध्ये स्त्री व पुरुष ही दोन चाके आहेत. यातील एक जरी बिघडले तरी संसार रथाचा गाडा पुढे जाणार नाही. देवांनी स्त्री खुप समजून उमजून घडवली आहे. तिची शारिरीक व मानसिक रचनेची काठीण्य पातळी पुरुषापेक्षा खुप जास्त असते. असे

संशोधन शास्त्रज्ञांनी देखील केले आहे. पण याचा अर्थ असा नव्हे की, ती तिच्यावर होणारा अन्याय सहन करेल.

आईसारखे सौम्य रूप धारण करणारी, प्रेम करणारी स्त्री वेळप्रसंगी तिच्या अस्तित्व रक्षणासाठी महाकालीचं रौद्र रूप सुध्दा धारण करू शकते. या सर्वांमध्ये स्त्रीयांवरील होणारा अन्याय फक्त पुरुषांमुळेच होतो असे नाही. यामध्ये स्त्रीयांचा सुध्दा हस्तक्षेप आहे हे विसरून चालणार नाही. कुटुंबामध्ये सून गर्भवती असल्यास गर्भलिंग चाचणी करून घेण्याच्या निर्णयामध्ये सासू देखील सामील असते. स्त्रीच स्त्रीवर अन्याय करत असेल तर तिने जगायचं तरी कसं? संत कबीर असे म्हणतात,

नारी को बुरा मत समजना
नारी है नर की खान
नारी से होता है नर निर्माण
होता है शिव और गौतम के समान.

नारीला वाईट समजू नका. नारीपासूनच नराची उन्नती होते आणि तो नर शिव आणि गौतम यांच्या सम असतो. असे कबीर म्हणतात.

तर मग स्त्रियांना त्यांचा अधिकार मिळायलाच पाहिजे. पुन्हा एकदा नवीन सुरुवात करूया. स्त्रीच्या वास्तवाची जाणिव व महत्त्व सर्वांना पटवून देवूया. याची सुरुवात आपल्या पासून करूया कारण एका स्त्रीचं दुःख एक स्त्रीच चांगलं समजू शकते. तर मग स्त्री जन्माचं स्वागत करूया आणि निसर्गाच्या नियमाला पुढे नेवूया!



सुप्रिया सिध्दापूरे
प्रथम वर्ष बेसिक बी. एस.सी नर्सिंग

CAREER CHOICE IN MILITARY NURSING

As a student I was very curious about the military nursing as a career choice and their status quo. So I found out information about the process of selection for entering in the Indian military nursing services.

Here are few pointers on how to apply for military job after completion of Basic B.Sc nursing:

Eligibility Criteria:

- B.Sc nursing candidates should have completed their graduation in the first attempt itself.
- Military nursing service is open for female graduates only.
- Applicant should be an Indian citizen.
- The upper age limit is 35 years at the time of applying and the lower age limit is 21 years.
- Applicants should also be medically and physically fit so as to opt for this service.



Selection Procedure:

- Notification regarding available vacancies will be published in leading newspapers and also in the official websites probably in month of February. Candidates are required to fill in the application form in the prescribed manner and send it to the army headquarters.
- Eligible candidates will have to qualify a written test and selection will be based on the marks scored in the same.

- Selection to the Military Nursing Service will depend upon the number of vacancies. Candidates who qualify for the written test will be called for an interview round.
- The date and venue of the interview will be intimated after the announcement of exam results. Candidates called for the interview will be paid full travel expenses. The candidates will be reimbursed to and fro sleeper class railway tickets. The ticket will be from the candidate's place of residence to the place of interview. Those selected for the interview will have to undergo the medical examination. The medical fitness will be evaluated by the Medical Board. Only those candidates found medically fit will be allowed to join as Nursing Officer.



- Candidates who qualify all the selection stages are required to undergo the pre-commissioning formalities. On completion of the pre-commissioning formalities, candidates can join as nursing officers in the rank of Lieutenant.
- Those selected for Short Service Commission in the Military Nursing Service are required to serve for 5 years. The service is extendable upto 14 years.



Tejaswini Kanthale
IV yr B.B.Sc. Nsg.

PROFESSIONAL ETIQUETTE AND GROOMING

Being professional person demands professionalism. Professional etiquette and grooming is one of them. Getting an idea about how to present oneself in public or professional situation in a manner that showcase's your professionalism will help you in long way.

There is no excuse for sloppy dressing or faux pas in any situation where professionalism required. So in this article I have given few tips on professional etiquette and grooming.

- In profession first impression do have impact. So create your professional image positively.
- There is no substitute for your self confidence and self esteem. So walk straight, with a little bit of chin lift to exudates your confidence (but don't over do it as it will have opposite effects. Arrogancy!)
- Good communication skill definitely payoff. Be a conversationalist.
- Be a pro in dealing with customer relation.

Dress and grooming:

One should be appropriately dressed for any occasion. The clothes should be neither too flashy nor too drab. Never wear clothes which are not ironed well. In professional situation, follow a dress code. It is bound to create an impression. In professional formal wear, revealing clothes should not be adorned. Avoid too bright or gaudy colored dress. Avoid wearing animal or floral large prints or large check shirt. It is always better to wear well fitted tailored dress.

Make-up should be of natural look, avoids tacky accessories at all cost. Wearing too many jewellery or finger rings looks unprofessional. Create statement by the formal shoes you choose as it goes well with the attire.

Your skin and hair should be absolutely clean. Personal hygiene is very important. Nail should be short and gaudy nail polish is a big no no. A simple french roll, neatlydone pony tail, hair bun or blunt cut hair for women should give the right impression. A manageable hair length is till the shoulders. If it is longer than that, better tie it in appraite style. If you are attending a party, better you find out the dress code beforehand and arrange for it accordingly.

Courtesy:

Erastus Wiman stated, "Nothing is ever lost by courtesy. It is the cheapest of the pleasures, costs nothing and conveys much. It pleases him who gives and him who receives and thus, like mercy, it is twice blessed." One must recognize other people's work, appreciate efforts. It is said that nine positive comments counter a single negative remark. Appreciation is always welcome from all quarters by everyone. Use the magic words, 'thank you, please.'

Food etiquette:

During a professional lunch or dinner, a lot of care should be taken about how one conducts oneself at such occasions. The way an individual eats, conducts him/her does reveal a lot about one's upbringing and social background. It is aptly said, "Tell me what you eat and how you eat and I will tell you what you are."

Keep and try to confine your conversations to business related talks. Wait for all to start eating, unless most senior announces it is time to eat it is not correct to start. Napkin should be placed on lap during eating. Take bite-sized pieces of finger foods and mind you, no double dipping.

For soups, fill spoon by moving it away from you. Use edge of the bowl to wipe off drips from the spoon. When finished with the soup, place spoon on saucer or at four o'clock position. Our personal eating habits or vices should be kept at bay. Mobile phone should be kept in a vibrating mode. Remember that servers serve from left and remove from right. Always cut one piece of food at one time before cutting another piece of food. Put elbows on the table only in between courses. Clasp hands in front to look attentive and interested.

Forks should be held in the left hand and the knife should be held in the right hand. The knife should be used to cut the food, after which the fork and knife, should be laid down and the fork should be shifted from the left hand to the right and the food should be speared to the mouth. Once eating is done, place fork and knife in the middle of your plate, side by side. The fork tines up or down, the knife to its right, sharp blade pointed inwards towards the fork.

If a fork or food drops to the floor, ignore, and quietly ask the server to provide for another one. It is impolite to take food from someone else's plate. Also try to avoid answering with your mouth full. As regards passing food, it should be passed counter clock wise.

Handshake:

Handshakes could create awkward situations rendering us uncomfortable. Especially, when we extend our hand while the other person doesn't respond instantly, this embarrasses both individuals. Hands should be shook when people meet for the first time. People are welcomed into organizations with a hand shake. Handshakes are also common when people meet out of organizations or when we say a bye to someone. While shaking hands, the grip should be web to web; it should not be limp or bone crushing. Hands should be kept parallel to the floor-palms down is domineering whereas palms up are submissive. Hands should be shook regardless of gender. While shaking hands, one has to look the other person in the eye; smile and this should be followed with a greeting. Both men and women should stand for hand shaking and all introductions.

Telephone manners:

There are certain basic rules that are to be observed while speaking over the phone. Firstly, answer the call by the second or third ring. Identify yourself instantly especially if you are speaking for the first time introduce your name as well as the name of your company if required and then proceed. Speak slowly, clearly and with courtesy don't rush with your greeting allow the listener to remember who you are and why you are calling.

Speak with a smile end positively and acknowledge the caller. Never talk on the phone while with a client and if you have a call, the person who called must know who is listening to the conversation.

Everyday etiquette:

Let the talk be professional at the work place. Stand if an important person, client or an elder enters the room. Do not cut jokes at others expense. Do not mix personal and professional life. Gender has no place in business and men and women must treat as equal colleagues. As regards to introduction the younger person or the junior should be introduced to the senior. Respect other's Personal Space, people like their Space, even in personal life as also reflected in professional relations. In a professional set up one should use things that suit one's status. It is observed that people of high status try to downplay the importance of brands and the opposite is observed in people of lower status.

Professional nurses etiquette at work place:

- You should be courteous to all.
- Be gentle and polite in your talk.
- You should greet your seniors, co-workers, your patients etc with appropriate words and according to the time of the day.
- You should address the seniors with proper title eg Sir, Madam, Sister, Mister, Miss etc.
- Stand up when people of higher rank enter your room.
- Excuse yourself when overtaking a senior person.
- Your dress should be neat and tidy.
- Maintain personal hygiene.
- While on duty never use any form of jewellery that may interfere with work.
- Be punctual.
- Keep eye contact and sit face to face when listening to someone.
- Never let others secret go out of you.
- Do not cover the mouth while talking to others.
- Excuse yourself before you interfere with others engaged in a talking or doing some work.



Mrs. L. Bijayalakshmi Devi
Associate Professor
MKSSS BT INE

FASHION TIPS FOR TEENAGERS

If you're too confused about what to wear when you go out, just clear your puzzled mind by choosing to wear something simple yet stylish in a comfortable fabric like cotton.

1. Classic blue jeans never grow old and are a must have in your wardrobe. The easiest way to wear them is to pair them up with your cotton kurtis, t-shirts or tank tops. Pick floral cotton knee-length kurtis to go with dark blue or black denim. For the first few days of enjoying the summer trips with classmates, pair your worn-out denim or knee length cotton shorts with pop coloured tank tops or plain white t-shirt.

2. To help beat the summer heat, opt for flowy skirts. Whether they are above the knee or below, skirts are in trend this season as they are easy to handle. Body-hugging tops tucked inside the skirt is a comfortable yet stylish way to go out.



3. After Deepika Padukone sported them in "Cocktail", palazzo pants are in vogue. These loosely-fit pants can be worn in any shade and print. However, be careful when mix-matching and wearing busy prints as you don't want to commit a fashion faux pas on day one.



4. Crop tops are something that is trending amongst teenagers. Whether you're one with the perfect abs and don't mind showing it off or someone who is a little conservative — remember to experiment. You can wear your crop tops over a long tight-fitted tank top. This way you don't have to show off your navel and can stay in sync with the trend.

5. Besides clothes, it's equally important to pay attention to accessories. You don't want to be known as the Plain Jane among your friends. Make sure to maintain a balance between not too less and not

too much. Go for silver anklets, stone-studded neckpieces, floral or bright coloured cotton scarves which can also be used as funky headgear to get that chic look. What will add on to your personality is getting your hair right. Go for those curls, waves, french buns and fish braids.

Wear fitted t-shirt: Summer is a time for more body conscious dressing so ditch those unflattering baggy t-shirt and instead opt for a more fitted look. Stick to white and black for a classic look worn with suits and jeans, and mix in neutrals such as khaki and stone for an up-to-date look.

Take a lightweight jacket with you when you leave the house: Indian weather is so hot that you can't get out of your home without any cover-up. Denim and canvas are classic fabrics that will protect you from a light drizzle, or drop in temperature and see you through to the evening—choose a blazer or bomber jacket for a more contemporary look.

Casual, formal & fun look in leather: Leather pants can be paired with high heels and a cashmere sweater for a casual look. Since you are encasing the lower body in form fitted leather pants, its best to wear a sobered down, flowy and understated top or shirt. Wear a floral top with its collar peeking underneath the chunky knit and a stylish cut blazer to look good in leather pants.

You can also give a novel twist to the

old concept of wearing black opaque leggings with tunics and dresses. Put on stylish, fitted leatherleggings in combination with your pretty tunics & dresses.

For a slightly formal look, opt for leather pants, blazers in monotonous and boots.

Gone are the days of plain black leather pants –leather pants are now available in printed style or in vibrant shade to jazz up the outfit. Now that the extend of leather pants fashion has stretched considerably, there are several options to choose from.

Leggings: These leggings can be full length or $\frac{3}{4}$ length ones. Knee length capri pants made from denim are the latest fad amongst college goers. These can be worn with trendy shirt or t-shirt with quotes.

Go vibrant: Opt for vibrant colours like pink, yellow, red, orange and green tops, stoles and nail polishes. However, for the monsoon it is better to play it safe with black or dark monochrome light weight clothes.

Stylish Bags: College bags are an important item as accessories. Bags are the symbol of the person's taste and style. The latest trendy bags are the cross body bags, shoulder bags and knitted bags in bright bold and neutral colours with attractive details on them.



Cool hairdos: If you have lustrous, straight hair, leave it open.

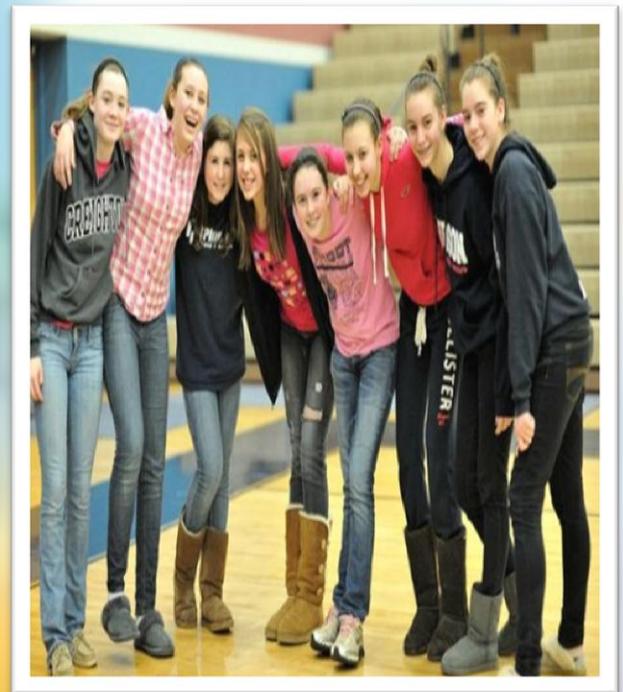
Occasionally, tie a pony or french plait or accessorise with a stylish hairband or tic-tac hair clips. "Symmetrical or asymmetrical bob haircuts are also in these days. Many girls in Kerala are making a bold statement by opting for bobs and it really works. They are easy to maintain and also gives a swell look,"

For those with wavy and curly locks, use hair serum or hair mousse to tame the hair. Pull up the crown part into a bouffant and fasten it with a funky, beaded or glitzy barrette or butterfly clip. You can also side braid your hair loosely.



Face mantra

Go for minimal or basic make-up for that perfect college girl look. “Kajal and mascara are a must. Apply a concealer to avoid flaky skin during summer. Complete the look with a nude or pink lipstick or lip gloss,”



Note:When you have to attend college or a professional meeting or functions, follow formal clothing. No reveling cloths, bold accessories, and highly make up look for work place. However, when you have free time and you go out, follow the above tips and have good time.

Shruti Biswas
3rd Yr. B.B.Sc. Nursing

- ‘You can have anything you want in life if you dress for it’~Edith Head
- ‘Fashion fade, style is eternal’ ~Yves Saint Laurent
- ‘Don’t be into trends. Don’t make fashion own you, but you decide what you are, what you want to express by the way you dress and the way to live.’ ~ Gianni Versace
- ‘What you wear is how you present yourself to the world, especially today, when human contacts are so quick. Fashion is an instant language.’ ~ Miuccia Prada

DEDICATED FOLLOWERS OF FASHION - THE MUST HAVES FOR GIRLS

“Fashion is not something that exists in dresses only. Fashion is in sky, in streets; fashion has to do with ideas, the way we live and what is happening”.

It's important for you to find a unique way to express yourself so you can let your true colors shine! You can start by creating a style that is perfect for you!

Fashion refers to the manner of doing something new and different. Fashion also denotes style. Among students, the word primarily conveys the sense with regard to 'dress and hair styles.'

Determine your thing:

The first step to developing your own style is to know what you like best about yourself. Do you have great hair, a charming smile, beautiful skin or long legs? It is easiest to work around those characteristics that make you feel good about yourself and choose a style that compliments your best features.

Start with a fearless attitude:



Experimenting with your personal style is just the start of what makes you...you! It's a great idea to start your day off on the right foot with the right attitude. Look for a fresh start. Start your look with a clean face by using a skin care regimen that cleans hydrates and refreshes your skin. Then, you'll have the confidence to start your day feeling fearless and unstoppable!

Personal hygiene:

Grooming inaugurates with personal hygiene and keeping yourself clean. It doesn't matter in what way you dress up or how many perfumes you have used, grooming shows up obviously if you cannot possess your nails, skin and hair clean.

Take bath daily:

Take a bath daily. Whether it's intensive summer or rigorous winter make this habit apart of your daily routine as it is the main point of your personal grooming process. Developing the habit at an early stage of your grooming process will help you later in your life. It will not only give you a refreshing feeling but will also keep you away from infections and skin ailments.

Accessories:

Accessories are quick style fixes. You can't go wrong if you throw on a terrific belt, a great beaded bracelet or the perfect statement necklace. Hair accessories are also a nice addition. Beware, of over-accessorizing. Less is always more.

Add a vintage touch:

What's old is new again! Research the vintage shops near you and pick up an inexpensive jacket, a whimsical purse or a pair of earrings from the 1970s. Combine a vintage item with your new, trendy school clothes and your style now has a cool vintage look.

Make it up:

Wear makeup that complements your skin tone and your skin type. Once you have a basis for your face, you can be daring — experiment with colors and styles that highlight your favorite features. Like you can consider a purple eye shadow to make your eyes pop or pick a signature pink lip gloss color. Keep it minimal!

Politeness and calmness:

One of the most major points of grooming is to have a control over your voice and language. It is very nasty for a girl to use abusive words. All the grooming gets a zero when a girl is not capable of having a good command over her voice and language. Neither speaks too slow nor too fast. It is said that first impression is the last impression. So the first impression of the girl tells all about her grooming in just a few minutes.

Use of mouth freshener and perfume:

Other important grooming tips for girls are that always keep a mouth freshener in your hand bag and use it regularly. A bad odor will keep the people apart from you.

Always apply the perfume or a deodorant on your skin and not on clothes. Therefore, by adopting these elementary and simple grooming steps you can easily bring out a lot of enhancement in yourself. Grooming makes you more presentable and like able amongst a group of people.

Your own personal style is the signature you become known for. Make it a color or a perfume. Maybe it's your love of hats or your talent for mixing styles. Who knows — maybe you have a knack for awesome socks! As long as it makes you happy, confident and, most importantly, comfortable, you'll find what style works for you. Your style will make you feel good about yourself and get you noticed. You may even start some trends of your own!



Mrs. Poonam Tambatkar
Asst. Lecturer
MKSSS BT INE.

CHOCOLATE CAKE IN A PRESSURE COOKER



6 inch round greased baking tin (pressure cooker can be used)

Ingredients:

- 1 cup refined flour (Maida)
- 1/4 cup cocoa powder
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 cup butter
- 3/4 cup powder sugar
- 1/4 cup water
- 2 eggs
- 1/2 tsp vanilla essence
- 1/8 tsp salt

Steps of cake making:

- Break the eggs into a bowl. Then, add the sugar and the vanilla essence.
- Beat the mixture until completely smooth, with an electric, or hand beater, mix the ingredients well. The batter should be smooth and relatively thick.
- In a mixing bowl, sift the flour, cocoa powder and baking powder and baking soda (Three times).
- Preheat the pressure cooker. Place the pressure cooker on medium heat, and heat it for about 5 minutes covered with the lid but without the pressure.
- Add this sifted material into egg mixture, mix the batter with cut and fold method.
- Transfer the batter in to greased tin.
- Place the cake tin in the empty cooker (do not add water in the cooker). Close the lid (with out the pressure), lower the flame and let it cook until done (about 30 minutes). This cake gives around 6-8 medium size pieces.



Dr. Smt. Shubhada Ponkshe
Associate Professor
MKSSSBTINE

COCONUT CHOCOLATE



Ingredients:

Dark chocolate slab-200 gm
Grated coconut -200 gm

Steps of coconut chocolate making:

- Take chocolate slab and break it into pieces. Put it into glass bowl. Keep the bowl into oven and melt the chocolate slab for 4 minutes at 120°C.
- Chocolate slab can be melted in thick pan on gas.
- Put a big vessel with half filled with water on gas. Let the water boil. Take small vessel and put pieces of chocolate slab into it and keep mixing it till becomes smooth paste.
- Add grated coconut into melted chocolate. Mix it well.
- Put the mixture into different chocolate molds.
- Keep the chocolate filled molds into deep freezer for minimum one hour.
- Empty the molds into tray. Your yummy coconut chocolates are ready to eat.



Mrs. Ujwala Jadhav
Asst. Lecturer.
MKSSSBTINE

1. 'A recipe has no soul, you as the cook must bring soul to the recipe' ~Thomas Keller
2. 'There is no sincerer love than the love of food.' George Bernard Shaw.
3. 'Cooking is like love, it should be entered into with complete abandon or not at all.' ~ Harriet Von Horne
4. 'You don't have to cook fancy or complicated masterpieces, just good food from fresh ingredients.' Julia Child
5. 'One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating.' ~ LucianoPavarotti

चपातीचे पॅटीस

साहित्य:

शिळी चपाती
बटाटाउकडलेला
मिरच्या
आले
लसूण
कोथिंबीर
बेसन पीठ
मीठ
तेल



कृती :

प्रथम गरम कढईत तेल घालून मोहरी, आलं लसूण, मिरची पेस्ट घेवून हया फोडणीत उकडलेला बटाटा चिरुन घालावा. नंतर बटाटा चांगला परतून घ्यावा व ही भाजी प्लेट मध्ये काढून घ्यावीत. तळण्यासाठी कढईत तेल गरम करावे. नंतर एका चपातीचे दोन समान काप करुन घ्यावेत. बेसन पीठ, मीठ, हळद एकजीव करुन त्याचे मिश्रण तयार करावे. मग काप केलेल्या चपातीच्या कडेने बेसनपीठ लावून त्यामध्ये बटाट्याची भाजी एका बाजूला ठेवून त्याची घडी घालावी. नंतर भाजी भरुन तयार केलेल्या चपातीला बेसन पीठाच्या मिश्रणात घोळवून ती तळून घ्यावी.

अशा प्रकारे तयार चपातीच्या पॅटीसचा टोमॅटो सॉस, दही, पुदीन्याच्या चटणी सोबत आस्वाद घ्यावा.



स्वाती मोरे
द्वितीय वर्ष जी.एन्.एम्.

मासवडी

साहित्य :

- 1 वाटी पांढरे तीळ
- 1 वाटी शेंगदाणा कूट
- 1 वाटी खिसलेले खोबरे
- 1 वाटी चिरलेला बारीक कांदा
- 1 वाटी कोथिंबीर
- 1 वाटी बेसन पीठ
- 1 वाटी तेल
- 1 लिटर पाणी
- 1 चमचा लवंग, दालचिनी, मिरी
- 1 चमचा कांदा लसूण मसाला
- चवीनुसार मीठ



कृती :

प्रथम गरम कढईमध्ये पांढरे तीळ भाजून घ्या व त्याचा कूट तयार करा. खिसलेले खोबरे भाजून घेवून त्याचा कूट तयार करा. नंतर लवंग, दालचिनी, मिरी एकत्रित करा व लाल तिखट, कांदा लसूण मसाल्याचे मिश्रण तयार करा. एका पातेल्यामध्ये तेल गरम करून मसाल्याची फोडणी तयार करा त्यामध्ये अंदाजे पाणी घाला. बेसन पीठ व चवीनुसार मीठ एकत्रित करून शिजवून घ्या व त्यानंतर लगेचच एका बाउलमध्ये काढून घ्या. एक भिजवलेले कापड घेवून पोलपाटावर ठेवा. पीठ गोल आकारात पोलपाटावर पसरवून घ्या. त्यावर तयार केलेले मिश्रण लावून त्याचे रोल तयार करा. व नंतर त्याच्या समान वडया करा. कोथिंबीर व ओले खोबरे याने सजवा.



सोनल कटके
द्वितीय वर्ष आर.जी.एन.एम.

राईसपुलाव

साहित्य :

- 1 किलो बासमती तांदूळ
- पावकिलो मटार
- पावकिलो फलॉवर
- पावकिलो सिमला मिरची
- पावकिलो फरस बी
- तेल
- आलं लसूण पेस्ट
- टोमॅटो पेस्ट
- 1 लिंबू
- कढीपत्ता
- 2 चमचे साजूक तूप
- चवीनुसार मीठ
- जिरे मोहरी
- शेंगदाणे
- हळद
- लाल मसाला
- कांदा मसाला
- बिर्याणी मसाला
- गरम मसाला
- चिरलेला बारीक कांदा



कृती:

प्रथम कुकरमध्ये तेल गरम करावे. त्यामध्ये जिरे व तमालपत्राची फोडणी घ्यावी. तांदूळ परतून भात मोकळा शिजवून घ्यावा. कढईमध्ये तेल गरम करून मोहरी, कढीपत्ता, आलं लसूण पेस्ट त्यामध्ये परतून घ्यावे. टोमॅटो पेस्ट, हळद, 2 चमचे लाल मिरची पावडर, कांदा मसाला, बिर्याणी मसाला, गरम मसाला परतून घ्यावा. फलॉवर, सिमला मिरची, फरस बी, मटार, शेंगदाणे एकत्र मसाल्यामध्ये परतून घ्यावे. चवीनुसार मीठ घालून भाजी मंद गॅसवर शिजवून घ्यावी. एका मोठ्या पातेल्यात 3 चमचे साजूक तूप घालून शिजवलेला भात आणि तयार भाजी याचे थर घालून पाच मिनिटे झाकण लावून ठेवावे. चवीसाठी एक लिंबू पिळावा. सजावटीसाठी कोथिंबीर व तळलेला कांदा घालावा.



सोनल कटके
द्वितीय वर्ष आर.जी.एन.एम.

RAS MALAI

Ingredients:

Rasgulla: 20 pieces.
Milk: 1.5 lt.
Cashew nuts: 10 gm
Raisins: 10 gm.
Pistachio: 10 gm
Sugar: 250 gm.
Cardamon: 5-6



Steps of making ras malai:

- 1) Take the milk in bowl
- 2) When milk is warm, add pistachio, cashew nut powder in the milk and boil it till quantity of milk is reduced to half.
- 3) Then add the raisins, cardamom and sugar into the milk and mix up well.
- 4) Then wait for milk to cool down.
- 5) Now rasgullas can be added into the milk.
- 6) Now rasgullas are ready to serve.
- 7) Decorate with pistachio and kesar.

Mrs. Riya Seal

3rd Year RGNM

PAYESH

Ingredients:

Basmati rices – 250 gm

Milk – 1500ml

Cashew nuts – 10 gm

Raisins- 10 gm

Cardamom – 8-9 pice

Ghee – 1 table spoon.



Steps of making payesh:

- Take rice in a bowl and half boil it.
- Remove the excess water.
- Take milk and boil it. Add cashew, raisins in milk.
- The half boiled rice is mixed to this milk and boiled again till the milk thickens and comes to a creamy consistency.
- You may refrigerate it and eat it chilled or can serve it hot according to your taste.

Mrs. Riya Seal

3rd Year RGNM

शंकरपाळे

साहित्य :

100 ग्रॅम तूप

300 ग्रॅम साखर

1 किलो मैदा



कृती :

प्रथम कढईमध्ये तूप व साखर घालून उकळून घेणे. हे मिश्रण थोडे गार झाल्यानंतर त्यात 1 किलो मैदा एकजीव करून दूध / पाणी वापरून मळून घ्यावे. गोळा लाटून त्याचे काप तळून घ्यावेत.



मनिषा येवरे
द्वितीय वर्ष आर.जी.एन.एम.

‘You learn to cook so that you don’t have to be slave to recipes. You get what’s in the season and you know what to do with it.’ ~ Julia Child

‘We may find in the long run that tinned food is deadlier weapon than a machine gun.’ ~ George Orwell

‘Never order food in excess of your body weight.’ ~ Emma Bombeck

‘Food is our common ground, and an universal experience.’ ~ Jame Beard

शेजवान चटणी

साहित्य :

250 ग्रॅम बेडगी मिर्ची

100 ग्रॅम लसूण

100 ग्रॅम आलं

1 चमचा कॉर्नफ्लॉवर

20 ग्रॅम अजिनोमोटो

100 ग्रॅम तेल

1 चमचा विनेगार

लाल खाण्याचा कलर



कृती :

बेडगी मिर्ची 6 तास भिजत घालून त्याची पेस्ट करावी. 50 ग्रॅम आलं लसूणची पेस्ट करावी. 50 ग्रॅम लसूण बारीक चिरावा. खाण्याचा लाल रंग व कॉर्नफ्लॉवरचे मिश्रण करावे. कढईत तेल गरम करून आले लसूण व मिर्चीची पेस्ट परतून घ्यावी. एक चमचा अजिनोमोटो, विनेगार आणि चवीप्रमाणे मीठ हे मिश्रण एकत्र करून वरील पेस्ट मध्ये घालून 10 मिनिटे मंद आचेवर शिजवावी. तयार चटणी बाउलमध्ये घ्यावी.

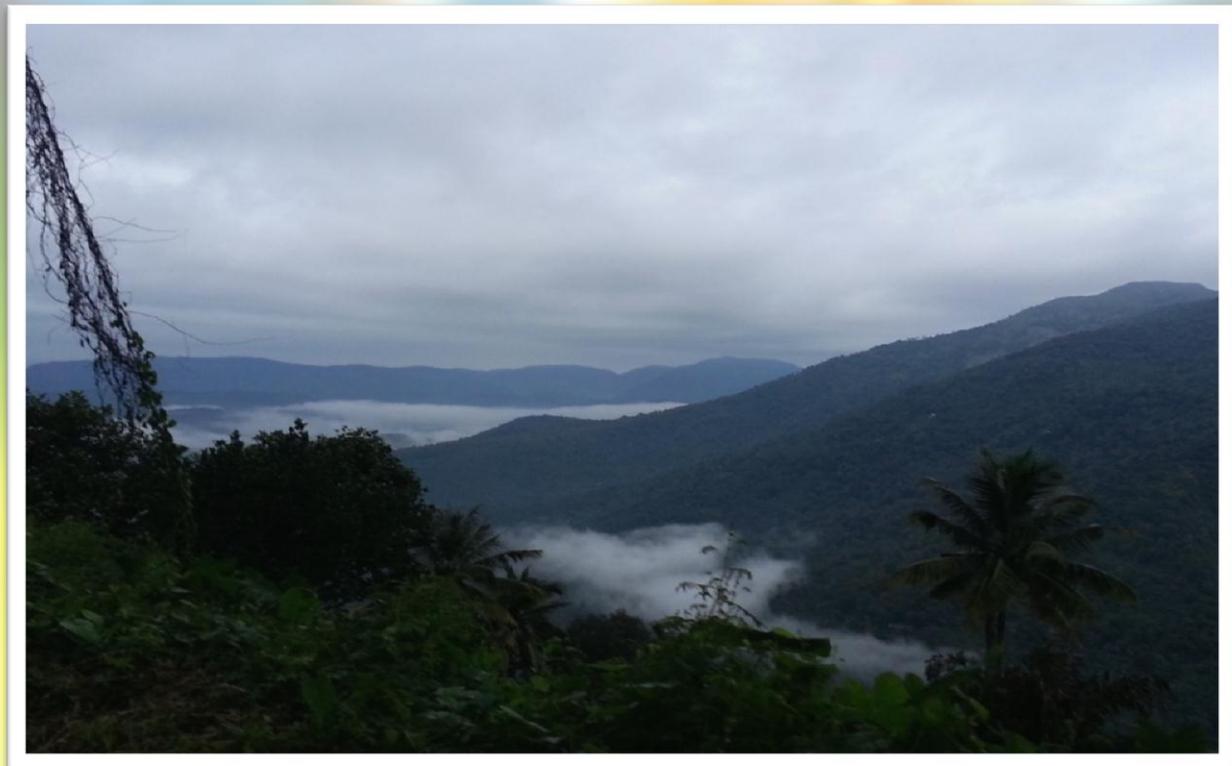


मनिषा चव्हाण
द्वितीय वर्ष आर.जी.एन.एम.

PHOTOGRAPHY SECTION



Plumeria tree at Done, Pune.



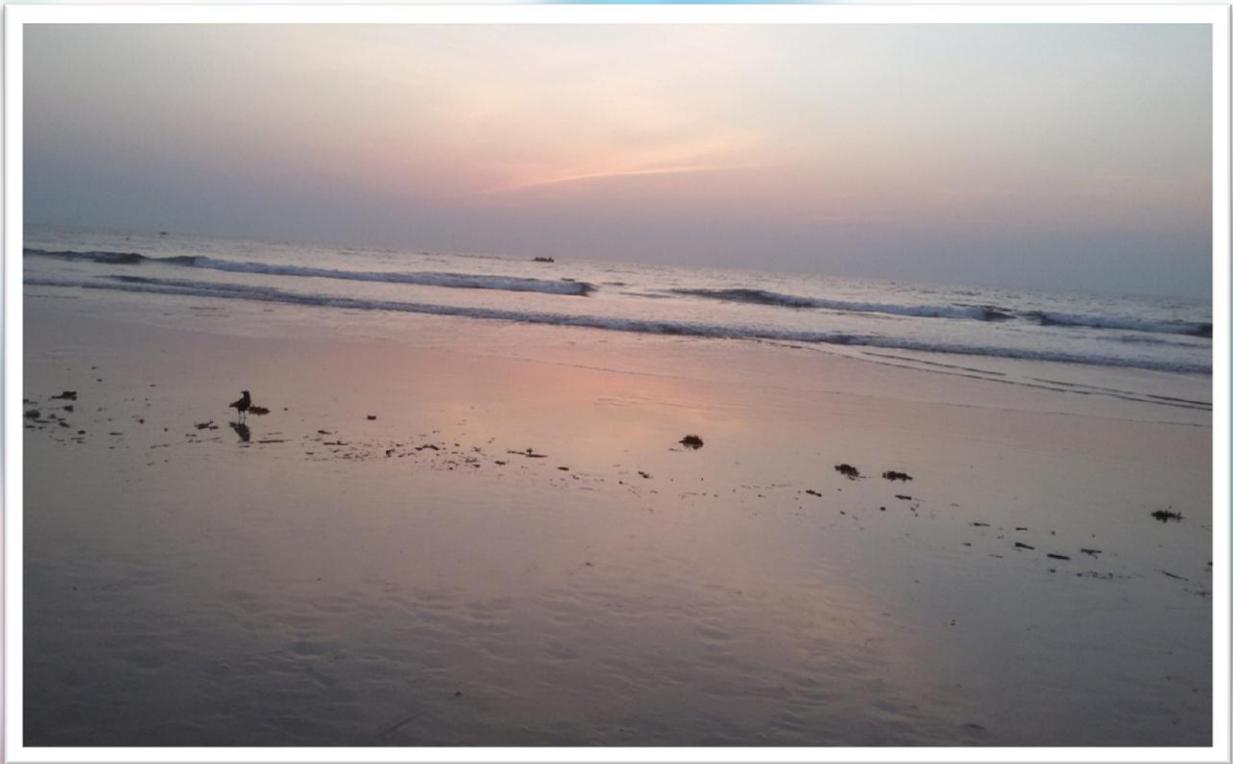
View of Sahyadri



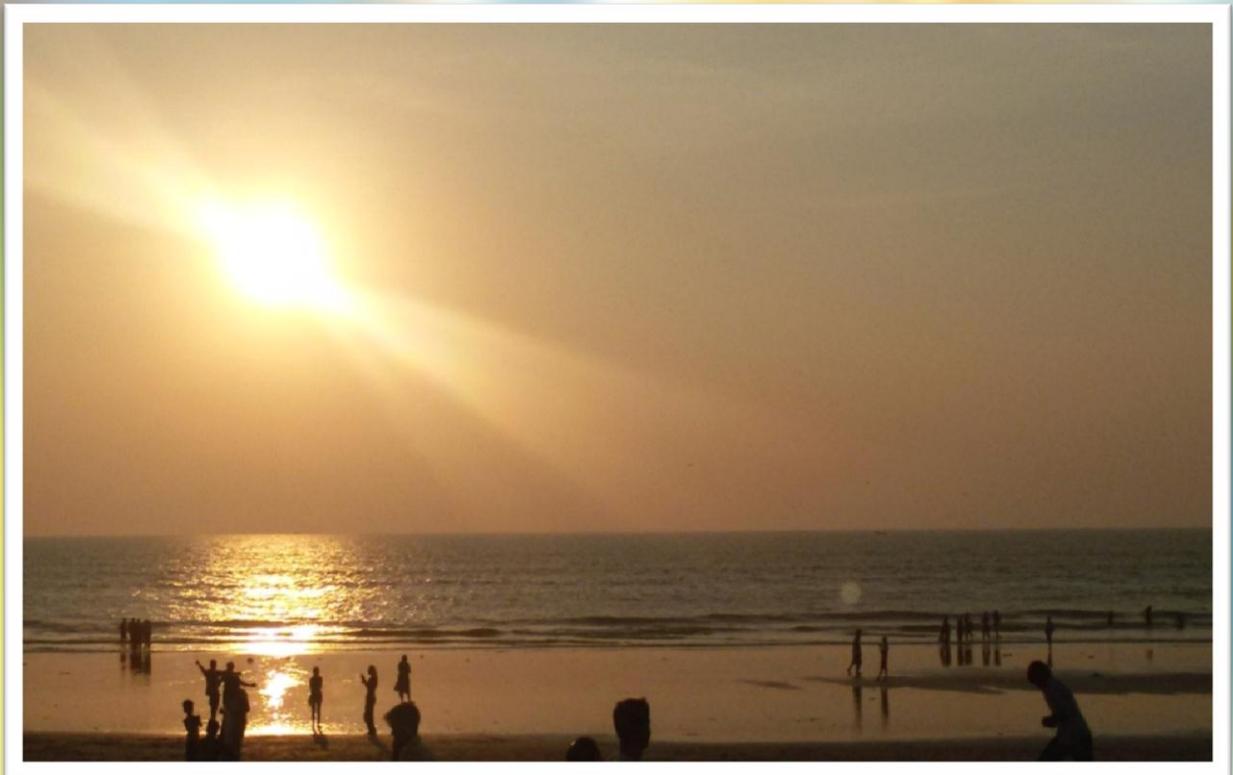
Pavana River at Maval



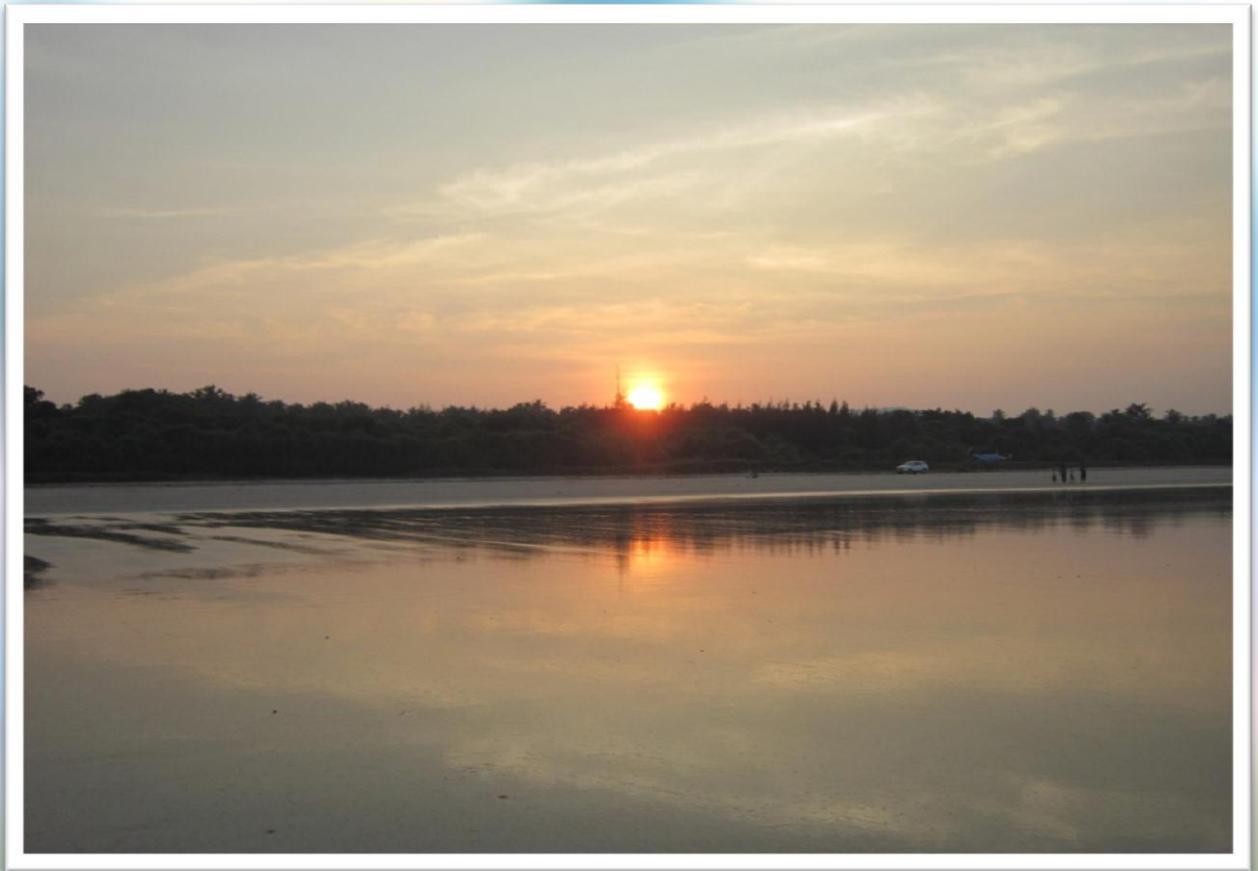
Cascade Pavana River.



Ganapati Pule Beach



Ganapati Pule beach



Diveagar sea beach



**PHOTOGRAPHER:
Mrs. Deepali Awate
1st Yr. M.Sc.Nursing**



Pencil



Sketch by
Kalyani Kokare
IV.B.B.Sc. Nursing



Crayon sketch by Ayush R. Tamke

IIIrd standard student



Painted by Tanjush Sharma

IVth standard student.



Painted by Wajida Sayad

Vth standard student

‘Creativity takes courage.’ ~ Vincent Van Gogh

‘Art washes away from the soul the dust of every day life.’ ~ Pablo Picasso

‘To be an artist is to believe in life.’ ~ Henry Moore

‘No great artist ever sees things as they really are. If he did, he would cease to be an artist.’ ~ Oscar Wilde

LOCAL MANAGING COMMITTEE OF THE COLLEGE



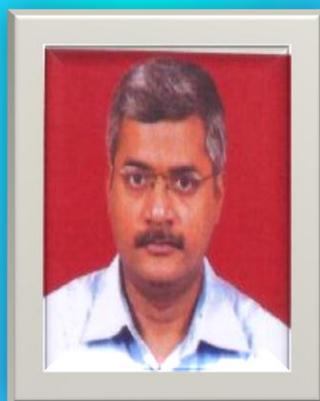
Dr. Dhananjay Kulkarni
Chairperson



Prof. N. D. Patil
Member



Dr. Abhay Deshpande
Member



Dr. P.V. S. Shastry
Secretary, MKSSS



Dr. Anurag Kashyab
Member



Mrs. Vidya Deshpande
Member



Dr. Meena Ganapathy
Principal, BTINE

DAUGHTERS' OF OUR STAFF

