



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (AUTONOMOUS)

Vaniyambadi, Tirupattur District - 635 751

32 Years of
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MKJC INKWELL

*Where
Imagination
Meets Words*

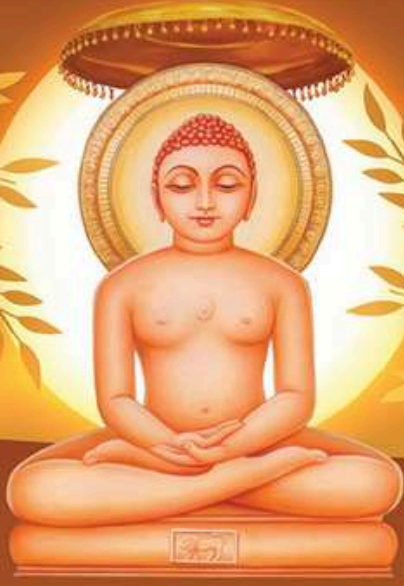


METAMORPHOSIS

- Short Stories
- Essays
- Poems
- Art



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THE NAVKAR MANTRA

Namo Arihantanam
Namo Siddhanam
Namo Ayariyanam
Namo Uvajjhayanam
Namo Loe Savva Sahunam
Aeso Panch Namokkaro
Savva Pavappanasano
Mangalanam Cha Savvesim
Padhamam Havai Mangalam
Padhamam Havai Mangalam



JAIN MUNI SHARAMAN SURYA
POOJYA SHREE
MARUDHAR KESARI

On whose name and blessings the
college has been started

NAVKAR MANTRA TRANSLATION IN TAMIL & ENGLISH

நமக்குள்ளிருக்கும் பற்று வெறுப்பு ஆகிய எதிரிகளை அழித்த,
ஜீவன் முக்தர்களாக விளங்குபவர்களை வணங்குகிறேன்.

கர்ம வினைகளை ஒழித்து அமரர்களாகிவிட்ட சித்தர்களை
வணங்குகிறேன்.

சமண சமயத்தின் தலைசிறந்த சாதுக்களாகிய ஆசிரியர்களை
வணங்குகிறேன்.

நமக்கு நல் வழிகாட்டும் கல்வியிற்சிறந்த குருமார்களை
(உபாத்யாயர்களை) வணங்குகிறேன்.

இவ்வுலக பந்தங்களினின்று விடுபட்டு பேரின்பமாகிய வீடு
பேற்றை (மோட்சத்தை) நாடும் எல்லா சாதுக்களையும்
வணங்குகிறேன்.

இந்த ஐந்துவித நமஸ்காரங்களும்.

எல்லாவித பாவங்களையும் அழிக்கும்.

எல்லாவித மங்களங்களையும் விட

இது மிக உன்னதமான மங்களமாகும்.

To arhats, the perfect souls embodied, possessed of
infinite cognition, knowledge, happiness and
power,

To siddhas, the perfect souls in nirvana, formless
and bodiless, free from all karmic attachment;

To acharyas, the masters of adepts in spirituality;

To upadhayas, the adepts, guiding the
scholar-ascetics,

To all sadhus, the ascetics devoted to the
contemplation of self

I make obeisance humble

And place at their worshipful feet

This feeble exposition of their profound teaching.

About the Trust & College

Sri Marudhar Kesari Jain Trust was established by generous Jain philanthropists in 1993 with the objective of providing quality higher education to economically backward rural women. Sri Marudhar Kesari Jain Trust established Marudhar Kesari Jain College for Women in 1994. The College is situated on a sprawling campus of 24.35 acres at the foot of the Yelagiri Hills, 10 kilometers from Jolarpet Junction. It takes pride in being accredited with an “A+” grade by NAAC and being an ISO 21001:2018 (EOMS) Certified Institution and received a prestigious 4-star rating from the Institution’s Innovation Council (IIC), Ministry of Education, Government of India, for its exceptional entrepreneurial initiatives and innovations., and DST-FIST supported Institution. From the academic year 2024-25, the College has been conferred Autonomous status by the UGC and Thiruvalluvar University, marking the achievement of its next milestone in excellence. The College currently offers 20 Undergraduate Courses, 15 Postgraduate Courses and 10 Ph.D. Programs.

With the continued patronage of the MKJC Trust members, Marudhar Kesari Jain College for Women has emerged as one of the premier institutions empowering generations of women with right knowledge and values.

Sri Marudhar Kesari Jain Trust Members

			
Sri. M. Vimmal Chand Jain Ambur	Sri. C. Lickmichand Jain Ambur	Sri. J. Rathanalal Jain Chennai	Sri. V. Dilip Kumar Jain Ambur
			
Sri. K. Rajesh Kumar Jain Vellore	Sri. N. Sripal Kumar Jain Vaniyambadi	Sri. K. Anand Kumar Jain Tirupattur	Sri. N. Lalith Kumar Jain Vaniyambadi
			
Sri. Anand Singhvi Ambur	Sri. S. Naveen Kumar Jain Vaniyambadi	Sri. R. Mukesh Kumar Jain Chennai	Sri. U. Rishab Jain Vaniyambadi

Chairman's Message



Congratulations to the student community of MKJC on this second edition of MKJC Inkwell!
I am happy to read the authentic experiences shared under the theme of metamorphosis – a moment that changed everything!

Sri. M. Vimmal Chand Jain

Co-Chairman's Message



My best wishes to the entire team of students and editors on the second edition of MKJC Inkwell! I am happy to see the students' voices, stories, and achievements showcased so wonderfully. Congratulations once again!

Sri. C. Lickmichand Jain

President's Message



I am glad to see the second edition of MKJC Inkwell showcasing life moments that resulted in progressive change. I wish the magazine increased readership and all success in the future.

Sri. V. Dilip Kumar Jain



Congratulations to the students and the teaching fraternity on the second issue on Metamorphosis – A moment that changed everything! I look forward to seeing the magazine continue to grow in leaps and bounds in the years to come.

Sri. Anand Singhvi

Message from the Principal

Congratulations to the editors, contributors, and readers of the second issue of **"MKJC Inkwell – where imagination meets words,"** a student initiated E magazine! At the outset, I would like to convey my sincere gratitude to the MKJC Board of Trustees for their active patronage to all valuable initiatives of the Institution. I am glad to read the various student articles on the theme **"Metamorphosis - A moment that changed everything"** that articulate so well the varied moments of inner transformation that made the authors finer human beings. To our readers, I thank you for your enthusiasm and support. Your loyal readership and active engagement are the motivation behind the editorial team's consistent efforts. I urge the student and the faculty fraternity to use this creative platform to express their creative writing skills and share their wise perspectives.

Once again, congratulations to everyone involved and I look forward to seeing the magazine continue to thrive and grow in the years to come.

Best regards,

Dr. M. Inbavalli
Principal



We are excited to present the second edition of '**MKJC Inkwell- where imagination meets words**', a MKJC's literary and creative art initiative by students.

The theme for this issue is "**Metamorphosis - A moment that changed everything**"

While Metamorphosis in animals is the dramatic transformation or a complete change in appearance and animal body structure; like the transformation of a caterpillar into a beautiful, colourful butterfly, human metamorphosis is the figurative transformation of the mind.

We have received inspiring articles that capture the growth, change, and evolution of the individuals into fine human beings. The life stories, essays, poems in this issue showcase moments of crises that became memorable turning points, milestones of personal growth, and taught unexpected life lessons that made the authors on reflection better people advocating the cause of a greater humanity.

We are proud to see the students wielding their creative and literary talent and we are confident that your continued patronage would help MKJC Inkwell's readership to foster a sense of community among the MKJC fraternity and beyond. We look forward to your constructive feedback on the magazine.

Welcome to MKJC Inkwell- where imagination meets words!

Happy Reading!

Note of Gratitude:

To the MKJC Board of Trustees for ever encouraging MKJC's innovative pursuits.

To the Principal, **Dr M Inbavalli**, Academic Advisor **Dr T Balasubramanian**, CAO **Ms B Sakthimala** for their enthusiastic support to this initiative.

To the Deans, Directors, HODs, Faculty Members, Administrative Staff Members and Students for their unwavering support throughout the publishing process.

Credits:

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Dr. Merlin Mythili Nelson
Director - Teaching Learning Centre



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MY FIRST SERVE

When I was in 8th standard, I was a passionate throwball player. I had a zonal match coming up and was so excited to represent my school. But just before the match, I hurt my hand, and it got swollen. Because of that, I was disqualified from the team. Someone else took my place and played the game I had trained for. I felt really broken. Though I was okay from outside, inside I was missing something. That spark of being a player, of being on the ground, was missing.

My parents didn't want me to continue in throwball further, but deep inside, I still wanted to be a sports person. I still dreamed of being known for something in sports.

That's when my sports teacher, Sasikala Ma'am, was selecting students for the school's table tennis team. I had never even touched a table tennis bat before. I didn't know how to hold it, how to serve, how to stand, or even how the scores worked. But something inside me said, 'why not give it a try?' Ma'am told me, "Everyone starts from zero. That's how champions are made." That one line gave me the strength to begin.

My friends who were already playing table tennis helped me a little. They taught me how to hold the bat, how to serve, and how to rally. But since I was just starting, they didn't let me play much. I spent most of my time picking up the balls they dropped. I stood quietly, waiting for my turn, hoping they'd let me play. But many days passed as usual.

I came home feeling sad. But I didn't stop. I watched Olympic and International table tennis matches on YouTube. I observed their techniques and practiced on my own. No coach, no extra help - just me and my will to learn.

After some time, I got a chance to play – and surprisingly, I played well. My game improved. My ma'am saw me play and told me, "I believe in you. You can do this." That gave me new strength.

From there, my journey really began.

In 8th standard, I played my first zonal match and won. Though I lost in district levels, I didn't give up. In 9th and 10th too, I kept winning zonal levels but lost in district levels. But I didn't stop. Whether it was summer heat or heavy rain, I kept practicing with all my heart. I practiced on normal tables, sometimes broken ones, with old bats and used balls – but my dedication stayed strong.

In 12th standard, everything changed. I won both the zonal and district matches and was selected for the state-level competition in Namakkal. It was a proud moment. After years of hard work, sweat, and silent tears, I was finally standing on a big stage. Though I lost at the state level, I held my head high. Because that day, I had become the player I always dreamed of.

Even in college, my love for table tennis continued. I was the youngest in a team of seniors, but I proved my place by winning the singles match in our house matches. We won the Inter-collegiate and Inter-divisional matches, and I was selected twice to represent Thiruvalluvar University. I also had a rally with the International Table Tennis Player Yashini Sivasankar Ma'am at our College.

And that's not all. I even played at the National Open Tournament conducted by the Youth Games Federation of India at GOA – and I won first place. That moment, I felt like all those years of picking up balls had bloomed into medals, matches, and memories.

My journey began with a missed throwball match, a swollen hand, and a lot of silent pain. But just like a small seed that grows into a strong tree, I stood tall through time, effort, and belief.

Today, I continue practicing harder than ever - aiming for international matches and beyond. My dream didn't stop at a win; it continues, stronger and fiercer.

To anyone who's starting from zero – you're not behind. You're just planting your seed. One day, your roots will grow deep, and your dreams will soar high.

This was my first serve. And I've only just begun. A lot more to GO!!

And yes – in this journey, I made my parents proud!

N Nimra Irtheza

III B.Sc CS

RIISING THROUGH HARDSHIP

From Trials to Triumph

Humans have an extraordinary ability to grow when faced with adversity. Whether enduring personal loss, societal upheaval, or global crises, people often emerge stronger, wiser, and more empowered. This essay explores how hardship can act as a powerful springboard for personal and collective transformation.

Bumps in the Road

No one escapes life without facing setbacks—be it emotional pain, career struggles, illness, or financial stress. These difficult moments, though uncomfortable, often become the defining points where individuals reevaluate, regroup, and rebuild.

The Art of Bouncing Back

Adaptability is one of humanity's most vital traits. In response to life's twists and turns, people learn to shift gears, rethink routines, and move forward. The COVID-19 era, for instance, showcased our ability to transition to online platforms, stay connected virtually, and discover new rhythms in unfamiliar territory.

Emotional Intelligence is the Strength of the Soul

Hardship shapes emotional intelligence. When pushed to their limits, people develop stronger coping mechanisms, learn to navigate mental health challenges, and emerge with deeper self-awareness. Whether through mindfulness, open conversations, or inner reflection, many find emotional clarity and resilience.

Discovering Untapped Potential

Times of struggle often reveal previously unexplored abilities. People might unlock talents in writing, entrepreneurship, or leadership—gifts that surface only when routine life is disrupted. These discoveries not only build confidence but also lead to purpose-driven lives.

Becoming a Beacon for Others

Those who rise above adversity often become guiding lights for others. Their journeys inspire friends, families, and communities. By sharing their stories, they offer hope, motivation, and a reminder that strength is born through struggle.

Hardship as a Catalyst for Growth

Though no one seeks difficulty, it is often life's most painful moments that bring out its most powerful growth. From resilience to wisdom, adversity refines the human spirit. As history and experience continually show, rising through hardship is not just a possibility—it is a profound journey of becoming.

N.Tanzila Fathima

III B.Com CA

INDIA'S ECONOMIC METAMORPHOSIS: THE LEAP FROM EMERGING POWER TO GLOBAL GIANT

India's Economic Metamorphosis: The Leap from Emerging Power to Global Giant

India's economic rise is one of the most compelling stories of the 21st century. Once viewed as a slow-growing developing economy, India is now a powerhouse, driving global growth with its booming industries, digital revolution, and strategic policy shifts. With a GDP of \$3.7 trillion, the country has set its sights on achieving developed nation status by 2047, but the road ahead is filled with both opportunities and obstacles.

The Rise of an Economic Powerhouse

Over the past three decades, India has evolved from a heavily regulated economy to one of the fastest-growing markets in the world. The 1991 economic liberalization was a turning point, dismantling restrictive policies and opening doors for private investment, foreign trade, and industrial expansion. Today, India's economy thrives on manufacturing, services, digital innovation, and entrepreneurship, making it a magnet for global investors.

Key Indicators of Growth

- GDP Growth: Averaging 6-7% annually, India consistently outpaces most major economies.
- Foreign Direct Investment (FDI): A record \$83.5 billion in 2023, placing India among the top investment destinations.
- Digital Economy Boom: Over 110 unicorn startups, valued at \$450 billion, with fintech and e-commerce leading the charge.

Barriers to Becoming a Developed Economy

Despite its rapid ascent, India must overcome critical economic and structural hurdles to transition from a developing to a developed nation.

1. Infrastructure Deficiencies

- Logistics costs (14% of GDP) remain higher than global benchmarks (8% in China), affecting competitiveness.
- Rural-urban infrastructure gaps hinder industrial expansion and economic inclusivity.

2. Workforce & Skill Development Challenges

- Despite having the world's largest youth population, only 28% enrol in higher education (compared to 51% in China).
- Female labour participation (37%) remains below the global average of 47%, limiting economic potential.

3. Regulatory & Policy Hurdles

- India has improved its Ease of Doing Business ranking (63rd globally), but bureaucratic delays still slow business expansion.
- Corporate tax rates (25.17%) remain higher than those in competitive economies like Vietnam and Singapore.

INDIA'S ECONOMIC METAMORPHOSIS: THE LEAP FROM EMERGING POWER TO GLOBAL

GIANT

4. Economic Disparities

- 65% of the population relies on agriculture, yet the sector contributes only 16% to GDP, signalling low productivity.
- Wealth concentration is stark, with the top 10% of the population controlling 77% of national wealth.

How India Can Fast-Track Its Development?

To cement its position as a global economic leader, India must focus on industrial expansion, financial inclusion, and sustainable growth strategies.

1. Supercharging Manufacturing & Exports

- The 'Make in India' initiative aims to increase manufacturing's share of GDP from 16% to 25% by 2030.
- Strengthening export-driven industries can help India surpass \$1 trillion in annual exports by 2030.

2. Advancing Financial & Digital Transformation

- Fintech, AI-driven banking, and UPI-led financial inclusion can unlock new growth opportunities.
- Expanding financial access for rural entrepreneurs and small businesses will drive economic decentralization.

3. Pioneering Green Growth & Sustainability

- India is targeting 500 GW of renewable energy capacity by 2030, reducing reliance on fossil fuels.
- Investments in electric mobility, green hydrogen, and carbon-neutral technologies will be key to long-term sustainability.

The Road Ahead: India's Moment to Shine

India stands on the brink of an economic transformation that could redefine global power structures. If the country maintains its high growth trajectory, strengthens policy execution, and fosters inclusive development, it could surpass \$10 trillion in GDP by 2047, securing its place as a global economic superpower. For businesses, investors, and entrepreneurs, India represents one of the most exciting growth markets of the century place where innovation meets ambition, and where economic metamorphosis is turning a once-developing nation into a future global leader.

A. Abinaya Anguraj

III B.A. Economics

As a second-year BCA student, I was still finding my footing in the world of computer science. But little did I know, my hard work and dedication were about to pay off in a big way. One day, I received an unexpected letter from Coincent in Bangalore – an offer letter!

The Road to Success

Throughout my academic journey, I had always strived to excel. I participated in various coding competitions, won several prizes, and consistently delivered excellent results. My passion for programming and problem-solving drove me to push beyond my limits.

Recognition

The offer letter from Coincent was a testament to my efforts. The company had recognized my potential, academic excellence, and achievements in competitions. It was a surreal moment, knowing that my work had been acknowledged by a reputable organization.

Balancing Studies and Opportunity

Although I received the offer letter in my second year, I was still studying and had to complete my BCA degree. I was excited about the opportunity, but I knew I had to focus on completing my studies first. I was determined to balance my academic responsibilities with the anticipation of joining Coincent after graduation.

Anticipation and Preparation

As I continued my studies, I couldn't help but think about the opportunities that awaited me at Coincent. I started preparing myself for the transition, learning more about the company culture, and developing skills that would be valuable in the industry.

The Future Ahead

Now, as a third-year BCA student, I'm eagerly waiting to complete my studies and join Coincent in Bangalore. This experience has taught me the importance of perseverance, hard work, and seizing opportunities. I'm excited to take the next step in my career and contribute to the company's success.

Conclusion

Receiving the offer letter from Coincent was a moment that changed everything for me. It validated my efforts, boosted my confidence, and opened doors to new opportunities. I'm grateful for this experience and look forward to the journey ahead.

Kadaikar Qamar Saima

III BCA

THE METAMORPHOSIS OF INDIAN ECONOMY

Introduction:

The Indian economy has undergone a significant metamorphosis, evolving from a primarily agrarian colonial economy to a major global economic power. This has been marked by periods of economic crises followed by rapid growth and reforms.

Phases of Transformation:

- India had a significant share of the world's wealth during the ancient and medieval period which lasted up to the 18th century.
- The Indian economy was controlled by the British colonialism, leading to a limited development.
- The economy was planned with liberalization and globalization during the post-independence period.
- Now the development of India is reflected by rapid growth in all sectors particularly in sectors like IT, telecommunication which play a crucial role in transforming the economy.

Rapid Economic growth

India has emerged as one of the fastest growing major economies in the world with liberalization policies that attract foreign investment.

Global Trade

The global trade of India has increased significantly, making it a major player in the international market.

This has led to improved living standards for many Indians.

Key milestones

It includes the initial focus on public sector industrialization, the green revolution in agriculture, economic liberalization in the 1990s and the ongoing impact of technological advancements.

Digital Transformation

We are ensuring digital access, digital delivery of services and digital inclusion for all based on sustainable, affordable and transformative technology.

Present Development

India's economy is driven by factors such as strong domestic demand, Increased investment in Infrastructure and the resilience of the services sector.

This metamorphosis is here to stay.

N.S.Shakthi Sruthi

II B.Sc Nutrition FSM & Dietetics

FROM NERVOUS TO NATURAL - THE MAKING OF A CONFIDENT COMMUNICATOR

In every classroom, there's often someone who blends quietly into the background. Not because they lack thoughts or ideas—but because they fear expressing them. The fear of judgment, of saying the wrong thing, or simply not being heard often holds students back from engaging fully in conversations.

On the other hand, there are those who seem effortlessly confident and comfortable in every social setting, speaking with ease and charm. It's easy to assume that this confidence is natural, something a person is born with. But in truth, it is very often a learned skill—the result of conscious effort, consistent practice, and an intentional shift in mindset.

Understanding the Fear

The first step in the journey from nervousness to confidence is recognizing the root of the fear. It's rarely about the actual act of speaking—it's about how others might perceive it. Once that fear is named and acknowledged, it becomes easier to address.

Confidence grows not from the absence of fear, but from the decision to move forward despite it.

Communication is a Skill

Talking to people, building connections, and expressing thoughts clearly these are all skills that can be learnt. Observation and small steps go a long way. Watching effective communicators, noting their tone, body language, and how they make others feel comfortable can teach more than any textbook.

A few foundational habits include:

- Maintaining open and relaxed body language.
- Practicing active listening to build trust and flow in conversations.
- Asking thoughtful questions to keep discussions natural.
- Allowing for pauses and silence without rushing to fill them.

The Power of Practice

Small, daily actions create big changes. Greeting classmates, participating in group work, or simply choosing to speak up in familiar settings—each of these can help train the brain to feel safer and more comfortable in social situations.

FROM NERVOUS TO NATURAL - THE MAKING OF A CONFIDENT COMMUNICATOR

Even moments of awkwardness become part of the learning process. Every stumble becomes a stepping stone.

Shifting the Mindset

Confidence doesn't mean never feeling nervous. It means not letting nervousness stop progress. Reframing mistakes as learning experiences and shifting the focus from **"looking impressive"** to **"being authentic"** makes communication more meaningful and less stressful.

It's important to remember: people remember how they felt around someone far more than how perfectly that person spoke.

The Outcome: A Visible Transformation

With time, effort, and self-kindness, what once felt terrifying becomes second nature. Students who once hesitated to speak begin to take the lead in presentations, participate in debates, and even initiate conversations with ease.

What once looked like a personality trait - **"the quiet one"** or **"the awkward one"** - evolves into a new identity: someone bold, expressive, and unafraid to use their voice.

Conclusion

True metamorphosis doesn't require changing who a person is at the core but it simply requires unlocking the version of themselves that was waiting beneath the fear. Anyone can go from nervous to natural. With the right mindset, consistent practice, and a little courage, the skill of confident communication is within reach for every student.

Because communication isn't just about speaking. It's about connection.
and every student deserves to be heard.^[1]

K. Iffa

III B.Com CA

METAMORPHOSIS: EMBRACING THE PRESENT

For the longest time, I believed that happiness was something to be chased - hidden in future achievements, in dreams yet to be fulfilled. I thought life would truly begin once everything fell into place. But one day, I realized that I was spending so much time longing for what could be, that I was missing what already was.

That moment of realization changed everything. I stopped waiting for "someday" to bring happiness and started embracing the beauty of the present. I began appreciating the small joys - a quiet evening breeze, laughter with friends, the satisfaction of completing a simple task. Life wasn't about perfect conditions; it was about making the most of what I had, right now.

Metamorphosis doesn't always mean drastic change. Sometimes, it's about shifting our mindset - learning to be content, to find joy in the ordinary, and to understand that the present moment is enough. And when I embraced that, I found the peace I had been searching for all along.

B Sakeena Samer

II B.Sc AI

FROM SILENCE TO STRENGTH

Life often changes not in years, but in moments. My metamorphosis began with a single sentence spoken by my younger sister: "Why don't you ever speak up for yourself?" It wasn't an insult. It was a mirror.

For most of my life, I was the quiet one, the peacemaker. I let people speak over me, make decisions for me, and define who I was. I avoided confrontation like it was fire, afraid of burning bridges—even if it meant burning my own identity.

But that one question sparked something. I realized I had built my personality around fear and silence. That moment led me to reflect, read, and most importantly, change.

I started small—saying "no" when I meant it, raising my hand in class, speaking my thoughts without overthinking. Each act, though tiny, felt revolutionary.

Over time, I found strength in my voice. I started organizing awareness programmes in my department, eventually leading group discussions. The transformation wasn't overnight. It was built through choices—sometimes scary, sometimes uncertain—but always empowering.

Today, I'm no longer afraid of my voice. I know its value. That moment with my sister was not just a turning point—it was the beginning of my becoming.

Metamorphosis doesn't always look dramatic. Sometimes, it's the quiet courage to change the way we see ourselves.

Kadaikar Qamar Saima

III BCA

A GIRL WHO REMEMBERED HER WORTH

Dedicated to the one light who changed everything—NOORAIN

Sara was the kind of girl who turned heads—not just with her beauty, but with the warmth in her smile and the fire in her spirit. She was intelligent, graceful, and endlessly capable. From kindergarten, she stood out—a topper, an all-rounder, a dreamer. While others walked, Sara soared.

But behind that ever-smiling face was a soul quietly yearning for something simple: belonging.

Though her family supported her education, they placed a silent cage around her dreams. "Study, but don't dream too much," they implied. Still, she dreamed—boldly, unapologetically. She did everything right: she respected everyone, succeeded in silence, and held herself with quiet dignity. Yet, she constantly felt alone.

From childhood, Sara was isolated. She longed for a sibling's companionship, a cousin's bond, or the unconditional love of a best friend. But every time she reached out, she returned with empty hands. That isolation grew into a habit—of people-pleasing, of saying yes when her heart whispered no, of giving her all to those who barely noticed.

She celebrated her victories in solitude. In family functions, at school, even at home—she was often the brightest, yet the most invisible. Nobody truly saw her. Despite her efforts, she was overlooked in groups, dismissed in conversations, and forgotten in gatherings.

She gave her hundred percent—again and again—but still felt unworthy.
Because the world around her measured her value by attention, not by effort.
They made her feel small in rooms where she should have been celebrated.

But even in those painful silences, she never stopped trying. Her resilience was stitched into every step she took.

As she grew, her shine only intensified. At university, she became a respected leader—eventually elected as the President of the Student Union. But leadership came with new trials. Personal battles, emotional exhaustion, hidden tears. And for the first time, even the strongest part of her began to bend.

A GIRL WHO REMEMBERED HER WORTH

It was then that Noorain entered her life.

A quiet admirer, Noorain had watched Sara from afar—captivated by her light, her grace, her strength. Unlike others, Noorain saw the silent storms behind Sara's smile. And when Sara was on the verge of breaking, Noorain stepped in—not with noise, but with presence.

She didn't just listen. She heard.

She didn't just compliment. She understood.

She didn't judge. She embraced.

Noorain made Sara feel special. Made her feel worthy.

For the first time in her life, Sara didn't feel like she had to earn love.

It was freely given, deeply felt, and fiercely protected.

With Noorain's unwavering love and words of affirmation, Sara began to see herself not through the lens of others' expectations, but her own worth. Noorain reminded her, **"Your happiness means a lot."**

And for the first time, Sara believed it.

That was the turning point in Sara's Life.

She stopped over-explaining.

She stopped dimming her light for others.

She stopped saying yes to be accepted—and started saying no to protect her peace.

She learned that being kind to yourself is not selfish—it's sacred.

No matter how mentally strong a person is, sometimes all it takes is one soul

one voice of belief—to transform a life. Noorain was that light for Sara.

Just as her name meant, she brought Noor-Pure light-into a dark room that had waited for years to be seen.

And now, Sara doesn't seek peace in others anymore.

She has found it within herself—

In quiet moments, in whispered prayers, and in a deep spiritual connection that anchors her.

She finally realizes:

The love she was searching for, always existed inside her.

T.K. Afsa

SHE CHOSE TO RISE

They told her, "You're a girl. Why do you dream so high?"

"Why higher studies?"

Just get married and **"Settle down"**.

But she didn't listen.

Because somewhere deep within her, a fire quietly burned

A voice that whispered, **"You are meant for more."**

She wasn't loud. She didn't seek attention. But she had vision.

While others painted her future with marriage and limits,

She imagined open doors, endless skies, and a life carved by her own hands.

There were days she felt alone.

Not everyone understood her hunger to grow, to learn,

To become something more than a name on a degree..

People called her stubborn. **"She called it strength"**.

She faced resistance and battles she had to fight alone

Questioned herself hundred times but still choose to move forward

Kept on going quietly, consistently.

She had carved herself with passion and courage

One day she stood before a crowd

Not for seeking approval but to share the truth.

And when they applauded, it wasn't just for her words.

It was for the journey she had walked, barefoot and brave.

And one day when she reaches the place they said she never could

They will say, **"She did it."**

But she will smile, because **"she knew that she would"**.

S. Sameeha Farheen

Once there was a girl, who was feeling overwhelmed.
She doubted herself; her capabilities were not enough.
She was afraid to face the world,
She thought about giving up.
But a fallen spirit needs a lifter
The lifter is her **"FATHER"**
Her father tapped her shoulder,
Gave her the sign that
She is the **"WARRIOR"**
A warrior who never gives up,
Till the last breath!

She replied within, that she will prove.
The problems didn't let go.
Her surrounding discouraged her.
People saw her as a burden.
But no one knows how the future will be.
God has the power;
He is the creator of this world.

Her strenuous efforts didn't disappoint her at last.
Her results came down as a blessing;
A reward for her hard work and determination.
The tear in her mom's eye
Was enough to give the feeling of
Satisfaction, self-pride, bravery.
She thanked God for everything.
Circumstances made sense of everything.
She looked herself in the mirror and replied,
"She is THE WARRIOR",
A warrior that made her level high.
She survived all the odds
And made things even for her.

She is the girl that once had
Issues within—anxiety, insomnia,
And what not. But remember:
God has the purpose for everyone.
If others could do it, then why can't she?
This question made her
The apple of the eye of her parents.
The proud smile of her father
Was a moment no one could define.

The scream when the results popped
Changed her life within seconds.
People said academic marks could not define,
But for me, it changed my whole world.
It made her meet an actor;
It made her meet the minister;
It made her parents overwhelmed.
It made her parents proud of their daughter.
It made her feel **"not burdened."**

She turned out to be a daughter
Whose brilliance set her apart.
A daughter is a blessing.
She fell, she rose, she claimed her throne.
Remember, **"Life is short
Prove yourself to you."**

H. Adeela Nihal

// BCA 'A'

A MOMENT THAT CHANGED EVERYTHING - WHEN I MET MY BEST FRIENDS IN A LIBRARY

A Moment That Changed Everything: When I Met My Best Friends in a Library

Some moments in life don't announce their importance — they simply happen, quietly, and then alter the course of everything. For me, that moment came in the fourth grade, when I first stepped into a library.

Until then, I had always been the child who could, by most measures, be called brilliant. I scored well, always had the answers, but school never truly interested me. The rigid structure of classrooms felt stifling. I wasn't trying to rebel — I just wanted more. More than textbooks, more than syllabus-bound learning. But my curiosity was often mistaken for overconfidence, and my restless mind didn't sit well with many teachers.

Everything changed when I was sent to a boarding school. There, for the first time, I walked into a library — and that walk felt like stepping into another world. The smell of old pages, the quiet rustle of turning leaves, the rows upon rows of knowledge waiting patiently... It felt like the library had been waiting just for me.

That moment was not just about discovering a room full of books. It was the beginning of a lifelong friendship. Books became my companions, my escape, and my educators. They didn't just teach me language or facts — they gave me life lessons, empathy, and imagination. They transported me into worlds where I could walk alongside heroes, learn from their failures, and celebrate their victories. Little did I know then, these books were preparing me for more than exams. They were preparing me for life.

Through reading, I learned how to express myself, how to truly listen, and most importantly, how to understand others. Books opened up a world where I could explore different points of view without fear or judgment. They taught me patience and nurtured my curiosity. In their pages, I found voices that echoed my own thoughts and others that challenged them, pushing me to grow.

In today's world, where anxiety, loneliness, and depression are silently battling many of us, I feel incredibly grateful for my bond with books. Whenever I'm in doubt, I turn to them. They never fail to comfort me — not just by offering answers, but by offering presence. They listen quietly, never interrupt, and always understand.

Every night, when I pour my heart out in writing or reflection, I know I'm not alone. My books are there, like old friends, ready to lend a word or simply to listen.

Looking back, that simple moment in the fourth grade — walking into a library — was when everything changed. That day, I didn't just discover a room full of books. I discovered my best friends. And with them by my side, every day continues to be a new journey of learning, dreaming, and growing.

Guest Author
Pranks (Pen Name)

EMBERS OF BROKEN DREAMS

Dreams once vivid, bright and bold,
Fade to whispers, growing cold
In the heart where hopes were born,
Now lies remnants, tattered and torn.

The world, with its relentless night,
Crushes dreams and steals the light.
Promises made, quickly fade
In the shadows, hopes betrayed

People pass, indifferent eyes
Silent judgements, subtle lies,
Words that wound, actions slight
Turning daydreams into night

Once I soared on wings of thought,
Now I'm grounded, dreams for naught
The world's weight, a heavy shroud.
Muffling the voice that once was loud.

Yet in the ashes, embers glow,
A hint of dreams from long ago,
Though crushed and broken, still they gleam,
A quiet reminder of what might have been

K. Aathikka Ruffaida

II B.Sc Psychology

MY BURDEN OF DREAMS

The ink spills shadows upon the page
Ghost of thoughts too heavy to cage.
A poet's hand, a philosopher's sigh,
Etching truths that never die!

Each word a whisper, each verse a chain,
The weight of knowing, a trace of pain
For knowledge cuts where silence heals,
Yet silence starves what wisdom feels!

They write of love, of time, of fate,
Of kings undone by what they create.
For ink and thought, once set in stone,
Can turn to thrones, or break their own.

So, tell me now, what must one do?
To speak and burn, live untrue?
For words, once written, bear their cost.
A burden found, a burden lost.

S.T. Aiman Fathima

II B.Sc Psychology

BEYOND THE HORIZON

She whispered dreams no one could hear,
Held back by doubt, held down by fear.
But sparks ignite in quiet minds—
She dared to grow, to leave behind.

From shy to strong, from still to bold,
A voice once quiet, now brave and told.
She builds, she learns, she rises high—
A girl once grounded, now touching sky.

S. Sameeha Farheen

II MCA

METAMORPHOSIS OF A MOBILE

In humble Initiation, a brick-like frame,
The first mobile phone, with antenna's name.
It weighed a pound, with keys so bold,
A mark of innovation, a tale to be told.

It evolved and swapped, with each new design,
A sleeker, smarter, and more powerful device in line.

The antenna shrunk, the keys became a screen,
A touchscreen rebellion, with a new mobile dream.

With every step ahead, it shed its old skin,
A metamorphosis of mobile, with a new life within.
It gained a camera, with a lens so fine,
An aperture to the world, with a new mobile shrine.

The apps arrived, like a swarm of bees,
A new web of life, with a mobile's expertise.
It became a wallet, a map, and a guide,
A mobile's metamorphosis, with a new world inside.

Today, a smartphone's vigour, like a magic wand in hand,
A macrocosm of knowledge, at our fingertips to command.
With AI and AR, the future's unfolding fast,
A metamorphosis of mobile, that will eternally last.

From brick to sleek, from basic to grand,
The mobile's transformation, a technological fantasyland.
It changed our lives, like a butterfly's new norm,
A metamorphosis of mobile, a narrative to transform.

METAMORPHOSIS OF BACTERIA

In primitive ooze, a solitary cell,
A bacteria born, with life to compel.
It grew and thrived, in a world untold,
A microscopic marvel, with a tale to unfold.

It adapted and varied, with each passing test,
Emerging resistance, to survive for best.
It formed biofilms, a defensive shield,
A colony of microbes, with a story to yield.

It communicated with kin, through chemical signals bright,
Coordinating action and reaction, with a synchronized light.
It enlarged and mutated, with each new generation,
A transition of form, with a new creation.

From rod to spiral, to a spherical shape,
The bacteria transformed, with a new escape.
It developed flagella, to swim and to roam
A new aspect of motility, in its microscopic home.

Through metamorphosis, the bacteria grew,
A testament to life's magnificent renew.
A tiny microbe, with a mighty will,
A story of transformation, standing still.

K.A. Khizra Kownain

III B.Sc Biotechnology

THE IMMUTABLE CHANGE

It all started in the darkness,
Inside my mom's uterus,
Though amniotic fluid surrounded me,
The warmth of her love made me flee!
When I was brought to the light,
While I held my father's finger tight,
I sensed his dreams of me in height!
Which now gives me the courage to fight!!
In the times when my dopamine of dreams drops,
All his words and love will pop,
Which gives me the ray of hope!
Altogether, these make me notto stop!!!
It was both in the dark and light,
Their words woke me when I faint,
That's when my alter ego's doubt gets revenge,
From the confidence I gain as an **IMMUTABLE
CHANGE!!!**

M. Monika

III B.Sc Biotechnology

THE DAY I FOUND MY WINGS

I was once a shadow in my own sun,
A whisper beneath the louder run,
Afraid to rise, afraid to fall,
Hiding behind my silent wall.

But life, it paused—just once to see,
A flicker of hope rise in me.
A trembling voice I barely knew,
Spoke truths I never thought were true.

"You are not small, you are just unseen,
A butterfly still in its cocooned dream."
That voice—it echoed in my soul,
And slowly, I began to feel whole.

I penned my pain, I sang my scars,
I danced beneath the quiet stars.
One step, one line, one brave refrain,
And I was never the same again.

Now here I stand, with lifted face,
Not seeking praise, just owning space.
My wings may tremble, but they're real—
Born of every hurt I feel.

Metamorphosis, a silent spark,
Lit a fire inside the dark.
And I became what no one guessed—
A voice, a flame, a soul confessed.

Kadaikar Qamar Saima

III BCA

ECHOES OF EMERGENCE

A Sea Turtle's Journey from Nest to Ocean

Beneath the dunes where no eyes see,
Where moonlight barely meets the sea,
A mother came with limbs like grace,
To carve a cradle in this place.

She came at night, in silence wide,
To let the rising stars decide.
With flippers strong, she shaped the earth—
A sacred hollow filled with birth.

Then carefully, she laid her heart—
One egg, then more, a world apart.
A hundred lives, in shells so thin,
Each one a whisper sealed within.

She buried them beneath the sand,
Then turned her shell toward sea and land.
No lullaby, no backward glance,
Just trust in tides and chance and chance.

Weeks went by, and storms rolled near,
The wind would wail; the shore would sneer.
Yet deep below, in warm embrace,
A slow and steady beat took place.

Inside each shell, a flicker stirred,
No language spoke, no thought or word.
Just life itself, in gentle bloom—
A quiet rising from the womb.

Then came a night of softest hush,
The stars above began to blush.
A signal passed through grains of gold,
The time has come, the bodies told.

One shell cracked wide, then others split,
As tiny claws began to flit.
Their eyes still blind, their limbs unsure,
But born with purpose deep and pure.

They clawed their way to air and sky,
Beneath the watch of stars on high.
The sand a mountain vast and steep,
They climbed, they stumbled, crawled, and crept.

No mother there to guide the line,
No beacon but the moon's design.
And still they moved, though small and slow,
Drawn by the sea they did not know.

The shore ahead was dark and wide,
A rhythm pulling from the tide.
The waves would crash, then pull away,
Then stretch again in wild ballet.

FRACTURED BEAUTY

A Starfish's Silent Restoration

In twilight seas where currents roam,
Where silence builds the ocean's home,
A star once clung to coral bed,
With five strong limbs it lightly spread.

It moved with calm, no need for speed,
Its beauty quiet, born from need.
It felt the world through tide and stone,
With no true voice, yet not alone.

Then came the storm—sharp teeth, a tear,
A predator with hungry glare.
One limb was seized, then ripped away,
And where there once was grace—decay.

But no scream rose, no cries of fear,
Just drifting through the blue and clear.
Where others break and bleed and fall,
The star withdrew and bore it all.

It found a cave of shadowed rest,
Where light moved soft upon its chest.
And there it stayed—days turned to weeks—
In silence, where the strong grow meek.

No healer came, no time to mend,
No helping hand, no guiding friend.
Yet still within its pulsing core,
A map of self remained in store.

The wound was not an end, but start—
A blueprint held in every part.
And so, beneath the waves so wide,
New cells awoke, and multiplied.

First, a nub, then branching spines—
Flesh rebuilt in patient lines.
No rush, no rage, no desperate pace—
Just nature moving with quiet grace.

Through moon-pulled tides, through passing shoals,
It formed again, both halves and wholes.
Until one day, as currents turned,
The limb returned, the lesson learned.

Yet now it moved not quite the same—
For pain had etched a sacred name.
It knew what loss could truly be,
And what it meant to once not see.

No mirrors rest beneath the waves,
But still, it sensed the path it braved.
It wore its scars like threads of gold—
A broken shape now fierce and bold.

For beauty isn't always whole,
Nor carved in marble, bright and cold.
It's found in things that broke, then healed,
In wounds the ocean never sealed.

So, when you see a starfish lie,
With limbs outstretched beneath the sky,
Know that within that fragile skin
A silent strength still burns within.

MOONLIT MIGRATION

The Transformation and Journey of the Monarch Butterfly

It begins with hunger, leaf and stem,
A crawling thing with quiet hymn.
Stripes of gold and black and green,
A creature small, barely seen.

Beneath the sun it feeds and grows,
Each bite a step, yet nothing shows
Of what it holds beneath its skin—
The fire, the wings, the worlds within.

Then comes a pause, a hanging still,
Upon a branch, against its will.
It twists, it bends, it forms a curl,
A sleeping shape, a folded pearl.

No eyes to see, no legs to stand,
It builds its tomb with unseen hand.
A jade cocoon, sealed tight and deep,
A place to break, a place to sleep.

Inside, it melts, it comes undone—
Its former self is overrun.
A soup of cells, a storm, a sea—
And in that chaos, destiny.

Ms. Muskan

III BCOM

The days go on, the shell grows thin,
And gold lines shimmer from within.
The shell then cracks, a soft divide,
And trembling wings unfold with pride.

First breath, first light, first trembling rise,
Beneath the watch of blushing skies.
It rests, it shakes, then dares the air—
The sky receives its silent prayer.

And yet this tale is not yet done—
For transformation has just begun.
A monarch born does not just fly—
It seeks a place where spirits lie.

It joins a swarm, a burning flame,
That moves as one, yet holds no name.
From fields of milkweed, down the line,
They cross the winds like threads divine.

A thousand miles, through storm and sun,
Their journey long, their mission one.
No map, no guide, no elder's voice—
Just instinct, carved through ancient choice.

They flutter high, then drift down low,
Through forests thick, through mountains snow.
Some will fall, their wings grown weak,
But still the line continues sleek.

And when they find that sacred wood,
Where ancestors once stood and stood,
They rest upon the trembling trees,
A tapestry on autumn's breeze.

No monarch lives to make the return,
But still the generations learn.
Their children rise when spring takes hold,
With wings of flame, and hearts of gold.

And so the cycle never ends—
From leaf to sky, from death to friends.
A legacy that rides the air—
Of fragile strength, and deep repair.

They teach us this: to change is flight,
To pass through dark, then find the light.
To travel far, though life is brief,
And find in loss, both joy and grief.

As humans, we are capable of incredible growth, adaptation, and transformation. Just like the caterpillar that transforms into a majestic butterfly, we too can undergo a profound metamorphosis, shedding old patterns, habits, and behaviors to emerge anew. This transformation can be sparked by a moment of crisis, a wake-up call, or a deliberate choice to break free from the shackles of our past.

The process of transformation begins with self-awareness, recognizing our flaws, weaknesses, and limitations. This can be a painful and challenging process, but it is essential for growth and change. As we become more aware of ourselves, we begin to let go of old identities, habits, and patterns that no longer serve us. This disintegration can be uncomfortable, but it creates space for new experiences, insights, and perspectives to emerge.

As we navigate this transformative journey, we begin to notice profound changes within ourselves. We develop a deeper understanding of our thoughts, emotions, and behaviors, and we learn to manage our emotions, responding to challenges with greater resilience and equanimity. We tap into our inner sources of inspiration, finding innovative solutions to problems and pursuing new passions. We also develop a deeper understanding and connection with others, fostering more meaningful relationships.

The power of human metamorphosis is profound. As we transform, we unlock our full potential, becoming the best version of ourselves. This metamorphosis frees us from limitations, unleashes creativity and innovation, deepens our connections with others, and empowers personal growth. We continue to evolve, learn, and adapt, embracing a lifelong journey of self-improvement.

Embarking on your own metamorphosis requires acknowledging your desire for change, recognizing the areas in your life where you'd like to transform. Seek inspiration and guidance from role models, mentors, or coaches who can support your journey. Be patient and persistent, as transformation is a process that takes time, effort, and dedication. Celebrate your progress along the way, acknowledging and honouring each small victory.

Let's see a story about a renowned personality who underwent a remarkable transformation - The Story of **Nelson Mandela**

Nelson Mandela, the former President of South Africa, is an iconic figure who underwent a profound transformation in his life. Born in 1918, Mandela grew up in a world of apartheid, where black South Africans were treated as second-class citizens.

Mandela became involved in the fight against apartheid at an early age. He joined the African National Congress (ANC) and quickly rose through the ranks. However, his activism came at a great cost. In 1962, Mandela was arrested and sentenced to life imprisonment for his fight against apartheid.

During his 27 years in prison, Mandela underwent a remarkable transformation. He went from being a young, angry activist to becoming a wise and compassionate leader. He spent his time in prison reading, writing, and reflecting on his life.

Mandela's transformation was not just about personal growth; it was also about strategic calculation. He realized that the only way to bring about change in South Africa was to work with his enemies, rather than against them.

In 1990, Mandela was released from prison and began to work towards a democratic South Africa. He engaged in secret talks with the apartheid government, which ultimately led to the country's first democratic elections in 1994.

Mandela became the first black President of South Africa, serving from 1994 to 1999. During his presidency, he worked tirelessly to heal the wounds of apartheid and build a more equitable society.

Mandela's transformation is a testament to the human capacity for growth, forgiveness, and compassion. He went from being a prisoner to becoming a president, and his legacy continues to inspire people around the world.

This story illustrates the key themes of human metamorphosis, including:

The catalyst for change - **Mandela's imprisonment**

The process of transformation - **Mandela's personal growth and strategic calculation**

The emergence of the new self - **Mandela's presidency and legacy**

Remember, the metamorphosis within is a lifelong journey. Embrace the process, and you'll emerge transformed, renewed, and reborn.

Ms. B. Sakthimala

*Chief Administrative Officer
MKJC*



ACADEMIC METAMORPHOSIS - EVOLVING FROM EDUCATORS TO LEADERS AT MKJC

Metamorphosis in academia is about self-renewal. In higher education once positioned faculty as knowledge transmitters. Today, they are expected to be knowledge creators, community builders, institutional architects, and visionary leaders. Education is no longer confined to chalkboards and textbooks - it has undergone a metamorphosis. The 21st century educator is not just a transmitter of information, but a guide, facilitator, innovator, curriculum designer, learning facilitator, mentor and lifelong learner. This transformation metamorphosis demands a multidimensional evolution that integrates intellectual rigor, emotional intelligence, ethical grounding, and human centered leadership.

Metamorphosis is not merely a change in form, but in essence. Today's academic educator must evolve from a knowledge-provider to a knowledge-creator, from an authority figure to a co-learner. This transformation is the moment that changes everything-how we teach, how students learn, and ultimately how society progresses.

This metamorphosis is not optional, but is essential, and it is incomplete without social justice. At MKJC, the following transformative changes are projected,

1. Educators must shift from being the **"sage on the stage" to the "guide on the side."**

2. Rather than merely covering the syllabi, educators must focus on,

§ Learning outcomes

§ Skill development

§ Employability and entrepreneurial mindsets

§ Encourage holistic thinking, Design cross-curricular modules

§ Promote research that bridges science, arts, and technology

§ Policy documents

§ Autonomous regulations and other guidelines

§ Their specific role and responsibilities

3. Metamorphosis also involves the heart, not just the head. With rising mental health issues and generational gaps, educators must,

§ Practice empathy and inclusiveness

§ Be mentors, not just teachers

§ Provide academic and personal guidance

§ Manage time properly

Modern educators must be approachable, sensitive to diversity, and trained in psychological first aid.

4. Embracing Digital Pedagogy

Today's teacher must

§ Be fluent in using institutional level software like Learning Management Systems (LMS), ISO software, Hi-Grade software.

§ Integrate tools like Google Classroom, Canva, Zoom, and interactive simulations.

The educator must not just use technology but also evaluate its pedagogical relevance and ethical implications.

5. Focus on Competency-Based and Outcome-Oriented Education

Educators must know

§ Outcome-Based Education (OBE) frameworks

§ Curriculum and National Credit Framework (NCrF)

§ Bloom's taxonomy

§ National education frameworks (like NEP 2020),

§ The Academic Bank of Credits (ABC) system.

§ National Academic Depository (NAD)

Educators must design rubrics, conduct formative assessments, and ensure learning retention and application.

6. Promoting Research and Innovation

Academic educators should

§ Involve students in research and publications

§ Promote inquiry-led experimentation and fieldwork

§ Aligning with SDGs, national missions, and industry research needs

They must move from rote learning to fostering original thought and knowledge creation.

7. Institutional Engagement and Leadership

Modern educators should

§ Maintain academic integrity

§ Contribute to curriculum development

§ Be part of IQAC, NAAC, NIRF, and NEP policy alignment

§ Mentor peers, engage in community service, and contribute to institutional growth

· Finally, Academic Staff should shift to become Institutional Leaders who are influencers, supporters, active listeners, mentors, problem solvers, collaborators, communicators and who lead by example, lead with empathy, build trust, empower others and focus on solutions, who are service minded, humble, faithful, genuine, consistent, givers of real appreciation, clear and direct, patient, honest, sincere and build more meaningful relationships with students and colleagues, finally with humanity.

Very importantly, leaders should be Democratic and Transformational leaders, instead of Autocratic and Transactional leaders.

The educator's metamorphosis is the seed from which a transformed generation will bloom.

"When a flower doesn't bloom, you fix the environment in which it grows, not the flower."

- Alexander Den Heijer

Dr. V. Magendira Mani

*Research Coordinator,
Department of Biochemistry*



ANALOGUE PANEER: THE HIDDEN TRUTH BEHIND YOUR FAVOURITE DAIRY DELIGHT

A staple of Indian cooking for a long time, paneer is traditionally made by curdling fresh milk with a food-grade acid. It is praised for its rich nutritional content, mild flavor, and creamy texture. But due to supply chain shortcuts brought about by growing demand, analogue paneer, a less well-known and perhaps dangerous variation has emerged. Goods that imitate the feel and functionality of milk-based goods but are created using non-dairy substances that partially or entirely replace real milk components are referred to as analogues by the **Food Safety and Standards Authority of India (FSSAI)**. Imitation paneer is simply not prepared from pure milk. Usually made up of vegetable oils, flours, and milk solids instead, it may have the appearance of paneer, but lacks its quality, authenticity, and nutritional value. Remarkably, these alternatives may also be harmful to your health. Customers are frequently responsible for spotting fake paneer, even though the **FSSAI** has strict laws in place to oversee such adulteration. Fortunately, there are a few easy tests you can do at home. Real paneer is distinguished by its texture and aroma: authentic paneer is firm but slightly crumbly and has a fresh, milky scent, while imitation paneer may feel rubbery and have no dairy aroma.

Manufacturers must legally disclose whether a product is an "**analogue**" or contains fake substances, so always read labels carefully. When paneer is crumbled by hand, it shouldn't turn out too powdery. If starch is present, cooking a piece of paneer and then adding iodine tincture will turn it blue. Crushed arhar dal or soybean powder can be added to cooked and chilled paneer to identify dangerous compounds like urea or detergents; if the paneer becomes scarlet, it is contaminated. Furthermore, a heat test can reveal phony paneer since counterfeit paneer may melt unevenly or release too much water, whereas real paneer browns slightly or crumbles when heated. Being aware and alert is essential in a time when the legitimacy of food is being questioned more and more. Imitation paneer frequently sacrifices taste, nutrition, and safety even if it may be more readily accessible or less expensive. Customers can ensure that paneer on their plate is not only tasty, but also authentic and nutritious by doing a few simple checks.

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METAMORPHOSIS - A REFLECTION

Whenever I hear the word metamorphosis, the first thing that comes to my mind is Franz Kafka's book The Metamorphosis. If you haven't read it yet, it's worth a try. The story is about a man named Gregor Samsa, who wakes up one morning to find that he has turned into a giant insect. Sounds strange, right? A man suddenly becomes a bug—then what?

But here's what really made me think: even after something shocking, life around him doesn't stop. What's more painful is how his own family starts to ignore him. They don't try to understand what happened or help him. Instead, they slowly shut him out of their lives. That's the part that really stuck with me.

The story isn't just about turning into an insect. It's about feeling left out, being alone, and how people treat you when you're no longer useful to them. Even though it's fiction, it reflects something real. In life too, people often stay around during the good times. But when things go wrong, you're mostly on your own. And later, they'll just say, you should have done better.

Kafka shows us that real change, or "Metamorphosis," often happens when we go through tough times. That's when we learn to rely on ourselves. If we want to grow or improve, we have to start by valuing ourselves instead of worrying too much about what others think. As the saying goes, charity begins at home —and so does self-growth.

இருண்மை பயணத்தில்
கொஞ்சம் சதையைக்
கொத்தி தின்னும் மாய கொக்குகள்
தள்ளாடும் தாளம்போடும் தயக்கம் கொள்ளும்

ஊமை பின்னல்கள் ஊஞ்சலாட
சிதைந்த படிமத்தின் இருப்பிடமாய்
சிந்தை தெளியாத பேதையாய்
மாற்றம் இல்லாமல் குருதியொழுகும்
வகையாடும் வண்ண கிளி
வலுவிழுந்து வழியும் குருதியை
என்னுள் சிந்துங்கள்
நான் எழுதி தீர்க்கிறேன்
உன் தீரா பக்கங்களை
எச்சத்தில் மிச்சமாய்..
எழுத மறுக்கும் அவளை
அவளாக....
முடியுமா?



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பேனா விடுதூது

துரிதமாக நகலெடுக்க நீ இருப்பினும்
வியாபார வஞ்சனைகள்
விரித்து செய்கையாட
தீரா தீர்வெடுக்கும் முனை
திக்கித் திக்கி மூச்சிமுட்டி மூலையில்..

நான் சொல்வதை முகம் சுழிக்காமல் கேள்



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மனச்சுமை

ரமணரைத் தரிசிக்கப் பலரும் காத்திருந்தனர். அவர்களுள் வெளிநாட்டவரும் சிலர். ரமணர் மெள்ள நடந்து வந்தார். எல்லோரும் எழுந்துநின்று இருகரம் கூப்பி வணங்கினர். பசுமாடு ஒன்று அவரை நெருங்கி நின்றது. அதைத் தன் கரங்களால் வருடிக்கொடுத்தார். அது தன் கண்களை மூடி ஒரு யோகியைப்போல அசைவற்று நின்றது. அவர் தாய்மையின் சாயலில் பார்த்தவாறு மெள்ள வந்து ஒரு திட்டின் மீது அமர்ந்தார். பக்தர்கள் தரையில் அமர்ந்தனர். ஒவ்வொருவரும் தன்மீது ரமணரின் அருட்பார்வை நின்று போகாதா என்ற ஏக்கத்தோடு இருந்தனர். சற்றுத்தொலைவில் ஒரு வெளிநாட்டுக்காரர் தரையில் அமரமுடியாமல் மிகவும் சிரமப்பட்டார். பின்னர் ஒரு திட்டின் மீது அமர்ந்துவிட்டார். சுற்றியிருந்த சிலர் அவரைத் தன் பார்வையாலேயே பழித்தனர். அதை உணர்ந்த ஒரு ஆசிரமத்தொண்டர், 'இப்படிச் சாமிகளுக்குச் சமமாக உட்காரக்கூடாது எனக் கண்டித்து வெளியில் அனுப்பிவிட்டார். இது பலருக்கும் சரி என்றே பட்டது. இதைத் தொலைவில் இருந்த ரமணர் கவனித்துவிட்டார். அந்தப் பணியாளரை அருகில் வரும்படிக் கையசைத்தார். அங்கு என்ன நடந்தது எனக் கேட்டறிந்தார். "சாமி உங்களுக்கு முன்னாடி எல்லாரும் தரையில் அமர்ந்திருக்காங்க. ஆனால், அந்த ஆள் மட்டும் கொஞ்சம்கூட மரியாதை இல்லாமல் உங்களுக்குச் சமமா திட்டில் அமர்ந்தார். அதனாலதான் அவரை வெளியே அனுப்பிட்டேன்" என்றார்.

"ஏம்பா தரையில் அமர்ந்தால் மரியாதை, மேல உட்கார்ந்தால்

மரியாதை இல்லையென்னு உனக்கு யார் சொல்லிக் கொடுத்தது?.

அதோபார் அந்த மரத்தில் குரங்கு என்னைவிட உயரத்தில

உட்கார்ந்துட்டு இருக்கு. இப்ப அதை என்ன பண்ணப்போற?. போய் அந்த

மனிதரை அழைச்சிட்டு வா " என அனுப்பி

வைத்தார். வெளியேற்றப்பட்ட அயல்நாட்டுப் பயணி

மிகுந்த ஆவலோடு ரமணரை நெருங்கி வந்தார். ரமணர்

தன் கண்களாலேயே அந்த மனிதரின் ஆன்மாவை வருடிக் கொடுத்தார்.

'இதுவெல்லாம் மரியாதை' எனப் பட்டியலிட்டு, அதை

எதிர்ப்பார்க்கிற எண்ணமே நமக்கு மிகப்பெரிய மனச்சுமை' என்ற

பாடத்தை, இச்சம்பவத்தின் வழியாக அங்கு வந்திருந்தவர்களுக்கு

ரமணர் புரியவைத்தார்.



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தன் தாயின் ஜனனம் (வட்டார வழக்கு)

எதுக்கு இப்படி இங்கேயும் அங்கேயும் அழுதுனே நடந்துகிட்டு இருக்கிறா? என மூன்று வீடு தள்ளி இருக்கும் தாமரை திரௌபதியைப் பார்த்து ஏ.. என்னாடி ஆச்சு. எதுக்கு இப்படி தவிக்கிற என்றாள். புள்ளைக்கு இடுப்பு வலி வந்துடுச்சு..

என்னால புள்ள படுறத பாக்க முடியலயக்கா. தவிக்குறா. எனக்கு உசரே போற மாதிரி இருக்கு.

நல்லபடியா பெத்துக்குவா கவலைப்படாத.. நீ போயி உள்ள பாரு என்றாள்.

என்னய உள்ள விடமாட்டாங்குறாங்க. அவ அம்மா.. அம்மான்னு கத்துறா. அவளையும் திட்டுறாங்க.. எனக்கு வயிறு எல்லாம் பிசுக்குது அக்கா என்றாள்.

கற்பகம்பாளிடம் இப்ப என்ன நிலமை என்றதற்கு நீ பயப்படாதடி நாங்க

இத்தனை பேர் இருக்கிறோமில்ல பாத்துக்கிறோம். நீ கொஞ்சம் தவிக்காம இரு என்றதும் ஹாஸ்பித்தரிக்குத் தூக்கிட்டுப் போயிடலாமா. வேணாமடி இங்கேயே ஆயிடும். தல தெரியுது. இன்னும் செத்த நேரத்துல பிறந்துடும்.

யம்மாடி கொஞ்சம் வலி பொறுத்துக்கோ. வலி வரும்போது கீழ்நோக்கி முக்கு

எம்மா ரொம்ப வலிக்குதா என்றாள். அஞ்சு பிள்ளை பெத்தவ மாதிரியாடி பேசுற.

வலிக்காம இருக்குமா. சின்னப்புள்ள யக்கா. மொத குழந்தையக்காஅதா..

அம்மா... என்ற குரலைக்கேட்டதும் என் புள்ள கத்துதே. ஆண்டவா சீக்கிரம் தாய் வேற

புள்ள வேறன்னு ஆயிடனும். துணிய கொண்டு வா என்று சொன்னதும் புள்ள

பொறந்துருச்சா என்று கேட்டாள். செத்த அழதாதஇருடி. நீ கொஞ்சம் தூரத்துல போ

குழந்தை அழுகிற சத்தம் கேட்டா வா. என்றாள் கற்பகம்மாள்.

அவங்க அப்பா எங்க. அதோ அங்க. இவ்ளோநேரம் கோயில இருந்தாரு.

இப்போ சத்தம் கேட்காத தூரத்துக்குப் போயி நிக்கிறாரு. காலையில் இருந்து

டென்ஷன்ல மூணுநாலு கட்டு பீடிய ஊதி தள்ளிட்டாரு.

வீர்.. என்ற சத்தம் கேட்டதும் ஓடி வந்து வாசல் படியில நுழையும் முன்பே

இந்தாடியம்மா உன் பேத்தி உன்ன மாதிரியே இருக்காபாரு என்று கூறியதைக்

கவனிக்காமல் தன் மகளின் முகத்தைத் தொட்டபோது கண்ணீர் துளி அவளின் முகத்தில்

விழுந்தது.

அன்று ஜனனமானது பிஞ்சு குழந்தை மட்டுமல்ல மகளின் பிரசவ வலியைப்

பார்த்துச் செத்துப் பிழைத்த திரௌபதியும்தான்.



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வெற்றிகரமான தலைமைத்துவத்தில் உணர்ச்சி நுண்ணறிவு மற்றும் பச்சாதாபத்தின் செயல்பாடு

“தலைவர்கள் தங்கள் குழுக்களுடன் அர்த்தமுள்ள மற்றும் உற்பத்தித் திறன் கொண்ட உறவுகளை உருவாக்க பச்சாதாபம் மற்றும் உணர்ச்சி ரீதியாக புத்திசாலித்தனமாக இருக்க வேண்டும். மற்றொரு நபரின் உணர்வுகளைப் புரிந்துகொள்வதும் உணர்வதும் பச்சாதாபம் என்று அழைக்கப்படுகிறது. தலைவர்கள் தங்கள் குழு உறுப்பினர்களின் பிரச்சினைகளைத் தீர்மானிக்கவும், பொருத்தமான ஆதரவை வழங்கவும், கண்ணியமான மற்றும் உள்ளடக்கிய பணியிடத்தை வளர்க்கவும் இதைப் பயன்படுத்தலாம். பச்சாதாபத்துடன் கூடுதலாக, உணர்ச்சி நுண்ணறிவில் சுய விழிப்புணர்வு, சுய கட்டுப்பாடு, உந்துதல், பச்சாதாபம் மற்றும் சமூக திறன்களும் அடங்கும். உயர் உணர்ச்சி நுண்ணறிவு கொண்ட ஒரு தலைவர் தனது சொந்த உணர்ச்சிகளை அடையாளம் கண்டு ஒழுங்குபடுத்தவும், அழுத்தத்தின் கீழ் அமைதியாக இருக்கவும், உந்துதலாக இருக்கவும், மற்றவர்களின் உணர்ச்சி நிலைகளைப் புரிந்துகொள்ளவும், சமூக சூழ்நிலைகளை நேர்த்தியுடன் வழிநடத்தவும் முடியும். இந்த பண்புகள் கஷ்டங்களை எதிர்கொள்ளும் போது விடாமுயற்சி, நல்ல செல்வாக்கு மற்றும் உத்வேகம், சமமான தகராறு தீர்வு மற்றும் பயனுள்ள தொடர்பு ஆகியவற்றை செயல்படுத்துகின்றன. பச்சாதாபம் மற்றும் உணர்ச்சி நுண்ணறிவை உருவாக்குவது தலைவர்கள் ஒரு கூட்டு, ஆதரவான பணிச்சூழலை உருவாக்க உதவுகிறது, அங்கு ஊழியர்கள் மதிப்புமிக்கவர்களாகவும் உந்துதலாகவும் உணர்கிறார்கள், இறுதியில் குழு உற்பத்தித்திறன் மற்றும் வணிக வெற்றியை அதிகரிக்கிறார்கள்.



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என் தாயல்லவா

உன்னில் நான் உயிராக உன் கருவில் உருவாக பெற்றெடுத்தாய் என்னை உன் மகனாக
வரம் ஏதும் வாங்கவில்லை, தவம் ஏதும் செய்யவில்லை, கண்டேன் உன்னை என் தெய்வமாக
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என் அசைவுக்கும் அர்த்தம் சொன்னாய், கொஞ்சி பேசி கதைகள் சொன்னாய்
சிரிப்பினிலே பாடம் சொன்னாய், என் உளறல்களை கவிதை என்றாய்
நான் விழுந்தேன் நீ அழுதாய், நான் சிரித்தேன் நீ ரசித்தாய்
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அன்பும் பண்பும் எண்ணில் ஊட்டினாய்
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எழுந்து வா

எதையும் தாங்கிவிடும் இதயம் இருந்தால் இமயம் தூரமில்லை எழுந்து வா!
பற்றி எரிகின்ற வேட்கை இருந்தால் வெற்றி தேடி வரும் எழுந்து வா!
வானம் தூரமில்லை தோழா கடலும் ஆழமில்லை.
உந்தன் முயற்சியில் நம்பிக்கை இருப்பின் எதுவும் சாத்தியமாகும்
கனவுகள் கண்டிடு அதனை நிஜமாக்க உழைத்திடு.
உந்தன் உழைப்பினால் உந்தன் உணவுண்டு என்றும் நலமாய் வாழ்ந்திடு

விதி என்று கலங்காதே மதி கொண்டு வெல்லலாம்
தடைகளை தகர்த்தெறிந்து துணிந்து நீ எழுந்து வா !



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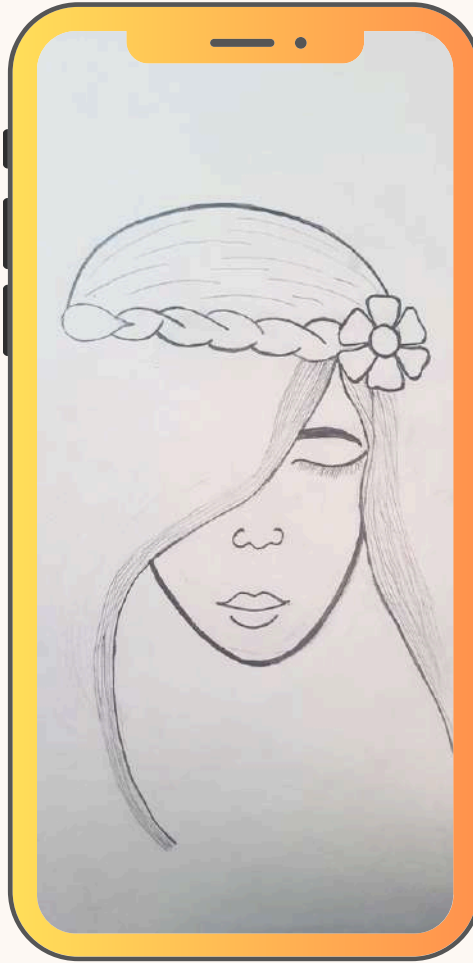
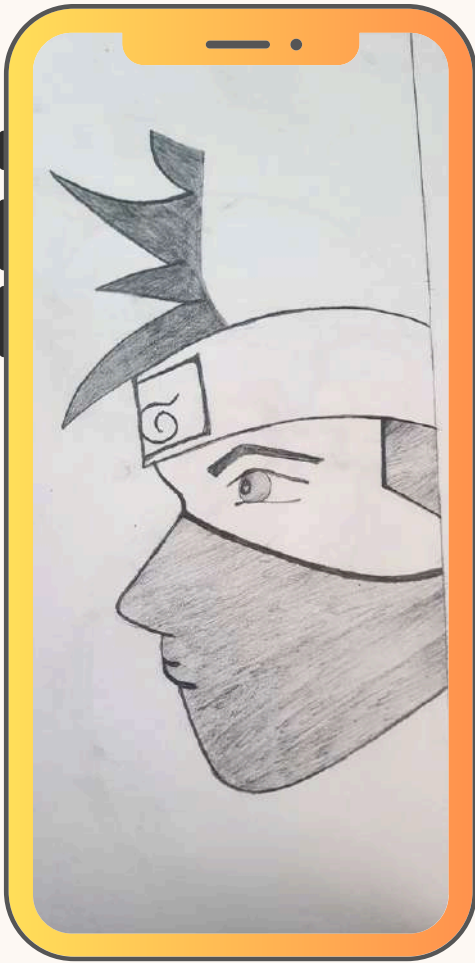
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