



MARUDHAR KESARI JAIN

College for Women (Autonomous)

32 Years of Educational Excellence

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INSTITUTION'S INNOVATION COUNCIL
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4 STAR Rating

MKJC INKWELL



*Where
Imagination
Meets Words*



**BUILDING RESILIENCE
THROUGH SELF CARE**

CONTENTS

- Short Stories
- Essays
- Poems
- Art





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. Rathanlal 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 inspiring magazine issue! 'Resilience Through Self-Care' is such a timely and crucial theme, reminding us all of the importance of nurturing our minds, bodies, and spirits. Wishing you all the best for its success and impact on readers!

Sri. M. Vimmal Chand Jain

Co-Chairman's Message



My best wishes to the entire team of students and editors on the launch of this fantastic magazine issue! 'Resilience Through Self-Care' is a powerful reminder that taking care of ourselves is essential to navigating life's challenges. Wishing you continued success and a wide readership!

Sri. C. Lickmichand Jain

President's Message



I am glad to see the third edition of MKJC Inkwell showcasing inspiring articles on resilience and self-care. May this edition inspire and uplift readers everywhere, promoting a culture of self-love and wellness that will help navigating hardships and bouncing back stronger.

Sri. V. Dilip Kumar Jain



Congratulations to the students and the teaching fraternity on the release of the third issue of MKJC Inkwell! 'Resilience Through Self-Care' is a timely and thought-provoking theme that will surely resonate with many. I look forward to many more impactful issues and conversations in the future through the magazine!

Sri. Anand Singhvi

Message from the Principal

Heartfelt congratulations to the entire team on the successful release of the third magazine issue themed 'Resilience Through Self-Care'!

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.

Reading through this magazine, I am happy for this remarkable achievement that showcases MKJC community's dedication, creativity, and commitment to promoting well-being and positivity. I'm proud to see our students and faculty come together to create such an inspiring and thought-provoking publication. Wishing continued success and many more accomplishments in the future!

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



From the Editorial Desk

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

The theme for this issue is "Building Resilience through Self-care"

Resilience is the capability to withstand, bounce-back and adapt in the face of adversity, trauma and stress in life. As students and faculty navigate the challenges of academic life, it is essential that we prioritize, emotional, mental and physical wellbeing and develop strategies to build resilience. Self-care refers to intentional activities that promote emotional, mental and physical well-being.

We are excited to have received such reflexive articles from students and faculty that allow us to collectively explore the intersection of resilience and self-care in great detail.

In this issue, we feature stories of individuals who have faced incredible challenges and have come out stronger on the other side, thanks to their commitment to self-care. By baring their vulnerability through these stories these writers have displayed commendable mental resilience. That is why we are humbled as much as we are inspired by these immensely moving personal anecdotes. The articles in this issue also highlight practical strategies and tips for incorporating self-care into our daily lives, from mindfulness, journaling and meditation to exercise and creative pursuits.

As we reflect on the importance of resilience and self-care, this issue is a reminder that resilience through self-care is not an individual pursuit, but a collective one. We the teaching and learning community have the responsibility to create a culture that values and supports self-care, where taking care of ourselves is seen as a strength, not a weakness.

We hope that this issue inspires you to prioritize your own self-care, and to join the MKJC fraternity of individuals who are committed to building resilience by promoting self-care.

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.

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Director - Teaching Learning Centre



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Abinaya Anguraj's first prize and award winning essay at the **Essay and Poster/Infographics Competitions 2024-25: The BEST or LAST Generation!**
Conducted by the **JRD Tata Foundation for Business Ethics, XLRI,**

The BEST or LAST Generation

Abstract

This century feels less like a continuation of the past and more like a pause before a leap—or a fall. Tools like artificial intelligence and climate technology give humanity powers once thought impossible. Yet, these same tools pose dangers when used without foresight. This essay reflects on the fragile moment the world inhabits today. Through the lenses of technology, environmental sustainability, intergenerational learning, youth leadership, and ethics, it explores what might define whether this generation is remembered as the best—or the last.

Keywords

Artificial Intelligence, Sustainability, Ethics, Youth Leadership, Coexistence, Moral Technology

Introduction

What truly shapes a generation? Is it what it builds, or what it protects? When knowledge outpaces wisdom, can progress still be called progress? These questions carry more weight now than ever. Artificial intelligence automates decisions once made by human conscience. Climate systems respond less like seasons and more like symptoms. Inequality moves from boardrooms into code. The world does not wait.

John F. Kennedy once warned that this generation could be remembered as either the best or the last (Kennedy, 1961). Today, that feels less like a prediction and more like a warning carved into history's wall. Drones teach students in villages. Algorithms forecast pandemics. Satellites monitor forests. Yet, the same systems can isolate communities, replicate injustice, and erase livelihoods with a line of code.

This essay explores whether current choices will lead toward flourishing or failure. It examines not only the tools at hand but the values that guide them.

Thesis Statement:

A generation is not defined by its inventions, but by the wisdom with which it uses them. The distinction between becoming the best or the last depends not on power, but on purpose.

1. Artificial Intelligence: When Smart Isn't Always Wise

Artificial intelligence now influences every sphere, from medical diagnoses to public surveillance. Yet, it replicates the same biases and blind spots of those who design it. Algorithms filter reality through invisible rules, often without accountability. A system without ethical grounding becomes a reflection of unchecked human error.

The challenge is not intelligence, but judgment. Governance and ethics must shape how machines are built, trained, and deployed. Without this, progress accelerates—but directionless.

2. Climate Crisis: No More Later

Rising sea levels, disappearing biodiversity, and extreme weather patterns are not signs of a distant apocalypse—they are evidence of present neglect. The Intergovernmental Panel on Climate Change (2023) warns that the window to act is closing. Yet, responses remain fragmented, delayed by bureaucracy or sidelined by profit.

India's Mission LIFE offers a local yet scalable model rooted in conscious consumption and behavioural reform (Modi, 2022). What remains is the will to expand such blueprints globally.

3. Youth and the Responsibility of Now

Young people today are not merely inheritors of consequence—they are agents of influence. From classrooms to codebases, activism to agriculture, they are reshaping priorities. Yet, digital distractions and systemic inequalities often cloud that potential. Leadership rooted in depth, not just visibility, is required. Purpose-driven education, ethical innovation, and social responsibility must replace competition without compass.

4. Inclusion: More Than a Metric

A society divided cannot progress. When technology uplifts some and leaves others behind, it does not represent advancement—it represents imbalance. From biased algorithms to rural inaccessibility, inequality has taken new forms.

True inclusion means designing systems that listen first and decide later. Diversity must not be symbolic but structural. This is not a slogan—it is survival.

5. Ethics in Innovation: The Blueprint Often Missed

New inventions excite, but few ask—what values lie behind them? Ethics is often introduced too late, after harm has been done. Facial recognition fails minorities. AI chatbots amplify stereotypes. Even life-saving medical AI can misjudge due to incomplete data.

Ethics must become embedded in design. The UNESCO AI Ethics framework is a starting point—but translation into local action is essential.

6. Intergenerational Dialogue: Learning Beyond Time

Solutions do not always require novelty—sometimes they require memory. Elders carry stories of endurance, resilience, and reinvention. Ignoring them is not progress—it is arrogance.

True leadership allows curiosity and caution to exist together. When ambition listens to experience, it creates wisdom.

7. Media Literacy: Truth in the Digital Storm

In the age of misinformation, confusion spreads faster than fact. Without the ability to evaluate, filter, and question, a society becomes vulnerable to manipulation. Polarisation deepens. Public trust crumbles. As Martin Luther King Jr. warned, communities that fail to unite perish as fools (King, 1968).

Teaching media literacy in schools and public policy isn't an option—it is a defence. Future generations must know how to navigate a digital sea without sinking in falsehoods.

8. Collective Action: Beyond Individual Goodness

Good intentions are no match for systemic threats. Climate change, global inequity, and technological misuse cannot be solved by individual virtue alone. Multilateral platforms like the UN, the G20, and grassroots alliances are essential.

Cooperation does not dilute effort—it amplifies it. Where unity exists, impact follows.

9. The Power of Local Innovation

While global technology dominates headlines, some of the most impactful solutions emerge from local contexts. Small-scale solar grids in villages, bio-brick innovation in flood-prone zones, or traditional farming revived through climate-resilient methods—these show that innovation isn't only in labs, but also in lived wisdom.

Empowering local innovation means funding, visibility, and protection. It calls for an ecosystem where grassroots thinkers are not left invisible in policy tables. A generation that uplifts its most grounded minds builds resilience from the soil upward.

10. Philosophy and Reflection: Time to Pause

The modern world races to solve—but rarely stops to ask why. Philosophy teaches the art of questioning beyond coding and commerce. Reflection on justice, mortality, nature, and ethics should not be afterthoughts, but integral to how society educates, legislates, and innovates.

A generation that reflects deeply is not slow—it is stable. Technology built without philosophical grounding may become efficient but empty. To be the best generation requires not just doing more—but thinking better.

11. Ethical Economics: Growth with Justice

Economic growth without equity deepens social fragility. Modern economies often reward speed, scale, and speculation, sidelining fairness and human dignity. When AI automates decision-making in finance, or when resource extraction outpaces regulation, prosperity becomes concentrated and exclusion normalized.

Ethical economics calls for rethinking wealth—not as accumulation, but as distribution with dignity. Models that blend market logic with social welfare, like circular economies and cooperative platforms, can reshape capitalism to serve communities, not consume them.

12. Silence: The Metric of a Mature Generation

In an era dominated by noise—digital alerts, viral content, opinion wars—the value of silence has all but vanished. Yet silence is not emptiness. It is a space where reflection begins, where wisdom is born. The best generation will not be the loudest, but the one that pauses before reacting, listens before coding, and understands that not all progress requires proclamation.

In policymaking, silence offers room for deliberation. In relationships, it signals presence. In science, it allows for observation beyond assumption. In culture, it preserves stories that speak not through volume, but through depth. The last generation may be the one that mistook motion for meaning; the best will know when stillness holds more than speed.

Cultivating silence in education, leadership, and technology is not regression—it is revolution. The strength to be still in a hyper-stimulated world may be this generation's greatest innovation.

Counterargument and Rebuttal

Some believe technology will evolve to fix its own flaws. But history warns otherwise. Every major advancement—from the steam engine to nuclear energy—has left scars when used carelessly.

Waiting for course correction without intervention is not optimism—it is surrender. Intention must shape invention.

Proving the Thesis

Across all sectors—AI, climate, youth leadership, equity, and innovation—one truth emerges: tools are neutral. It is the values behind them that determine outcome. Without ethical direction, power can be wasted—or weaponised.

Conclusion

This is not simply an era of advancement. It is an era of decisions that cannot be undone. The responsibility to guide tools with wisdom belongs to this generation.

Thesis Restated:

A generation is remembered not for what it created, but for what it cared for.

Scope for Further Study:

Educational systems must prioritise moral literacy alongside digital skills. Policies must evolve with foresight. Public dialogue must include ethics—not as theory, but as necessity.

Final Reflection:

"Technology is a useful servant but a dangerous master." – Christian Lous Lange (Lange, 1931).

This is the generation that must choose who commands whom.

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“Becoming the Girl Who Will One Day Serve the Nation”

Introduction

When someone asks me what I want to become, I don't recite a rehearsed line. I don't talk about power, rank, or status. I simply say, “I want to serve the nation.” That answer has stayed with me – not as a tagline, but as a compass. It guides my choices, my habits, and the way I carry myself, even now, as a student.

I haven't started my UPSC preparation yet. I don't have a timetable packed with coaching classes and mock tests. But I know that the real preparation doesn't begin with books – it begins with who I am becoming every single day.

This is the story of that journey – not of what I have already achieved, but of how I am becoming the girl who will one day serve the nation.

Living in the Present, Aware of the Future

I am a student of Economics. I attend classes, complete assignments, study for exams like every other student. But I also carry something else – a quiet fire, a deep-rooted ambition that doesn't scream for attention. It simply sits with me as I go about my day.

I serve as the Vice Chairman of my College Union. I participate in national essay competitions. I perform on stage. I lead, I present, I represent. All of this may look like a list of roles, but for me, they are not just titles. Each one of them teaches me something vital – responsibility, time management, teamwork, discipline, courage.

I don't see these as distractions from my goal. I see them as training.

When I stand before a group of students and speak, I learn how to communicate with clarity.

When I write an essay for a national competition, I train my mind to organize thoughts, question issues, and build solutions.

When I plan a student activity or navigate group dynamics, I learn how to lead without dominating.

All of this matters because one day, I don't just want to clear a civil services exam. I want to understand people, policies, and problems deeply – and that starts now.

The Pressure Behind the Applause

People often see the visible part of success – the stage moments, the awards, the applause. But what they don't always see is the effort behind it: the sleepless nights before an event, the fear before speaking, the tired eyes after balancing deadlines with responsibilities.

Sometimes, I feel like I am expected to be “on” all the time – available, responsible, composed. And while I'm grateful for every opportunity that comes my way, I've also learned that being “everything” for everyone can leave you feeling like nothing for yourself.

That's when I understood the true meaning of resilience. It's not about never falling. It's about learning how to fall and yet stand back up without losing yourself.

Self-Care Is Not a Trend – It's a Strategy

There was a time I thought rest was weakness. I thought taking a break would slow me down or make me seem less capable. But slowly, I realized something powerful – that rest is not a luxury; it is a necessity. Self-care is not an excuse; it is a preparation.

Today, self-care is part of how I grow. It's not spa days and shopping lists. For me, it's the little, intentional acts I do to stay emotionally grounded and mentally sharp:

- Spending time journaling after a chaotic day,
- Listening to music that resets my mood,
- Going for a walk without my phone,
- Saying “no” to things that overwhelm me,
- Letting myself pause without guilt.

This is how I protect my clarity. Because I believe that anyone who wants to serve the country must first learn to serve their own mind and body with discipline and compassion.

A leader who doesn't know how to pause, ends up making impulsive decisions; and in a country as vast and complex as India, that pause and that clarity matters.

Not in Coaching, But Always in Training

I often remind myself: UPSC preparation may start later, but nation-building starts now. Every decision I make, every action I take, reflects the kind of civil servant I want to be.

When I write with purpose, I'm preparing to write policies.

When I speak with conviction, I'm preparing to address communities.

When I choose empathy over ego, I'm preparing to represent people who feel invisible.

So, no, I haven't entered a coaching centre yet. But I am in training – for life. And this training happens everywhere: in classrooms, on stages, in quiet reflections, and in moments when I choose resilience over reaction.

Leadership Beyond the Label

Leadership is not about holding a microphone or giving orders. It's about showing up even when I am tired. Listening even when I disagree. Standing up for others even when it's inconvenient.

I've seen how small efforts lead to big impact – how organizing one student event can uplift a class, how representing someone's concern in a meeting can make them feel heard, how responding with patience can turn resistance into cooperation.

If I want to one day serve the nation, I must first learn how to serve my immediate community. That's what college leadership is teaching me. It's not glamorous, and it's rarely easy. But it's shaping me in ways that no textbook can.

Learning Through Service, Not Just Study

I've learned that preparing for public service isn't only about studying policies – it's about living them. Understanding what fairness feels like. Experiencing how decisions affect real people.

I've seen how a small scholarship changes a student's life. I've spoken to classmates who struggle with family pressure. I've helped friends through mental health struggles, without fanfare, just by being present. These moments don't earn medals. But they remind me why I want to serve – not for authority, but for accountability. Not for status, but for change.

When I Grow Up...

When I grow up, I want to become the kind of officer who listens – truly listens.

One who respects both rules and realities.

One who doesn't lose empathy in pursuit of efficiency.

I don't want to become powerful. I want to become useful.

And for that, I must become grounded, not just smart.

Disciplined, not just driven.

Balanced, not just busy.

So I practice that now – by being fully present in my current life while keeping my vision clear.

Resilience Isn't Loud

I've realized that resilience isn't always about fighting battles. Sometimes, it's about protecting your peace in silence. It's about choosing your values when nobody is watching. It's about holding onto yourself when the world tries to stretch you too thin.

Resilience, for me, is waking up and showing up – even on the days I feel small, tired, or unsure. It is knowing that who I am now is a stepping stone to who I am becoming.

It is also forgiving myself when I fall short – because the girl who wants to serve the nation must also learn how to serve herself with kindness first.

Conclusion: Becoming, Not Waiting

I don't want to wait for a future moment to begin. I want to become now. Every responsibility I take on, every time I reflect instead of react, every day I rest instead of rushing— I am becoming the girl who will one day serve the nation. Not someday. But every day, because true preparation doesn't begin with a syllabus. It begins with self.

When the world tells:

You are just one young woman

I will answer:

Yes, but unstoppable.

Because, I am not growing up for a living.

I am growing up for a legacy.

Not for titles,

Not for fames,

But for every unfulfilled dream that still dares to breathe in the heart of India.

I will rise not to be seen,

But to ensure no one is left unseen.

I won't just rise.

I will rise so that my country never falls.

JAI HIND !!!

A. Abinaya Anguraj

III B.A. Economics

“The Day I Chose Myself: A Journey from Sensitivity to Strength”

I was always known as the “sensitive one.” The smallest comment or conflict would push me to tears. I didn’t know how to express anger – it came out as crying. My emotions were loud, raw, and often misunderstood, and I felt helpless because of it. For a long time, I believed that this was a flaw in me – something I needed to fix.

In school, I was deeply affected by everything. If someone spoke harshly or if I didn’t perform well, I carried that hurt for days. I would cry, overthink, and blame myself for not being “strong.” As I entered college, I realized that this cycle of emotional overwhelm was not helping me grow. I needed to change, not who I was, but how I responded.

That’s when I turned to books. One night, after crying over a minor misunderstanding, I picked up “The Power of Now” by Eckhart Tolle. It introduced me to the idea of staying present – not drowning in thoughts of the past or fears of the future. Slowly, I began journaling my feelings and understanding my patterns.

Later, I read “The Gifts of Imperfection” by Brené Brown. That book made me feel seen. It taught me that being sensitive didn’t mean I was weak; it meant I felt deeply, and that was a strength when guided with awareness. I began to practice setting emotional boundaries, breathing through my anger, and asking myself what I needed in the moment instead of reacting instantly.

It wasn’t easy. I still cried sometimes out of frustration or confusion, but I no longer hated myself for it. I began to respond to myself with compassion instead of judgment. I read “Atomic Habits” by James Clear and developed simple routines that supported my emotional well-being – like taking mindful walks, journaling at night, and reading something uplifting each day.

Through these small acts of self-care, I slowly transformed. I still feel deeply, but I’m no longer drowned by my emotions. I’ve become a calmer, more centered version of myself – someone who can cry and still be strong. Someone who can feel and still function.

This journey wasn’t about becoming someone new. It was about meeting myself with kindness, learning to rise each time I stumbled, and finally choosing to grow through what I go through.

Self-care gave me the tools, and resilience gave me the reason to keep trying. Today, I live with the quiet strength of someone who knows her worth.

G. Afsa Maheen

I B.Sc Psychology

“Grow Through what you go Through”

The Art of Holding On: Building Resilience Through Self-Care

There are days when the world feels too loud, too fast, too sharp. We wear our strength like armour, smile through the ache, and call it “coping.” But coping is not healing. Enduring is not thriving. And sometimes, the most courageous thing we can do is slow down.

Not to escape, but to restore.

Not to retreat, but to rise.

This is where resilience begins: not in the chaos, but in the quiet. Not in the noise of productivity, but in the silence of self-care.

Resilience Is Not a War Cry:

The true resilience is not about hardening; it’s about softening just enough to stay human. It’s not about being unbreakable. It’s about knowing how to repair yourself when you inevitably crack.

Resilience is not the kind sold. But the kind done in solitude, in shadows, in honest moments with ourselves. The kind that doesn’t always feel good, but feels right.

The Sacred Ritual of Caring for the Self:

Self-care is not a luxury. It is a language by a way of telling your body, “You are safe,” your mind, “You are heard,” and your spirit, “You are worthy.”

It’s listening to the small things before they become screams.

It’s knowing that healing isn’t loud. Growth isn’t always visible. Sometimes, resilience looks like resting when the world tells you to run. It is bouncing back from the hardships faced by an individual.

Resilience Is Not Built in Storms. It's Built in Drizzles:

We imagine resilience as heroic which is forged in fire, built in storms. But most resilience is grown in the drizzles: daily, steady, subtle acts of choosing yourself.

It’s the morning you get out of bed, even with a heavy heart.

The journal entry you write when your thoughts feel tangled.

The boundary you set without guilt.

The moment you remind yourself: surviving isn’t enough, you deserve to live.

These aren't just habits. These are rituals of return, return to wholeness, return to balance, return to self.

When the World Demands More, Offer Yourself Grace:

The modern world will drain you relentlessly. It praises overwork and undervalues rest. It claps for output but ignores burnout. In such a world, self-care becomes a radical act of defiance. A quiet revolution.

Choosing self-care is not withdrawing. It's preparing. It's building inner potentiality so you don't collapse under pressure. It's whispering to yourself in the dark, "We've got this," and slowly believing it.

And that belief? That self-trust? That quiet inner knowing?

That is resilience.

Self-Care: More Than a Trend:

Today, self-care risks being trivialized. But true self-care is not aesthetic; it is essential. It is saying no when everything screams yes. It is unplugging from chaos to reconnect with clarity.

It's also personal. For one, self-care may look like a morning walk in silence; for another, it may be a courageous conversation, or an hour of doing nothing without guilt. Whatever the form, the impact is universal: self-care doesn't make us fragile, it makes us unshakeable.

In Closing: Your Sanctuary Within:

You do not need to earn rest. You do not need to apologize for softness. You are not weak for needing care. You are wise for giving it. You must be in the position to tackle all the obstacles that you go through.

Resilience does not ask you to carry everything. It asks you to know what to set down, what to tend to, when to rise back and when to simply be. In a world that applauds exhaustion, choose something gentler. Choose something revolutionary. Choose something that shows you unique.

Choose yourself. Rise yourself.

“ Building Resilience Through Self-care”

The Silent Strength Within

Introduction: The True Meaning of Resilience

In today's fast-paced world, resilience is often misunderstood as the ability to endure everything with a smile, to stay strong even when our hearts are breaking, and to keep going no matter how exhausted we are. But the truth is, resilience is not about being unbreakable. It is about breaking, healing, and returning stronger. And the most powerful tool that helps us through this journey of healing is self-care. Building resilience through self-care is a quiet revolution. It teaches us that strength is not always loud, and courage does not always roar. Sometimes, it's as simple as taking a deep breath, resting when needed, and choosing to love ourselves in a world that constantly asks us to give more than we have.

Understanding Self-care: More Than Just Relaxation

Many people reduce self-care to external pleasures like spa days, shopping, or a cup of coffee. While these can help, true self-care goes deeper. It is the intentional act of nurturing our mind, body, and spirit. It is creating boundaries when the world demands too much. It is forgiving ourselves for not always being perfect. Self-care also means choosing stillness in a chaotic day, speaking gently to ourselves during failure, and giving ourselves permission to pause without guilt. It is not selfish; it is necessary. Just like a tree needs water to stand tall, we need care to stay grounded.

My Journey as an Elder Sister: Carrying the Silent Weight

Being the eldest daughter in a family comes with both love and quiet burdens. Ever since I can remember, I have been the one to set examples, to smile first, to stay strong even when I didn't feel strong at all. I've celebrated others' victories while hiding my own struggles. There were days when I helped everyone else feel okay, yet went to sleep feeling emotionally empty. There were times when I told others to rest, while I worked in silence. But in this journey, I learned an important truth: I cannot be everything for everyone if I am nothing to myself. Slowly, I began to care for myself not in grand ways, but in small, meaningful ones. Writing my thoughts down, listening to music that healed me, taking time to breathe, and allowing myself to cry when needed. These moments didn't make me weak; they made me human. And with every act of care, I rebuilt the strength I had lost.

Self-care Builds Emotional Armour

Self-care creates space between our reactions and our emotions. When we are exhausted and overwhelmed, even small problems feel heavy. But when we are well-rested, emotionally supported, and at peace with ourselves, we begin to face life with clarity. It teaches us that we don't always have to react. We don't always have to explain. Sometimes, it is enough to just protect our peace. Through journaling, meditating, praying, or simply sitting alone with nature we build an inner armour, one that isn't visible to others, but silently protects us from breaking.

The Resilience of Students: A Hidden Battle

As college students, we are constantly balancing academics, social expectations, leadership roles, and personal struggles. We smile in the classroom even when our minds are tired. We prepare for exams while also managing family responsibilities. In this chaos, we forget ourselves. But resilience in students is built not just by hard work, but also by resting without guilt. Taking a break from social media, saying no to toxic friendships, giving ourselves digital detoxes, sleeping on time these are all forms of self-care that help us rise stronger, emotionally and mentally.

Self-care Is Resistance: Especially for Women

In a society where women are often expected to sacrifice their needs for others, self-care becomes a powerful act of resistance. It is saying, "My well-being matters." It is choosing to put our mental health above cultural expectations. It is remembering that we are not just daughters, sisters, students, or leaders we are individuals with dreams, feelings, and limits. When we take care of ourselves, we break generations of silence. We prove that caring for ourselves doesn't make us selfish, it makes us sustainable.

Values

Conclusion: The Journey Back to Ourselves

To build resilience through self-care is to slowly return home to ourselves. It is a journey of patience, acceptance, and kindness. It means being okay with not having all the answers, and loving ourselves even in our messiest chapters. So, breathe. Pause. Heal. Laugh. Cry. Write. Pray. Dance. And above all never apologize for taking care of your soul. Because when we care for ourselves, we rise not just for ourselves, but for everyone who looks up to us. And that, dear reader, is the most powerful form of resilience.

“Resilience Through Self-care: A Psychological Perspective”

As a psychology student, I often hear the term self-care being reduced to things like spa days, skincare routines, or a new haircut. While those are lovely gestures of self-care, it only scratches the surface. Self-care isn't just about pampering the body—it's about nurturing the mind.

In reality, mental self-care is the heart of resilience. Life is full of ups and downs, and no one walks a path without obstacles. But it's not the presence of problems that defines us—it's the way we face them. And for that, a strong, cared-for mind is our greatest ally.

The beautiful truth is: Self-care doesn't need to take hours out of your day. Some of the most powerful practices take just minutes:

- A short 3 to 5-minute self-talk can help you reconnect with your emotions and boost your self-worth.
- Journaling for a few minutes daily can clear mental clutter and bring surprising clarity by address our hidden needs and emotions which one may not be aware of.
- Giving yourself one sincere compliment a day can shift your mindset over time.
- Celebrating even the smallest achievements—like treating yourself to a piece of chocolate after studying—can create a quiet sense of joy and fulfilment.
- Saying “no” is also self-care: Setting healthy boundaries and knowing when to say “NO” is one of the most powerful forms of mental self-care. It teaches others how to treat us and helps us protect our energy.

These small rituals are not trivial but they are powerful. They teach us that healing and strength don't always come with grand gestures. Sometimes, resilience is built in the quiet moments we spend with ourselves.

“Resilience Through Self-care: A Psychological Perspective”

I've often noticed that many people misunderstand resilience as simply “staying strong” no matter what. But in reality, resilience isn't about being unshakable all the time. Mental well-being is the quiet engine behind resilience. Life, as we know, doesn't spare anyone from stress or struggle. But resilience isn't about being “strong” all the time. It's not about pretending everything is fine. It's about allowing yourself to feel, reflect, pause—and still choosing to move forward. That strength is built through consistent self-care.

“Resilience is not about holding your breath—it's about remembering to breathe.”

In a world that rewards constant motion, stillness can feel radical. But rest is not the enemy of productivity—it's the root of sustainable strength. Sometimes the bravest thing you can do is slow down when everything tells you to speed up.

In the end, Real resilience isn't built in loud victories—it's built in the quiet moments when you choose to care for yourself, even when no one's watching. Each time you choose rest over burnout, presence over pressure, or compassion over criticism—you're choosing resilience. And that choice matters.

Daniya Naaz M

III B.Sc Psychology

“Surviving Tough Times by Building Resilience”

Whether you're facing a global or personal crisis or a mix of both; building resilience can help you cope with stress, overcome adversity, and enjoy the better days to come.

Tips for Building Resilience

Tip 1: Practice acceptance

While we all react to stressful events in different ways, many of us try to protect ourselves by refusing to accept the truth of what's happening. After all, by denying that you're even experiencing a crisis, you can kid yourself that you still have some sense of control over what are usually uncontrollable events.

Tip 2: Reach out to others

Connecting with friends and family when you're going through tough times can help ease stress, boost your mood, and make sense of all the change and disruption. Instead of feeling like you're facing your problems alone, you can draw strength and build resilience from having others to lean on.

Tip 3: Invest in self-care

Living through tough times can be both mentally and physically draining. Constantly being in a heightened state of stress can lead to serious health problems, impact your immune and digestive systems, increase your risk of heart attack and stroke, and lead to burnout, a state of emotional, physical, and mental exhaustion. Since the body and mind are so closely linked, investing in self-care is an important part of building resilience and getting through times of great stress. When your body feels strong and healthy so, too, will your mind.

Priyadharshini A

iii B.Com 'B'

“My Journey of Building Resilience Through Self-Care”

I am a young woman with dreams and determination, pursuing my BCA degree with passion and purpose. I am deeply interested in technology and excited about building a future I can be proud of.

But even with all this ambition, there are days when life feels overwhelming. Between assignments, exams, responsibilities, and the quiet pressure of expectations, I sometimes feel drained—physically, mentally, and emotionally.

One evening, I look into the mirror and quietly say to myself, **“Something has to change. I need to take care of me.”**

That moment becomes my turning point.

I begin with small steps.

I start waking up a little earlier to stretch, writing down my thoughts, and taking deep breaths before beginning my day. I learn to say no to what steals my energy and yes to the little things that give me peace—even if it's just a few quiet moments with a cup of tea.

I make time for books that uplift me, music that soothes me, and people who bring out the best in me. On tough days, I remind myself that progress isn't always loud—sometimes, it's just choosing to rest without guilt.

With every act of self-care, I feel myself growing stronger.

My resilience builds quietly.

I face challenges with calm and clarity. Life still tests me, but I don't break as easily—I bend, I breathe, and I bounce back.

I am not just a student or a future IT professional—I am a person who chooses to heal, grow, and rise. I now understand that taking care of myself is not a sign of weakness, but a foundation of strength.

I am Haniya Fathima.

I am resilient.

I am becoming the best version of myself—one small step at a time.

Haniya Fathima M

III BCA

“ Tenacious ”

The pages of my notebook were like petals — soft, silent, and full of hope. Every word I wrote was a step toward a dream to become a doctor, a dream that I carried deep in my heart. I studied not for marks, but for the joy of understanding, the quiet thrill of learning, and the desire to make my parents proud. But when the results came from my board exams and NEET, the numbers didn't bloom the way I had imagined. And for a moment, it felt like all those petals had fallen to the ground.

For weeks, I wandered through silence — the kind that lingers after a dream fades. Today, I still remember that while others called it failure, my father looked at me gently and said, “It was growth. You learned — and that's never wasted.” He also used the example of an ant. “It falls, but it never stops climbing. Be like that.” His words didn't erase the pain, but they gave it meaning. They gave me the strength to look forward.

I paused; I grieved – but I never gave up. I had to let go of my dream of becoming a doctor, but I didn't let go of my dream to grow. And that led me to a fresh beginning.

I may not have become what I once imagined, but I'm exactly where I'm meant to be – growing, learning, and creating a future in Computer Science that's truly mine. “This essay is not just a story of failure, but of finding courage within it. I dedicate these words to my father, whose faith in me taught that every fall is only a step toward rising stronger.”

Nikkath Sumana

III B.Sc Computer Science 'A'

“ Building Resilience Through Self-Care: Balancing Leadership, Sports, and Studies ”

Resilience is often described as the ability to rise again when life knocks you down. For me, resilience has not been a distant concept but a lived experience - shaped by my academics, sports, leadership, and the many stages where I represent my college. What I have learned is simple but powerful: resilience is not built in a single day; it is cultivated daily through self-care.

Being a national-level table tennis player has taught me discipline, patience, and courage. Every match comes with the weight of expectation, and every defeat carries the sting of doubt. Yet, through proper self-care, whether in the form of practice, fitness, or simply giving my mind the calm it deserves, I have found the strength to step back into the arena with renewed confidence.

My journey did not stop at sports. Taking on the role of Chairman brought a different kind of challenge: responsibility. I am not only accountable for myself but also for guiding programs, leading initiatives, and standing as a representative of my peers. From organizing college cultural programmes and competitions to supporting academic events and student activities, the demands are constant. At the same time, my own studies cannot take a backseat.

Balancing all these aspects such as academics, leadership, sports, competitions, and cultural programmes, are not easy. There are mornings when I rise before dawn to revise for exams, afternoons filled with event planning, evenings spent at the table tennis board, and nights closing with assignments or speeches. The only way I manage is by practicing self-care in small but consistent ways: setting priorities, taking short breaks to clear my mind, leaning on friends and mentors for support, and reminding myself that rest is as important as work.

Resilience, for me, is not about pushing endlessly—it is about pacing. I have learned that when I care for myself, I can care better for my responsibilities. Just as a tree stands tall because its roots are well-watered, I stand strong because I invest in my physical, mental, and emotional health.

In today's world, where achievements often define success, I believe the real strength lies in balance. Building resilience through self-care is not selfish; it is what allows me to excel in academics, lead as Chairman, play with determination, and still enjoy the vibrant stage of college life. It is what allows me not just to survive challenges, but to grow through them.

Resilience is not a gift reserved for a few; it is a strength that anyone can build through consistent self-care. My journey as a student, Chairman, athlete, and participant in countless programmes has shown me that balance is possible when we take care of ourselves first. Self-care is not a pause from growth; it is the fuel that powers it. When we nurture our body, mind, and spirit, we not only withstand challenges but rise above them, ready to lead, learn, and inspire.

“Through self-care I do not escape my responsibilities; I strengthen myself to carry them with grace.”

Nimra Irtheza.N

III B.Sc Computer Science 'B'

Attitudes

“ Building Resilience While Writing the TNPSC Group 4 Exam ”

Examinations are not just a test of knowledge; they are also a test of mental strength. The TNPSC Group 4 examination, one of the most competitive state-level exams in Tamil Nadu, demands not only months of preparation but also resilience during the few hours of writing. Many aspirants prepare well, yet lose marks due to stress, panic, or lack of emotional control. Therefore, building resilience while writing the exam becomes as important as studying the syllabus.

Resilience during the exam begins with calmness. The moment an aspirant enters the hall, the pressure of competition and the fear of time constraints often cause nervousness. A resilient mind, however, steadies itself by taking deep breaths, reading instructions carefully, and approaching the paper with confidence. The ability to remain composed in the first ten minutes can decide the flow of the entire examination.

Another aspect of resilience is adaptability. Sometimes, unexpected or difficult questions appear, shaking the confidence of even well-prepared candidates. Instead of panicking, a resilient student quickly shifts focus to questions they can answer best, ensuring time is not wasted. This flexible mindset keeps morale high and maximizes performance.

Time management also reflects resilience. The ticking clock can create anxiety, but breaking the paper into parts and attempting questions strategically reduces stress. Resilient candidates remind themselves that accuracy is more valuable than speed and avoid careless mistakes caused by haste.

Finally, positive self-talk plays a crucial role. During the exam, self-doubt often whispers, “What if I fail?” Resilience answers back, “I have prepared, I can do this.” Such inner strength not only boosts confidence but also sustains energy till the last minute.

In conclusion, building resilience while writing the TNPSC Group 4 exam is about staying calm, adapting to challenges, managing time wisely, and maintaining a positive mindset. Knowledge may get a candidate to the exam hall, but resilience carries them through the paper. With strong preparation and stronger mental endurance, success in the examination becomes not just possible but achievable.

“ The Power to Overcome Adversity ”

Introduction

Life is a journey filled with both joyful moments and unexpected challenges. At times, failures, disappointments, or losses can seem overwhelming. Yet, what makes some individuals rise stronger while others give up is resilience. Resilience is the capacity to recover quickly, adapt to difficulties, and continue moving forward with hope. It is not about avoiding hardships but about facing them with courage and determination.

Understanding Resilience

Resilience is often compared to a tree that bends during a storm but does not break. It is the strength of character that allows a person to withstand pressure, adapt to change, and find solutions even in tough circumstances. Psychologists define it as the ability to “bounce back” from stress, trauma, or setbacks.

Mental Strength and Positive Outlook

A resilient person believes that failures are temporary and can be overcome. Instead of focusing on what went wrong, they think about what can be done next.

Example: Thomas Edison failed thousands of times while trying to invent the light bulb. Instead of quitting, he famously said, “I have not failed. I’ve just found 10,000 ways that won’t work.” His resilience eventually gave the world one of the greatest inventions.

Adaptability in Changing Situations

Resilience is not just about standing firm but also about adjusting to circumstances. Life rarely goes exactly as planned, and adaptability ensures survival.

Example: During the COVID-19 pandemic, many schools and colleges quickly shifted to online learning. Though it was challenging, both students and teachers adapted to the new digital platforms, showing resilience in education.

Emotional Balance and Support System

Resilient individuals are not emotionless; they experience pain, sadness, or stress, but they manage emotions in a healthy way. They also understand the value of relationships and seek support when needed.

Example: Malala Yousafzai, who survived a life-threatening attack for promoting girls' education, showed extraordinary resilience. With the support of her family and community, she continued her mission and became the youngest Nobel Peace Prize laureate.

Building Resilience

Resilience is not an inborn trait; it can be developed through consistent effort:

1. Optimism – believing that tomorrow can be better.
2. Self-care – maintaining physical and mental well-being.
3. Learning from failure – seeing mistakes as lessons.
4. Goal setting – focusing on small, achievable steps.
5. Strong relationships – surrounding oneself with positive support.

Everyday Examples of Resilience

- A student failing an exam but working harder for the next attempt.
- An athlete losing a match yet training with greater dedication.
- A family facing financial struggles but standing together with hope.

These examples show that resilience is not limited to famous people—it is present in the everyday lives of common individuals.

Conclusion

Resilience is the invisible strength that turns obstacles into opportunities and struggles into stepping stones. It teaches us that failure is not the end but the beginning of a new chapter. Real-life stories, from Edison to Malala, remind us that resilience can change lives and even history.

Attitudes

In simple words, resilience is the courage to say, “I will not give up,” no matter how tough the situation may be. And truly, in the journey of life, it is resilience that makes us not just survive, but thrive.

“ POETRY ”

Echos That Set me Free

At night they come, those restless fears,
In broken sighs and fallen tears.
Old shadows creep across my mind,
With truths I thought I'd left behind.

They whisper names I used to know,
Revive the ache I wouldn't show.
Faces lost and moments blurred,
Return in dreams, soft and unheard.

But in that storm, I found a spark,
A voice within the growing dark.
It said, “You've walked through pain and flame—
But still you rise, you're not the same.”

Each haunting dream, a hidden key,
Unlocking strength inside of me.
Not every scar is meant to fade—
Some shine in light the night once made.

So let them come, I do not run.
I face them now, one by one.
For in the end, I've come to see,
These dreams don't haunt—they're healing me.

Aathika Ruffaida K

II B.Sc Psychology

Just once, try loving yourself

And watch an ordinary rose bloom with grace
anew.

Even empty roads, lonely and bare,
Will whisper peace as you walk them through.

Sit with your thoughts as the sun slips low,
The sunset will sparkle, setting your soul aglow.
Dream beneath the open sky so wide —
Your distant goals will feel close by your side.

Gaze at your reflection, bathed in delight,
Those kohl-lined eyes, those tousled strands —
They'll all feel beautifully right.
The jingle of bangles, the song of your anklets,
Will dance like melodies in soft, sweet couplets.

Float a while in the river's tender sway,
And feel nature pulling your heart its way.
Change your style, your stride, your view —
Even life's sharp turns will soften for you.

Why long for hands that may never stay,
When your own can guide you all the way?

Test it once — let your soul be free,
Much will change, as you'll begin to see.
And in that shift, in that gentle start,
Will bloom a deep love — for your own heart.

Just once, try loving yourself —
Just once, give it a try.

Aafifa Fathima M

III B.Sc Psychology

Tangled Yet Raising

You keep going back to that nuisance even after saying that you are coming over it.
 Only to find yourself getting tangled in that a bit by bit.
 Recovering from something and being resilient is not easy.
 While you have a lot of things contemplating, becoming needy.
 Neither are you wrong nor are you right;
 It's just you who's trying to get triumph in this dreadful fight.
 Low days and pessimism are what you face;
 But trust me you can and you will win this with grace.
 Letting go something off is a big deal.
 All you want out of it is to heal.
 It's a slow and steady process which requires adherence.
 Makes you to only yearn for the perseverance.
 You face a lot of difficulties and distress during that process.
 But know that the struggle is better than the prolonged causes.

Silent Strength

Overthinking all the time regarding what went wrong;
 You worry about every single thing all night long.
 Having a fear of being judged and reserving your thoughts is all that you do
 But those words and the judgement doesn't matter as they aren't true.
 Pay no heed to the ill things people talk about you.
 Because you are the one who goes around;
 Dealing with every other hardship, only if they knew.
 There are certain wax and wane in the journey called life
 Is all that we've experienced and learnt.
 So, keep yourself above everyone no matter what.

Aliza Iram Bakshi Syed

III B.Sc Psychology

A Silent Voice

I write when my throat is sore,
 And I can't handle the agony anymore.
 I write when I know they won't value my tears,
 And I want someone to hear.
 I write when the pain gets too intense to hold,
 And I become freezing cold.
 I write when my lips can't express the pain,
 And my heart feels shattered again.
 I write when things go so wrong that they can't
 be explained,
 And hope that someday, I'll find my way back
 to the light again.

I write to release the weight that once made me
 feel sad,
 And let go of all memories so bad.
 I write to remind myself that I'm not alone;
 Though the world may seem dark, my words are
 my own.
 I write so I can recall life's lessons again,
 And remember the limits to maintain.

Daniya Naaz M

III B.Sc Psychology

I Rise in my Name ASFIYA

In halls where silence once felt loud,
I stood not seeking praise or crowd.
From schoolroom days where leaders grow,
To college paths where true lights glow.

They called me leader, calm and clear,
Yet I've known doubt, and tasted fear.
But strength, I learned, is not just loud
It blooms in quiet, soft, and proud.

With books as friends and purpose dear,
I shaped my mind through every year.
Not just for grades or ranks to show,
But for the roots I've grown below.

I've led with heart, I've stood with grace,
Through every trial I did not chase.
When tired hands felt worn and low,
I paused, I healed, I let life flow.

Self-care, I found, is not retreat,
It's choosing rest, it's staying sweet.
It's knowing when to breathe, to bend,
And still have strength left in the end.

Values

I rise in my name Asfiya, with head held high,
Not just in crowds, but when I cry.
For I have learned to light my flame,
And proudly walk within my name.

So here I stand, not to impress,
But to inspire, to grow, to bless.
For every fall, I've found my pace,
With self-love carved into my space.

Asfiya Nishath M

III B.A. English

A Fortress Within

In tumultuous times, I find my strength;
In self-care's gentle, loving length.
A fortress within, where I can hide
And weather life's storms, with a peace inside.

The gale of worry, the rains of stress,
Cannot perforate, this inner fastness.
A soothing balm, that calms the soul,
And helps me rise, to a brand-new role

Resilience blooms, like a garden fair,
Nourished by self-love, and gentle care.
The petals of patience, the stems of might,
Help me withstand, the darkest of nights.

In this sanctuary, I find my view,
A whisper of wisdom, a heartfelt new.
To prioritize, my own well-being,
And cultivate strength, in every season's seeing.

So let the storms rage, let the thunder roll.
I'll stand firm, in this fortress of my soul.
Built on self-care, and a love so faithful for me.
A resilient heart, that beats just for powerful me!

Khizra Kownain K A

III B.Sc Biotech 'A'

Unbreakable

I have fallen—Not once,
But in a thousand ways.
The ground knows my name,
The storms know my face.

Yet here I stand, with trembling hands.
That still choose
To plant flowers in the soil,
That once buried me.

I have learned—
Self-care is not selfish.
It is the quiet cup of tea,
On the morning after a nightmare.
The way I wrap my own arms
Around my shivering soul,
And whisper, “It’s okay to rest.”

Resilience is not an armour—
It is the soft skin that still feels,
The eyes that still cry,
And the heart that keeps beating
Even when the world has been unkind.

So, I breathe.
I write my wounds into poems.
I dance with my scars
Until they shine like medals.

And when the darkness returns,
I will light my own candle—
Small, maybe—
But enough to remind me
That even the gentlest flame
Can keep the night away.
Because I am not just surviving.
I am becoming.
And I am unbreakable.

I Choose to Rise

There was a time
I wore my pain like heavy chains.
Dragging through each day,
Pretending I was fine.

But storms do not ask
If you are ready.
They come, they break,
They take.

I thought strength meant
Never bending,
Never breaking.
But I learned—
Real strength is knowing
When to pause,
When to breathe,
When to heal.

So now,
I gift myself mornings of silence,
Evenings of gratitude,
And hours where I am allowed
To simply be.

I feed my soul
With gentle words,
With music that feels like sunlight,
With people who remind me,
I am worth loving.

And every time life knocks me down,
I do not ask why me? —
I ask what now?

Because I am not my failures,
I am not my fears.
I am the voice that says:
Stand up.
Try again.
Live anyway.

K. Muskan
III B.Com 'A'

And every sunrise,
I choose to rise.

The Dream

I saw a dream, Vivid yet uncertain
Where I flew high breaking the bars
And removing the weight of pain

I saw the horizon which never looked so bright
The ocean glistening, the bird shaping the sky
Just so incredibly timed;

But how can I dream?
When am not even allowed to leave
This cage of restriction and responsibility
Will I always be the parrot who repeats the words
it's learned?
Or fly high and enjoy the freedom which it has
earned?

I woke up from the dream
Same faces and so much more to be seen
Repeating the same words I have always been
This shame of being held captives,
Draws me close to fight the urge and its objectives
The more I fight the more I hope
The resilience in me spoke
"I will not die in the cage
I will not give up
I will shape my life and will win the victor's cup"

The new me cares for the broken part
Which always lies within my heart
The new me breaks the chain
The fight of identity and perseverance it gains,
Hope never dies and so I do
The heart's will never ends
And so shall I.

Nisha Katwal

II B.Sc Biotech

The Making of Stone

From the dawn of somber days,
Winds of doubt blow dreams away always.
When storms arise and skies darken,
Strength of hopes gently burden.

Long days of downfall hit the Esse, Like
the breaking of a glass case.
Despondence fills up the bag of lights,
Transforming into a bliss less fight.

(Hey you? the realm of life!
What's the secret of you, oh life?)

In nights you thought you'd never come back,
Each crack builds up your story,
Each scar frames your glory,
Removing the files of dreary.

Resilience is the art of self-care, That
heals the heart of despair.

Ananya Ramanujam

I B.Sc ND

The Girl Who Became Her Own Light

She came from places no one knew,
Dark halls, cold nights she battled through.
No friends, no hands to hold her tight,
Just dreams that whispered "keep the fight."

Love found her once, but didn't stay,
Left her emptier than yesterday.
She shattered quietly, alone,
A silent war, a heart of stone.

But she did not wait to be restored,
She built herself from every sore.
With books, deep breaths, and sunlit tea,
She found who she was meant to be.

Not saved by love or passing praise,
But by the way she healed her days.
No longer lost, no need to hide,
She is the light of the search outside.

V. Kanimozhi

I B.Sc Psychology

“ Building Resilience through Self-Care- My Personal Journey ”

Going through a broken marriage was one of the most challenging experiences of my life. It was a time of immense emotional pain, uncertainty, and self-doubt. However, as I navigated this difficult period, I discovered the importance of self-care in building resilience. Through self-care, I was able to heal, grow, and develop a more positive outlook on life.

□ Finding Solace in Books

During this challenging time, I turned to books for comfort and guidance. Reading about others' experiences and perspectives helped me feel less alone and more empowered. Books on mindfulness, self-care, and personal growth became my trusted companions, offering valuable insights and practical advice. One book that particularly resonated with me was "The Power of Now" by Eckhart Tolle, which taught me the importance of living in the present moment.

□ Support from Friends

My friends were another source of strength and support during this time. They listened to me, offered words of encouragement, and helped me see things from a different perspective. Their empathy and understanding were invaluable, and I'm grateful for the role they played in my healing journey. One friend in particular, who had gone through a similar experience, offered me valuable advice and support, reminding me that I wasn't alone.

□ Developing Humor

As I navigated the challenges of my personal trauma, I discovered the importance of humor in building resilience. Laughing and finding the humor in difficult situations helped me cope with stress and anxiety. I started watching comedies, reading humorous books, and spending time with people who made me laugh. Humor became a coping mechanism that helped me stay positive and focused on the good things in life.

□ More Empathetic Approach towards Others

Life also taught me the importance of empathy and compassion towards others. I realized that everyone has their own struggles and challenges, and that a little kindness and understanding can go a long way. I started practicing active listening, asking open-ended questions, and showing genuine interest in others' lives. This shift in perspective helped me build stronger, more meaningful relationships with others. Self-Care Practices for Building Resilience Through my personal experience, I've identified several self-care practices that can help build resilience:

1. **Mindfulness and meditation:** Regular mindfulness practice can reduce stress and increase resilience.
2. **Reading and learning:** Reading books and learning new things can help individuals gain new perspectives and insights
3. **Social connections:** Nurturing social connections with friends, family, and community can provide emotional support and increase resilience.
4. **Humor and laughter:** Laughing and finding the humor in difficult situations can help individuals cope with stress and anxiety.
5. **Self-compassion and empathy:** Practicing self-compassion and empathy towards oneself and others can help develop a more positive and resilient mindset.

By prioritizing self-care and engaging in practices that promote relaxation, stress reduction, and overall well-being, individuals can develop the skills and strategies needed to navigate life's challenges with confidence and ease. My personal journey taught me the importance of self-care, empathy, and humor in building resilience, and I hope to continue prioritizing my own self-care and well-being.

Ms. Sakthimala Balakrishnan
Chief Administrative Officer (CAO)
MKJC (A)

“ BUILDING RESILIENCE EVERYDAY WITH EASY SELF-CARE ”

In our constantly hectic world, mental health frequently suffers as a result. However, professional assistance or extravagant displays are not always necessary to foster emotional resilience. Sometimes our mental health is strengthened and protected by basic, dependable practices. These ten scientifically supported self-care techniques can help you develop emotional fortitude and resilience in your daily life.

1. Make Sleep a Priority

Sleep is the foundation of mental well-being. Emotional clarity, mood regulation, and brain restoration are all improved by it. Create a relaxing nightly ritual, minimize screen time before bed, and stick to a regular sleep schedule to enhance the quality of your sleep.

2. Practice Mindfulness

Mental clarity and emotional control are enhanced by mindfulness and meditation. Practicing guided meditation or focused breathing for just five minutes each day can help you stop the cycle of stress and focus on the here and now.

3. Move your Body

Exercise is good for your mental health as well as your physical health. Exercises like yoga, dancing, and walking release endorphins, which lower depression and anxiety. Every day, try to spend at least 20 minutes doing something you enjoy.

4. Connect with People

Good relationships provide a sense of belonging and emotional support. Communicate with loved ones on a regular basis, have deep discussions, and establish connections with groups that share your values.

5. Reduce Screen Time

Burnout, anxiety, and comparison are all consequences of excessive screen usage, particularly on social media. Establish limits: cut back on alerts, go on digital detoxes, and give in-person interactions priority.

6. Eat to Stay Happy

Your brain is nourished by a balanced diet, which is beneficial for your body as well. Leafy greens, healthy grains, and omega-3 meals can help maintain mood, but processed foods can cause energy dumps and irritability.

7. Be Grateful

Gratitude helps people focus on abundance rather than lack. Express thankfulness to people around you, write in a gratitude diary, or think about the good things that happen every day. It's an easy method to boost resilience and positivity.

8. Set Sensible Goals

Avoid burnout by establishing attainable objectives. Set sensible priorities, divide up big jobs into smaller ones, and acknowledge your accomplishments. Stress is decreased and motivation is sustained when realistic planning is done.

9. Ask for Help

Seeking support is a sign of strength. Counseling and therapy can be very helpful for coping and personal development. Being proactive rather than weak is demonstrated by early outreach.

10. Schedule Joy Time

Take up creative pursuits and pastimes that you enjoy, such as writing, painting, gardening, or music. These mind-calming pursuits offer a strong sensation of relaxation and purpose.

Although it takes time to develop resilience, everyday self-care sets the groundwork. When you take these tiny actions on a regular basis, you will be able to face life's obstacles with courage and clarity. Make tiny, steady progress, and never forget that your mental well-being is worth the effort.

Dr. Prabu Krishnamoorthi

Assistant Professor,

**PG and Research Department of
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“ Building Resilience through Self-Care for Physical, Mental, and Emotional Well-Being ”

Resilience is the capacity to adapt, recover, bounce back from set backs and grow stronger when we are faced with adversity, difficult experiences, challenges and stress. It is about developing the mental, emotional, and physical strength to navigate challenges with a positive attitude, maintain hope, and continue moving forward despite obstacles. A resilient person can manage setbacks, learn from experiences, and continue moving forward with purpose.

Self-care is the practice of taking deliberate actions to maintain and improve physical, mental, and emotional well-being. It is essential for sustaining health, preventing burnout, and enhancing quality of life. Physical self-care includes regular exercise, a balanced diet, sufficient sleep, and staying hydrated to keep the body healthy and energized. Emotional self-care involves activities like journaling, talking to a trusted friend, and practicing mindfulness to reduce stress, improve mood, and enhance self-awareness. Mental self-care focuses on stimulating and protecting the mind through reading, learning new skills, problem-solving activities, and adequate rest to maintain clarity and positive thinking. Social self-care nurtures supportive relationships through quality time with loved ones, community participation, and healthy communication it help to reduce feelings of loneliness. Spiritual self-care connects you with meaning and purpose through meditation, prayer, nature, or gratitude practices help to improve values, guide your decisions, and offer comfort during difficult times. All these self-care aspects create a balanced approach to overall well-being and resilience.

Links between Resilience and Self-care

Resilience does not mean avoiding stress, hardship, challenges, problems, it means equipping yourself to face them effectively. Self-care plays a central role in this process by preserving mental, emotional, and physical energy. Some self-care strategies that can bolster resilience as follows.

i. Prioritize Rest and Sleep

Quality sleep is fundamental to emotional regulation and cognitive function. Adequate rest helps us process emotions, make sound decisions, and maintain patience in difficult situations. Establish a calming bedtime routine 9 pm – 4 am and aim for 7-9 hours of sleep each night.

ii. Practice Mindfulness and Meditation

Mindfulness techniques-such as deep breathing, meditation, or grounding exercises, center us in the present moment. They reduce anxiety, improve focus, and foster a sense of calm that can be a refuge during turbulent times.

iii. Maintain Physical Activity

Regular exercise releases endorphins, the body's natural mood hormone. Walking, yoga, dancing movement helps manage stress and boosts resilience by promoting physical health and mental clarity.

iv. Foster Supportive Connections

Building and maintaining meaningful relationships provide emotional support, validation, and perspective. Reach out to friends, family, or support groups to share your feelings and receive encouragement.

v. Set Boundaries and Say No

Knowing your limits is vital. Protect your energy by setting boundaries around work, social commitments, and digital consumption. Saying no when necessary, prevents burnout and preserves your capacity to handle stress.

vi. Engage in Personal Growth

Learning new skills, pursuing hobbies, or setting achievable goals fosters a sense of purpose and competence. Growth opportunities reinforce resilience by reminding us of our strengths and potential.

Investing in self-care benefits individuals by creating a ripple effect that enhances relationships, workplace productivity, and community well-being. Resilient individuals are better equipped to support others, fostering a culture of strength and compassion.

Resilience is not an overnight achievement but a lifelong process. Self-care is the steady, daily investment that fuels it. By listening to your body, honoring your emotions, and respecting your limits, you create the inner resources to face life's storms and emerge stronger each time. In caring for yourself, you are not being selfish; you are laying the foundation for a more resilient, empowered, and fulfilling life.

“Taking care of yourself is part of taking care of others.” – Jennifer Williamson

Dr. V. Magendira Mani

Research Coordinator,

Department of Biochemistry

“ BUILDING RESILIENCE THROUGH SELF-CARE ”

When I hear the word self-care, the proverb “Charity begins at home” immediately comes to mind. It reminds me that as individuals, we must first take care of ourselves before we can care for others. But in reality, this is something many of us struggle with.

From an early age, we’re conditioned, often unknowingly, to prioritize others' opinions over our own well-being. Thoughts like “What will people say?” or “How will they judge me?” start to shape our choices. It’s as if our worth is measured by how others perceive us. And in trying to meet those expectations, we often lose sight of ourselves.

This is where the importance of self-care comes in. Peace of mind and heart can only be achieved when we begin to value ourselves genuinely. Constantly trying to please others leads to emotional exhaustion because no matter how much we do, it’s rarely enough.

Self-care is not always about spa days or vacations. Sometimes, it’s about finding a simple habit or activity that brings you peace without effort or performance. It might be reading a book, listening to music, painting, gardening, or even just sitting quietly. The key is that it nourishes you. When you feel okay on the inside, you’re naturally better equipped to face life and help others feel okay too.

“To love oneself is the beginning of a lifelong romance.”

– Oscar Wilde

Resilience doesn’t come from pushing through stress blindly. It grows when you pause, recharge, and honor your emotional needs. When you start asking yourself, “What makes me truly happy?” without worrying about others’ opinions, you take the first step toward building strength from within.

Some may dismiss these small moments of self-focus as unimportant. But the truth is, if it makes you feel calm, seen, and joyful, it’s not small at all. It’s powerful. It’s necessary.

So let’s stop waiting for approval. Let’s start with ourselves. Because self-care is not selfish. It is survival. And from that place of care, resilience begins to bloom.

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“ஒரு நூல் புரட்சி”

புரட்சிக்கு நூல்கள் வித்தாக அமைத்துள்ளனவா? என்ற வினா எழுமென்றால், ஆம் உலக வரலாற்றில் நூல்கள் புரட்சிக்கு வித்தாக அமைந்துள்ளன! மாக்ஸிம் கார்க்கியின் “தாய்” என்ற நூல் ரஷ்யப் புரட்சிக்கு வித்திட்டது; எட்வர்ட் கிப்பன் எழுதிய “ரோம சாம்ராஜ்ஜியத்தின் சீரழிவு” என்ற நூல் பிரெஞ்சுப் புரட்சிக்கு வித்திட்டது; சார்லஸ் டார்வினின் “உயிரினங்களின் தோற்றம்” அறிவியல் புரட்சிக்கு வித்திட்டது; ரூசோவின் நூல்கள் யுகப்புரட்சிக்கே வித்திட்டன. “புரட்டிப் போடுவதே புரட்சி!” அதாவது, புரட்சி என்றால் ‘பெரும் மாற்றத்தை’ உண்டாக்கும் ஓர் நிகழ்வு! என்று அகராதி பேசுகிறது.

முதலில் மாற்றங்கள் மனிதர்களின் மனங்களில்தான் உண்டாகிறது. மாறாத மனம் புல்கூட முளைக்காத பாலை நிலம்! மனிதன் தன் இனம் கடந்து, தன் நாடு கடந்து ‘யாதும் ஊரே யாவரும் கேளிர்’ என்ற உலகச் சகோதரத்துவ உன்னத நிலையை அடைய ஏதேனும் ‘ஒரே ஒரு நூல் உதவுமா? என்ற ‘ஒற்றை வினாவை ஏராகக் கொண்டு என் மனத்தோட்டத்தில் ஆழமாக உழுதுப் பார்த்தேன்’. ஆம் விடை கிடைத்தது! ‘உலக உத்தமர் மகாத்மா காந்தியைச் செதுக்கிய அந்த நூல், லியோ டால்ஸ்டாயைச் சிந்திக்க வைந்த அந்த நூல், ஜி.யு. போப்பின் கரம்பற்றி உலக மொழிகள் அனைத்திலும் கால்பதித்த அந்த நூல், தமிழன் வான்புகழ் அடைவதற்குக் காரணமாக அமைந்த அந்த ஒற்றை நூல் “நம் திருக்குறள்”.

திருக்குறளில் உள்ள கருத்துகள் புதுமையானவையாக மட்டுமல்லாமல் புரட்சிகரமானவையாகவும் உள்ளன. பிறப்பினால் ஏற்றத்தாழ்வுகள் உண்டு என்று நம்பிய காலத்தில் “பிறப்பொக்கும் எல்லா உயிர்க்கும்” என்று புரட்சி செய்தவர் திருவள்ளுவர். ஒருவரின் உயர்வுக்குக் காரணம் அவரிடம் உள்ள ஒழுக்கம் மட்டுமே என்பதை, “ஒழுக்கத்தின் எய்துவர் மேன்மை” என்று புது விளக்கம் தருகிறார். அறிவுக்குத் தாய் பகுத்தறிவுதான் என்பதை, “எப்பொருள் யார்யார்வாய்க் கேட்பினும் அப்பொருள்; மெய்ப்பொருள் காண்பது அறிவு” என்றும், “ எப்பொருள் எத்தன்மைத் தாயினும் அப்பொருள்; மெய்ப்பொருள் காண்பது அறிவு” என்றும் புதிய சிந்தனைப் புரட்சியைச் செய்தார். விதி நம்பிக்கை மேலோங்கி இருந்த நிலையில் “தெய்வத்தான் ஆகாது எனினும் முயற்சிதன்; மெய்வருத்தக் கூலி தரும்’ என்று மனித முயற்சிக்கு மகுடம் சூட்டி அழகு பார்த்தார் வள்ளுவர். மக்களின் வறுமைக்குக் காரணம் விதி அல்ல, ஆட்சியாளர்கள்தான் என்பதை, “ இரந்தும் உயிர்வாழ்தல் வேண்டின் பரந்து; கெடுக உலகியற்றி யான்” என்று சோசலிய சிந்தனையை ஏவுகணையைப் போல வீசிச்செல்கிறார். மதுவிற்குச் சமுதாயம் அடிமைப்பட்டிருந்த காலத்திலேயே “உண்ணற்க கள்ளை” என முதன்முதலாக புரட்சிக்குரல் கொடுத்தவர் திருவள்ளுவரே.

சமுதாயம் திருந்த வேண்டுமானால் தனி மனிதன் திருந்த வேண்டும் என்ற நோக்கத்தோடு, வள்ளுவரால் கூறப்பட்ட புதுமையான, புரட்சிகரமான கருத்துகள் அடங்கிய நூல் திருக்குறள். இரண்டாயிரம் ஆண்டுகளுக்கு முன் வள்ளுவர் கூறிய கருத்துகள் இன்றைக்கும் புரட்சிகரமானவைதான். இன்றைக்கும் தேவையான கருத்துகள்தான். எனவே அன்றும், இன்றும், என்றும் ‘ஒரு நூல் புரட்சிக்கு வித்திடும்’ என்றால் அது ‘நம் உலகப்பொதுமறை திருக்குறளே’. தினமும் குறள் கற்று, அதன் வழி வாழ்ந்து, நம் வாழ்க்கையில் நல்ல மாற்றத்தை அடைந்து உயர்வோம்.

Mr. K. Navukkarasan

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“மகாவீரரின் மன்னிப்புப் பாதை மூலம் உலகளாவிய அமைதி”

“மன்னிப்பு என்பது கோழைத்தனம் அல்ல; அது தைரியத்தால் அலங்கரிக்கப்பட்ட மாலை” - என்றார் பகவான் மகாவீரர்.

‘மகாவீரர்’ என்ற சொல் பகவான் வர்த்தமானருக்கு அடைமொழியாக மாறும்வரை அச்சொல்லுக்கு இருந்த பொருள் என்ன தெரியுமா? ‘கையில் வாள் ஏந்தி போர்க்களத்தில் பல எதிரிகளைக் கொன்றவர்’ என்பதே . ஆனால், வாளைத் தூர வீசிவிட்டு ‘தன் இரு கைகளாலும் உலக உயிர்களை வாரி அனைத்துக் கொள்ளும்போது - அகிம்சாவாதியாக வர்த்தமானர் மாறியபோது அவருக்கு வழங்கப்பட்ட பட்டம் “மகாவீரர்” என்பது. ஆம், மகாவீரத்திற்குப் புதிய இலக்கணத்தை வகுத்தவர் வர்த்தமானர் என்றால் அது மிகையில்லை. இந்த அதிசயம் உலகில் எங்கும் நிகழ்ந்ததில்லை!. இதனையே பேராண்மை என்று திருவள்ளுவர் குறிப்பிடுகிறார்.

இன்று வீட்டையும், நாட்டையும், உலகத்தையும் அழிக்கும் பகை உணர்ச்சியை விட்டொழிக்க வர்த்தமானரின் போதனைகள் மிகவும் தேவைப்படுகின்றன. இரண்டு முறை நம் உலகம் பெரும் போரைச் சந்தித்துள்ளது. அதன் வடுக்கள்கூட இன்னும் ஆறவில்லை! அதேநேரத்தில் இங்கும் அங்குமாகப் போர் மேகங்கள் சூழ்வதைப் பார்க்கிறோம். இது தொழில் நுட்ப காலம். அழிப்பது எளிது என்ற காலத்தில் வாழ்கிறோம். அன்பும், இரக்கமும், கருணையும், மன்னிக்கும் மனமும்தான் இனி நம்மைக் காப்பாற்றும்.

மனிதர்களை நினைப்பாலும், சொல்லாலும், செயலாலும் நல்லவர்களாக மாற்றியாக வேண்டிய கட்டாயத்தில் இருக்கிறோம். எங்கும் எதிலும் அவசரத்தையும், எங்கும் எதிலும் சுயநலத்தையும், எங்கும் எதிலும் ஆடம்பரத்தையும், எங்கும் எதிலும் சூழ்ச்சிகளையும் காணும்போது நமக்கு மிகவும் அச்சமாக இருக்கிறது. மனிதன் தெய்வமாக மாறாவிட்டாலும் பரவாயில்லை அரக்கனாகாமல் இருக்க வேண்டுமே என்ற கவலை நமக்கு வந்துவிடுகின்றது.

இன்று மனிதகுலம் காணும் அனைத்துப் பிரச்சினைகளுக்கும் கி.மு 6ஆம் நூற்றாண்டிலேயே தீர்வு கண்டார் வர்த்தமான மகாவீரர். “அகிம்சா பரமோ தர்ம” என்பது மகாவீரரின் பொன்மொழியாகும். கொல்லாமையே மேலான அறம் என்பது இதன் பொருள். ‘கொல்லாமை’ என்ற அறமே எல்லா அறங்களுக்கும் தாய் என்பதை ‘நம் மகாவீரர்’ சுமார் 2500 ஆண்டுகளுக்கு முன்பே அறிவித்தார். கொல்லாமை என்ற அறமுடையவர்களுக்குக் கோவம் வராது, கொல்லாமை என்ற அறத்தைக் கடைபிடிப்பவர்களுக்கு பகைமை கிடையாது, கொல்லாமை என்ற அறப்படி வாழ்பவர்கள் பிறர் தவறுகளை மன்னிக்கும் குணம் உடையவர்களாக இருப்பார்கள்.

மகாவீரரின் போதனைகளை முழுமையாக உள்வாங்கிய தெய்வப்புலவர் திருவள்ளுவர், சான்றாண்மை என்ற அதிகாரத்தில் மன்னிக்கும் பண்பின் தேவைபற்றி கூறும்போது,

“இன்னா செய்தார்க்கும் இனியவே செய்யாக்கால்
என்ன பயத்ததோ சால்பு” என்கிறார்.

அதாவது, ‘ஒருவர் நமக்குத் துன்பம் செய்த போதும், ஒருவர் நம்மை அவமானப் படுத்தியபோதும் அவரை மன்னித்து அவருக்கு நன்மை செய்ய வில்லை என்றால் நாம் நல்லவர்களாக இருந்து என்ன பயன்?’ என்று வள்ளுவர் நம்மைக் கேள்வி கேட்கிறார். இப்பொழுது உங்கள் அனைவருக்கும் ‘அகிம்சா மூர்த்தியான’ மகாவீரரின் வாழ்வில் நடந்த ஒரு உண்மைச் சம்பவத்தைக் கூறுகிறேன்,

பகவான் வர்த்தமான மகாவீரர் தனது பயணத்தின்போது ஒரு பெரிய மரத்தடியில் தியானம் செய்ய ஆரம்பித்தார். அந்நேரத்தில் ஒரு மாடு மேய்ப்பவன் தன் மாடுகளை ஓட்டிவந்தான். அவன் மகாவீரரிடம், மாடுகளைப் பார்த்துக்கச் சொல்லிவிட்டுப் போனான். ஆழ்ந்த தியானத்திலிருந்த மகாவீரர் அவனையோ, மாடுகளையோ, அவன் சொன்ன வார்த்தைகளையோ கவனிக்கவில்லை.

இதற்கிடையில் மாடுகள் தம் விருப்பப்படி மேய்வதற்குச் சென்று விட்டன. பின்னர் மாட்டுக்காரன் திரும்பி வந்தான். ஆனால், அங்கு மாடுகள் இல்லை!. அவன் மகாவீரரிடம், “மாடுகள் எங்கே?” என்று கேட்டான். தியானத்திலேயே இருந்த பகவான் மகாவீரர் பதில் ஏதும் சொல்லவில்லை. மாட்டுக்காரன் காடு முழுவதும் தன் மாடுகளைத் தேடச் சென்றான். ஆனால், அம்மாடுகள் தாமாகவே மகாவீரர் தியானம் செய்யும் இடத்திற்கு வந்துவிட்டன. காட்டிற்குள் சென்று மாடுகளைத் தேடிய மாடு மேய்ப்பவன் அவற்றைக் காணாமல், மறுபடி பகவான் தியானத்திலிருந்த இடத்திற்கே வந்தான். அனைத்து மாடுகளும் அங்கு இருப்பதைக் கண்டான். மகாவீரர் தொடர்ந்து தியானத்தில் இருந்தார். மகாவீரர்தான் தன் மாடுகளை ஒளித்து வைத்திருந்தார் என்று தவறாக எண்ணியவன் கோபம் கொண்டு பகவானை மாட்டுக் கயிற்றால் தாக்கக் கையை ஓங்கினான். உடனே ஒரு தேவதை தோன்றி அந்தக் கயிற்றைப் பிடித்துக் கொண்டது!.

மாட்டுக்காரனிடம், “பகவான் ஆழ்ந்த தியானத்தில் உள்ளதை நீ கவனிக்கவில்லையா?” என்று கேட்டது. அதற்கு அவன், மகாவீரர் தன்னை ஏமாற்றப் பார்ப்பதாகக் கூறினான். தேவதை மகாவீரரின் மேன்மை பற்றிக் கூறியது. மாடு மேய்ப்பவன் தன் தவறை உணர்ந்து பகவான் மகாவீரரிடம் மன்னிப்பு கேட்டுச் சென்றான். தேவதையும் தான் பகவானின் துயரத்தைத் தடுத்ததை எண்ணி மகிழ்ந்தது.

மகாவீரரின் மன்னிக்கும் போதனையில் இருந்து பிறந்ததே ‘அகிம்சை’ என்ற கொள்கையாகும். அகிம்சை என்றால் என்ன? நாம் பிறருக்குத் துன்பம் தராமல் இருப்பதும்; பிறர் நமக்குத் துன்பம் செய்தால் அதை மன்னிப்பதும் ஆகும்.

உலக உத்தமர் மகாத்மா காந்தியடிகள் அவர்கள் மகாவீரரின் மன்னிக்கும் போதனையை அடிப்படையாகக் கொண்டு, அகிம்சையைத் தன் ஆயுதமாக்கி இந்தியாவிற்கு விடுதலையைப் பெற்றுத் தந்தார். எனவே, மகாவீரரின் மன்னிப்புப் பாதை என்பது இந்தியாவிற்குச் சுதந்திரம் பெற்றுத்தந்ததைப் போல உலகளாவிய அமைதிக்கும் காரணமாக அமையும்.

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