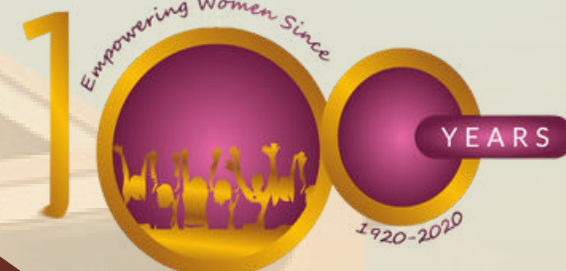




# AGNOBEAT



## E-Monthly Magazine

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## PRINCIPAL'S MESSAGE



Greetings from St Agnes PU College

Respected Faculty members, Parents and dear Students, Education prepares one to face the challenges of life by bringing out the best in every child. SAPUC is a nurturing ground for an individual's holistic development. Students who walk into this campus are encouraged to dream big, demonstrate honesty and maintain integrity and thus transform into able Agnesians, ready to serve the society with dedication and commitment.



Sr Norine Dsouza A.C.  
Principal

Education is also one of the most effective ways to raise social awareness. By providing individuals with the knowledge and skills needed to understand and address social issues, education can empower them to take action and make a difference in their communities. Awareness programs include environment, culture, community, societal norms, problems, struggles and all other areas that make up the social atmosphere in which we live. Students were beneficiaries of the various awareness sessions on Human trafficking, POCSO/POSH, Drugs etc. These sessions have been very helpful to them and enabled to develop the right set of crucial life skills to tackle various evils and iniquities existing in the society and contribute positively to society.

May the platform provided with regard to awareness programs enable all of us to march towards creating a better society.



# YOUTH FUSION-JUVENIUM 2K23

On 5th August 'Youth Fusion' was conducted for the students in Mother Mary Aloysia Centenary Block on the occasion of the Bi-centennial birth anniversary of Venerable Mother Veronica. The program started with the high school band as they escorted the guest to the dais. The students of St Agnes CBSE School led us into prayer as the phrase said "Christ is alive". Rev Father Anush D'Cunha SJ, the first resource person of the day focused on witnessing Christ through Christian families in today's society. The youth of Manipur gave us a glimpse of their culture by performing a traditional dance. The best part was the spot games conducted by Sr Janet Sequiera. All the students took part actively while cheering with their whole heart and mind. The second resource person, Rosemary Thomas is a specialised professional in human resource. She spoke about vocation and 'My call to God'. She concluded her session with some question and answers for all the students. The students found it relaxing and fun. There were action songs like 'Every Move I Make' which made everyone enthusiastic. It was a valuable and useful seminar. We also learnt about moral values and the difference between priesthood and religious life. We didn't just learn but understood that being a sister is not boring but adventurous. The students volunteered to express their thoughts at the end of the program. The program concluded with the high school and college students coming together for the baila.



Vesika Florice Lobo  
I SEBA 'B'







# INDEPENDENCE DAY



When I was asked to write about the events that took place on the grounds of St Agnes PU College on 15th August, I'll be very honest I couldn't think of how to express my feelings. So much to feel and so less to write, I was stuck as to where to begin. If you met me 80 years before independence and insisted me on joining the others on the quest to freedom I probably would have said no. It takes so much courage and determination from one to take a step such as this.

St Agnes PU College showcased Indian pride and honour by having full participation in the Independence Day celebration. The day started with full power as our cadet Harsha Varghese along with her troop led the Chief Guest Dr. R Nagesh and all the dignitaries to the dais. I can say this without a doubt that the Chief Guest's speech was probably the most inspiring speech of the day. Dr. R Nagesh is a veteran, associate professor in Hindi and also the Dean of Arts and Languages, St Agnes College (Autonomous). Out of the kindness of his heart, he asked all the students to stand near the shade as everyone present there and the Chief Guest both knew how hot it was that day. The chief guest's speech was rather very inspiring as he insisted that each one of us should work hard to make our nation proud in every field. We were indeed lucky to have him guide us with his inspiring message that surely touched our hearts.







The best part of the day was of course the flag hoisting which was followed by the national anthem played by the college band. The beats of the band were so powerful and musical to the ears that everyone were amazed. This was followed by the cultural program and I was given the opportunity to host the cultural program. The program went on beautifully, everyone gave their 100%. But the best part was when all the students who had taken part in the program came together for the final formation, it was so good that it sent shivers down my spine. The students of St Agnes PU College always find a way to amaze you. Over all I have to say it was indeed a day spent very well.



Rochelle Joan  
I PCBH



# ***DO WE STILL NEED LIBRARIES?***



In a world where information is at our fingertips through the marvels of technology, the continued relevance of traditional libraries might be questioned. Are these venerable institutions becoming relics of the past, overshadowed by the conveniences of the digital era. However, a closer examination reveals that libraries remain as vital pillars of society, offering much more than just a repository of books. These sanctuaries of knowledge serve as community hubs, gateways to reliable information, digital bridges and guardians of our cultural heritage.

In a world often characterized by rapid changes and constant connectivity, libraries offer a break: a sanctuary for learning, contemplation and connection. Far from dimly lit and silent halls, modern libraries embrace their role as vibrant community spaces. They provide a sanctuary where people of diverse ages and backgrounds come together to learn, share and engage. Additionally, libraries serve as safe havens for marginalized populations, by offering resources and services tailored to their unique needs.

While the internet boasts of an overwhelming abundance of information, libraries shine as beacons of curated knowledge. In an age where misinformation spreads at the click of a button, the curation provided by libraries assume profound significance. Librarians, armed with expertise, meticulously organize collections, ensuring that the information they house is accurate and trustworthy. Unlike the vast ocean of data found online, libraries have a collection that has been vetted for its authenticity and relevance. Whether it is a rare manuscript, a specialized journal or an authoritative reference, libraries stand as gatekeepers of reliable knowledge, making them indispensable resources for seekers of truth.

The assumption that everyone enjoys equal access to technology and internet is far from accurate. Differences in access to digital-resources persist. However, libraries serve as bridges across this digital chasm, by offering free access to computers, wi-fi and digital literacy training. Libraries have always been spaces that encourage and cultivate a love for learning. Beyond providing access to books, libraries now provide resources such as e-books, audiobooks, online courses and educational platforms. In doing so, libraries democratize the digital realm, ensuring that all individuals can partake in the benefits of the online world. They play a crucial role in nurturing creativity, imagination and empathy through story telling, art-exhibits, interactive programs for children and adults alike.



Beyond their role as traders of knowledge, libraries also assume their role as guardians of our cultural heritage. They are repositories of historical manuscripts, ancient texts and invaluable archives that offer windows into the past. Libraries ensure that the wisdom of the past remains alive, relevant and accessible to the present and future generations.

Libraries are more than just repositories of knowledge. They are vibrant spaces that foster creativity, collaboration and shared ideas. Through events like book clubs, workshops, storytelling sessions, libraries create spaces where people from varying background come together forging connections and friendships. Libraries assume their role as facilitators, nurturing a sense of belonging and camaraderie that enhances the quality of life for all.

Education is a cornerstone for progress. But not everyone has equal access to educational resources. Libraries play a pivotal role in learning equity. To students lacking personal computers and internet connections, libraries provide a supportive environment for studying, accessing textbooks, seeking assistance from knowledgeable librarians. Libraries ensure that no individual is left behind in the quest of knowledge and personal growth.

The question whether libraries are still relevant are answered unequivocally in the affirmative. As we embrace digital life, let us not forget the enduring significance of libraries. They are not fading relics, but vibrant beacons of knowledge and collection that enrich our lives in countless ways.

**“Google can bring you 100,000 answers. A librarian can bring you back the right one” - Neil Gaiman**



**Anvitha P  
II PCBH**



# Does social media effect our value system?

Our values are based on the environment that we are brought up in. Each generation differs from one generation to another in views and opinions. Technology has captured the minds of the present generation to such an extent that they have lost touch with their emotions. Technology brings both advantages and disadvantages along with it.

There are different social media apps which an individual thinks is a necessary part of life. There are instances where instead of helping a person in need, people around take video and click pictures and upload them on social media.

Social media influences and convinces the viewer to believe everything that is uploaded. An individual might develop any disorder such as eating disorder or create extreme insecurity for not fitting beauty standards. People think that by not fitting in any category of beauty, they are not valued or are not able to fit in the society. They might even take their own life.

But it also has its advantages. People can create awareness about many things going around us. It introduces us to new technology that we are unaware of and gives us an opportunity to learn something new every day. It is also a platform for people to showcase their talent to the world.

It does affect our value system as our opinion on a particular topic may clash with someone else's values. There is no definite answer or opinion on a particular topic so people think it's alright to disrespect others' individual ideas. I would like to conclude that social media does affect our value system.



Areez Lulu

Areez Lulu  
I HEPP



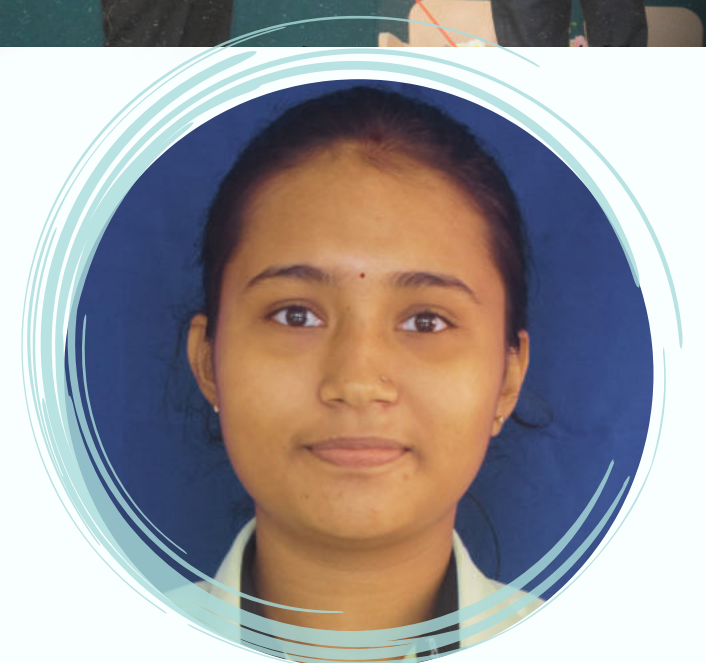
# SESSION ON HUMAN TRAFFICKING

'Human trafficking' is a global crime that trades in people and exploits them for profit. The act of trafficking means recruitment, transportation, transfer, harbouring or receipt of persons. Victims of trafficking can be of any age, any gender and from anywhere in the world. St. Agnes PU college organized a session on this crucial topic on 11th August 2023 in the college auditorium.

Mr. Harold D'Souza the man himself, who was a survivor of debt bondage and labour trafficking in the United states of America addressed the students. Surely, all the students were horrified to know the real truth of human trafficking. Sir mentioned the various ways in which a person could be trafficked. He detailed that he was labour trafficked and spoke about the ruthless ways in which his trafficker treated him and his family. He specified and narrated some of the incidents. He forewarned us to be cautious and aware of such live threats. We all have gained immense knowledge from Sir Harold's talk.

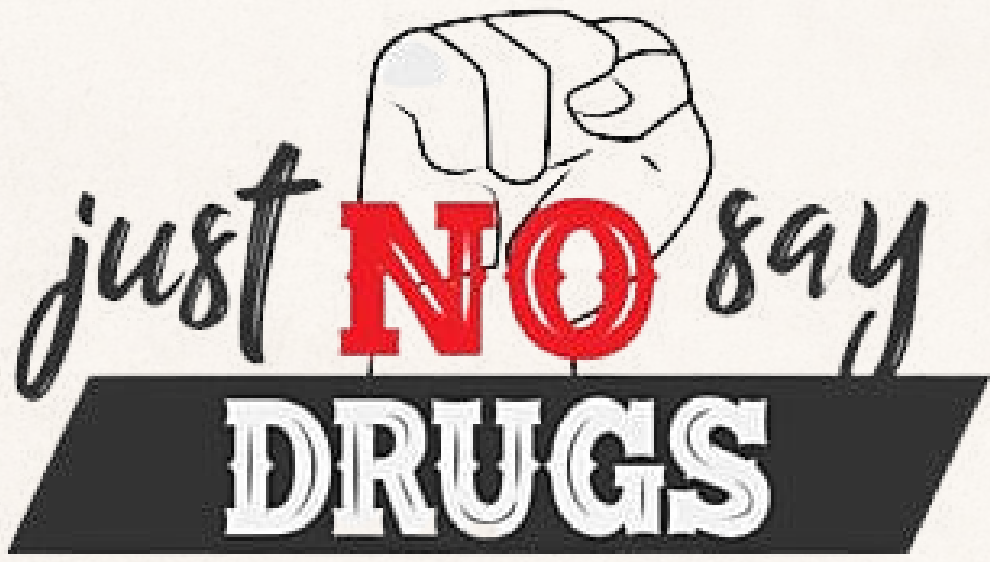
Mr. Harold D'Souza is also the co-founder of the organization 'Eyes open International' a non-profit group which attempts to combat this huge network of human trafficking.

Millions of victims all around the world are being trafficked and we cannot identify or save them as they are sometimes unaware or not brave enough to speak about it. Very few people among the many are able to get out of this and regain their freedom. As the saying goes 'Prevention is better than cure' it's better to be alert and aware of anything suspicious happening around us.



Rashmitha S Amin  
II PCBH





# SESSION ON DRUG ABUSE

Drug addiction is a growing problem all over the world, impacting people of all ages, genders and backgrounds. To educate individuals about the harmful effects of drug abuse, St. Agnes PU College organised a session on drug abuse for which Mrs. Lydia Lobo, Administrator, LINK Integrated Rehabilitation Centre for Addicts was invited on 23rd August 2023.

The primary objective of the drug awareness session was to educate individuals about the adverse effects of drug abuse on physical and mental health, family, workplace, and society. It also aimed to encourage students and adults to make smart choices and say no to drugs. Mrs. Lydia began the session by introducing herself and offering a brief overview of the topic. She then proceeded to discuss the different types of drugs and their effects. The common symptoms of drug abuse including loss of appetite, memory loss, violence depression, etc among others were highlighted as well. The crucial role of family and friends in supporting individuals who struggle with drug addiction and the importance of seeking professional help were emphasized. The myths and misconceptions around drug abuse were mentioned and she provided practical tips for resisting peer pressure and making healthy choices in life. The speaker used real-life examples and case studies to illustrate the consequences of drug abuse on individuals and society.

The drug awareness session was a valuable experience that highlighted the dangers of drug addiction and the importance of making wise choices. By educating individuals on the harmful effects of drug abuse. We can work towards creating a safer and healthier community. It is crucial to hold such sessions often and encourage active participation from all members of society, especially the youth, to spread awareness and prevent drug abuse



Hana Fathima  
I PCBH



# POSH & POCSO ACT - PROMOTING WORKPLACE & GENDER EQUALITY

There are many acts related to women and child development & protection in the present day, in which POSH [Prevention of Sexual Harassment] Act Of 2013 and POCSO [Protection of Child from Sexual Offence] Act OF 2012 is also well known. The POSH ACT aims to protect women who are sexually harassed at the workplace and create safe and conducive work environment for them. The POCSO Act aims to provide protection to children from the offences of sexual assault, sexual harassment and pornography while safeguarding the interests of the child at every stage of the judicial process.

To raise awareness against child and women sexual harassment or offences, our college conducted an informative session on POSH & POCSO Act on 13th July 2023. The session focused and aimed at educating students about these critical issues and equip them with knowledge and resources to combat such offences. Advocate Elizabeth Neeliyara, the chief guest of the session spoke about the laws prohibiting child abuse and sexual harassment, which were framed for the safety of children & women. She also shared some real-life cases related to child abuse and sexual harassment.

Sexual abuse is an issue within society that effects the life of not only the victims but also the lives of many people in the social order. Child abuse is any kind of mistreatment or negligence of a child that results in non-accidental injury or harm. Violence against women of any age, caste & creed such as abuse, molestation, rape, and infanticide are considered as crime. The number of crimes committed against women in India keeps rising every day and every year. So let us spread awareness against these issues and make our country a better place to live where children are given the privilege to study and enjoy their childhood and where women can confidently go out on the streets at any time without feeling insecure.



K.V. Anagha Manvith  
II CSBA





# YUVA 2023

It was around 11:40 in the afternoon, when we students were eagerly waiting for the bell to ring for lunch break. But there was an announcement which made students very attentive it was 'YUVA', a youthfest where various competitions would be conducted by St Agnes College (Autonomous), Centre for Postgraduate Studies and Research. This was a great opportunity to showcase our talent.

There were various competitions which was conducted namely face painting, mehendi, standup comedy and dance competition. I was very happy to be a part of this competition where I could showcase my talent. From our college there were 2 dance groups. This competition was held at the open stage on 24th August 2023. We all practiced and got ready for the competition. Now the realization hit us hard as our competitors were 2 or more years older than us which means they were more experienced. This is where we started to get nervous. But we tried our best to cheer each other so that we could give our best. The first competition was standup comedy. Many contestants participated including two of my friends. They were really nervous, and we cheered them up. As soon as the competition came to an end the results were announced. And one among the winners, Ananya from 1st BEBA/BSBA won the second place. Later we were informed about the face painting and mehendi competition allotments. My friends went to the respective allotments to compete. As soon as they went, the dance competition started. We were the 4th group to perform and the other was 8th group. As the performance started one by one, our heartbeat went faster and faster. Finally it was our turn. We were really happy that the crowd cheered us. As we finished performing, we were relieved. We enjoyed the other performances too. Now the nerve wrecking time had arrived – RESULTS! We were not expecting of winning since the competitors were really good. It is rightly said expect the unexpected. Both the teams from PU secured the first and second place in the dance competition. People around us were screaming out of joy and excitement and cheered us up. Our Principal and teachers were very proud of us.



Krithika S K  
II CSBA



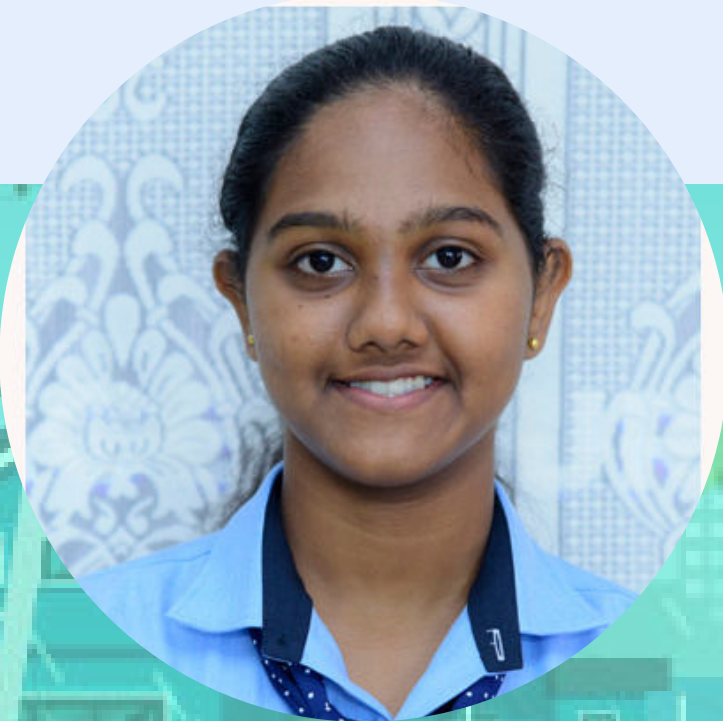


## ಪ್ರವಾಹದ ಭೀಕರತೆ

“ಅಪಾಹ ಸಂಭಾವೋ ಭುವನ್ಯಾಸ” ಎಂದರೆ ಇಡೀ ಭೂಮಿಯ ಜೀವರಾಶಿಗಳ ಆಕರವೇ ನೀರು. ನೀರಿಲ್ಲದೆ ಯಾವುದೇ ಜೀವಿಯು ಬದುಕಲಾರದು. ಜಲವೇ ಜೀವನ ಆದರೆ ಜೀವರಾಶಿಗಳಿಗೆ ಪುಳಕಿತಗೊಳಿಸುವ ಈ ಜಲರಾಶಿ ಕೆಲವೊಮ್ಮೆ ಪ್ರಕೃತಿ ವಿಕೋಪಕ್ಕೆ ಒಳಗಾಗಿ ಉಗ್ರರೂಪವನ್ನು ತಾಳಿದಾಗ ಮಳೆಗಾಲದಲ್ಲಿ ನದಿ, ಕೆರೆ, ಸಮುದ್ರ ಮುಂತಾದ ಸಂಗ್ರಹವಾದ ನೀರು-ರಭಸದಲ್ಲಿ ಉಕ್ಕಿ ಹರಿದು ಸುತ್ತಲಿನ ಹೊಲ, ಗದ್ದೆ, ಮನೆ ಎನ್ನದೆ ಜನಜೀವನ ಅಸ್ತವ್ಯಸ್ತ ಮಾಡುವುದೇ ಪ್ರವಾಹ.

ಮನುಷ್ಯ ಮಹತ್ವಾಕಾಂಕ್ಷಿ ಅವನ ಆಸೆಗೆ ಎಲ್ಲೆಯೇ ಇಲ್ಲ. ಮಾನವ ತನ್ನ ಬುದ್ಧಿಶಕ್ತಿಯನ್ನು ಉಪಯೋಗಿಸಿ ಪ್ರಕೃತಿಯನ್ನು ತನಗೆ ಬೇಕಾದಂತೆ ಬಳಸುತ್ತಿದ್ದಾನೆ. ಪ್ರಕೃತಿಯು ಸಹ ಮಾನವನಿಗೆ ತನ್ನದೆಲ್ಲವನ್ನೂ ಧಾರೆಯೆರೆದು ಸಹಕರಿಸುತ್ತಾ ಬಂದಿದೆ. ಅರಣ್ಯನಾಶ, ಕಾಡನ್ನು ಕಡೆದು ಕಾಂಕ್ರೀಟಿಕರಣ, ಮಳೆಗಾಲದಲ್ಲಿ ಚರಂಡಿಯ ನೀರಿನ ಸರಿಯಾದ ವ್ಯವಸ್ಥೆ ಇಲ್ಲದಿರುವುದು, ಪ್ರಕೃತಿ ಸಮತೋಲನ ತಪ್ಪಿ ಧಾರಾಕಾರ ಮಳೆ ಸುರಿಯುವುದು - ಹಿಮಪಾತವಾಗುವುದು ಇವುಗಳ ಕಾರಣದಿಂದ ಪ್ರಕೃತಿ ಉಗ್ರರೂಪವನ್ನು ತಾಳಿ - ಸಿಡಿಲು, ಭಾರೀ ಮಳೆ, ಭೂಕಂಪ, ಸುಂಟರಗಾಳಿ ಮುಂತಾದ ಹಾನಿಕಾರಕ ಘಟನೆಗಳು ಸಂಭವಿಸುತ್ತದೆ. ಪ್ರವಾಹವು ಕೂಡ ಪ್ರಕೃತಿ ವಿಕೋಪದ ಒಂದು ರೂಪವಾಗಿದೆ. ಪ್ರವಾಹದಿಂದ ಜನಸಾಮಾನ್ಯರ ಜೀವನ ಅಸ್ತವ್ಯಸ್ತವಾಗುತ್ತದೆ. ನದಿ, ಕೆರೆ, ಕಟ್ಟೆಗಳು ಒಡೆದು ನೀರು ರಭಸದಿಂದ ಹರಿದು ಹೊಲ, ಗದ್ದೆ, ಮನೆ ಎನ್ನದೆ ಮುನ್ನುಗ್ಗುತ್ತದೆ. ಜನರು ತಮ್ಮ ಆಸ್ತಿಪಾಸ್ತಿಯನ್ನು ತೊರೆದು, ಜಾನುವಾರುಗಳೊಂದಿಗೆ ಗುಳೇ ಹೋಗುತ್ತಾರೆ. ಪ್ರವಾಹದಿಂದ ಜನರಲ್ಲಿ ಉದ್ವಿಗ್ನತೆ ಹಾಗೂ ಒತ್ತಡವನ್ನು ತರುತ್ತದೆ. ಪ್ರವಾಹದ ನೀರು ಕುಡಿಯುವ ನೀರಿನೊಂದಿಗೆ ಬೆರೆತು ಕಲುಷಿತ ನೀರಿನಿಂದ ಆರೋಗ್ಯದ ಸಮಸ್ಯೆಗಳು ಕಂಡುಬರುತ್ತದೆ. ಮಲೇರಿಯಾ, ಡೆಂಗ್ಯೂ, ಕೆಮ್ಮು, ಜ್ವರ, ನೆಗಡಿ ರೋಗಗಳು ಉಲ್ಬಣಗೊಳ್ಳುತ್ತದೆ. ಹೊಲಗದ್ದೆಗಳಲ್ಲಿ ಹರಿವ ಪ್ರವಾಹದ ನೀರಿನಿಂದ ರೈತರು ಕಷ್ಟಪಟ್ಟು ಬೆಳೆಸಿದ ಫಸಲು ಹಾನಿಗೊಂಡು ಕ್ರಮೇಣ ಆಹಾರ ಸಮಸ್ಯೆ, ಬೆಲೆಯೇರಿಕೆ ಸಮಸ್ಯೆಗಳು ಕಂಡುಬರುತ್ತದೆ. ಅಪಾರ ಜೀವಹಾನಿಯನ್ನು, ವಸತಿ ಮತ್ತು ಆರ್ಥಿಕತೆಯ ಮೇಲೆ ಪ್ರವಾಹ ತನ್ನ ಪರಿಣಾಮವನ್ನು ಬೀರುತ್ತದೆ. ಆದಾಗ್ಯೂ ಪ್ರವಾಹದಿಂದ ಕೆಲವೊಂದು ಅನುಕೂಲಗಳು ಇವೆ. ಪ್ರವಾಹದಿಂದ ಬತ್ತಿಹೋದ ಅಂತರ್ಜಲವು ಮರುಪೂರಣಗೊಳ್ಳುತ್ತದೆ. ಪದೇ ಪದೇ ಪ್ರವಾಹಕ್ಕೆ ಒಳಗಾಗುವ ಪ್ರದೇಶದಲ್ಲಿ ಜೀವವೈವಿಧ್ಯತೆ ಕಂಡುಬರುತ್ತದೆ. ಹರಿವ ಪ್ರವಾಹದ ನೀರಿನಿಂದ ಮೆಕ್ಕಲು ಮಣ್ಣು ತನ್ನ ಸುತ್ತಲಿನ ಪ್ರದೇಶವನ್ನು ಫಲವತ್ತುಗೊಳಿಸುತ್ತದೆ. ಸಮುದ್ರ ತಡೆಗೋಡೆ, ತಡೆದ್ವೀಪಗಳ ನಿರ್ಮಾಣ, ಪ್ರವಾಹದ ತಡೆಗಳನ್ನು ಬಳಸುವುದರಿಂದ ಕೊಂಚಮಟ್ಟಿಗಾದರೂ ಪ್ರವಾಹವನ್ನು ನಿಯಂತ್ರಿಸಬಹುದು.

ಪ್ರಕೃತಿ ಮತ್ತು ವಿಕೃತಿ ಇದು ನಮಗೆ, ಮಾನವರಿಗೆ ಬಿಟ್ಟದ್ದು. ಮಾನವ ತನ್ನ ಸ್ವಾರ್ಥ ಲಾಭಕ್ಕಾಗಿ ಪ್ರಕೃತಿಯನ್ನು ಗೆಲ್ಲಲು ಹತಾಶ ಪ್ರಯತ್ನವನ್ನು ಮಾಡುತ್ತಲೇ ಇದ್ದಾನೆ. ಆದರೆ ಇಂದಿಗೂ ಪ್ರಕೃತಿ ಅಜೇಯವಾಗಿದೆ. “ಜಲಸ್ಯ ಪ್ರಭಾವಾಹಾಃ” ಎಂದರೆ ಜಲದ ಸಾಮರ್ಥ್ಯವು ಅಷ್ಟಿಷ್ಟಲ್ಲ. ಇಡೀ ಭೂಮಂಡಲದ ಜೀವಸಂಕುಲವನ್ನು ಪೋಷಿಸುವ ಈ ಜಲರಾಶಿ ತನ್ನ ಉಗ್ರ ಸ್ವರೂಪವನ್ನು ತಾಳಿದರೆ ಪ್ರವಾಹವೆಂಬ ರೌದ್ರವತಾರವನ್ನು ತೋರುವುದು ಇಂದು ಪದೇ ಪದೇ ಕಂಡುಬರುತ್ತದೆ. ಆದ್ದರಿಂದ ಜಲದ ಪವಿತ್ರತೆಯನ್ನು ರೌದ್ರತೆಯನ್ನಾಗಿ ಬದಲಾಯಿಸುವ ಮಾನವ ಸ್ವಭಾವಕ್ಕೆ ನಾವು ಕಡಿವಾಣ ಹಾಕೋಣ. ಪರಿಸರವನ್ನು ಬೆಳೆಸಿ ಸಂರಕ್ಷಿಸೋಣ. ಕಾಡನ್ನು ಬೆಳೆಸಿ, ನಾಡನ್ನು ಉಳಿಸಿ, ಪ್ರವಾಹವನ್ನು ತಡೆಯೋಣ.



**Rachel Pais**  
**I PCMB 'A'**



## “ಮಾದಕ ವ್ಯಸನಗಳ ನಿರ್ಮೂಲನೆಯಲ್ಲಿ ಯುವಕರ ಪಾತ್ರ”

ಪೀಠಿಕೆ:

ಭಾರತವು ವಿಶ್ವದಲ್ಲಿಯೇ ಎರಡನೇ ಅತಿ ಹೆಚ್ಚು ಜನಸಂಖ್ಯೆ ಹೊಂದಿರುವ ರಾಷ್ಟ್ರವಾಗಿದ್ದು, ಅಭಿವೃದ್ಧಿಹೊಂದುತ್ತಿರುವ ರಾಷ್ಟ್ರಗಳ ಪಟ್ಟಿಯಲ್ಲಿ ಸೇರಿದೆ. ತನ್ನನ್ನು ಅಭಿವೃದ್ಧಿ ಹೊಂದಿದ ರಾಷ್ಟ್ರಗಳ ಪಟ್ಟಿಯಲ್ಲಿ ಸೇರಿಸಲು ಇದು ಅನೇಕ ಸವಾಲು ಮತ್ತು ಸಮಸ್ಯೆಗಳನ್ನು ಎದುರಿಸಿ ಪಾರಾಗಿ ಬರಬೇಕಾಗಿದೆ, ಅಂತಹ ಸಮಸ್ಯೆಗಳಲ್ಲಿ ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಭಾರತವನ್ನಲ್ಲದೆ ಇಡಿ ವಿಶ್ವವನ್ನೇ ಕಾಡುತ್ತಿರುವ ಒಂದು ಬಹುದೊಡ್ಡ ಸಮಸ್ಯೆಯೆಂದರೆ ಮಾದಕ ವ್ಯಸನಗಳು ಇವು ಮಾನವನ ವೈಯಕ್ತಿಕ ಜೀವನವನ್ನಲ್ಲದೆ ದೇಶದ ಅಭಿವೃದ್ಧಿಯಲ್ಲಿ ತೊಡಕು ತರುತ್ತಿವೆ. ದೇಶದ ಅಲ್ಲದೇ ಇಡಿ ವಿಶ್ವದ ಉಜ್ವಲ ಭವಿಷ್ಯವಾದ ಮತ್ತು ಮುಂದಿನ ನಾಯಕರಾಗುವಂತಹ ಯುವಕರ ಪಾತ್ರವು ಈ ಮಾದಕ ವ್ಯಸನಗಳ ನಿರ್ಮೂಲನೆಯಲ್ಲಿ ಬಹುಮುಖ್ಯವಾಗಿದೆ.

ವಿಷಯ ವಿವರಣೆ:

ಭಾರತವು ಜನಸಂಖ್ಯೆಯಿಂದ ತುಂಬಿ ತುಳುಕುತ್ತಿರುವ ರಾಷ್ಟ್ರವಾಗಿದೆ ಅದರಲ್ಲಿ ಶೇಕಡಾ 50ಕ್ಕಿಂತ (50%) ಹೆಚ್ಚು ಯುವಕರೇ ಇದ್ದಾರೆ. ಅಂದರೆ ಭಾರತದ 1.4 ಮಿಲಿಯನ್ ಜನಸಂಖ್ಯೆಯಲ್ಲಿ ಸರಿಸುಮಾರು (70) ಎಪ್ಪತ್ತು ಕೋಟಿಯಷ್ಟು ಯುವಕರು ನಮ್ಮ ದೇಶದಲ್ಲಿದ್ದಾರೆ. ಇದು ನಮ್ಮ ದೇಶದ ಹಿತದೃಷ್ಟಿಯಿಂದ ಒಳ್ಳೆಯ ಸಂಗತಿಯಾಗಿದೆ. ಏಕೆಂದರೆ ಯುವಕರ ಉತ್ಸಾಹ, ಧೃಢ ನಿಶ್ಚಯ, ಸ್ವಪ್ರಜ್ಞೆ, ದೇಶದ ಬಗೆಗಿನ ಗೌರವ, ತಮ್ಮ ಜೀವನದ ಮೌಲ್ಯ ಮತ್ತು ಮುಂದಿನ ಪೀಳಿಗೆಯವರಿಗೆ ಬಿಟ್ಟುಹೋಗಬೇಕಾದ ಇತಿಹಾಸ ಇವೆಲ್ಲವೂ ದೇಶದ ಅಭಿವೃದ್ಧಿಯಲ್ಲಿ ಬಹಳ ಮಹತ್ವವನ್ನು ಹೊಂದಿದೆ. ಆದ್ದರಿಂದ ಮಹಾಪುರುಷ ಸ್ವಾಮಿ ವಿವೇಕಾನಂದರು ತಮ್ಮ ಜೀವನವನ್ನು ಹೆಚ್ಚಾಗಿ ಯುವಕರ ಏಳಿಗೆಗಾಗಿ ಮುಡಿಪಾಗಿಟ್ಟಿದ್ದರು. ಆದರೆ ಇಂದಿನ ಈ ಸಮಯದಲ್ಲಿ ಯಾವ ಯುವಕರು ಮುಂದಿನ ನಾಯಕ/ಕಿ, ದೇಶದ, ವಿಶ್ವದ ಉಜ್ವಲ ಭವಿಷ್ಯವಾಗಲಿದ್ದಾರೋ ಅವರು ಮಾದಕ ವ್ಯಸನಗಳಾದಂತಹ ಬೀಡಿ, ಮದ್ಯಪಾನ, ಗಾಂಜಾ, ಸಿಗರೇಟು, ಮದ್ಯು, ತಂಬಾಕು ಮುಂತಾದವುಗಳಿಗೆ ಒಳಗಾಗಿ ತಮ್ಮ ತಮ್ಮ ಕುಟುಂಬದ ಒಟ್ಟಾರೆ ದೇಶ ಹಾಗೂ ವಿಶ್ವದ ಭವಿಷ್ಯವನ್ನು ಮಣ್ಣುಪಾಲು ಮಾಡುತ್ತಿದ್ದಾರೆ. ಈ ಮಾದಕ ವ್ಯಸನಗಳಿಗೆ ಬಲಿಯಾಗಲು ಹಲವಾರು ಕಾರಣಗಳಿವೆ ಅವುಗಳೆಂದರೆ,

- ಆತ್ಮವಿಶ್ವಾಸ ಹೆಚ್ಚಿಸಲು
- ಮೋಜು, ಮಸ್ತಿ
- ತಮ್ಮೆಲ್ಲಾ ಸಮಸ್ಯೆಗಳಿಗೆ ಅವೇ ಒಂದು ಪರಿಹಾರ ಎಂಬ ಧೃಢ ನಂಬಿಕೆ
- ದುಷ್ಟ ಗೆಳೆಯರ ಸಂಗತಿ

ಈ ರೀತಿಯಾಗಿ ಅನೇಕ ಕಾರಣಗಳಿಂದ ಜನರು ಮಾದಕ ವ್ಯಸನಗಳಿಗೆ ಕಾಲಿಡುತ್ತಾರೆ, ಮುಂದೆ ಇದೇ ಅವರ ದೈಹಿಕ ಮತ್ತು ಮಾನಸಿಕ ಆರೋಗ್ಯದ ಮೇಲೆ ದುಷ್ಪರಿಣಾಮ ಬೀರುತ್ತದೆ. ಇವು ಅನೇಕ ರೀತಿಯ ಕ್ಯಾನ್ಸರ್ ಮತ್ತು ರೋಗಗಳಿಗೆ ದಾರಿಮಾಡಿಕೊಡದೆ ವ್ಯಕ್ತಿಯ ಸಾವಿಗೂ ಕಾರಣವಾಗಬಹುದು, ತಮ್ಮ ಹಾಗೂ ತಮ್ಮ ದೇಶದ ಪ್ರಗತಿಯಲ್ಲಿ ಹಿನ್ನಡೆಯಾಗುತ್ತದೆ. ವ್ಯಕ್ತಿಯ ವೈಯಕ್ತಿಕ ಜೀವನ, ಅವರ ಕುಟುಂಬ ಜೀವನದಲ್ಲೂ ಅಶಾಂತಿ ನೆಲೆಯಾಗಿ ವಿನಾಶದ ದಾರಿ ತಲುಪುತ್ತದೆ. ಸುತ್ತಮುತ್ತಲಿನ ವಾತಾವರಣ ಕೂಡ ಭಯ, ಅಶಾಂತಿಯಿಂದ ತುಂಬುತ್ತದೆ, ಒಟ್ಟಾರೆಯಾಗಿ ಮಾನವನ ಅಭಿವೃದ್ಧಿ ಕುಂಠಿತವಾಗುತ್ತದೆ.

ಸ್ವಾಮಿ ವಿವೇಕಾನಂದರು ಹೇಳಿರುವಂತೆ, ‘ಯುವಕರು ಹೇಡಿಗಳಾಗಬಾರದು, ಆದರೆ ಸ್ವಾವಲಂಬಿಗಳಾಗಬೇಕು’ – ಇದು ಯುವಜನರು ಹೊಂದಿರುವ ಜವಾಬ್ದಾರಿ, ಕರ್ತವ್ಯ, ಹಕ್ಕು ಮತ್ತು ಅಧಿಕಾರಗಳನ್ನು ಪ್ರತಿಬಿಂಬಿಸುತ್ತದೆ. ಮಾದಕ ಪದಾರ್ಥಗಳಿಗೆ ‘ಇಲ್ಲ’ ಎಂದು ಹೇಳಿ, ಎಚ್ಚರಿಕಾ ಕಾರ್ಯಗಳನ್ನು ಕೈಗೊಳ್ಳುವ ಮೂಲಕ, ಶಾಲಾಹಂತದಿಂದಲೇ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಮುನ್ನೆಚ್ಚರಿಕಾ ಕ್ರಮಗಳನ್ನು ನೀಡುವ ಮೂಲಕ, ದೂರವಾಣಿ ಮತ್ತು ವಾರ್ತಾಪತ್ರಿಕೆಗಳಲ್ಲಿ ಮಾದಕ ಪದಾರ್ಥಗಳ ದುಷ್ಪರಿಣಾಮಗಳ ಜಾಹಿರಾತಿನ ಮೂಲಕ ಈ ಸಮಸ್ಯೆಗಳನ್ನು ಪರಿಹರಿಸಬಹುದಾಗಿದೆ. ಮತ್ತು ಯುವಜನರು ಈ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ತಮ್ಮನ್ನು ತಾವು ತೊಡಗಿಸಿ ತಮ್ಮ ಸೇವೆಯನ್ನು ಸಲ್ಲಿಸಬೇಕಾಗಿದೆ. ಹೀಗೆ ಅವರು ತಮ್ಮ ಶಕ್ತಿ, ಸಾಮರ್ಥ್ಯ ಮತ್ತು ಉತ್ಸಾಹದ ಸರಿಯಾದ ಉಪಯೋಗವನ್ನು ಮಾಡಬಹುದಾಗಿದೆ.

ಉಪಸಂಹಾರ:

ಒಟ್ಟಾರೆಯಾಗಿ ಯಾವುದೇ ಒಂದು ದೇಶದ ಪ್ರಗತಿಯಾಗಬೇಕೆಂದರೆ ಅಲ್ಲಿನ ಪ್ರಾಕೃತಿಕ ಲಕ್ಷಣ, ಭೂ ಮೇಲ್ಮೈ ಲಕ್ಷಣ, ನೈಸರ್ಗಿಕ ಸಂಪನ್ಮೂಲ ಮತ್ತು ನೈಸರ್ಗಿಕ ವಾಯುಗುಣ ಅಲ್ಲದೆ, ಅಲ್ಲಿನ ಜನರ ಅಭಿವೃದ್ಧಿ ದೇಶದ ಅಭಿವೃದ್ಧಿಯಲ್ಲಿ ಬಹುಮುಖ್ಯ ಪಾತ್ರ ಹೊಂದಿದೆ. ಆದ್ದರಿಂದ ಭಾರತದಂತಹ ಅತಿಹೆಚ್ಚು ಯುವಕರನ್ನು ಹೊಂದಿದ ರಾಷ್ಟ್ರಗಳಲ್ಲಿ ಒಂದು ರೀತಿಯಲ್ಲಿ ಯುವಕರ ಅಭಿವೃದ್ಧಿಯೇ ದೇಶದ ಅಭಿವೃದ್ಧಿ, ಏಳಿಗೆ ಎಂದು ಹೇಳಬಹುದಾಗಿದೆ ಸಮಸ್ಯೆಯಲ್ಲಿ ತೊಡಗಿಕೊಂಡು ತದನಂತರ ಪರಿಹಾರ ಹುಡುಕುವುದಕ್ಕಿಂತ ಸಮಸ್ಯೆಯಲ್ಲಿ ಬೀಳದ ಹಾಗೆ ಮುನ್ನೆಚ್ಚರಿಕಾ ಕ್ರಮಗಳನ್ನು ವಹಿಸುವುದು ಯುವಕರ ಕರ್ತವ್ಯವಾಗಿದೆ. ಈ ನಿಟ್ಟಿನಲ್ಲಿ ಎಲ್ಲ ಯುವಕರು ಕೈಜೋಡಿಸಿದರೆ ವಿಶ್ವದ ಸರ್ವತೋಮುಖ ಅಭಿವೃದ್ಧಿ ಹೊಂದುವಲ್ಲಿ ಎರಡು ಮಾತಿಲ್ಲ.

**Rakshitra  
II PCMB ‘C’**