



JEEVAN JYOTHI INDUSTRIAL TRAINING INSTITUTE **The Brothers of Holy Cross, Honnavar (U.K) - 581334**



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MOUNTAIN: THE SOUL OF THE GLOBE

People find pleasure and delight in the beauty and diversity of nature; plants, trees, flowers, animals, rivers, pools, forests, and mountains. The villagers live and acquaint with them in their day-to-day life and the city dwellers find vacations to travel to islands and beaches to experience the goodness and benevolence of nature. Mountains are recognized as the veritable treasure of biodiversity and are considered the second most popular outdoor destination for people to relax, recreate, rejuvenate, reenergize and renew themselves. Mountains almost cover about 27% of the surface of the land providing fresh water, clean air and food supply to the millions of people in India. It is a treasure freely given for the survival and sustainability of human beings. The disappearance of mountains is a concern of current reality that provokes the eco-defenders and environmentalists to curb the acts of destruction of nature.

MOUNTAIN: A COMFORTING MOTHER

People have a sense of belongingness to mountains and prefer to live in the hills because of the nurturing aspects in the form of a mother. Mountains are the best place to reside for it elevates the spirit and mind of the people. Mountain is a strong, loving and protective mother who looks after her children very tenderly and carefully. Rudyard Joseph Kipling rightly says "Whoever goes to the Hills, goes to his mother." For living in the hills was like living in the bosom of a strong, sometimes proud but always a comforting mother. And every time I went away, the homecoming would be tender and precious. It became increasingly difficult for me to go away." One of the eco-promoters said, "I have lived in the cities too long and had returned to the hills to renew myself." Ruskin Bond's own words from the prologue of his autobiography "yesterday I dreamed again that I was lost in a large city of blinding lights and traffic. I was feeling quite helpless until a small boy took my hand and led me to the safety of these mountains I knew so well."

MOUNTAIN: THE SPIRITUAL ABODE

We do not know when the mountains were formed but it is believed to have been formed and shaped several lakhs of years ago. The holy textbooks in all religions consider mountains holy and sacred places where people believe that God dwells and reveals himself on them. Hinduism is deeply rooted in nature. Thousands of hill shrines are located on mountains.

The most famous and sacred mountain in the Hindu religion is the Mount Kailash in Tibet, the abode of Lord Shiva. People flock to the temples in the mountains to worship the creator. KR. Vaidyanathan says "People have deep and abiding faith in God and that faith impels them to move to mountains, however weak they may be in body and mind. One feels that he or she is on a mission solely with a wish to reach His shrine and have the eye-filling darshan of the Lord in totality." The Bible tells us that Jesus went up to the mountain to pray and the word mountain is mentioned 500 times in the Bible. For eg: Mount Arafat (16845 ft) is believed to be the actual place where Noah's ark rests after the flood. (Gen 8:1-5). It is on Mount Sinai (7497 ft) where Moses receives the Ten Commandments. (Exo: 19-20,24), Mount of Olives (2710 ft) where Jesus prays before his arrest and crucifixion and later he ascends from here to heaven. (Act 1:9-12), Mount Tabor (1886 ft) on which Jesus Transfigured (Mat 17:1-9). In Islam too, mountains played a major role in the spiritual progress of the people. Prophet Muhammad stood and delivered the last sermon on Mount Arafat commonly known as Jabal Arafat, which means the "Mountains of Mercy."

MOUNTAINS: A RESOURCEFUL TREASURE

Mountains possess a resourceful treasure for literary writers who celebrate the beauty and gifts of nature. The writers derive inspiration from mountains, valleys, brooks, landscapes and forests to create their inspiring poems, and stories. Besides, Mountains play an important role in the lives of people providing them with fresh and clean water, biodiversity, timber, and minerals. Nevertheless, it becomes a matter of concern when these vital resources are being exploited recklessly for the economic gain of some individuals. The explosions continually shatter the silence of the mountains and millions of years old rocks are dynamited. People blast holes out of them for their mineral wealth, strip them off their trees and foliage or dam their streams and divert their currents. Everywhere, limestone quarries are set up to denude, devastate and destroy the hills and mountains. In the face of today's globalized world, conserving natural resources for the present and future generations is a matter of concern for eco-promoters. However, Human beings are obliged to inherit the values of the mountains. The mountains teach us to be strong and patient in all circumstances whether good or bad. An old man who was residing alone in the 1600 ft high mountain, cultivating vegetables in his small garden was forced to move to the plain offering a well-built bungalow. Besides, he was offered plenty of money and materials but he was not attracted by such a materially oriented world. "All that springs and grows" in the mountain are my children; I belong to them and they belong to me as the mountain is my only treasure. The old man was firm in his decision, strong like a mountain and refused to move. Bond says in his book Time Stops at Shamli "It is safer in the jungle than in the town. No rascals are out here."

CONCLUSION:

Mountains are the gift of God freely given to humanity and the treasure hidden in them is a boon to the humanity. Mountains advocate values, spirituality, nobility and sublimity in human lives. Mountain is the 'soul of the globe.' Hence, the conservation of forests, agricultural land, hills and mountains, waterbeds etc... are needed much more attention and care than scientific research performed in the laboratory. Every human being must rise in action to promote the ecosystem and live in harmony with the mountains. We must take necessary actions to stop poisoning the rivers and seas, denuding the forest's cover, vitiating the atmosphere and destroying natural resources. To keep the momentum going, we must inspire and instill in young minds the values of nature in particular the benefits of mountains in our day-to-day lives.

"On the summit, your soul becomes part of the mountain. It makes you feel alive." Nirmal Purja

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Makar Sankranti

Makara Sankranti festival is celebrated all over India on 14th January, every year. From this day in the tropic of Capricorn, Makara Sankramana as it is called, the sun moves from south to north, so this summer solstice day is celebrated as an auspicious festival. This northward journey of the sun is also known as "UTTARAYANA" On this day, people traditionally prepare a special dish called Pongal, which is made of sweet rice cooked in milk. This is considered sathwik[Pure] food, which promotes pure thoughts and humility.

MAKARA SANKRANTHI IN KARNATAKA: With the state gearing up for the festivals, "Ellu, Bella, tindu, Olle matadi" is the Kannada saying that will make its rounds. This saying means "Eat the mixture of sesame seeds and Jaggery and speak good words." Women and children go door to door exchanging plates containing a piece of sugarcane, a mixture of sesame seeds, jaggery and candy made out of caramelized sugar.

This tradition symbolizes the virtues of sharing and spreading happiness. People also clean their houses, tie mango leaves to the entrance of their homes, wear new clothes and pray to God.

The essence and significance of Sankranti is to be grateful to God for the wonderful rain and crops which helped the people to live healthy lives. People offer prayers and special poojas are done in the temples. The festival brings forth generosity, harmony, gratitude and love among people.



Preetham Achari
FITTER-I Year

REPUBLIC DAY

India got its independence on 15th August 1947 and did not have its own constitution until 26th January 1950. Republic day honours the day when the constitution of India came into effect. All the schools and colleges across the country celebrate this national event with lots of enthusiasm and zeal. On this day people forget their religion, caste, creed, sex and more. It brings them together the country as a whole. It truly shows the diversity of our country.

We also do National flag hoisting on this day. In New Delhi after the president of India hoists our national flag 21 guns salute followed by the national anthem played by the military band. Further in schools, March past takes place and it's mandatory for every student to attend the celebrations. In many schools, they distribute sweets on this day as well. While it is a very joyous day, we must not forget the struggle for freedom that our forefathers took part in it. Moreover, it is a day to celebrate the spirit of freedom and make sure to help India reach greater heights in the future.



Darshan Naik
FITTER-I year

Global Family Day

Global family day is an international Day celebrated to promote world peace. Apart from welcoming New Year, people across the world celebrate Global Family Day every year on January 1. This day is also known as World Peace Day and it is commemorated with the goal of starting the year with a good message of harmony among the global community. It is a day where individuals and families share food with friends (especially the needy), make personal pledges of non-violence, and spread a message of peace and sharing. People ring bells or beat drums in hopes of making society and the world united as a family.

The term family is derived from the Latin word 'familia' denoting a household establishment and refers to a "group of individuals living together during important phases of their lifetime and bound to each other by biological and/or social and psychological relationship". Family is believed to be the first institution of learning and is fundamental to our sense of social well-being. Family plays an important role in preserving and promoting the cultural and social values in a society.

Ways to have a good family relationship:

1. Effective and frank communication with every family member on a regular basis is a must.
2. Ensure that all your family members join together for meals and enjoy talking with each other.
3. Turn off the television and talk to each other, play some game and never be in isolation.
4. Ask your children about their days at school and your spouse about his/her day at work.
5. Improve family relationships by supporting each other.
6. Improve family relationships by not holding grudges.

Indians must consider themselves to be better placed than others because the concept of 'Vasudhaiva Kutumbakam'(the world is one family) is ingrained in our DNA. It is our duty to pass on the collective age-old wisdom to our succeeding generations.



Ms. Krutika Arun Naik
COPA



WORLD HINDI DIWAS

Every year, January 10 is observed as Vishwa Hindi Diwas or International Hindi Day (World Hindi Day) In India, many languages are spoken, with Hindi being one of them. The Central Government officially recognized Hindi as a language. People honour and value the Hindi literary works on this day. On this day, several events are planned to promote Hindi.

History of Vishwa Hindi Diwas

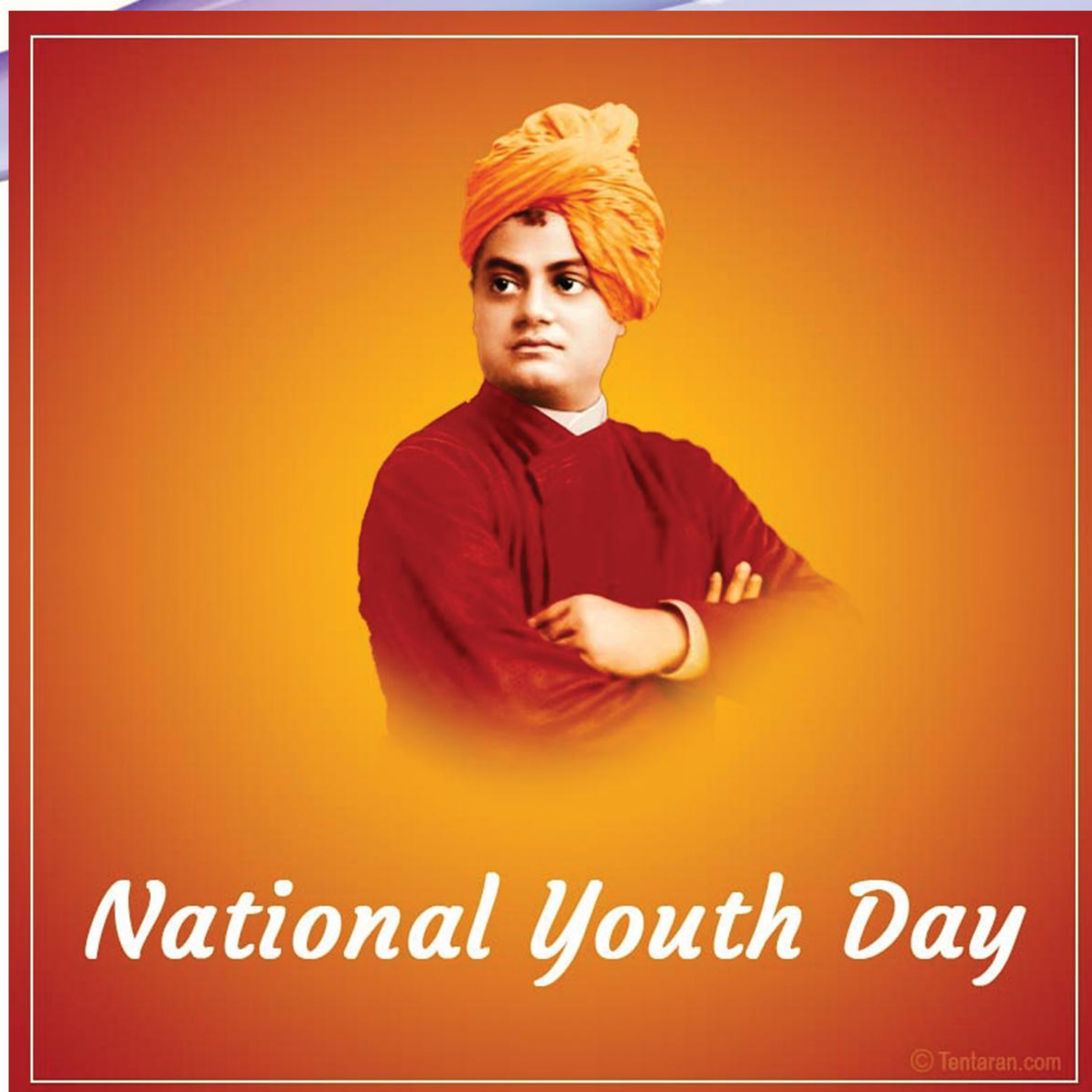
On January 10, 1975, Nagpur, Maharashtra, hosted the first-ever World Hindi Conference. Thirty nations participated in the conference, which was opened by the then-prime minister Indira Gandhi. And in 2006, Dr. Manmohan Singh, a former prime minister, proclaimed that every year, January 10 would be observed as World Hindi Day.

Last year, the theme of World Hindi Diwas was "to make Hindi a part of public opinion, although it doesn't necessarily mean that one has to leave their mother tongue." On September 14, India also observed the National Hindi Divas. National Hindi Divas, which were observed to honour the Constituent Assembly's adoption of Hindi as India's official language, set this holiday apart from World Hindi Day. According to estimates, Hindi is the fourth most widely used first language in the world, with over 260 million native speakers.

Although their dates differ, both occasions honour and respect the Hindi language. The National Hindi Diwas is observed on September 14, while World Hindi Day is celebrated on January 10.



Darshan Ambig
MMV - 1st Year



SWAMI VIVEKANANDA B'DAY

In 1984 Government of India declared 12th January as National Youth Day and since 1985 the event has been celebrated in India. This date was chosen to honour the birthday of swami Vivekananda, one of India's greatest spiritual and social leaders who was born in a beautiful and holy place in Kolkata. Vivekananda was inspired and motivated by a great personality named Sri Ramakrishna Paramhansa. Rama Krishna Deva helped Swamiji to receive an illusion from the darkness.

Youth are the future of the world and believed that they have muscles of iron and nerves of steel. 50% of India's population is under the age of 25. The future of the country rides on their shoulders making celebrations that empower young people so important. Nationally today or even Divas 2023 is celebrated in many schools and colleges where the students are encouraged to participate in various activities like essay writing, Debate competitions, seminar, speeches etc. Many sports and cultural activities can also be organised by the schools and colleges rather than these similar competitions are carried at the state and national level as well.

Many preachers and monks spread philosophical knowledge mentioning the power of truth and how we improve and selflessness can help in the betterment of this society.



Adarsh Satish Patgar
Fitter II



On April 1, 1895, the British Indian Army was founded within the British administration and was known as the British Indian Army. After India became independent in 1947, it was not until January 15, 1949, that the nation received its first-ever Indian chief. ARMY stands for Alert Regular Mobility Young. The military branch of a nation that engages in ground combat is known as the Army. On this day, every year, the country joins the army in observing 'Army Day'. A grand parade is held at the Cariappa Parade Ground in New Delhi. The parade is reviewed by the current Army Chief of Staff. The Indian Army's motto is "Service Before Self".

Army Day marks a day to salute the valiant soldiers who sacrificed their lives to protect the country and its citizens. The President of India is the Supreme Commander of the Indian Army, and its professional head is the Chief of Army Staff (COAS), who is a four-star general. General Manoj Pande is the current Chief of Army Staff and he took over the office on April 30, 2022. The head office of the Indian Army is based in New Delhi, the capital of India.

The Indian Military Academy is an army training academy located in Dehradun. The Army Profession is defined by its essential characteristics: Trust, Honorable Service, Military Expertise, Stewardship, and Esprit de Corps.



Manoj J Gouda
Electrician 1st Year



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अमृत महोत्सव



25th Jan
National
Voters Day



NATIONAL VOTERS DAY

National Voters' Day is celebrated every year on January 25 to encourage the country's voters to participate in the electoral process. National Voters Day reflects the importance of voting. People should take time to recognize that when they vote in an election, they are bringing a difference.

National Voters Day encourages voters to use their voices at the polls and make their votes count. Voting is a constitutional right. People may choose to vote for someone who could bring changes to their lives. Voting helps shape the world, community and country we live in. It is important to cast a ballot because our voice can help bring changes. Voting is important because it changes the world. Candidates need to show up and vote to elect their leaders to rule the country. If no one votes, voters may never get the candidate they want, leading to many issues like inflation and a poor economy.

An individual needs to vote to impact a government's policies and laws. Whether someone agrees or disagrees with the decisions, people must voice their opinion and vote. By observing the factors and incidents happening in the world, it is easy to understand that voting is more important than ever before.

Voting is a constitutional right that should be utilised. It gives everyone a chance to express opinions and hold the government accountable for their actions and policies. The citizens must vote in every election.



Darshan N Ambig
Electrician 1st Year



There was a man who worked for the railroad. One day he went into the freezer compartment to do his routine work. The door accidentally closed and he found himself trapped in the compartment. He shouted for help but no one heard him since it was midnight.

He tried to break down the door but he could not. As he lay in the freezer compartment, he began to feel colder and colder. Then he began to feel weaker and weaker, and he wrote on the wall of the compartment, "I am feeling colder and colder, and I am getting weaker and weaker. I am dying, and this may be my last words". In the morning when the other workers opened up the compartment, they found him dead. The sad twist to the above story is that the freezing apparatus there had broken down a few days ago. The poor worker did not know about it and in his mind, the freezing apparatus was working perfectly. He felt cold got weaker and literally killed himself to die.

Moral:

Our subconscious mind can be cheated. The subconscious mind can only accept and act on information passed to it by the conscious mind. It has no capacity to reject or decline any instruction or information passed to it by the conscious mind.

In the case of the poor worker, he consciously thought that he was getting colder, weaker and dying and the subconscious mind accepted the above instruction and affected his physical body. That was how he killed himself to die.



Mrs. Veena G
J.T.O- Electrician

Conflict Management & Transformation ("Health is wealth")- Part -4



In this chapter, I am going to describe about road safety and traffic rules.

I do not want to speak about the rules and regulations of traffic System which you have already learned while taking the Driving License. Rather I speak something about which I have come across and experienced in my life which I believe, it is good for our reflection and good for our safety measures on the road.

Eg: Let us listen to the conversation taking place between the passenger and the bus driver between Hyderabad and Bangalore/Mumbai.

Passenger: At what time the Bus will reach Bangalore/Mumbai?

Driver: will say, that is not in my hands.

Passenger: ask the driver what is the schedule of the arrival time of this bus.

Driver: He will say 6.30 a.m.

Passenger: ask again. Will it reach at 6.30 a.m.?

Driver: He will give the same first answer, it is not in my hands.

Many Drivers doesn't don't to hear like these questions. Confidently they will not answer you. That means the Driver doesn't give you confidence and "Hope" that you will reach safely. (many of our Indian Drivers believe in superstitious belief, after making an accident they will say it is a "fate" , it is a curse. They will put the blame on others, they never accept it is their mistake of driving).

You ask the same questions (we 've heard earlier) to a Driver in America / Canada /Japan / U.K / European countries. They will tell you the exact time with confidence. They will make your journey comfortable with confidence and "Hope" that you will reach safely.



The pattern of the traffic rules and the laws are the same in all the countries. We follow left hand Drive & they follow Right hand Drive. Rules are the same. Many other developed countries you will not see any police policemanng at the signal or at the cross roads and nobody crosses the Red light/ signal. The CC Camera capture them immediately and 3 to 4 days you will be receiving a letter indicating to pay a fine.

Lane System : In India we do not have the practice of following the "Lane system". Nowadays our roads have been improved. What is Lane System? Lane driving is sane driving. It reduces accidents. Safe way of driving. For comfortable and fast driving, the Government have made four-lane / six-lane roads. This is to save time and energy. On a four-lane road, you drive on your left-hand lane, the right-hand lane is to over take and after over taking come to the left lane. So that the right lane helps you to go faster according to the speed permitted. The slow-driving vehicle must drive on your left lane. (Lane means between two lines on the road).

"Lane driving or sticking to your lane is one of the easiest ways to drive safely. If lanes are followed overtaking also become smooth. Lane driving is an absolute necessity on a hill road. Most roads are demarcated by a center line. However, sometimes when the road is not marked by proper lanes, you should still be able to tell which side of the road you should be on".

Horning : is an another area on road system which we have not paid much attention. By horning noise pollution increases which is harmful to ear and health. Horning irritates and it is insulting the other Driver who is in front of you. Stop completely horning or minimize horning, unless it is an emergency.

Indicator : showing signal / indicator light is very essential while driving particularly on a high way.

