



DRIZZLE : 4

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## JEEVAN JYOTHI INDUSTRIAL TRAINING INSTITUTE

The Brothers of Holy Cross, Honnavar (U.K) - 581334

### ECOLOGICAL POVERTY

The natural environment has been gravely damaged by our irresponsible behaviour.

- Pope Benedict



Bro. Antony Raj CSC  
Director

The creation story in the bible profoundly reveals the infinite love of God for humanity. God created the earth, birds, animals, plants, water, sky, moon and light finally creating man to be in charge of them. The word 'in charge' here means to administer, to take care, to supervise and to have control over all of them. God never wanted the human beings to destroy, to massacre, to pollute or exploit his wonderful creation. Unfortunately, the human beings have been insensitive towards nature which nurtures them with immeasurable sustenance. Hence, the ecological poverty has quietly slithered into the lives of the people depriving them of the natural resources available down the ages. The world faces a lot of natural disasters, ecological catastrophe, unavoidable casualty due to our negligence towards the mother earth. Human beings consistently disrespect nature and remain unkind to her. Therefore, nature slowly pulls her goodness away from humanity forcibly pushing them to face ecological poverty.





"Agriculture is the backbone of the Indian Economy," said Mahatma Gandhi. The statement made by Gandhi seven decades ago was very true but, if Gandhi were to be alive today, he would take back his statement. Agriculture is not a source of joy for farmers any more. Farming has begun to lose its importance. The villagers' exodus to city is caused due to lack of income from their land. People across the globe have begun to experience eco poverty, eco hunger and eco thirst. According to Green Revolution report more than 2.5 billion people in developing countries live in rural areas. Of these, about one billion live below the poverty line. And about half a billion live in degraded eco-system, which is the key reason for their food insecurity and ecological poverty. Agriculture is declining slowly; the production rate is rapidly crumbling down due to poor yield. The extreme heat, lack of rain fall, floods and drought envisage people to think otherwise. If this persists, the day will come, 'people would experience ecological catastrophe vanishing away all creatures great and small from this world.

## Pollution and Climate Change

'We are presently witnessing a disturbing warming of the climate system' says Pope Francis. The present climate condition disturbs every sector of life. The seasons like Summer, Autumn, Winter and Spring seem to be wiped out from people's memory. The farmers, in particular are unable to decide about their pattern of cultivation. The land, water and air have been polluted, contaminated and poisoned by our irresponsible behaviour. The components of climate system have been changing moderately and taken new roots causing havoc to the people. The life style of the people and animals are getting affected due to this continued acceleration of changes. I don't deny the fact that the people have become extremely conscious

about the degradation of nature and the environment. There are very many renowned authors and writers who have written books on the importance of nature, ecology, environment both in India and other countries such as William Wordsworth, Henry David Thoreau, R.K Narayan, Sarojini Naidu, Tagore, Ruskin Bond and so on. The ecologists and environmentalists have formed various movements to fight against the destruction of ecosystem. There are a lot of growing sensitivity prevailing among the groups. Has this venture brought hope to the people or extinguished the ecological fire and eradicated the ecological poverty?

The unorganized system, the poor planning, the illimitable avarice of mankind and the restrictions faced by high influence are some of the reasons for the downfall of our eco system. Some people continue to mercilessly massacre, ruthlessly destroy and pitilessly pollute the mother earth.

This type of act provokes and voluntarily invite mother earth to react against us. In other words we call it as self-immolation or setting fire to oneself. St. Bonaventure painfully tells us that this type of human attitude is sin as he quotes "to commit a crime against the natural world is a sin against ourselves and above all against God". The policy makers of our country must be pro- active in educating and motivating the people. They must prepare a guideline policy to be followed rigorously. It is also the responsibility of every Individual to give adequate effort towards revamping the ecosystem.

## Students Role Play

The future of the nation lies in the hands of the students. They are the pillars of the society bubbling with lots of new energy. They have the openness to accept new







**Conclusion**

Nature is a pure  
 we should cele  
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**- Bro. Antony Raj CSC**  
Director





## CONFLICT MANAGEMENT & TRANSFORMATION. ("HEALTH IS WEALTH").

This information is based on the experience Louise L. Hay had gone through.

Her book is called "You can heal your Life". She almost reached death stage (Doctors gave up her case) and came back to normal life. Completely cured from Cancer.

Points of philosophy by Louis L.Hay

"We are each responsible for all of our experiences. Every thought we think is creating our future.

The point of power is always in the present moment. Everyone suffers from self-hatred and guilt.

The bottom line of every one is, " I am not good enough". Its only a thought, and a thought can be changed.

We create every so-called illness in our body. Resentment, remorse, criticism, and guilt are the most damaging patterns. Releasing resentment will dissolve even cancer. We must release the past and forgive every one. We must be willing to begin to learn to love ourselves. Self-approval and self-acceptance are the keys to positive changes. When we really love ourselves, everything in our life works".

Resentment = a feeling of deep and bitter anger and ill-will.

Remorse = a feeling of deep regret (usually for some misdeed).

Criticism = disapproval expressed by pointing out faults or shortcomings.

Constructive criticism is always appreciated and healthy.

Guilt = the state of having committed an offences.

Pattern = some thing from which a copy or a model is made.

We can change our attitude towards the past.

The past is over and done. We cannot change that now. Yet we can change our thoughts about the past. How foolish for us to PUNISH OURSELVES in the present moment because some one hurt us in the long ago past.

To release the past, we must be willing to forgive.

We need to choose to release the past and forgive every one, ourselves included. We may not know how to forgive, and we may not want to forgive, but the very fact that we say we are willing to forgive begin the healing process.

"I forgive you for not being the way I wanted you to be. I forgive you and set you free". This affirmation sets us free.

(Here two facts are important. 1. Forget 2. Forgive. We cannot forget the incident what had happened. But we could forgive the incident or event by willingly accepting, acknowledging and reconciling towards that incident. Which



**Bro. Chacko V. Andrews, C.S.C.**  
**Administrator**





means total surrendering or give up. Eg: suppose we say that we have forgiven that event or that person. But later on time to time it comes back to our mind and it disturbs our mind, we may express our anger or we may speak about it negatively on it, it continues to agitate in our mind, which means realistically we have not forgiven).



All Disease comes from a state of Un Forgiveness.

Whenever we are ill, we need to search our hearts to see who it is we need to forgive. In any miracle says that “all disease comes from a state of un forgiveness”.

I would add to that concept that the very person you find it hardest to forgive is the one YOU NEED TO LET GO OF THE MOST. Forgiveness means giving up, letting go.. We do not have to know HOW to forgive. All we need to do is to be WILLING to forgive. The Universe will take care of the hows.

Eg: confession : The privilege in the Catholic Church.

I find that when we really love and accept and APPROVE OF OURSELVES EXACTLY AS WE ARE , then every thing in life works. It's as if little miracles are every where. Our health improves, we attract more money, our relationships become much more fulfilling, All this seems to happen without our even trying.

Self-approval and self-acceptance in the now are the main keys to positive changes in every areas of our lives. Loving the self, to me, begins with never ever criticizing ourselves for anything. Criticism locks us in to the very pattern we are trying to change.

I believe we create every so –called illness in our body. The body, like every thing else in life, is a mirror of our inner thoughts and beliefs. The person who has a permanently scowling face did not produce that by having joyous, loving thoughts.

Few areas are given below:

### **The Head:**

The Head represent us. It is what we show the world. It is how we are usually recognized. When some thing goes wrong in the head area, it usually means we feel something is very wrong with “us”.

### **The Ears :**

The Ears represent the capacity to hear. When we are problem with the ears, it usually means something is going on, you do not want to hear. An earache would indicate that there is anger about what is heard.

Earaches are common with the children. They often have to listen to stuff going on in the

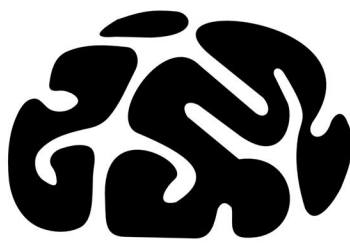






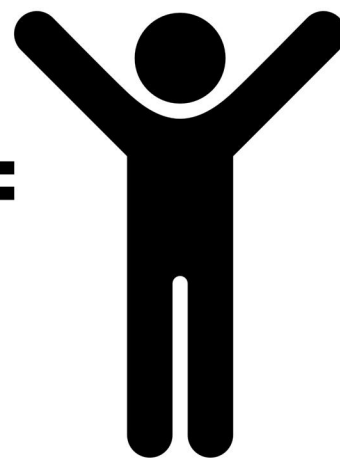
healthy  
body

+



healthy  
mind

=



happy  
human!

household they really don't want to hear. Household rules often forbid a child's expression of anger, and the child's inability to change things creates an earache.

### The Eyes :

The eyes represent the capacity to see. When there are problems with the eyes, it usually means there is something we do not want to see, either about ourselves or about life, past, present or future.

Whenever I see small children wearing glasses, I know there is stuff going on in their house hold they do not want to look at. If they can't change the experience, they will diffuse the sight so they don't have to see it so clearly.

Many people have had dramatic healing experiences when they have been willing to go back in to the past and clean up what it was they did not want to look at a year or two before they began wearing glasses.

Are you negating what's happening right now ? What don't you want to face ? Are you afraid to see the present or the future ? If you could see clearly, what would you see that you don't see now ? Can you see what you are doing to yourself ? Interesting questions to look at it. Isn't it.

### Headache :

Headaches come from invalidating the self. The next time you get a head ache, stop and ask yourself where and how you have just made yourself wrong. Forgive yourself, let it go, and the headache will dissolve back in to the nothingness from where it came.

Migraine headaches are created by people who want to be perfect and who create a lot of pressure on themselves.

### Back :

The back represents our support system. Problems with the back usually mean we feel we are not being supported. Too often we think we are only supported by our job or by our family or spouses. In reality, we are totally supported by the Universe, by life itself.

The upper back has to do with feeling the lack of emotional support. My husband/wife/lover/friend/authority doesn't understand me or support me.

The middle back has to do with guilt. All that stuff that is in back of us. Are you afraid to see what is back there, or are you hiding what is back there ? do you feel stabbed in the back?

Do you feel "burnt out"? Are your finances in a mess, or do you worry/tension about them excessively ? Then your lower back may be bothering you. The lack of money or the fear of money will do it. The amount you have has nothing to do with it.

So many of us feel that money is the most important thing in our lives, and that we could not live without it. This is not true . There is some thing far more important and precious to us without which we could not live. What is that ? It is our breath.

Our breath is the most precious substance in our lives, and yet we totally take for granted when we exhale that



## The Heart:

The heart does not “attack “ us. We get so caught up in the soap opera and dramas we create that we often forget to notice the little joys that surround us. We spend years squeezing all the joy out of the heart, and it literally falls over in pain. Heart attack people are never joyous people. If they do not take the time to appreciate the joys of life, they will just recreate another heart attack in time.

A large red heart shape is the central element, filled with various illustrations of people engaged in healthy activities. At the top, a blue kite with a red heart on it flies. Below it, a woman in a white shirt and green shorts is running. To her right, a man in a white shirt and brown pants is riding a red bicycle. Further right, a woman in a blue shirt is sitting on a bench. In the middle, a man in a blue shirt is sitting on a red mat, meditating. To his left, a woman in a yellow shirt is playing with two children. To his right, a group of children are playing soccer. At the bottom, a woman in a blue shirt is walking a stroller. To her right, a group of children are playing on a swing set. The heart is surrounded by green grass, trees, and clouds. A 'No Dogs' sign is visible on the right side.

## The stomach:

When there are stomach problems, it usually means we don't know how to assimilate the new experience. We are afraid.

Now it is many years later, and though the bags are still at every seat, they are seldom used. We have assimilated the idea of flying.

Accidents are expressions of anger. They indicate built-up frustrations resulting from not feeling the freedom to speak up for one's self. Accidents also indicate rebellion



against authority, rebellion against (other driver) other person. Believe in violence, We get so mad we want to hit people, and instead, we get hit.

When we are angry at ourselves, when we feel guilty, when we feel the need for punishment, an accident is a marvelous way of taking care of that.

Superstitious believers say that it is a fate. But it is not. It seems as though any accident is not our fault, that we are helpless victims of a quirk of fate. An accident allows us to turn to others for sympathy and attention. We get our wounds bathed and attended to. We often get bed rest, sometimes for an extended period of time. And we get pain.

**Remedy : I am at peace. I am worthwhile.**

#### **CANCER:**

Cancer is a dis-ease caused by deep resentment/remorse (a feeling of deep anger or displeasure stemming from belief that one has been wronged by others or betrayed ) held for a long time until it literally eats away at the body. Some thing happens in childhood that destroys the sense of trust. This experience is never forgotten, and the individual lives with a sense of self – pity, finding it hard to develop and maintain long term, meaningful relationships, because of that belief system, life seems to be a series of disappointments. A feeling of hopelessness and helplessness. and it becomes easy to blame others for all our problems. People with cancer are also very self – critical, deep hurt and hatredness, what is the use?

To me, learning to love and accept the self is the key to healing cancers.

**Treatment : I lovingly forgive and release all of the past. I choose to fill my world with joy. I love and approve of myself.**

*Compiled by*

**Bro. Chacko V. Andrews, C.S.C.**



## **7 C'S OF SUCCESS**

While on vacation at the serene riverfront residency of Jeevan Jyoti Industrial Training Institute, our hospitable host Brother Anthony Raj introduced us to a batch of 90 enthusiastic students and requested me to give them some talk. Fr Rohan Almeida, a Jesuit school principal who was on a personal retreat, effectively translated my impromptu talk on the 7 C's of Success in the local language, which was well received by the students.



**Mr. Allen D'Sa**  
Ex-Marketing Manager  
Pharmaceutical

I am summarising here my thoughts about success based on personal experience, which may give you some perspective on how to achieve it.

Success is defined as a "favourable or desired outcome" and "attainment of wealth, favour, fame or eminence" Success could be self or family or societal fulfillment . But how does one achieve success? Let me tell you that success is a continuous, disciplined process whose ultimate fruits are sweet and gratifying.

Encapsulated here are my 7 C's of Success:

### **1.C**ompetence

It's your ability to build skills and attitude that makes you different from others. Master your knowledge base



in the field you're in. Your knowledge cannot be copied by anyone. Push hard for what you want, focus and be passionate in what you do. You must have a learning mindset; learn the latest skills and keep yourself updated constantly. Persist through failure, rejection and criticism. Believe in yourself and reinforce your mind every day by visualizing success. Set yourself short time goals and work hard to fulfill them within the timeline. As Thomas Edison said, Success is 1% inspiration and 99% perspiration. Work hard and try to be in the top 20% percentile of your peers.



## 2.C oncepts

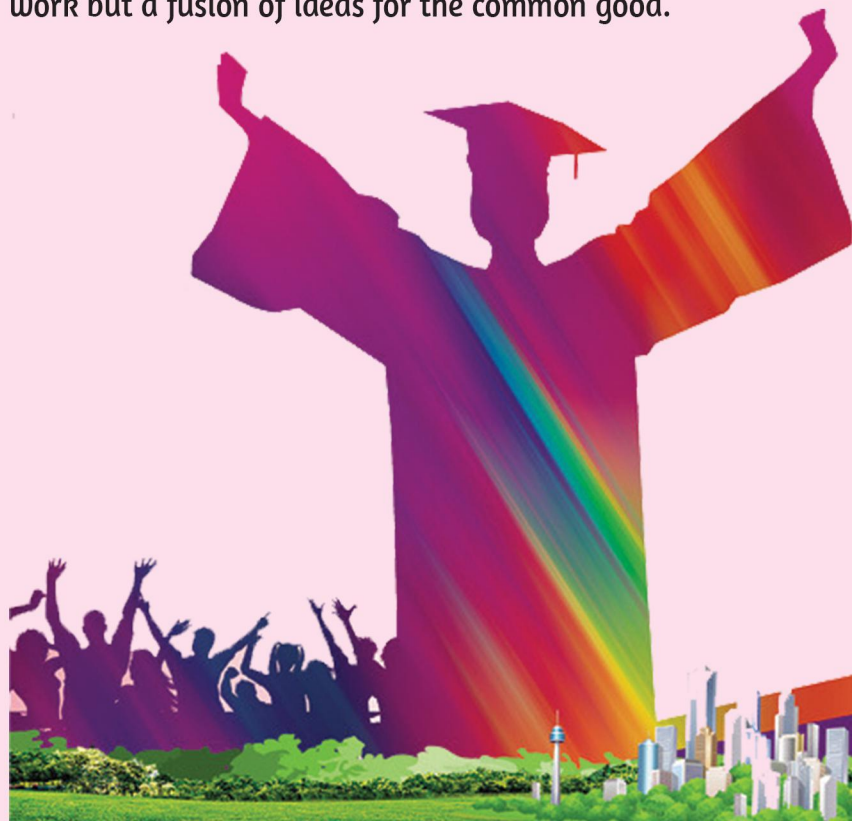
With knowledge and competence, success comes to those who bring new ideas or concepts to the table. It is your ability to apply your knowledge to problems never before encountered and drawing inferences from facts already known. Ideas can be generated through intent listening, observation and having a childlike curiosity. Ask questions, do problem solving and make connections. Brainstorming with friends and colleagues is a good way to generate ideas. Read on a variety of subjects and surf the net to build awareness. An idea can sometimes be so obvious that no one else has considered it. Your own ideas, will and ability can create a number of chances, circumstances, and the atmosphere to reach the desired goal.

## 3.C ommunication

Competence and ideas need to be communicated well. More than what you say, how you say it matters. Communication involves sharing ideas, information, and messages and includes writing and talking, as well as non-verbal communication (such as facial expressions, body language, or gestures), visual communication (the use of images, video or film), and electronic communication (telephone calls, e-mails). Communication is critical for human interactions. Most successful people have excellent communication skills. For starters, build up a good vocabulary (Learn 5 new words every day) and grammar. Smile as you speak and make use of gestures and body language to reinforce your point of view. Learning one or two more languages will widen your reach. Using simple, easy to understand language will endear you to your audience. Make eye contact and speak with confidence and assertiveness. If needed, join a public speaking course.

## 4.C ollaboration

No man is an island. We are living in an interconnected world and working with people of diverse backgrounds, cultures and biases. Collaboration is not just team work but a fusion of ideas for the common good.





To effectively collaborate you need to have people skills. Understand what motivates people around you and empathize by putting yourself in their shoes. It helps you see other points of view and not get locked into your own way of thinking all the time. When other people see that you empathize with them, they'll feel understood, leading to a mutual feeling of trust and lasting relationships. You can acquire people skills by being friendly and understanding. Things change all the time so it's important to be flexible and adaptive. For starters, read and re-read the all-time best seller book "How to Win Friends and Influence People" by Dale Carnegie. You can effectively collaborate if you are clear and assertive in communicating your ideas, be a patient listener, empathize and resolve conflicts amicably. Participate in community and social events and make as many friends as you can.

## 5.C **ourage**

Some of the most successful creations, inventions and movements of history are because one individual chose to embrace courage over fear and ridicule. We'll always face obstacles en route to success, but with courage and boldness, these could be overcome smoothly. Success comes to those who take balanced and calculated risks before making any important decision. Believe in your capabilities. Always be a fighter and never be a quitter. Winners never quit; quitters never win. Set your mind on your goal and just focus with a commitment and consistency to succeed. Seek help. It takes courage to ask for help when you're stuck, overwhelmed or don't know the answer to an issue, and you will be amazed by the positive responses. One of the biggest motivators in overcoming fear is knowing that you're not alone.

There are others who are cheering you on and offering advice and encouragement. Make a list, a long list of everything that scares you and slowly tackle each one by one. Start small and build up. Just like exercising a muscle, exercise your courage. The more often you do so the stronger you will become and the more confidence you will develop to tackle bigger and bigger challenges.



## 6.C **ommitment**

Everyone has the same 1,440 minutes in a day so be selective about what and who you commit to. One of the most distinguishing characteristics of successful people is their dogged persistence. Unfortunately, most people quit when they hit the first difficulty. They take the easy way out by quitting. That's why they seldom succeed at anything. However, when you're committed, you neither offer nor accept any excuses, only tangible results. Keep long-term and short-term goals. Commit to things like open-mindedness, time management and integrity. Be focused and do not allow distractions to side-track you. Keep an actionable plan and commit all your resources to achieve it on a day-to-day basis. Believe in yourself. Write down your strengths, unique points, greatest achievements and accomplishments and read them aloud every morning to build your confidence. Meditate in a quiet place for a few minutes every day. Share your goals and dreams openly. Share your thoughts with people who support you. It takes courage to share a goal with someone else. And when you do, it makes you serious and more committed to achieving it. People should see that you are credible and a person of principles who they can trust.







## 7.C contacts

People who are most connected are the most successful. Networking is about establishing, building, and nurturing long-term, mutually beneficial relationships with the people you meet and interact with every day. As you network with people in your sphere of interest, you'll uncover opportunities to connect with different types of mentors and advisors, increase your visibility, develop areas of expertise, and improve soft skills. Contacts could be your close friends, your professional associates, successful business folk, community leaders and those politically connected. Actively seek and nurture people who are influential and wield power. Keep in touch with your contacts especially on their birthdays and festivals. Don't hesitate to ask for their referrals and help to achieve your goals. Remember the biblical phrase: Ask and you will receive, seek and you will find, knock and the door shall be opened to you.

When you master the above 7 C's  
you'll have people flocking to seek your  
friendship and favour.

To conclude, "Some people only dream of success while others wake up each morning with a purpose to make it happen" – Wayne Huizanga







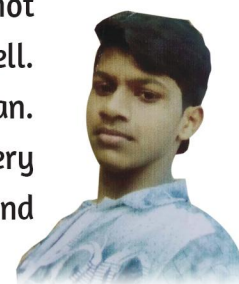
## MAHATMA GANDHI- MY INSPIRATION



Mohandas karamchand Gandhi known as the father of the nation was a social reformer and a freedom fighter who worked hard to free Bharat from the hands of the British Raj. He believed in the principals of Ahimsa. We celebrate his birthday on October 2nd in the name of Gandhi Jayanthi to honour him for his great efforts to free India.

Mahatma Gandhi created the concept of satyagraha which is a nonviolent way of protesting injustice. His ideology of ahimsa meaning not to injure anyone was highly appreciated around the globe. Mahatma Gandhi contribution to various social issues could never be ignored. His drive against untouchability during his imprisonment in the Yerwada jail in Pune where he went on fast against the age-old evil of untouchability in society. This had greatly helped the community's upliftment in the modern era. He also advocated the importance of education, self-discipline, cleanliness, health and equality in society.

Gandhi is revered and respected even now decades after his passing. And his fame and respect for his ideologies still resonate not only in India but across the world as well. We Indian must be proud of this great man. He is an inspirational force for every student to follow his principles and footsteps.



**- Maruti Manjunath Naik**  
**Electrician 2nd Year.**

## MOTOR MECHANICAL VEHICLE (MMV)

I, Aditya Patagar studying at Jeevan Jyothi Industrial Training Institute would like to brief to you the importance of MMV course I have chosen to study. MMV stands for 'Motor Mechanical Vehicle'. It is a two years course. During the two years duration a candidate is trained on subjects, professional skill, Professional knowledge, engineering drawing, workshop calculation and science and employability skills. In addition to this a candidate is entrusted to make a project work and extracurricular activities to build up the confidence. The practical skills are imparted on simple to complex manner and simultaneously theory subject is taught in the same fashion on explain cognitive knowledge well executing tasks the board components covered under professional skills.



**First year:** This year will cover the safety aspect in general and specific to the trade, identification of tools and equipment, raw material used. The trainee will perform measuring and making tools. The trainee will be able to plan and perform basic functioning and fitting operating, familiarize with the basic of electricity test and measure the electrical parameters skilling practice making various welding joint by using arc and gas welding. Trace and identify various hydraulics brake system identify various types of vehicles.

The candidate will be able to perform practice on dismantling residential of LMV as per given standard procedures able to achieve skill on overhauling of cylinder head valve, train piston connecting rod assembly, crankshaft flywheel and mounting flanges and bearings camshaft etc. Practice reassembling all parts of engine in correct sequence as per workshop manual. Perform testing on engine also the trainee practice on repair and maintenance of cooling lubrication, intake and exhaust system of engine. Perform maintenance of diesel fuel system FIP governor and monitor emission of vehicle. Practice on repair maintenance and overhaul of stator alternator and perform troubleshooting in engine of LMV or HMV

**Second year:** In the second year, the trainee will learn to perform overhauling of cylinder light vehicle, heavy vehicle transmission units including gearbox, single plate clutch assembly, diaphragm clutch assembly, constant mesh gear box linkages propeller shaft universal slip joint real axle assembly, differential assembly the specifications and tolerances for the vehicle and the manufacturers approved overhauling methods standard repair methods health, safety requirement etc. The trainee will learn how to overall repair and service shackles leaf spring front axle front and rear suspension steering gear box worn and roller type steering gearbox. plating reticulating ball type master cylinder, front and rear brake wheel cylinder vacuum booster air servo unit air tank etc. The trainee will also learn to carry out wheel balancing alignment within acceptable limits.



**Aditya Patagar**  
**MMV-first year**







## WORLD FOOD DAY



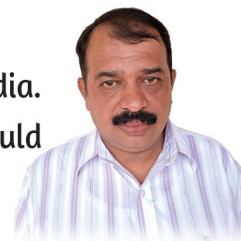
World food day is celebrated every year around the world on October 16. The day is celebrated to mark the anniversary of the founding of Food and Agriculture Organization (FAO) of the United Nations in 1945. The day is marked not only to celebrate the amazing food that we get to eat every day, but to also spread awareness about those who struggle to get even one meal in a day.

The world today faces two major problems. One is the issue of providing a healthy diet which affects both the rich and the poor causing life style issues such as obesity, diabetes. On the other hand, there is the issue of hunger which leads to malnutrition, death and abnormal growth in children.

World food day is not only about celebrating the amazing food that people have the privilege of indulging in, but it is about raising awareness for people who do not have such privilege. People all over the world who suffer from hunger and starvation are a massive problem in a number of countries, and we need to do more to raise awareness and combat this problem.

India the world's second most populous country and the 5th largest economy in the world is home to a quarter of the worlds under nourished people. Despite so much economic growth, India still is grappling with a high level of poverty, food insecurity and malnutrition. In the last two decades, the income gap between the rich and poor has increased.

To tackle the situation, the world food program is taking many steps along with the government of India. Indian government should take serious steps to get rid of poverty. Each and every citizen of India should think of this. Then only we can become developed country and identify ourselves as world leader.



**- Ganesh Bhat, J.T.O-Fitter**

## EID MILAD UN NABI

Eid Milad un Nabi also known as Mawlid un Nabi is the festival to commemorate the birth anniversary of the holy prophet muhammed it is celebrated on the 12th of Rabi ul Auwal from the point of the view of muslim this date marks the most important event in the history of the world Muhammad Peace and blessing of Allah be upon him is regarded as the chief of the prophet Is the perfect man to whom the holy Quran was revealed the best exemplar and the greatest benefactor of mankind he is the person whom GOD has proclaimed.

“Allah send down his blessing on the prophet and his angles constantly invoke his blessing on him do you O believes also invoke Allah's blessings on him and offer him the salutation of peace “(33:57) The extent of festivities on this



occasion is restricted because of the fact that the same day marks his death anniversary. On this occasion Therefore public meetings are held in the mosques where religious leaders make speeches on different aspects of the life of this great man. The stories of the prophet's birth childhood youth and adult life character, teaching suffering and forgiveness and even his most bitter enemies his fortitude in face of general opposition leadership in battles bravery wisdom preaching's and his final triumph through God's mercy over the hearts of the people are narrated in details.

Salutation and songs in the praise are recited in some countries street mosques and public buildings are decorated with colourful buntings and pennants and well illuminated at night devoted Muslims give large sums to charity feasts are arranged and rice and meat dishes are served to the guests and also distributed among the poor in some big cities large processions are also formed and people in Jubilant mood chant verses in praise of the holy prophet.

Some Muslims however do not celebrate this occasion as his birthday or death anniversary as they believe celebrating birthdays or death anniversaries is not a part of Muslim society as such, they instead hold Seurat-un-Nabi meetings where in speeches are made on different aspects of the life of this the greatest benefactor of mankind.



- Ismail Zabiulla, Electrician 2nd Year

Navratri is a festival in which people joyously worship Goddess Durga. Indians celebrate this festival with a lot of joy and enthusiasm. Further, the meaning of 'Nav' is nine and 'Ratri' refers to night. We celebrate it over a period of nine nights.

### The story behind Navratri

We celebrate the festival for nine nights and ten days. The festival occurs in the month of October or November. Moreover, in India, people celebrate it four times every year. We refer to these times as Sharada Navratri, Vasanta Navratri, Magha Navratri and Ashada Navratri. Further, the most famous one is Sharada Navaratri that people all over the country celebrate actively. The people living in the North-eastern and Eastern states refer to it as Durga Puja. According to the holy scriptures, Mahishasura was a demon king. Also, he was an ardent worshipper of Lord Siva and got massive powers.

## THE STORY BEHIND NAVRATRI





Misusing his power, he committed a lot of wrongdoings and troubled the people. Thus, the holy trinity of Brahma, Vishnu, and Siva decided to do something. In other words, all their powers got together to create Goddess Durga.

It was done to protect the world from the demon king. Thus, in the Northern, Western and Southern states, people refer to this festival as Rama Lila. Similarly, people also refer to it as Dussehra in these regions. Dussehra is known for symbolizing the victory of Lord Rama over Raavan, the demon king.

### Nine Days of Celebrations

We celebrate the nine days of this festival as a dedication to the nine incarnations of the Goddess Durga. First day, she is an incarnation of Goddess Parvati. She is depicted as the direct incarnation of Mahakali. Second day, she is the incarnation of Goddess Parvati only but of her unmarried self. The colour of the day blue, symbolizes peace and strength. Third day, yellow is the colour. It symbolizes the vivaciousness of Goddess Parvati. Fourth day, refers to the universe's creative power. Green is the colour that is associated with this form. Fifth day, the colour is grey and it symbolizes strength. Sixth day she is depicted with four arms as she rides a lion, a symbol of courage. Orange is the colour for the sixth day. Seventh day shows the most violent form of the Goddess, Mahakali. Her skin turns back in rage for destroying demons. Eighth day, peace and optimism are associated with pink colour.

Finally, on the ninth day, she sits on a lotus radiating the wisdom and beauty of nature. Light blue is the colour of the final day. People celebrate and worship all forms of the Goddess enthusiastically. Navratri brings people together from all over the country and symbolizes diversity and culture.



- Prateek Shet, Electrician 1st Year

*Happy Navaratri*



## DEEPAVALI

Deepavali (also Diwali) is one of the India's biggest festivals and is certainly the festival that has received the most attention from the international community. Diwali is observed across the religious spectrum. The name Diwali derived from the rows of lamps that people light outside their houses and temples as a symbol of the internal light that protects against spiritual darkness. The festival signifies victory of light over darkness.

How Diwali is observed and differs based on tradition and region. For instance, in the northern part of India, People celebrate the legend of the return of King Rama after defeating Ravana, by lighting rows of lamps conversely. In the west, the light festival commemorates the time when lord Vishnu (one of the major Hindu gods) sent king Bali, the demon to rule the world of dead. Diwali is also celebrated in the honor of marriage of the lord Vishnu and goddess Lakshmi. And it also marks the triumph of the lord Krishna over the demon Naraka. Hindus in Bengal Honor the fearsome goddess Kali on the occasion of Diwali.





Sikhs also celebrate Diwali as it marks the release of their guruji- Guru Hargobind Sahibji and 52 other kings & princess of India that were made captives by the mogul Emperor Shahjahan. On the same night that Diwali celebrated. Jains celebrate a festival of Lights to make the attainment of moksha by Mahavira.

The festival is celebrated over 5 days with each day associated with its own traditions and means of celebration. The major take away is that Diwali is a marathon-like tradition filled celebration. Each year the exact date of festival also changes according the Hindu lunisolar calendar with the festival typically falling between mid -October and mid-November. In 2022 Diwali will take place from October-22nd to 26th October.

Have an auspicious Diwali



- Mr. Ramachandra S Hegde, J.T.O- Fitter



## INTERNATIONAL DAY OF THE GIRL CHILD

The International Day of the Girl Child is celebrated on October 11. This year marks the 10th anniversary of the International Day of the Girl Child. The day commemorates the achievements of girls and brings attention to the challenges they face on a daily basis.

The United Nations Children's Fund organises events to amplify their voices. It also highlights the need to promote gender equality so that a society can level the playing field for them. This year's theme is "Our time is now—our rights, our future", signifying the increased need to invest in girl's rights and confront the myriad challenges girls face, which have worsened due to climate change, the COVID-19 crisis, and humanitarian conflicts.

### History

The Beijing Declaration and Platform for Action in 1995 for the first time in history, proposed action to advance the rights of the girl child. Following that, in December 2011, the United Nations General Assembly adopted resolution 66/170 and inaugurated October 11, 2012 as the first year to celebrate the day. The declaration highlighted the need to liberate and





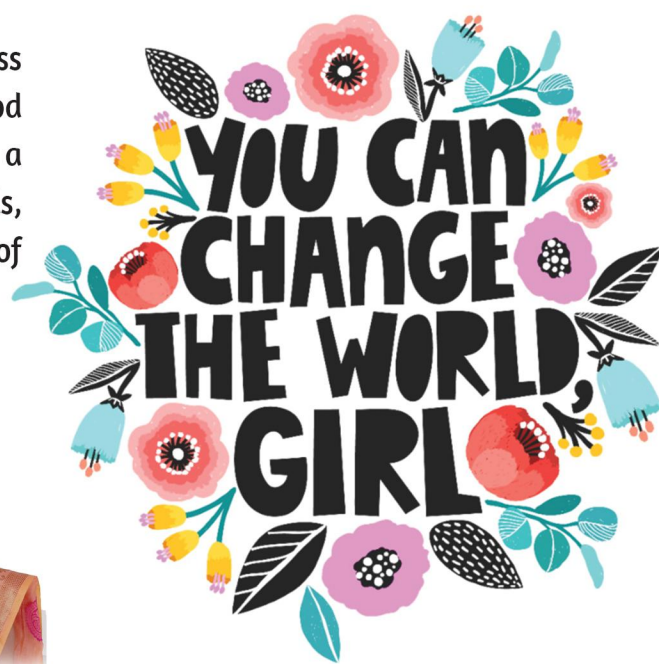
invest in female children.

The resolution further dives into a girl's inability to access opportunities, enjoy her rights, and face problems since her childhood and adolescence. It adds that child and forced marriages lead to a greater risk of HIV and sexually transmitted diseases in young girls, often leading to early childbearing and heightening the chances of disability, stillbirth, and maternal death.

Moreover, it notes that this reduces the opportunities of education, gaining comprehensive knowledge, participation in community activities or developing employable skills, and violates the human rights of women and girls. It is time for all of us to be held accountable, and invest in a future that believes in their agency, potential and leadership.



**Mrs. Sheela Achari**  
**J.T.O-COPA**



## THE INDIAN AIR FORCE (IAF)



The Indian Air Force (IAF) is the air arm of the Indian Armed Forces. Its complement of personnel and aircraft assets ranks third amongst the air forces of the world. Its primary mission is to secure Indian airspace and to conduct aerial warfare during armed conflict. It was officially established on 8 October 1932 as an auxiliary air force of the British Empire which honoured India's aviation service during World War II with the prefix Royal.

After India gained independence from United Kingdom in 1947, the name Royal Indian Air Force was kept and served in the name of Dominion of India. With the government's transition to a Republic in 1950, the prefix Royal was removed. Since 1950, the IAF has been involved in four wars with neighbouring Pakistan. Other major operations undertaken by the IAF include Operation Vijay, Operation Meghdoot, Operation Cactus and Operation Poomalai. The IAF's mission expands beyond engagement with hostile forces, with the IAF participating in United Nations peacekeeping missions.





The President of India holds the rank of Supreme Commander of the IAF. As of 1 July 2017, 170,576 personnel are in service with the Indian Air Force. The Chief of the Air Staff, an air chief marshal, is a four-star officer and is responsible for the bulk of operational command of the Air Force. There is never more than one serving ACM at any given time in the IAF. The rank of Marshal of the Air Force has been conferred by the President of India on one occasion in history, to Arjan Singh. On 26 January 2002, Singh became the first and so far, only five-star rank officer of the IAF.

- Royston Lobo  
MMV- 2nd Year



## JJITI - ACTIVITY REPORT

### Investiture Ceremony

The Investiture ceremony of Jeevan Jyothi ITI for the academic year 2022-23 was held on 30.09.22 at Bro. Madore multipurpose hall. Rev. Bro. Chacko V.Andrews CSC administered the oath taking ceremony of student council and inaugurated the clubs committees for the academic year 2022-23. Mr. Ullas Dias was appointed as Dean of students and Mr. Ganesh Bhat as the coordinator of Clubs and Committees.

Hearty Congratulation!!!

Mr. Ullas Dias – Dean of Students

Mr. Ganesh – Club coordinator

Mr. Shane Fernandes –MMV II - President

Ramesh Honnayya Naik MMV - Vice President

Ramesh Honnayya Naik MMV I, - General Secretary

Sanjeev Patgar – Electrician II - Year Joint Secretary

### Quiz competition

JJITI had organized quiz competition on 15th October 2022. The four houses namely St Joseph' House, St. Mary's house, Bl. Moreau house and St. Andre house had participated. Mr.Ullas Dias was the chief organizer.





Mr. Sunil Shet the quiz master had wonderfully conducted the competition. St. Andre house emerged as the winner of the event.

### Directors Birthday

The director Bro. Antony Raj CSC birthday was celebrated in the institute by all the staff and students. The prayer service was conducted and the celebrant was felicitated by Mr. Ganesh Bhat. The celebrant was formally honoured. The celebration was very meaningful.

### Herbal Garden

The nature club of JJITI has set up a herbal garden in our campus on 20th October 2022. This is to create awareness and traditional use of herbs. The garden is blessed with more than forty herbal plants. The nature club of JJITI is very prompt in taking care of the Herbal Garden. The nature is coordinated by Mr. Ganesh Bhat with the support of the students and staff.

### Drawing Competition

The drawing competition was conducted in JJITI on 20th October 2022. The students from all trade had participated. The topic for the drawing competition was "DIWALI". Thanks to Mr. Ullas Dias and all the staff for conducting the competition.

### Diwali Celebration

Diwali was celebrated in our campus on 22nd October 2022. A meaningful prayer service was organized and thereafter a wonderful show was put up by the students. The Diwali speech was delivered by Bro. John Joseph csc.



Compiled by  
**Mr. Ullas Dias**

