



**QUEEN MARY'S COLLEGE (AUTONOMOUS)**  
**CHENNAI - 600 004.**



**DEPARTMENT OF HOME SCIENCE**



**STUDENTS INITIATIVE MAGAZINE**

**BY THE STUDENTS , FOR THE STUDENTS**

**Compilers**

**Abinaya Sri S & Nisha P**

**III B.Sc. Home Science NFSMD**

**Editor**

**Dr. A. Ananthalakshmi**

**Department of Home Science**



# Editor's note...



**Dr A. Ananthalakshmi**

**Associate Professor, Department of Home Science**

"Welcome to the summer issue of Nourish and Flourish! As the temperatures rise, it's essential to prioritize our health and well-being. In this issue, we've curated a collection of articles, recipes, and tips to help you stay refreshed, nourished, and thriving all summer long.

From cooling summer salads to hydrating drinks, we've got you covered. Our featured articles explore the benefits of seasonal eating, summer fun games, activities, travel tips, health checks, importance of hydration, summer tips for sports persons, mindful self-care practices and showcases the talents of

III Bsc(NFSM&D) students!

Here i share ten hydration tracker apps in google play store for your self care!

Stay tuned for upcoming issues, where we'll dive deeper into topics like adolescent health, eating disorders, fitness routines and much more!

In this inspiring issue of Nourish and Flourish, we are honoured to feature a motivational interview with the illustrious Padma shri awardee, Dr. Gayathri Sankaran. Despite being visually challenged, Dr. Sankaran's remarkable journey is a testament to the human spirit's capacity to overcome adversity and thrive.

Happy reading, and don't forget to stay cool and hydrated this summer!"

I acknowledge Ms.Rubini S , Assistant Professor (Adhoc) and the Tutor of III Bsc (NFSM&D) for her involvement , dedication and enthusiasm to motivate her class students to bring out this issue.

## **Top 10 Hydration Tracker Apps on Google Play**

- **Water Drink Reminder**

A highly rated app with over 10 million downloads. It offers personalized hydration goals based on your weight and activity level, along with timely reminders to keep you hydrated throughout the day.

- **WaterMinder**

An intuitive app that allows you to set custom hydration goals, track your intake, and receive smart reminders. It also offers integration with various fitness platforms.

- **Hydro Coach**

This app calculates your daily water needs and provides reminders to help you meet your hydration goals. It features detailed statistics and integrates with health apps like Google Fit.

- **Aqualert: Water Tracker**

A user-friendly app that tracks your water intake and reminds you to drink water at regular intervals. It also provides insights into your hydration habits.

- **Daily Water Tracker - Waterful**

Offers a cute and engaging interface with a virtual coach to motivate you. It allows customization of drink types and provides detailed hydration statistics.





**Dr S. Vijayapriya**

**Associate Professor, Department of Home Science**

**Prelude**  
by...

## Beat the heat

It is summer – The season brings hot, vibes, and classic adventures with it! The days get longer and the sun shines brighter. Summer - the season of iced cool drinks, playlist of songs on repeat. But let us be real - between sweaty afternoons, scorching sidewalks, and the constant search for shade, summer can get too hot to handle.

Balancing heat in the Siddha system of Alternative Medicine focuses on controlling excess Pitham (Pitta)—the fire element responsible for metabolism, digestion, and body temperature. When Pitham increases, it leads to internal heat, which may manifest to:

- Burning sensation in eyes, stomach, or skin
- Ulcers, acidity, loose stools
- Anger or irritability
- Excessive thirst and sweating

It is suggested to boil Vettiver, Avaram Poo, and Neermulli in water, reduce to half, cool, and drink as herbal water through the day as a remedy for controlling Pitta.

By integrating Ayurvedic cooling practices like oil massage, applying sandalwood paste with rosewater into your daily routine of skin care, you can effectively manage the heat and maintain a sense of calm and comfort.

- Summer break is finally here - and for once, it is not about forcing deadlines or surviving exams. It is about slowing down, breathing in the scent of mangoes, and maybe even letting your phone chill while you reconnect with the people who have watched you grow.
- This is the season of going back to your roots - long chats with grandparents under ceiling fans, homemade lemon juice that tastes like childhood, and lazy afternoons where time seems to stretch like warm sunshine on a verandah. There is something special about summer with family - it is less about plans and more about moments: playing board games, sharing stories, helping in the kitchen, or just soaking in the simplicity.
- Of course, it is still hot out there, and that is where we have got you covered. This issue is your guide to keeping things cool - from fun indoor activities and refreshing snacks to little tips that make the heat feel a bit less severe.. So while the world outside is rushing, here is your chance to hit pause. To enjoy the laughter of little cousins, the wisdom of your grandparents and the kind of joy that does not need Wi-Fi to feel real.

Let's beat the heat - together and with heart.





In a world where challenges often seem insurmountable, some stories shine brightly, reminding us of the incredible strength within us all. Beyond Sight: Unleashing Your Potentials brings you the inspiring journey of Dr. Sankaran — a remarkable individual who transformed her perceived limitations into stepping stones toward greatness.



Despite the darkness that surrounded her, Dr. Sankaran's passion for music and education only grew stronger. When her father remarried and moved abroad, she was left to navigate the complexities of life with the support of her sister-in-law, who entered her family when Gayathri was 12 years old. Undeterred by her circumstances, Dr. Sankaran began performing in concerts at the tender age of 12, showcasing her exceptional talent and dedication.

# BEYOND SIGHT: UNLEASHING YOUR POTENTIALS

PADMA SHRI  
DR. GAYATHRI SANKARAN

Instrumentalist,  
All India Radio, Chennai



## A Beacon of Hope and Inspiration

Dr. Gayathri Sankaran's life is a testament to the human spirit's capacity to overcome adversity and thrive. Born as a third child with visual impairment, she faced significant challenges from a young age. The loss of her mother to cancer when she was just five years old further compounded her difficulties. Her mother, who had been her music teacher since she was three, played a pivotal role in shaping her early years.







### Triumph and Recognition

Dr. Sankaran's hard work and perseverance have earned her numerous accolades, including the prestigious Padma shri award. Her achievements serve as a powerful reminder that with determination and resilience, one can overcome even the most daunting obstacles.

### A Legacy of Inspiration

Dr. Gayathri Sankaran's story is an inspiration to countless individuals, demonstrating that true potential knows no bounds. Her courage, adventurous spirit, and multifaceted talents continue to inspire and motivate others to pursue their passions and dreams.



Dr. Sankaran teaches us that true vision comes not from what we see, but from what we believe and pursue with determination. Her life teaches an important lesson to every student: your challenges do not define you; your response to them does. She encourages young minds to dream boldly, embrace challenges as opportunities to grow, and recognize that their greatest strength often lies hidden within their toughest moments. Let her story be a beacon for you: no matter the hurdles, with passion, determination, and unwavering faith in yourself, you can achieve more than you ever imagined.

Dr. Gayathri Sankaran's journey is a source of Inspiration to our students. Her achievements will especially motivate visually impaired students, showing them that: Disability is not a limitation, Passion and hard work can lead to success, They can achieve greater heights with the right mindset.

### Scan to Explore More!

Want to hear Dr. Sankaran's full story in her own words?

Scan the QR code to watch the complete interview and discover how you can unleash your own potential.



**[Beyond Sight: Full Interview with Dr. Sankaran]**

We hope Dr. Sankaran's words inspire you to unlock your own potential and pursue your passions with courage and determination.



## TABLE OF CONTENTS

# NOURISH & FLOURISH

### 01

#### ALL ABOUT SUMMER

- What is summer?
- The Moods and Essence of Summer

### 02

#### REFRESH & REPLENISH – SUMMER FOODS & DRINKS

- Summer Recipes
- Sip and Chill – Summer Drinks

### 03

#### STYLE AND SELF CARE

- Why clothing matters in Summer
- Best Choice For Summer Clothing
- What to Avoid in Summer
- Glow through Summer – DIY Skin care

### 04

#### SUMMER HEALTH CHECK : WHAT TO WATCH OUT FOR

- Summer Disease and its Prevention
- Summer Check lists



#### BEYOND SIGHT: *UNLEASHING YOUR POTENTIALS*

DR. GAYATHRI SANKARAN



The Government of India honoured her in 2006 with the award of Padma Shri, the fourth highest Indian civilian award for her contributions to music, making her the first visually impaired woman to receive the award. Gayatri Sankaran receiving Padma Sri.

### 05

#### FUN IN THE SUN – ACTIVITIES, GAMES & TRAVEL

- Summer Indoor – Outdoor Games
- Travel tips during summer

### 06

#### IMPORTANCE OF HYDRATION

- Stages and Symptoms of Dehydration
- Role of water in body and tips to hydrate
- Seasonal fruits and its benefits
- Eat your water
- Hydration Tips for sports person

### 07

#### "EMPOWERING YOUNG TALENTS"

- Young Entrepreneurs
- Talents Corner



# HELLO, SUMMER !!

Hello, Summer!



## What is Summer?

Summer — the brightest season of the year — arrives with a golden promise. It's when the sun soars high, the days stretch longer, and the world feels alive with color and energy. Typically falling between March and June (depending on where you live), summer is marked by warm weather, blooming nature, and a lively spirit. It's the time when nature ripens, rivers glisten, and skies turn the clearest shades of blue.

## The Mood and Essence of Summer!

- Summer carries a special kind of magic — a mood that's impossible to resist. It's the season of open windows, lazy afternoons, and laughter echoing through sunlit gardens.
- It invites fun and freedom — school breaks, beach vacations, picnics in the park, and barefoot walks on the sand. The warmth is not just in the weather, but also in the hearts of people, slowing down to savor life's simple joys.
- Nature, too, celebrates summer: flowers burst into bloom, fruits grow juicy and sweet, and the outdoors become a giant playground.
- In short, summer is about living lightly, loving freely, and soaking in every golden moment — one bright, breezy day at a time. 🌸🍉

# REFRESH & REPLENISH – SUMMER FOODS & DRINKS



## TROPICAL CUSTARD BLISS

### Ingredients

- Milk - 2 cups
- Custard powder - 2 tbsp
- sugar - 3 tbsp
- Fruits - 1.5 cups
- Apple, Pomegranate, Banana,
- Grapes, Mango

### Benefits

1. The high water content in fruits like watermelon, mangoes, and oranges helps maintain hydration.
2. Fruits provide essential vitamins (like vitamin C and A), minerals, and antioxidants.
3. Chilled custard soothes the body and helps in beating the heat.
4. Light and creamy, it is gentle on the stomach and aids digestion.
5. The natural sugars in fruits provide instant energy, making it a great summer snack. Vitamin-rich fruits help strengthen the immune system, protecting against summer illnesses.
6. A tasty way to consume a variety of fruits in one dish.

### Method of Preparation

- Measure the ingredients
- Switch on the flame, place the heavy bottom vessel and add Milk and allow it to boil
- Take a bowl and custard powder and some water or milk mix it well without lumps
- Add custard paste into the boiling milk
- Stir well for 5 minutes without taking hands out to avoid lumps
- Allow it to cool for sometimes
- For toppings
  - Wash fruits cut into small pieces
  - Add them in custard mixture
  - Refrigerator for 32- 40 minutes

“Sun blazes,  
custard  
amazes.”



“Fresh  
flavours,  
cool  
thoughts.”



## CUCUMBER KOSAMBARI (SOUTH INDIAN SALAD)

### Ingredients

- 1 cup cucumber (finely chopped)
- 2 tablespoons soaked moong dal
- 2 tablespoons grated coconut
- 1 green chilli (finely chopped)
- 1 tablespoon lemon juice
- Salt to taste
- Mustard seeds and curry leaves for tempering

### Method of Preparation

1. Soak moong dal for 30 minutes and drain.
2. Mix cucumber, moong dal, coconut, green chilli, and salt.
3. Temper mustard seeds and curry leaves in little oil and add.
4. Drizzle lemon juice and mix.
5. Serve fresh.

### Benefits

#### 1Benefits:

- Cooling and hydrating.
- High in protein (from moong dal).
- Very low in calories.





## ELANEER PUDDING

### Method of Preparation

#### Prepare Agar-Agar:

- In a small saucepan, add agar-agar powder and about  $\frac{1}{4}$  cup water.
- Heat on low flame, stirring until completely dissolved. No lumps.

#### Mix Base:

- In a separate bowl, mix coconut water, tender coconut flesh, condensed milk, and milk.
- Add sugar and cardamom powder if using. Stir well.

#### Combine:

- Once agar-agar solution is ready (hot and fully dissolved), quickly pour it into the coconut-milk mixture.
- Mix immediately and thoroughly so the agar doesn't set separately.

#### Set the Pudding:

- Pour into serving bowls, cups, or a tray.
- Refrigerate for 2-3 hours or until fully set.

#### Serve:

- Garnish with extra tender coconut bits or chopped pistachios if you like.
- Serve chilled!

### Ingredients

- 1 cup tender coconut water
- $\frac{1}{2}$  cup tender coconut flesh (scooped and chopped)
- $\frac{1}{2}$  cup condensed milk
- $\frac{1}{2}$  cup full-fat milk
- 2 teaspoons agar-agar powder (or 4 grams China grass)
- 2 tablespoons sugar (optional, depending on sweetness of coconut)
- $\frac{1}{4}$  teaspoon cardamom powder (optional)

### Benefits:

- Hydrating — from coconut water and flesh.
- Cooling and gentle on the stomach — Ideal for hot weather.
- Rich in minerals like potassium and magnesium.
- Low-fat dessert compared to cream-based puddings.
- No heavy cooking — easy and quick for summer!



"Tender coconut  
— a drop of  
nature's nectar,  
perfect to beat  
the summer  
heat."

"Stay cool, stay  
tender —  
Elaneer is the  
ultimate  
summer love  
story."

**CHILL-OUT RECIPES**

**BY**

**GOPIKA D**



## ELANEER PAYASAM (TENDER COCONUT KHEER)

### Ingredients

- 1 cup tender coconut water
- $\frac{1}{2}$  cup tender coconut flesh (chopped)
- 1 cup milk (boiled and cooled)
- 2 tablespoons condensed milk
- 1 tablespoon sugar (optional)
- Cardamom powder (a pinch)

### Method of Preparation

1. Blend half the tender coconut flesh with coconut water.
2. Mix this with milk and condensed milk.
3. Add sugar and cardamom powder if needed.
4. Stir in the remaining chopped tender coconut flesh.
5. Chill and serve.

### Benefits

- Extremely refreshing and hydrating.
- Rich in electrolytes and minerals.
- Light on digestion.



# SUMMER DRINKS

## Watermelon cooler

**Ingredients:** Watermelon, mint, lemon juice, black salt

**Recipe:** Blend and strain. Serve with ice cubes.

**Benefits:** Super hydrating and low-calorie



## Aloe Vera & Mint Drink

**Ingredients:** Aloe vera gel, fresh mint, lemon juice, honey, chilled water

**Recipe:** Blend aloe vera gel with mint and lemon juice, add honey to taste, and serve with ice.

**Antioxidant Power:** Aloe vera has anti-inflammatory properties, and mint adds antioxidants that help detoxify the body.



## Apple Mint Juice

**Ingredients:** Apples, mint leaves, lemon juice, honey

**Recipe:** Blend and strain. Serve cold.

**Plus:** Detoxifying and energy-boosting.



## Butterfly Pea Flower Drink

**Ingredients:** Butterfly pea flowers, water, lemon juice, honey, ice

**Recipe:** Steep butterfly pea flowers in hot water, strain, sweeten with honey, and add lemon juice (watch for color change). Serve chilled with ice.

**Antioxidant Power:** Rich in anthocyanins, which fight oxidative stress and promote skin health.



## Strawberry & Mint Detox Drink

**Ingredients:** Fresh strawberries, mint leaves, lemon, honey, chilled water

**Recipe:** Blend strawberries, mint, and lemon juice. Add honey, chill, and serve with ice.

**Antioxidant Power:** Strawberries are loaded with Vitamin C and flavonoids that help protect against free radical damage.



## Nature's Electrolyte Elixir

**Ingredients:** Tender coconut water, lemon slices, mint, honey, ice

**Recipe:** Mix up lemon and mint, mix with coconut water and honey. Serve cold.

**Natural Cooler:** Hydrates and soothes the system.



## Benefits of Summer Drinks

- 💧 **Hydration Boost** - Replenish body fluids lost through sweat and stay energized all day.
- ❄️ **Natural Cooling Effect** - Ingredients like mint, basil seeds, and coconut water help reduce body heat.
- 🍌 **Rich in Vitamins & Minerals** - Citrus, berries, and tropical fruits are packed with Vitamin C, potassium, and antioxidants.
- 🛡️ **Immunity Support** - Herbal and fruit-based drinks (like tulsi, lemon, ginger) strengthen your immune system.
- 🌿 **Antioxidant Power** - Fruits like berries, pomegranate, and butterfly pea flower are rich in antioxidants that fight free radicals and improve skin health.
- ⚡ **Natural Energy Source** - Fresh fruit sugars and electrolytes in coconut water or tender fruit juices give quick, clean energy.
- 🧘 **Stress Relief** - Herbal infusions (like butterfly pea or chamomile) have calming effects that reduce anxiety and fatigue.
- 😊 **Guilt-Free Refreshment** - Homemade summer drinks are free from artificial additives and excess sugar – tasty and healthy!





# Style Smart: Stay Cool This Summer



**OPT FOR NATURAL FIBERS** LIKE COTTON, LINEN, KHADI, AND BAMBOO FABRIC. THESE MATERIALS ARE SOFT, BREATHABLE, AND ABSORB SWEAT EFFICIENTLY.

## Choose Breathable Fabrics



**AVOID SYNTHETICS:** FABRICS LIKE POLYESTER AND NYLON TRAP HEAT AND MOISTURE, MAKING YOU FEEL STICKY AND UNCOMFORTABLE.



- lightweight
- breathable
- hypoallergenic
- no static cling



- durable fabric
- wrinkle resistant
- does not fade
- will not shrink



- soft & comfortable
- more moisture-wicking than 100% cotton
- shrink resistant

- may wear out faster than synthetic fabric
- tends to shrink
- not wrinkle resistant

- less breathable than cotton
- tends to cling
- not for sensitive skin

- may irritate more sensitive skin
- not as durable as 100% polyester

### THESE FABRICS ARE BEST FOR...

- screen printed tees
- garments not frequently washed
- people with sensitive skin

- high-vis uniforms & safety gear that will not fade
- frequently washed garments

- soft, easy-care uniforms
- moisture-wicking garments without cling

COLORS TO WEAR INSTEAD OF

## BLACK

Look effortlessly glowing and swap black for:



DARK BLUE



GREY



WENGÉ



**LIGHT COLORS SUCH AS WHITE, BEIGE, PASTEL SHADES, MINT, PEACH, BABY BLUE, AND LEMON YELLOW REFLECT SUNLIGHT AND KEEP YOU COOL.**



## Pick Light and Soft Colors



**AVOID DARK TONES: DARK COLOURS ABSORB MORE HEAT AND MAKE YOU FEEL HOTTER.**



# BEAT THE HEAT IN STYLE

## WHY CLOTHING MATTERS IN SUMMER?

During summer, clothing is important for comfort and protection from the sun and heat. Light-colored, loose-fitting, and breathable clothes, such as cotton and linen, are preferred as they reflect heat and allow for better air circulation, helping to keep the body cool. Furthermore, clothing provides a barrier against sunburn and other sun-related skin damage. Here's a more detailed breakdown:



- **Heat Regulation:**

Light colors reflect sunlight and heat, preventing the body from absorbing excess heat. Dark colors, conversely, absorb heat, making them less suitable for summer wear.

- **Breathability:**

Loose-fitting and breathable fabrics like cotton and linen allow for air circulation, which helps sweat evaporate and reduces body temperature.

- **Sun Protection:**

Clothing protects the skin from harmful UV rays, which can cause sunburn and other skin damage. Wider spacing in clothing allows for more air circulation and heat dissipation, further contributing to a cooling effect.

- **Comfort:**

Appropriate summer clothing choices, like lightweight fabrics and loose fits, contribute to overall comfort during hot weather.

- **Personal Expression:**

Clothing also plays a role in personal expression and can be used to communicate identity and belonging.



## BEST CHOICES FOR SUMMER CLOTHING

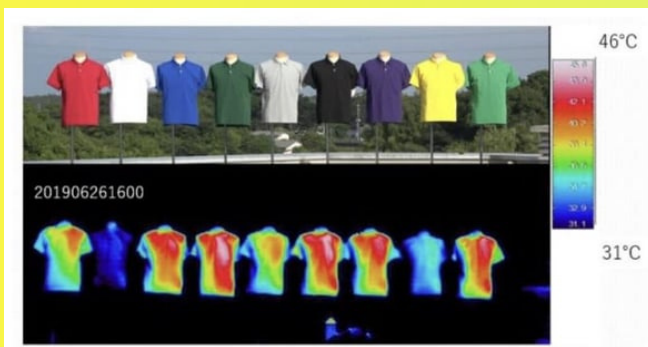
### 1. Cool Fabrics

During summer, breathable fabrics like cotton, linen, bamboo, natural silk and sheer fabrics are stealing the spot. These fabrics not only provide ventilation and comfort, but also bring a touch of elegance while wearing it.



## 2.Color Me Cool - Summer's Happy Hues

From bold citrus hues to soft pastels and earthy tones, colors are the language of summer. Light shaded dresses are the best for summer seasons. Shades such as white, pastels, or light neutral shades reflect the sun and give you a cool vibe. Dark colours absorb the heat and make you feel hotter. Also, light-coloured clothes keep you feeling comfortable, fresh, and relaxed.



## 3.Breezy Sleeve Designs

Wearing sleeveless or short-sleeved dresses are smart choice for summer. These outfits allow your skin to breath and preventing the feeling of trapped inside the heat. Sleeveless or short-sleeved tops also gives you the flexibility to add stylish accessories like hat ,sunglasses,jewelry, etc...to elevate your look.



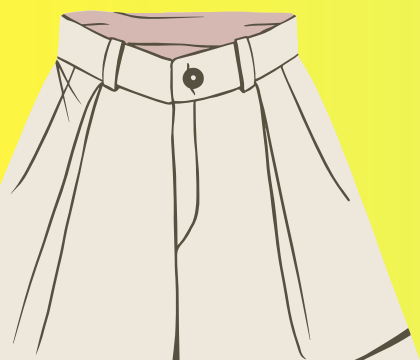
## 4. Sustainability or eco-friendly fabric

Increasing the awareness of environmental issues, sustainable fabrics such as organic cotton, hemp, and recycled polyester are gaining popularity for summer wear.



## 5. Diy and personalization

Many people take the opportunity to personalize their summer wardrobe. Tie-dying, embroidering or cutting old t-shirts into crop-tops are common activities for those who want to add a personal touch to their clothes.





## 6. Effortless accessories

Accessories for this summer are subtle yet impactful. Keep it simple with bucket hats, cool sunnies and sling bag. Slide-on sandals or chunky sneakers complete the look without trying hard. Sunglasses protect your eyes from the sun, wide-brimmed hat provides sun protection and adds a touch of style.



## 7. All-gendered fits



Clothing doesn't need to label. Oversized shirts, cargos, graphic t-shirts, unstructural shorts and loose pants, which are comfortable and stylish for everyone.

## What to avoid in summer

- Dark colored clothes like black, green, etc
- Tight fitting clothes
- Thick and heavy fabrics like denim and Synthetic fabrics
- Exclusively short or revealing clothing
- flip-flops, noisy mules and pool slides.

**"Bold hues, breezy fabrics, beautiful endings."**

***Summer style insights  
curated by  
Bavanisha R***

# GLOW THROUGH SUMMER

## Skincare Essentials for Summer Glow

### 🌸 Face Masks to Nourish & Refresh

#### 1. Honey + Oatmeal Glow Mask

A classic blend of honey and oatmeal works wonders for dry, dull skin. It gently soothes, hydrates, and leaves your face feeling soft and smooth.

#### 2. Avocado + Banana Moisture Mask

Mash one ripe banana with half an avocado and add a drizzle of honey. This creamy mask is packed with vitamins and antioxidants — perfect for deep nourishment.

#### 3. Turmeric + Yogurt Brightening Mask

Mix 1 tsp turmeric with 2 tbsp plain yogurt. This golden combo helps calm inflammation and adds a natural radiance to your skin.



### 💧 Gentle & Effective Natural Toners

#### 1. Rosewater Balance Tonic

A swipe of rosewater on a cotton pad helps tone the skin, balance pH, and reduce redness — all while adding a refreshing floral scent.

#### 2. Antioxidant Green Tea Toner

Steep a green tea bag, let it cool, and apply with a cotton pad. It's rich in antioxidants and helps calm irritated summer skin.

#### 3. Cooling Cucumber Splash

Soak cucumber slices in water, then strain and chill the liquid. Use it as a cooling facial mist or toner to hydrate and soothe.



## ★ Gentle Exfoliants for Radiant Skin

### 1. Sugar & Lemon Polish

Blend granulated sugar with olive oil and a splash of lemon juice for a sweet, citrusy scrub. It sloughs away dead skin while brightening your complexion.

### 2. Salt & Coconut Skin Refresher

Mix sea salt with coconut oil and a few drops of essential oil. This mineral-rich blend buffs away rough skin and leaves it nourished and smooth.

### 3. Coffee Energizing Scrub

Combine used coffee grounds with coconut oil and sugar for an invigorating scrub that improves circulation and reveals a healthy glow.



## 🦋 Age-Defying Natural Remedies

### 1. Tropical Enzyme Glow Mask

Mash fresh papaya and pineapple, then stir in honey. This fruity blend is rich in enzymes and antioxidants that help reduce fine lines and boost radiance.

### 2. Golden Root Rejuvenation Mask

Mix equal parts ginger and turmeric powder with honey. This warming blend revitalizes skin, fights oxidative stress, and supports youthful elasticity.

## 🌸 Targeted Acne Treatments



### ***Natural Glow Routine for Summer by Dharshini. C***

### 1. Tea Tree Spot Solution

Apply a small amount of tea tree oil directly to breakouts. It's a natural antibacterial that helps reduce redness and inflammation.

### 2. Aloe Vera Calm Gel

Soothe angry skin with a dab of aloe vera gel. Its cooling properties ease irritation and promote healing.

### 3. Honey Healing Dab

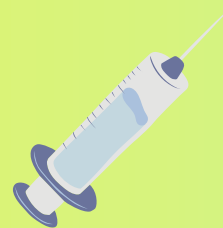
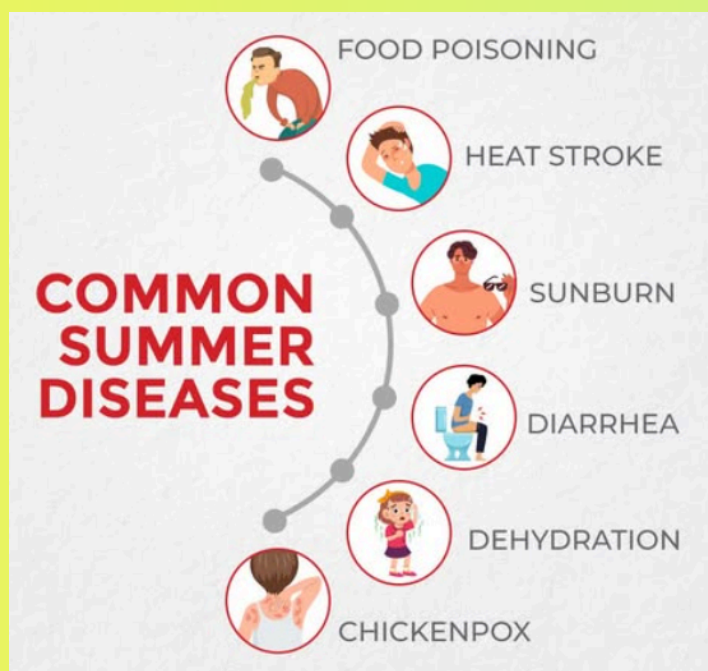
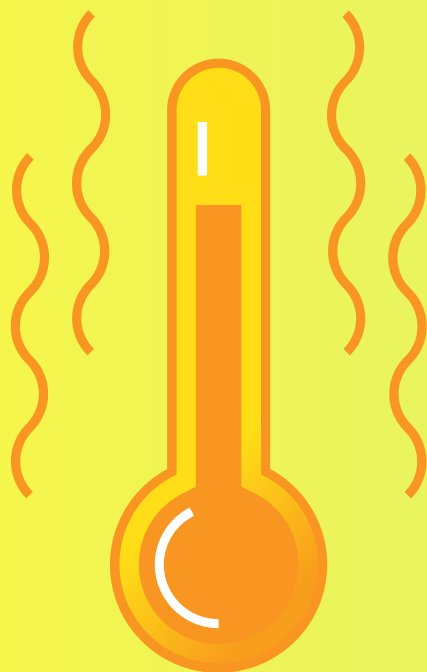
Dab raw honey on blemishes for its antibacterial and anti-inflammatory powers. A gentle yet effective remedy for clearer skin.

# Common Summer disease

and how to  
prevent them



Summer is a time to relax and have fun, but if you do not take precautions, you can easily catch seasonal diseases in summer. The Indian Meteorological Department (IMD) has recently predicted that it will be a warmer summer this year due to the EL Nino condition, which is expected to last until May. As a result, the number of heatwave days will increase, making the summer season more uncomfortable due to the scorching heat. The rising temperatures can affect your skin, eyes, digestion, and entire body. Let see about it.





## Heat stroke

It is also known as hyperthermia. It is one of the most common summer illnesses. Exposure to sun and heat for an extended period leads to heat stroke.

### symptoms

High body temperature ( $40^{\circ}\text{C}$ ) or higher. Altered mental behaviour - Confusion, agitation, slurred speech, irritability, delirium, seizures, or coma. nausea and vomiting, flushed skin, rapid breathing, head ache.

### Tips to prevent

- Avoid going out in the sun as much as possible. If you have to go out, cover your head, wear light-coloured comfortable cotton clothes, and drink plenty of water or healthy summer drinks before going out, like tender coconut water, Buttermilk..
- Avoid Strenuous Activities: Limit physical activities, especially in direct sunlight.,
- Never Leave Anyone in a Parked Car: This is a common cause of heat stroke in children and pets. Temperatures inside a parked car can rise rapidly.



## Food Poisoning

Food Poisoning is caused by consuming contaminated food. During summer, food gets spoiled easily due to bacteria growth in high temperatures. Undercooked food, unhygienic sources, unfiltered water, or food kept without refrigeration can lead to food poisoning.

### symptoms

Nausea and vomiting, diarrhoea, abdominal pain, fever, fatigue and weakness, headache, loss of appetite

### Tips to prevent

- Wash Up – Clean hands, surfaces, and utensils before cooking..
- Cook Well – Fully cook meat, eggs, and seafood to safe temps.
- No Mixing – Use separate boards / utensils for raw and cooked foods.
- Chill Fast – Refrigerate perishables within 2 hours.
- Use Safe Water – Always cook and clean with clean water.
- Choose Wisely – Buy food from trusted sources, especially when traveling.





## Measles and Chickenpox

Measles and chickenpox are also common summer viruses. High fever, watery eyes, and sore throat are common symptoms of measles. High-grade fever, blisters, itchy skin, headache, and loss of appetite characterise chickenpox.

### Tips to prevent

The best way to prevent chickenpox and measles is to get vaccinated and stay away from an infected person.

## Mumps

Mumps is an infectious viral disease common in children. If an infected child coughs or sneezes, they can pass the virus to anyone nearby. In this disease, the gland near the ear is swollen causing pain, fever, and difficulty swallowing.

### Tips to prevent

MMR vaccine is the only way to prevent mumps.

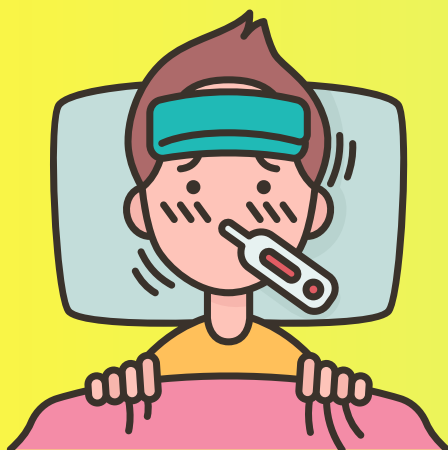


## Typhoid

It is a water-borne disease that causes high fever, fatigue, weakness, headache and loss of appetite. Typhoid is one of the most common diseases in summer caused by poor sanitation and consumption of contaminated water.

### Tips to prevent

The disease can be prevented by practising hygiene, drinking filtered water, getting a typhoid vaccine.





## Skin Problems

Summer heat is harsh on the skin and can cause skin diseases in summer. Some common skin problems in summer include acne, yeast infections, contact dermatitis, rashes and eczema or fungal infections.

### Tips to prevent

The best way to deal with these common skin diseases in summer is to keep your skin clean, dry, and covered. To treat fungal skin infection in summer, use an antifungal cream and consult a dermatologist for permanent treatment.



## Eye Infections

Irritation in the eyes, allergies, and sore eyes or conjunctivitis are common diseases in summer that cause red and watery eyes with discharge, swelling, and a pricking sensation.

### Tips to prevent

Wear sunglasses when going out, stay hydrated, don't touch your eyes, do not share personal-use items, and maintain hygiene to prevent any kind of eye infections.

## Dehydration

Excessive sweating in summer can cause electrolyte imbalance in the body due to mineral and fluid loss. If enough fluids are not consumed to compensate for this loss, it may result in dehydration.

### Tips to prevent

Avoid consuming alcohol, sugary drinks or caffeine. If you are feeling weak or dehydrated, drink an electrolyte-rich drinks.



**Reviewed by K. Abinaya**

# SUMMER HEALTH CHECK LISTS >

## ENRICH YOUR DIET WITH FRESH 'SUMMER FOOD'

Loading up on antioxidants such as berries helps prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich. Also, reserve a place for fresh produce in your every meal.



## GIVE YOURSELF THE MUCH NEEDED 'NUTRITIONAL BOOST'

Nutritional supplements can support you with a greater amount of physical energy, enhancing your summer activities. B-complex & Vitamin C supplements are of prime importance to get through this season.



## STAY COOL & HYDRATED



Most people need two to three litres of liquid per day, and even more in hot weather or with sweating and exercise.

## DRAW UP AN OUTDOOR WORKOUT REGIME



Aerobic activity is important for keeping the heart strong and healthy. Summer is the perfect season to indulge in refreshing outdoor activities such as hiking, biking, swimming, or tennis. This will help to keep your body and mind aligned.

## SLEEP WELL

Overcome the urge to stay up late as a result of the light evenings in the summer. Instead pay attention towards developing a good sleep cycle by keeping the same bedtime and wake-up schedule



## TREAT YOUR EYES WELL

Protect your vision at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Also, make it a point to wear protective eyewear when playing sports.



## GIVE YOUR FAMILY & YOURSELF THAT MUCH NEEDED VACATION!

Taking time off from work, even for a long weekend, allows the body to replenish and repair itself. Leisure activities contribute to higher positive emotional levels, lower levels of stress hormones, less depression, & lower blood pressure.



## AVOID ALCOHOL AND CAFFEINE

Alcohol, Cola and Coffee all can leave you dehydrated quickly. If at all possible, try to reduce the amount of these favourite beverages, especially during hot weather. Plain or flavoured water is a good substitute.



☐ Have I eaten regular meals?

☐ Did I drink plenty of water?

☐ Have I showered?

☐ Am I getting enough sleep?

☐ Have I moved my body today?

☐ Have I spent time outside in fresh air?

☐ Have I been thinking kind thoughts to myself?

☐ Did I do something kind for someone else?

☐ Did I take a break from screens and social media?

☐ What am I grateful for today?

### MENTAL HEALTH CHECKLIST

☒ Remind Me

## Hydration Checklist

To reach optimum hydration you should:

- ☐ Sip water consistently throughout the day.
- ☐ Eat 10-15 servings of plants each day.
- ☐ Avoid being sedentary and get up to move at least every hour.
- ☐ Take care of your fascial tissue with stimulation and stretching.
- ☐ Urinate every 2-3 hours. It should be a light straw color.



# STAY IN ! GAME ON!

## SUMMER - INDOOR GAMES



**LUDO**

- Ludo can offer various cognitive and social benefits, especially for seniors, including memory enhancement, mental agility, and social interaction.
- It can also be beneficial for children, promoting patience, sportsmanship, and strategic thinking.

### PALLANGUZZHI



- This game is also encouraged for the kids to learn to count, to improve eye-hand coordination and concentration while playing.
- Older people of the house play this game as a pastime with the young members of their family.



**CHESS**

- Develops perspective.
- Improves memory.
- Deepens focus.
- Elevates creativity.
- Boosts planning skills.
- Increases self-awareness.
- Protects against dementia.
- Helps ADHD.



**CARROM BOARD**

- Improves Hand-Eye Coordination
- Boosts Concentration and Focus
- Enhances Cognitive Skills
- Reduces Stress and Anxiety
- Encourages Patience and Discipline
- Promotes Social Interaction
- Improves Reflexes
- Provides a Refreshing Mental Break

### MOVING THE TOKEN

	●	●
●		

- These benefits can include improved cardiovascular health, enhanced engagement in exercise routines, and potential for positive effects on mental well-being through the social and motivational aspects of the game.

**Collection of Indoor games  
by  
Rakshinda Tabassum A**

# ***FUN IN THE SUN!!!***

## ***SUMMER - OUT DOOR GAMES***



**SHUTTLE**



**HOPSCOTCH**



**SKIPPING**

- Improves Cardiovascular Health – Boosts heart rate and improves overall heart health.
- Enhances Coordination – Helps develop rhythm, balance, and motor skills.
- Increases Strength & Endurance – Builds leg muscles, strengthens core, and improves overall stamina.
- Aids Weight Loss – A highly effective full-body workout for burning calories.
- Boosts Mental Agility – Improves focus and concentration, keeping the mind sharp.
- Convenient & Portable – Requires little space and can be done anywhere.
- Improves Bone Density – Helps with bone strengthening due to the impact of jumping.
- Enhances Mood – Releases endorphins, promoting a feeling of well-being and happiness.
- Improves Flexibility – Increases the range of motion, especially in the ankles, knees, and hips.

**sack race**



**cycle race**



**ko ko**

***Get Set, Play!***

***Outdoor games by Masa .A***





## IMPORTANCE OF HYDRATION!!!

### Why is water important to your body



**Digestion**



**Excretion**



**Absorption of nutrients**



**Lubrication of joints**



**Production of saliva**



**Supply oxygen**



**Cushion for bones**



**Control body temperature**



**Shock absorber of the brain, spinal cord, and fetus**

### Stages of Dehydration



**Well hydrated**

0%

no symptoms



**Mild Dehydration**

1%

thirst



**Moderate Dehydration**

2%

dizziness, dry skin, headaches



**Severe Dehydration**

5%

fever, racing pulse, lack of sweat



**Fatal Dehydration**

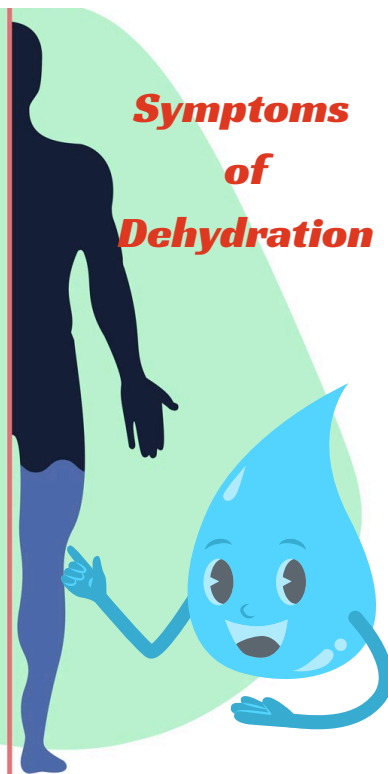
9%

delirium, loss of consciousness



### Symptoms of Dehydration

THIRST  
DRY MOUTH  
FATIGUE  
HEADACHE  
DIZZINESS OR LIGHTEADEDNESS  
MUSCLE CRAMPS  
CONSTIPATION  
DARK-COLORED URINE  
SUNKEN EYES  
LOW BLOOD PRESSURE



### Tips to hydrate

1. Start Your Day with Water - Begin each morning with a glass of water to kickstart hydration after sleep.
2. Eat Water-Rich Foods - Include fruits like watermelon, cucumber, oranges, and strawberries — they're over 90% water and super refreshing!
3. Set a Water Reminder - Use a bottle with time markers or set hourly reminders to sip throughout the day.
4. Infuse It with Flavor - Add slices of lemon, mint, cucumber, or berries to your water for a tasty twist that encourages more sipping.
5. Carry a Bottle Everywhere - Keep a reusable bottle with you — whether at work, school, or on outings.
6. Avoid Sugary & Caffeinated Drinks - Limit soda and coffee, as they can dehydrate. Opt for coconut water or natural juices instead.
7. Hydrate Before, During & After Activity - If you're out in the sun or exercising, make sure you drink plenty of water before and after.
8. Don't Wait to Feel Thirsty - Thirst is a late sign of dehydration — keep sipping water regularly.
9. Include Electrolyte Boosters - On very hot days, add natural electrolytes like a pinch of salt and sugar in water or drink tender coconut water.
10. Dress Cool, Stay Cool - Wear breathable clothes and stay in shade to reduce sweat loss and dehydration.

## IMPORTANCE OF HYDRATION DURING SUMMER



## SIP SMART THIS SUMMER

- Add some flavour: you can add slices of cucumber or lemon or fresh mint leaves ,fruit slices in plain water.
- Eat your water: Certain fruits and veggies have high high water content such as grapes, watermelon, strawberries, cucumber, lettuce ,spinach etc.
- sip some energising smoothies: prepare some and tasty smoothies with strawberries, peaches, blueberries etc.
- Make fruit popsicles: You can freeze some fruits like watermelon, grapes, and strawberries to fill in popsicle mould and enjoy it after an hour or whenever you feel thirsty.
- Avoid loss of body fluids: Avoid extreme sun exposure ,especially during afternoon hours. If you have to step out carry on umbrella or hat and sunglasses to keep your head cool.

**AM I  
DRINKING  
ADEQUATE WATER!**

### SUPPORTING PHYSICAL PERFORMANCE

STAYING HYDRATED IS KEY TO SUSTAINING OPTIMAL PHYSICAL PERFORMANCE

### PREVENTING HEAT RELATED ILLNESSES

DRINKING PLENTY OF FLUIDS HELPS TO PREVENT DEHYDRATION AND REDUCES THE RISK OF THESE HEAT RELATED ALIMENTS

### REGULATING BODY TEMPERATURE

SWEATING IS OUR BODYS NATURAL MECHANISM TO COOL DOWN WHEN TEMPERATURE RISE.

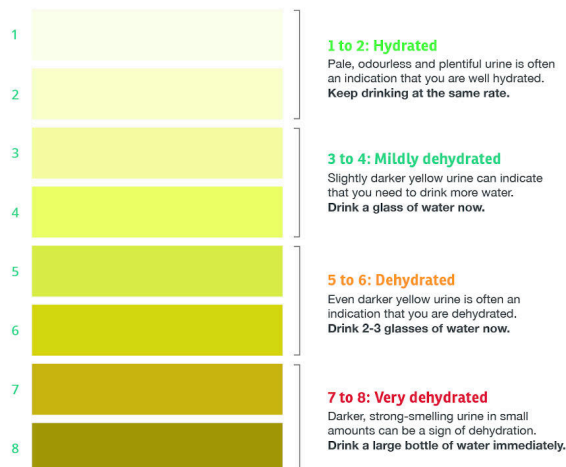
### MAINTAINING COGNITIVE FUNCTION

BY STAYING HYDRATED YOU CAN KEEP YOUR MIND SHARP AND FOCUSED ALLOWING YOU TO TACKLE ANY SUMMER CHALLENGES WITH CLARITY

## CHECK THE CHART



Use this urine colour chart to assess how hydrated you are. It is important to drink plenty of water each day to stay healthy.



#### What can change the colour of my urine?

Certain foods, medications and vitamin supplements may change your urine colour even if you are hydrated.



#### Important

The colours on this chart should only be used as a guide and should not replace the advice of a health professional. Speak to your doctor if you are worried about the colour of your urine, the amount of water you drink or dehydration.

[www.healthdirect.gov.au](http://www.healthdirect.gov.au)

**Refill & Refresh – Hydration Tips**  
by Abinayasri.S







# FROM FARM TO FLAVOUR

## SEASONAL FRUITS AND THEIR BENEFITS

### ORANGE



#### Benefits :

High in Vitamin C , boosts immunity, and improves skin health .

#### Water Content :

Oranges are approximately 86% water content . This makes them a good source of Hydration .

#### Benefits :

Grapes contain resveratrol for heart health, improve brain function , and are rich in antioxidants.

#### Water Content :

Grapes are approximately 80-82% water, making them a naturally hydrating and refreshing snack.

### GRAPES



### ICE APPLES



#### Benefits :

This power - packed fruit gives you the goodness of Vitamins C , K and E , Protein , Iron , Carbohydrates , Calcium and Phytonutrients.

#### Water Content :

Ice apples are also known as Palmyra Fruit , have a high water content , around 90% of their weight , making them an excellent source of Hydration, especially during hot weather .



## WATER MELON



Benefits : Hydrating , rich lycopene for heart health , and aids in muscle recovery .

Water Content : 92% water.

Benefits : High in Vitamins A and C , promotes healthy skin , and supports eye health.

Water Content : 80-85 % water.

## MANGOES



## MUSK MELON



Benefits : Rich in Nutrients , Muskmelon is packed with essential nutrients , including Vitamins A ,C and E ,Potassium, Magnesium and Fiber.

Water Content : 90% water .

Benefits : Aids digestion due to bromelain , boosts immunity , and reduces inflammation.

Water Content : 86 % water .

## PINE APPLE



***From farm to flavour – seasonal fruits  
by Saranya Devi***



# EAT YOUR WATER



*"The Crunch that Quenches"*  
by  
Sharmi S

WATERMELON 92%



GRAPES 84%



MANGO 83%



## FRUITS

APPLE 86%



BANANA 75%



ORANGE 88%



STRAWBERRY 91%



PINEAPPLE 86%



BELLPEPPER 92%



MUSHROOMS 90%



RADISH 95%



## VEGETABLES

TOMATO 94%



CUCUMBER 96%



SPINACH 93%



# Fuel & Flow: Summer Tips for Sportspersons



**High temperatures can cause dehydration, fatigue, and nutrient loss – especially for athletes. Here's how to beat the heat and stay on top of your game!**

## Hydration Hacks

### 1. Pre-Game Prep:

Drink 400–600 ml of water 2–3 hours before training or matches.

### 2. On-the-Go Sips:

Hydrate every 15–20 minutes during play – around 150–250 ml per interval.

### 3. Rehydrate Right:

Post-activity, drink 1.5 L of fluid per kg of body weight lost (weigh before and after!).

### 4. Power Up with Electrolytes:

Use sports drinks or natural options like tender coconut water to replenish lost salts.

### 5. Stay Cool, Not Just Wet:

Opt for chilled fluids to regulate body temperature effectively.

## Nutrition Know-How

### 1. Light & Balanced Meals:

Choose whole grains, lean proteins, and healthy fats. Avoid oily or heavy foods.

### 2. Eat Your Water:

Include water-rich foods like watermelon, cucumber, and oranges.

### 3. Refuel Smart Post-Workout:

Snack on protein + carbs within 30 minutes (e.g., curd rice, fruit smoothie, boiled egg + toast).

### 4. Eat Often, Eat Smart:

4–5 small meals a day keep energy steady without overheating your body.

### 5. Ditch Dehydrating Foods:

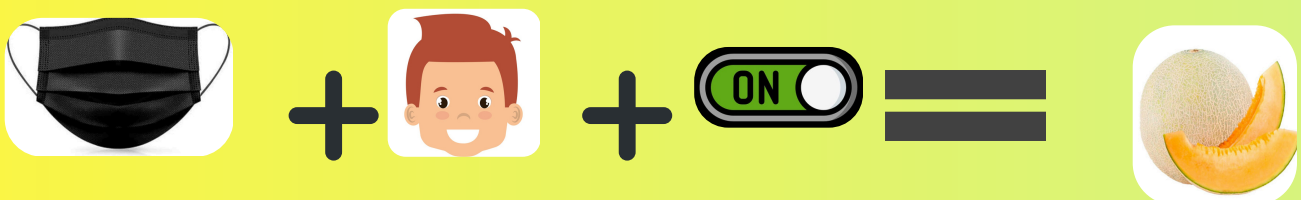
Cut back on caffeine, aerated drinks, and salty snacks — they drain your hydration levels.

**“Don’t wait to feel thirsty. Thirst is already a sign of dehydration. Hydrate consistently!”**

***Mindful Sipping for Active Summers – Curated by Abarna V***



# Think & Link lets play



# Amazing travel spots for summer

Ooty, also known as Udhagamandalam, is a popular hill station to visit during the summer months, as the temperature is generally cooler than the surrounding plains. offers pleasant weather with average temperatures ranging from 20°C to 25°C. This makes it a great escape from the heat of the lower regions.



A summer vacation in a village offers a chance to connect with nature, experience a slower pace of life, and engage in activities that may not be possible in a city



Kanyakumari Beach is one of those tourist places in Kanyakumari that should be a part of your itinerary. Although this beach is not where you can go swimming and surfing, it does present its tourists with the most spectacular sunrise and sunset views.



This is the peak tourist season, with temperatures dropping to a comfortable range. You can enjoy pleasant days, cool winds, and cozy evenings. This is the best time to visit Rameshwaram.



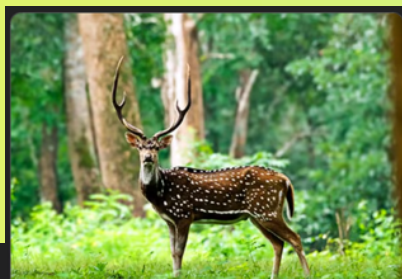
# Hit the Heat in Style ! Pack Your Bags!



## Rishikesh

Adventure Hub of Uttarakhand

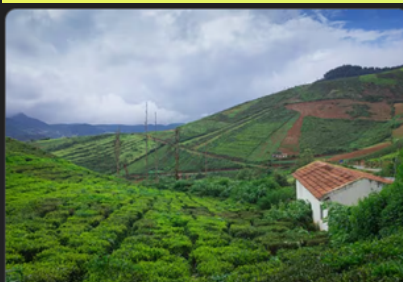
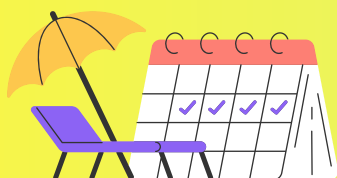
Known as the Yoga Capital of the World, Rishikesh is a serene Himalayan town nestled on the banks of River Ganges. It is famous for its ancient temples, hippie cafes and dare-devil adventure sports.



## Wayanad

Green Paradise in North-East Kerala

Located on the southern tip of the Deccan plateau, Wayanad is home to clear lakes, dense jungles, and deep valleys. This weekend getaway from Bengaluru, is a paradise for trekkers.



## Coorg

Scenic Hill Station in Karnataka

Unwind in the lap of nature in Coorg where aromatic coffee and spice plantations, lush green hills, cascading waterfalls and a distinct old-world charm soothe the senses.

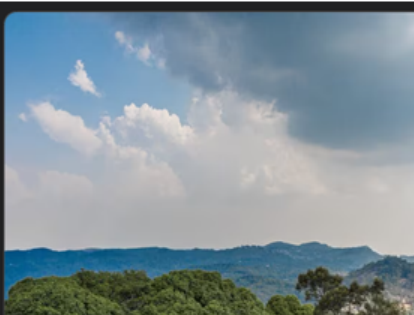
travel  
more



## Manali

Say hello to hippie villages and scenic valleys.

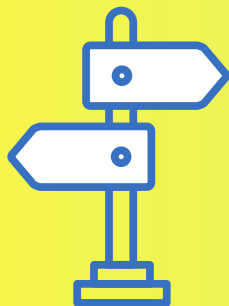
Nestled on the banks of River Beas, Manali will take your breath away with its snow-kissed peaks, lush valleys and heart-pumping adventure experiences in the heart of Himalayas.



## Yercaud

Land of the Rare Kurinji Flowers

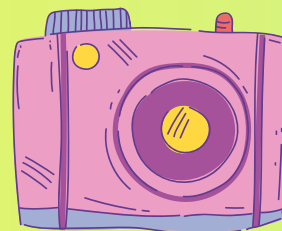
At an altitude of 1,515 metres and tucked away in the Eastern Ghats, Yercaud is a charming hill station with lakes, forests and delightful views.



## Kodaikanal

Pretty Hill Town in Tamil Nadu

Spread across the scenic Western Ghats at an altitude of 7,200 feet, Kodaikanal is a beautiful hill station in Tamil Nadu with wooded slopes, gigantic trees, and misty green meadows.



*Amazing Travel Spots by Nisha P*

# CHECK BEFORE TRAVEL



## 1. STAY HYDRATED

Always carry water with you. Drinking water regularly is key to beating the heat, especially when exploring outdoors

## 2. PROTECTIVE CLOTHING

Choose light, breathable fabrics, and don't forget a hat and sunglasses. Use sunscreen to protect your skin from UV rays.

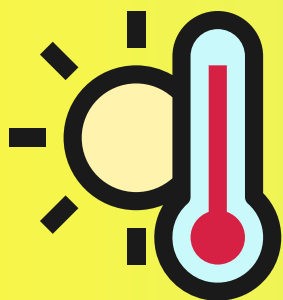


## 3. PLAN EARLY MORNING

Begin your day early to explore popular sites before the midday heat sets in, and schedule indoor activities for the hottest hours.

## 4. PACK SMART

Bring a lightweight backpack with essentials like a portable fan, wet wipes, and extra sunscreen to stay comfortable throughout your trip.



## 5. CHECK LOCAL WEATHER

Stay updated on local weather conditions and heat advisories so you can adjust your plans if needed, ensuring a safe and enjoyable journey.

***Checklist before Travel – Tips by AbinayaSri S***



# young ENTREPRENEURS

A new generation of entrepreneurs is rising — fearless, creative, and full of drive. With passion as their compass and innovation as their fuel, these young minds are not just chasing opportunities — they're creating them.



**"Crafting coffee  
and creating my  
future."**

**M. CHANDRALEKHA**

**III B.SC HOME SCIENCE NFSMD**

**BARISTA OF MC CAFE**

**"Hustle now, shine later."**

**"Entrepreneur by  
heart, baker by  
passion."**

**K. P. SWATHY**

**III B.SC HOME SCIENCE NFSMD**

**HOME BAKER**

**"Every cake I bake funds a dream  
I chase."**





**“Designing dreams  
between classes and  
crafts.”**

**ABINAYASRI S**

**III B.SC HOME SCIENCE NFSMD  
MULTICRAFTER**

**‘Turning skills into a business’**

**“Barista by shift,  
dreamer by  
nature.”**

**VIVEKA**

**III B.SC HOME SCIENCE NFSMD  
BARISTA OF MC CAFE**

**Fueling others with coffee while  
fueling my own dreams.**



**Saree pre-pleating available**

**Saree pre-pleating  
Saree draping  
Saree box folding**



**9841234414**

**No.18A, Subramaniasiva Street,  
M.G.R.Nagar, Chennai-78**

**“Entrepreneur in  
ethnic elegance.”**

**SWATHY S**

**III B.SC HOME SCIENCE CND  
PRE-DRAPE STYLIST**

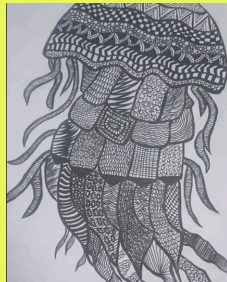
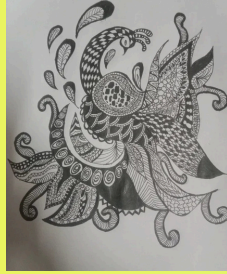
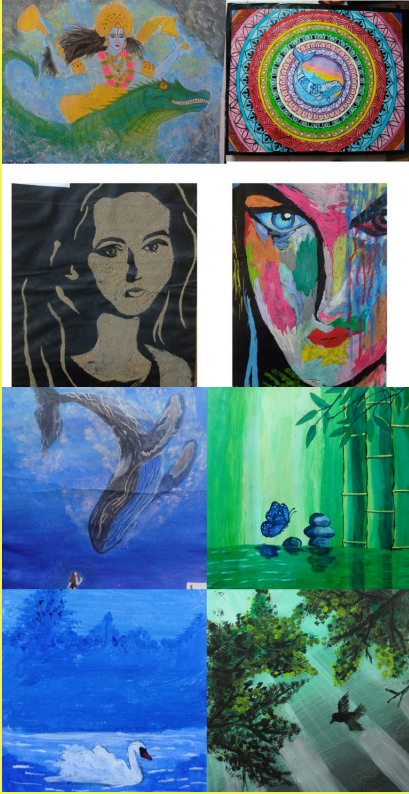
**“Not just draping sarees, but  
dreams too.”**



# Talents corner

## SHABANA PARVEEN

||| Bsc.HOME SCIENCE NFSMD



## ABINAYA K

||| Bsc.HOME SCIENCE NFSMD

## ABINAYA SRI S

||| Bsc.HOME SCIENCE NFSMD



## BAVANISHA

||| Bsc.HOME SCIENCE NFSMD







# கவிதை தொகுப்பு



## நம்ம சென்னை

வந்தாரை வாழவைக்கும் !!  
மீனவ படகுகள் ஆடும் !!  
கடலோர கவிதைகள் பாடும் !!  
சிங்கார சென்னை..!  
பல வித மாந்தர்கள்  
பம்பரமாய் சுழலும் சென்னை..!  
பல மாடி கட்டிடங்கள்  
கண்ணை கவரும் ஒளிகள்.....!!  
சாதி மத பேதமின்றி  
உதவிக்கரம் நீட்டும் சென்னை.....!!  
ஊரடங்கு நேரத்திலும் உயிரைக்  
காக்கும் சென்னை.....!!  
கண்ணகி முதல் காந்தி வரை  
வரலாறு சொல்லும் சென்னை.....!!  
தலைமைச் செயலகம் கொண்ட  
தமிழ்நாட்டின் தலைநகரம்  
சென்னை.....!!  
பேருந்துகள் நடைபோட !!  
காய்கறிகள் கதை பேசும்  
சந்தைகள்!!  
பல மொழிகள் சங்கமிக்கும் ஊரு...  
நம்ம ஊரு சென்னை...❤

- அபி ❤



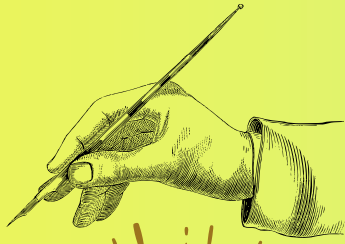
மூச்சு விடும் வரை முயற்சி செய்  
எத்தனை முயலாமை வந்தாலும்...  
முயற்சி ஒன்றே உயிர்மூச்சாய்  
முடிவின்றி முயன்றுவிடு.....  
முடிந்துவிடும் முடியாததும்....

- அபி

## தாய்மை....

இவ்வுலகில் முதல் தோன்றிய  
உயிரெழுத்துக்கு  
உன் பெயரால் உயிர் கொடுத்தவள்  
நீயே அம்மா!!  
உன் கருப்பையில் கடுகு என  
உருவானேன் நான் !!  
மசக்கையும் மயக்கமும் எனக்காக  
பொறுத்தாய் நீ !!  
உருவம் இல்லாத என்னை  
உயிராய் நேசித்தவள் நீ !!  
கருவறையில் ஏந்தி  
கம்பீரமாய் நடந்தவள் நீ !!  
என் முதல் ரகசிய உரையாடல்  
உன்னிடமே !!  
உன் உடலோடு சண்டையிட்டு !  
குருதி பல வீணாக்கி !  
விலா எலும்பை விலக்கி...  
கத்தி! கதறி !  
பல மணி நேர போரின் பின்...  
என் அழுகுரல் கேட்டு அத்தனையும்  
மறந்தவள் நீ !!  
பத்தியம் பல இருந்து எனக்கு  
பாலூட்டியவள் நீ !!  
ஆகப்பெறும் நோயைய அறுத்து  
எரியும் அமுதை ஊட்டியவள் நீ !!  
ஆராரோ பாடிடும் அன்பு தேவதை !!  
தூளி கட்டி ஆட்டும் அவள் சேலை !!  
பாலூட்டும் அருட்பாவை !!  
அன்பாய் காத்த இருளை !!  
கேட்டாலும் கிடைத்திடுமா.....!!

- மகள் அபி ❤



ABINAYA SRI S

1H1 B.S.C HOME SCIENCE NFSMD

நீர்

நீலவண்ண தாய் வரமாய் பொழிய  
மாசற்ற மழையாய் வந்த  
நீர் அவள் !!  
ஆற்றாய் ஓடினாள்  
வயல்கள் வளமாக !!  
அருவியாய் விழுந்து  
நதியாய் நடந்தாள்  
நாடது செழித்திட !!  
ஏரியாய் சூழ்ந்தாள்  
ஏனையோர் ஏற்றம் பெற !!  
ஓடையாய் ஓடினாள்  
பூவுலகம் பூப்பூக்க !!  
குலமாய் நின்றாள்  
குடிகள் வாழ !!  
குட்டையாய் தேங்கி!!  
சுனையாய் ஊரி!!  
நாவி னிக்க  
நந்நிராய் வந்தாள் !!  
ஊற்றாய் பொங்கினாள்  
நிலமது குளிர!!  
சாதி மத பேதமின்றி  
சங்கமித்தாள்- சமுத்திரத்தில் ...  
மானிட வாழ்வின் ஆதியும் அந்தமுமாய்  
அவள்!!

அவளின்றி அமையாது உலகு!!  
நீரின்றி அமையாது உலகு!!

- அபி ❤





நீங்கள் விதைத்து!!வேலியிட்டு!!பராமரித்த விதைகள்  
இன்று மரமாகி செழித்து நின்று விடைபெற மனமின்றி  
பிரியா விடை கொடுக்க ஆயத்தமாய் நிற்கின்றன!!

கடந்து வந்த கல்லூரி நாட்களை திரும்பிப் பார்த்தால்  
ஆயிரம் நினைவுகள் கண்களின் முன்!!  
கல்லூரி சேர்க்கையின் போது பல குழப்பத்துடன் நுழைந்தோம்  
கைப்பிடித்து அழைத்துச் சென்றீர் வகுப்பறைக்குள்!!  
வகுப்பாசிரியர் வந்து அறிமுகம் செய்ய  
யாரோ என அறிமுகம் ஆனோம்  
ஆசிரியர் மாணவர் என்ற அடையாளம் கொண்டு !!

நகர்ந்தது நாட்களில் தித்திப்பாய்!!  
தினமும் வருகை பதிவிற்கு  
நீங்கள் வாசித்த எங்கள் பெயர்கள் !!  
திகட்டாத திட்டுக்கள்!  
ஆயிரம் அறிவுரைகள்!  
சிரிப்பொலி நிறைந்த வகுப்பறைகள்!  
என உங்கள் அன்பு மொழியால் வளர்ந்தோம் நாங்கள்!!

பேசாத கதைகள் இல்லை அந்த வகுப்பறையில்  
மேசைகளும் சுவர்களும்  
தூக்கி சுமக்கிறது எங்கள் நினைவுகளை!

விட்டால் போதும் என விரைந்து ஓடும் எங்களுக்கு  
விரட்டி விரட்டி போதித்தவர்கள் நீங்கள்  
இன்று விடைபெற மனமின்றி  
நன்றி மடல் வாசிக்கிறது எங்கள் கண்கள் !!

ஆழி சூழ்ந்த இவ்வுலகில்  
ஓய்வறியா அலைகளாய் எங்கள்  
பாய்மரப் படகுகளை கரை சேர்த்தது நீங்கள்!!  
எத்தனையோ எங்கள் வினாக்களுக்கு விடையும் நீங்கள் !!  
கரைப்படிந்த எங்கள் உள்ளங்களை திருத்தியது நீங்கள்!!  
இன்று பல காவியம் படைக்க ஆயத்தமாய் நாங்கள் !!

ஆசிரியர் மாணவர் உறவை தாண்டி  
அனைத்தும் அறிந்த நண்பனாய்!!  
தோள் கொடுக்கும் தோழியாய் !!  
ஊக்கமளித்து உயரப் பறக்க வானமாய் !!  
என எங்கள் ஒவ்வொரு அசைவிலும் வெற்றியிலும் உடனிருந்தவர்  
நீங்கள்!!

கூண்டுக்கிளிகளான எங்களுக்கு  
கூரையே எல்லையென இருக்க  
விசாலமான அறிவை வழங்கி  
வானமே எல்லை எனக் கூறினீர்கள் !!  
வகுப்பறையில் எங்கள் முகம் வாடி இருந்தால்  
விடை பெற்று செல்லும் முன்  
விசாரித்து செல்லும் உங்கள் அன்புக்கு  
ஈடுயினை வேறு இல்லை!!

ஓப்பனையற்ற உங்கள் அன்பும் அக்கறையும்  
ஓப்பற்ற புகழை அடையட்டும்!!  
வெள்ளை சிவப்பு சாயம் பூசிய உங்கள் விரல்கள்  
இன்னும் பல சாதனையாளர்களை உருவாக்கட்டும்!!

எந்த ஊர் சென்றாலும்!!  
எந்த நாடு சென்றாலும் !!  
உயர் உயர் பறந்தாலும்!!  
கூட தேடி ஓடி வருவோம் உங்கள் பிள்ளைகளாய் !!

கண்டிப்பிலும்!  
கண்ணீரைத் துடைப்பதிலும்!  
முதலில் வருவது உங்கள் விரல்களே!!  
கண்ணிமையாய் காத்து வழி நடத்தியதற்கு  
நன்றிகள் கூறி முடியாது !!

யாரோ என அறிமுகமான நாங்கள்....  
இன்று உங்கள் பிள்ளைகளாய்!!  
பிரிய மனமின்றி பிரியா விடைபெறுகிறோம் !!

