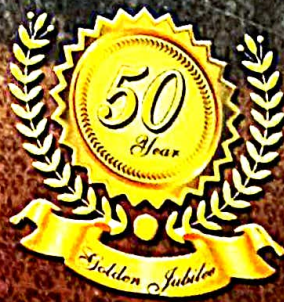


# SOUVENIR

*in connection with golden jubilee year*



NVKS D COL



17825



**N.V.K.S.D COLLEGE OF EDUCATION**  
**ATTOOR, KANYAKUMARI - 629 161.**  
[www.nvksd.edu.in](http://www.nvksd.edu.in)

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# SOUVENIR

*in connection with golden jubilee year*

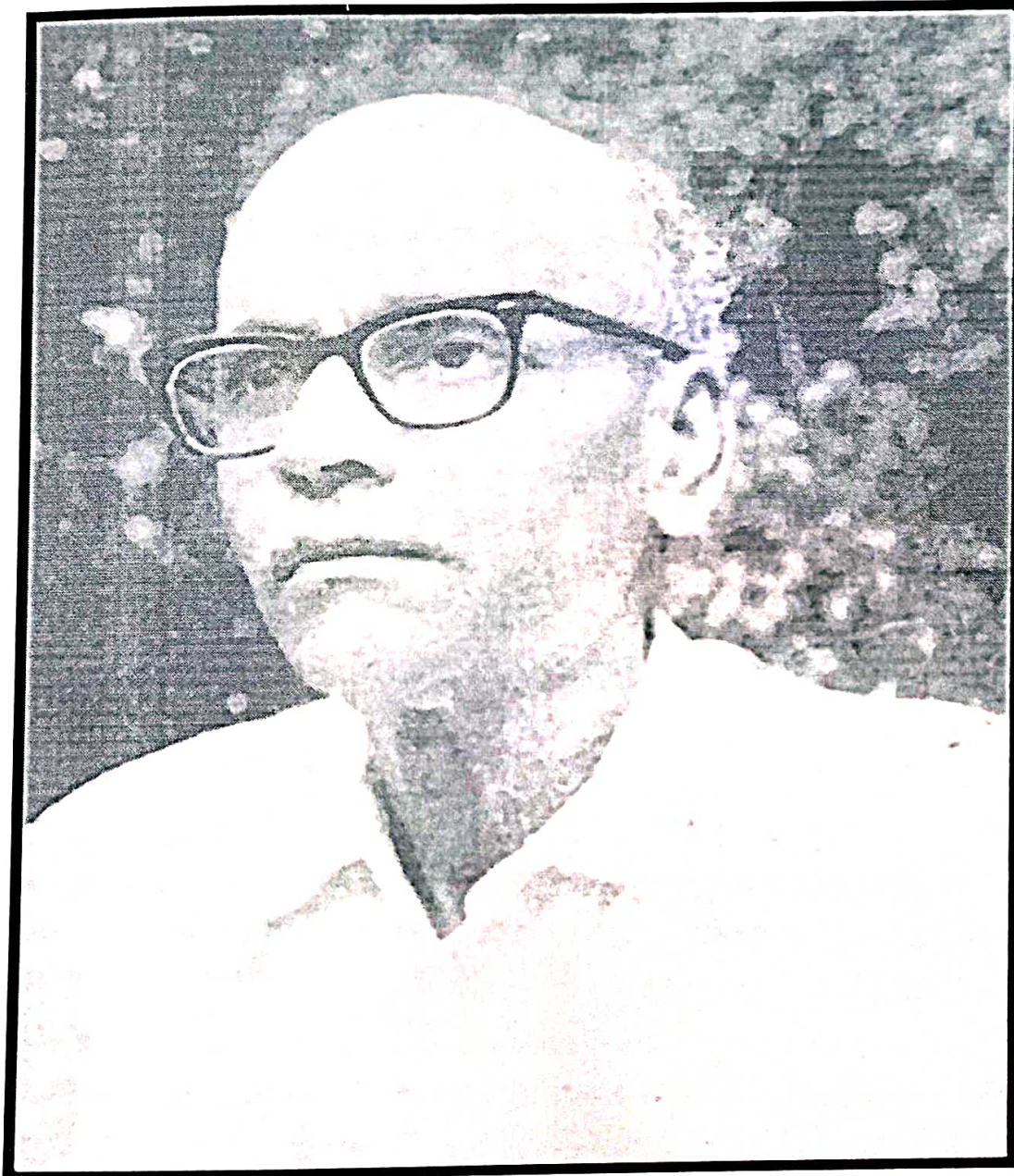


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17825



**Shri. K.P. Ramakrishna Pillai**

Founder secretary of the College

**SECRETARY**



**Adv.S. Krishna Kumar**

**PRINCIPAL**



**Dr. B.C. Shoba**

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**EDITORIAL**

The academic year 2012-13 is significant in the history of our institution as it marks the Golden Jubilee of the establishment of our institution. From its establishment as a pioneer college of Education in the year 1963, the college has grown towards excellence in the field of education by achieving many laurels.

The impressive growth made by the college in academic pursuits is highlighted through the photographs which visualise the various activities of the college. The souvenir also contains messages from eminent personalities and articles from our alumni members.

With hopes for a bright future, let us remember Swami Vivekananda on his 150<sup>th</sup> birth anniversary who viewed success as an outcome of focussed thought and action and stressed that education must emphasise the development of human personality. Hope the souvenir will be a source of wisdom for the well wishers of our college.

The beneficiaries of this institution are also wished success in their forthcoming ventures. The souvenir committee also expects constant support and encouragement of the stakeholders in developing an educational system with a mission of enlightenment, enrichment and empowerment.

The editorial board expresses their sincere thanks to the college management and Principal for their seamless co-operation and guidance offered in bringing out the souvenir.

**RAMESH CHAND MEENA, I.A.S.**  
SECRETARY TO GOVERNOR



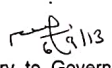
GOVERNOR'S SECRETARIAT  
RAJ BHAVAN  
CHENNAI - 600 022  
Phone : (044) 22351700  
Fax : (044) 22350570  
E-mail : govsec@tn.nic.in

06<sup>th</sup> September 2013

MESSAGE

His Excellency Dr. K. Rosaiah, Governor of Tamil Nadu is pleased to learn that the N. V. K. S. D College of Education, Attoor is celebrating its Golden Jubilee and is bringing out a Souvenir in commemoration.

His Excellency The Governor conveys his warm felicitations to the Management, Principal, Staff & Students of the N. V. K. S. D College of Education and wishes the Golden Jubilee Celebrations all success.

  
Secretary to Governor

To  
Dr. B. C. Sobha  
Principal  
N. V. K. S. D College of Education  
Attoor Post  
Kanyakumari District-629 191



தமிழ்நாடு ஆசிரியர் கல்வியியல் பல்கலைக்கழகம்  
TAMILNADU TEACHERS EDUCATION UNIVERSITY

(State University - Established under Government of Tamil Nadu Act 33 of 2008)  
Lady Willingdon College Campus, Kamarajar Salai, Chennai - 600 005  
Off: 044 - 28447377 Fax: 044 - 28447301 E-mail: vt@tnteu.in Web: www.tnteu.in

Dr. G. VISVANATHAN Ph.D.,  
Vice-Chancellor

16.08.2013

MESSAGE

I am indeed glad to note that the N.V.K.S.D College of Education, Attoor Post, Kanyakumari District is planning to release a Souvenir in connection with the Golden Jubilee Celebrations. It is quite appreciable that the college has reached the milestone of celebrating Golden Jubilee.

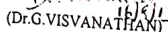
I also observe that the college has got NAAC Accreditation at 'B++' Grade and the University has permitted to offer Research Studies leading to Ph.D. It is quite laudable progression of the college and I advise the Management of the College to maintain the present standard and take consistent efforts to further improve the quality of teaching to bring out brilliant teacher products.

At this context, I am reminded of the quotation of Pandit Jawaharlal Nehru which states that "Time is not measured by the passing of years but by what one does, what one feels, and what one achieves."

In consonance with the above ideal of Pandit Jawaharlal Nehru, I wish that the Management should improve the achievements as the years pass on and should not harp on Golden Jubilee Celebration in the field of Education as still we have to go a long way to achieve more and more.

I heartily wish for accomplishment of the celebrations in a grand and vibrant manner.

I pray the Almighty to shower His choicest Blessings on all of you.

  
(Dr.G.VISVANATHAN)

To

The Principal,  
N.V.K.S.D. College of Education, (Aided)  
Attoor, Kanyakumari District -629 191.

डॉ. शशि थरूर  
Dr. SHASHI THAROOR  
മേധാ. ശശി തരൂർ



मानव संसाधन विकास राज्य मंत्री  
भारत सरकार  
MINISTER OF STATE FOR  
HUMAN RESOURCE DEVELOPMENT  
GOVERNMENT OF INDIA

MESSAGE

I am very happy to learn that the N.V.K.S.D College of Education, Attoor, Kanyakumari District, Tamil Nadu is bringing out a Souvenir on the occasion of the Golden Jubilee Celebrations of the college.

The N.V.K.S.D College has been rendering yeoman service to the cause of providing quality education even since its founding in 1963. I am sure that the College will grow from strength to strength and take its rightful place among the fore front of educational institutions, not only in the area, but also at the regional and national level, as well.

I convey my sincere best wishes to the dear students, the management, faculty and staff of the College for a very happy and productive Golden Jubilee Celebrations and in all their current and future endeavours.

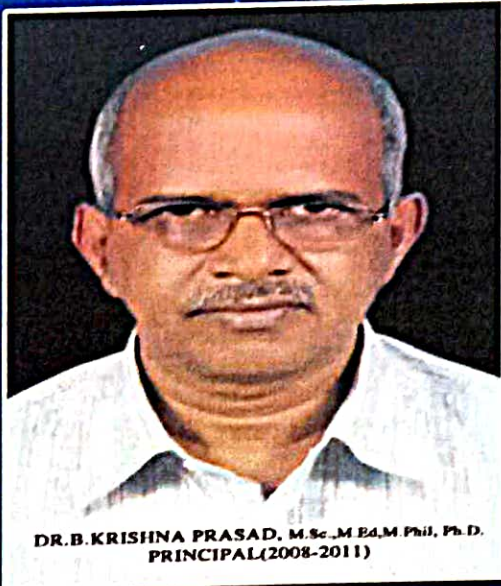
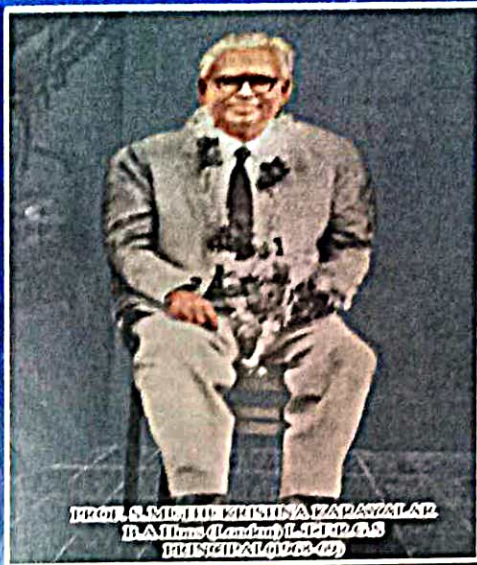
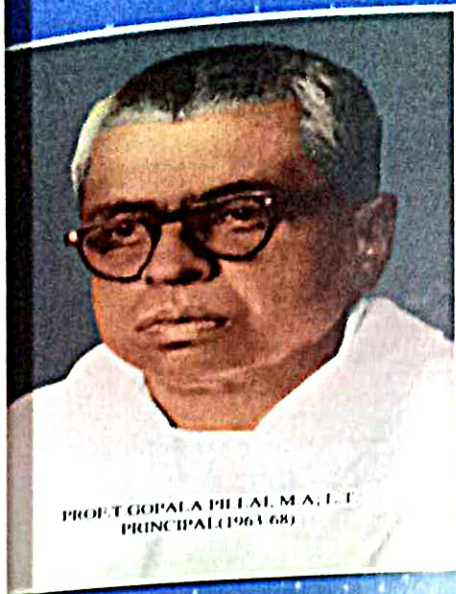
JAI HIND

04.10.2013

Dr. Shashi Tharoor



# FORMER PRINCIPALS OF OUR INSTITUTION



**N.V.K.S.D.COLLEGE OF EDUCATION, ATTOOR**  
**KANYAKUMARIDIST.**

**BRIEF HISTORY OF THE COLLEGE**



The N.V.K.S.D. College of Education, was established in 1963, as a pioneer teacher education institution in Kanyakumari District. It is owned by the Nalloor Vettuvanni Kandan Sastha Devaswom. The College is managed by a Governing Body, elected by the members of the N.V.K.S. Educational Society. The trustees of the N.V.K.S. Devaswom hail from five Nair families who belong to the linguistic minority of Tamil Nadu. The Managing Committee of the Devaswom presided over by Thiru. K. P. Ramakrishna Pillai, B.A., decided on October 1961 to utilize its funds for establishing an educational institution in the name of Nalloor Vettuvanni Kandan Sastha and as its first venture, established a College of Education which was a long felt need of Kanyakumari District.

From its humble beginning in 1963, the college entered the 50<sup>th</sup> glorious year of its academic life this year. Formerly it was affiliated to Madras University in the year 1963. In 1964, the college was admitted to Grant-in-aid system and it was re-affiliated to Madurai Kamaraj University, Madurai. In 1992, the college was re-affiliated to Manonmaniam Sundaranar University, Tirunelveli. Currently it is affiliated to Tamil Nadu Teachers Education University, Chennai and recognized by NCTE, U.G.C and accredited by NAAC with B++ grade in 2006. The college is currently undergoing the re-accreditation process.

The long cherished desire of the Managing committee of the college to start postgraduate course was materialized in the Silver Jubilee year of the college. Accordingly the M.Ed. Degree course was started in 1987-88 with strength of 15 students. An additional strength of 35 students were added and now the total strength is 50.

In the academic year 2006-2007 the college has got affiliation from Manonmaniam Sundaranar University, Tirunelveli for starting M.Phil course with strength of 15 students.

Our Institution is also a recognized study centre of IGNOU- B.Ed and other courses namely Early Childhood Education and Diploma in Elementary Education

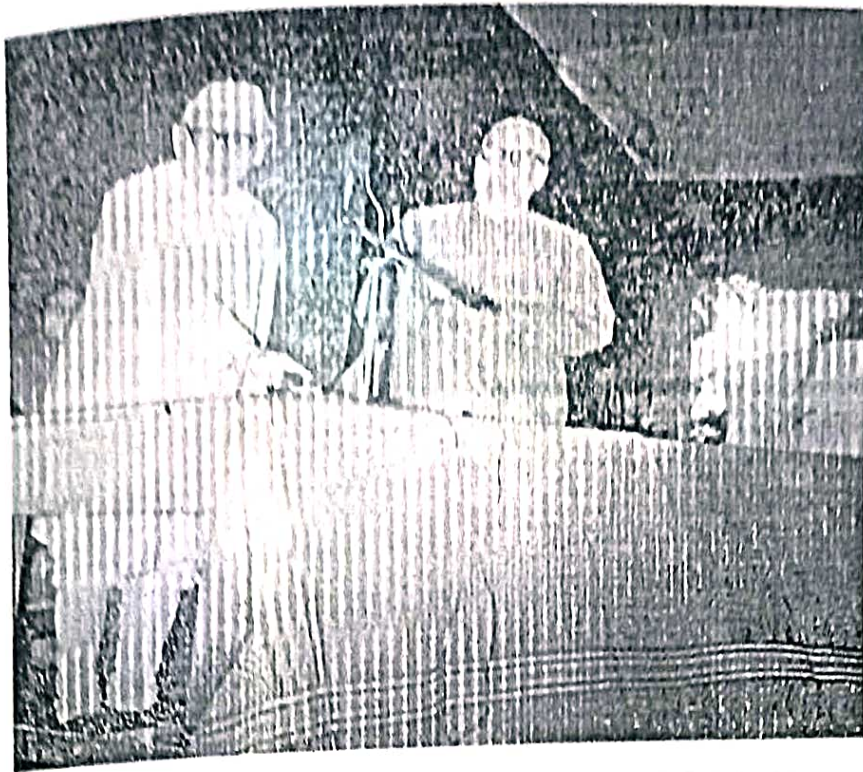
Presently it prepares students for the B.Ed., M.Ed, M.Phil, courses, with full dedication and commitment. Now the college is recognized as a Research centre for Ph.D by Tamil Nadu Teachers Education University, Chennai.

The college is equipped with computers and other technological aids needed by prospective teachers to fulfill their aspirations and needs of the 21<sup>st</sup> century. It is also expected that this institution will succeed in its efforts to produce disciplined dedicated excellent teachers.

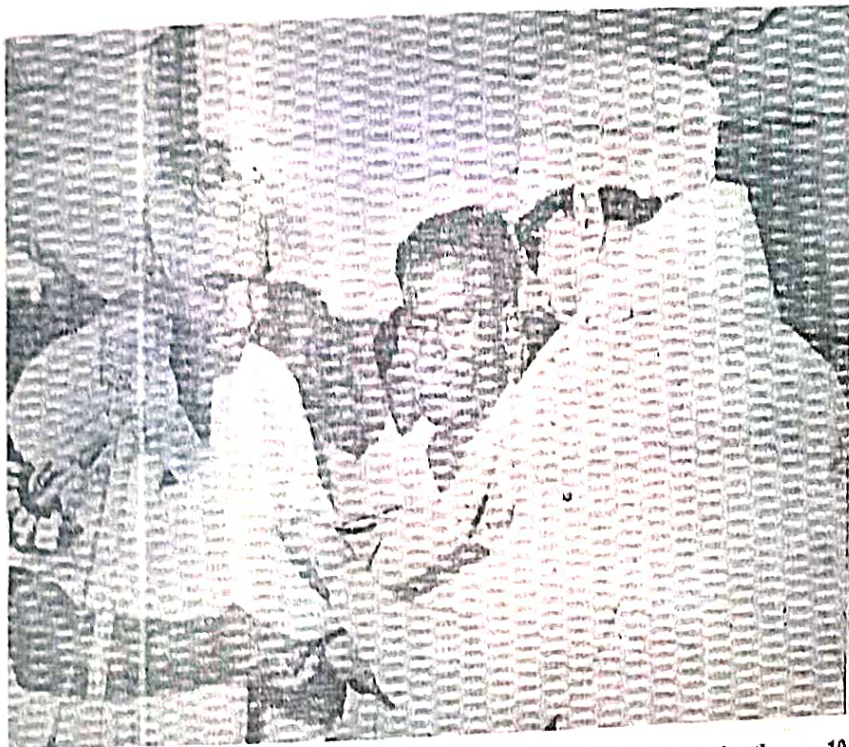
The college is located in a sprawling campus at Attoor near Tiruvattar, 5kms from Marthandam. It has got 10.5 acres of land with a built-up area of about 37,500 sq. ft. The college projects a charming vista conducive for teacher education. The campus is blessed with two institutions viz, N.V.K.S. Higher Secondary School started in the year 1974 and T.T.I started in the year 2005.



# NOTABLE EVENTS



His Excellency the Governor of Madras pressing the switch to lay the foundation stone of N.V.K.S.D. Teachers' College Building on 8th October 1963



The Physical Director receiving Small Savings Certificate from Shri M.G.R. during the year 1963



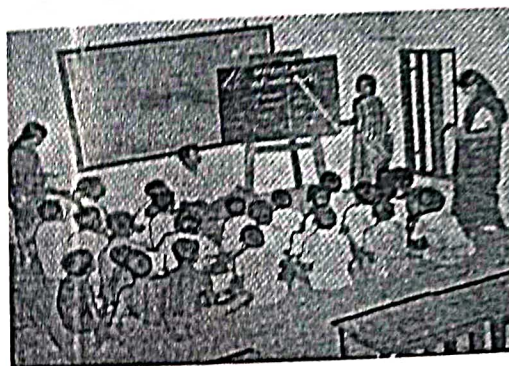
Non-formal Education - An Experimental Project undertaken by N.V.K.S.D. College of Education during the year 1978



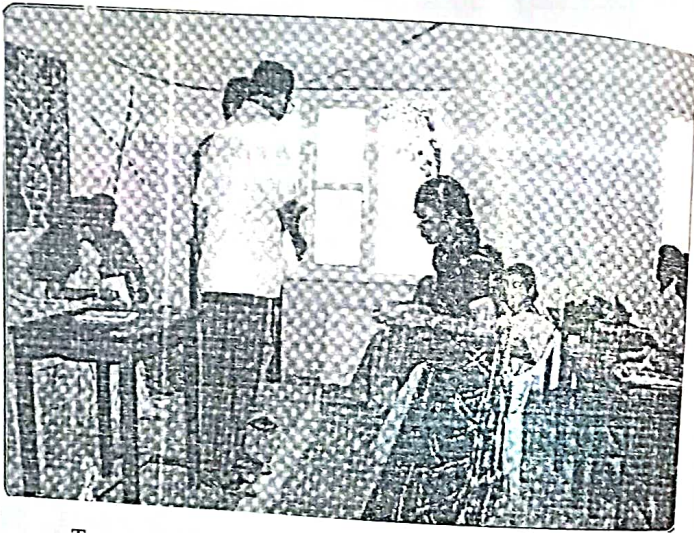
Inauguration of Multimedia Computer Centre in the college by Pon. Radhakrishnan, M.P. during the year 1999.



Dr. P.T. Chandy, Former Vice Chancellor, Gorakhpur University speaks during the College Day Celebration of the academic year 1981-82

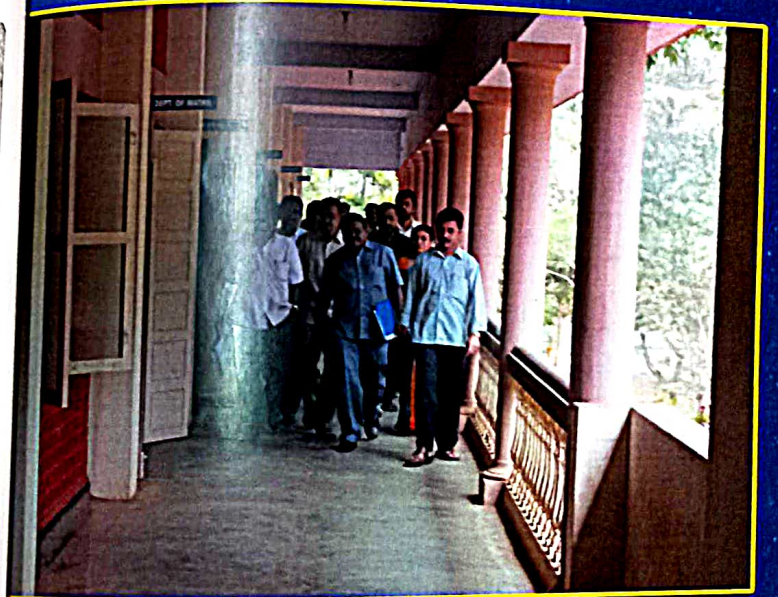


Non-formal Education - An Experimental Project undertaken by N.V.K.S.D. College of Education during the year 1978-79



Tsunami affected students being helped by our staff members during the academic year 2004-05.

**Inspection of Ph.D. Research Centre during the academic year 2012-13.**



# Think Thyself

**Mr. K. Gopinathan Nair**  
**Executive Committee Member,**  
**N.V.K.S. Educational Society, Attoor.**

At this historic moment when N.V.K.S.D. College of Education is celebrating the Golden Jubilee year of the college, let us have a flash back on the service rendered by the institution to the society and the challenges before us on the path towards excellence. In the year 1963, when the college was established, Attoor was a tiny village. Many people at that time doubted whether such an institution can successfully function at this remote village. There were only a few thatched shops and households in and around the Attoor Junction which often bore a deserted look. The mud road passing through the front of the college used to produce a lot of dust during the summer season engulfing the place with a lot of environmental pollution. The transport facility was seldom used and operated only during peak hours. Often one had to trek the distance up to Parthandam to board a public transport system. Attoor has witnessed many significant changes during these fifty years and N.V.K.S.D. College of Education has played a pivotal role in the development of this place. All the members of the NVKS family, past and present, can be proud of these achievements. Let us remember with gratitude the great sacrifices and services rendered by our predecessors.

Looking at the educational scenario the path before us is very lengthy and cumbersome. By an introspection of the behavior pattern of the society for the last fifty years we can notice some alarming facts. News papers are the primary media which brings to our notice the daily events that take place around us. News papers published some fifty years ago contained news items mostly relating to political, social, economic, cultural, educational, sports items. Those were the important coverages at that time in most of the news papers. But today

if we go through the pages of any news paper we can see scores of news relating to various crimes, violences, cheatings, misbehaviours etc. fraud crimes committed by politicians form the major headlines.

Even minor children are dragged to various crimes. They fall victims to such violences. Instances of students stabbing and killing their teachers and of other teachers and students are also not rare. We boast that lot of achievements have been made in the field of education. The very purpose of education is the refinement of the society. if so it is time to probe where we have gone wrong what is wrong with the system. Let us look at the educational system prevailing in some institutions around us.

Some schools solely concentrate on the intellectual skills of the children and prepare them for academic success. Heart, spirit and emotional needs of children are not taken care of. In other words the students' emotions are channelized towards academic success only. They are not equipped to face challenges in life and lead a harmonious social life. Slowly a sense of frustration, anger, agony, distress and confusion develops in the mind of children. Noble qualities like respect for teachers and elders, compassion, tolerance, patience, sympathy, sincerity etc are absent in the minds of such children. In practice we are moulding a generation of impatient community. The children give more importance to pleasure than values. They upset very soon and tend to go for money rather than achievements. They need easy money and hate hard work and dedication. In the long run they become unsuitable to the society. This causes rise in the criminal behavior of the people. This unscientific system of education is one of the reason for the unrest among the youth.

Activating the emotional intelligence of the children along with academic activities is the solution to the grave problem occurring at present in society. Emotional intelligence is the ability to understand one's own moods and behavior and thereby control them. Control of one's feelings helps to attain success in life. There is an old saying:

If wealth is lost nothing is lost.  
If health is lost something is lost.  
If character is lost everything is lost.

In the case of children, emotional intelligence improves their brain functions and there by develop their ability to understand things. It also inculcates in them noble qualities like character building, self confidence, responsibility, flexibility, honesty, positive attitude towards things etc. The social competence derived out of the best qualities helps one to make friendship with others. Friendship with others reduces the bad effects of aggression and violence. Emotionally intelligent children enjoy increased self confidence, greater physical health, better performance in competitions and so on. In order to attain excellence in N.V.K.S., let us develop a system which caters to academic success along with emotional intelligence. Let us not become "another brick in the wall". Let us be something different, unique and socially committed. Now when N.V.K.S.D. college of Education is celebrating the Golden Jubilee year, let us pledge to be an epitome of "Ideal temple of Knowledge" committed to the needs of the present day society.

May God bless all.

**Recollections and Ruminations.**



**Dr. S.Suresh Kumar,**  
Former Reader and Head,  
Department of English,  
P.K.College, Nagercoil - 3.

When I read about how three engineering students mercilessly murdered the head of their college, I remembered the words of the great educational guru, Dr S.Radhakrishnan, "Any satisfactory system of education should aim at a balanced growth of the individual and insist on both knowledge and wisdom. It should not only train the intellect but bring grace into the heart" of a student. The brutality of the act sent shock waves throughout the academic fraternity.

Responding to the savagery of the students, one of the Letters to the Editor in *The Hindu* points out, "In most professional colleges, discipline is unknown and, more often than not, the head of the institution is forced to give in to the unjust demands of students under duress." Another letter blames the parents of these students and says, "Unless parents live an exemplary life and rein in their erring children, we will continue to hear such shocking news."

Parents usually get placed in three categories % permissive, authoritative and authoritarian % and the children of the first and the third groups often get pampered at one end and brutalized at the other. Permissive parents in their old age rue the way they have brought up their children without cultivating in them discipline and dedication to the core of their cultural ethos. Authoritarian parents finally realise that the child they have reared in an atmosphere of anxiety and unhappiness is a Frankenstein's Monster, a menace to themselves in particular and a threat to society in general.

Educational theorists in the East and the West alike have underscored the pivotal role played by the mother in the formation of a child's character. The father only supplements the efforts and teaches it more by example than by exhortation. The primary schoolteacher really takes over the mother's role till the student gets back from school. In the succeeding phases of secondary and tertiary education, teachers are supposed to open up a learner's mind and broaden his or her horizons. A good institution is therefore known for its outstanding faculty that inspires pupils to bring out their best. The role of an inspiring teacher,

needs to be reiterated for the sake of teacher trainees, is not just to transmit knowledge but to motivate his or her students to think, speak and behave like a civilized person. How true ring in the current context the words of our former philosopher President:

The kind of education that we provide for our youth is determined overwhelmingly by the kind of men and women we secure as teachers. Magnificent buildings and equipment are no substitute for the great teacher. Every attempt should be made to draw a good proportion of the best ability in the country into the teaching profession.

The three main objectives of collegiate education enunciated by the University Grants Commission are acquisition of academic knowledge, development of personality and contribution to society. The UNESCO has stated that education stands on four pillars: learning to know, learning to do, learning to be good to one's fellow beings and learning to live together with other family members and society. What educationists and curriculum framers fail to see is that education should not be viewed only in terms of examinations, marks or grades. A human mind is not a bucket to be filled merely with facts. It is rather a lamp to be lighted by the fire of knowledge which, as Krishna tells Arjuna in *The Gita*, burns up what is undesirable "Just as a flaming fire reduces wood to ashes".

The current education system has failed to provide proper education to our youngsters which could be seen in the numerous instances of students of higher education who do not scruple to mug their fellow men, molest women, kidnap children for money, plunder places of worship (as reported in *The Hindu* "3 students held for temple robbery" dated 15-10-2013), lynch their own parents or preceptors, as one hears or reads in the media every week, if not every day. The mastermind behind every Maoist massacre or a terrorist bombing is seen to be by the highly educated segment of society which confirms Dr Radhakrishnan's considered view that "The great crimes against civilization are committed not by the primitive and the uneducated but by the highly educated". Our system of education is dubbed lopsided because the inputs are mainly knowledge of science and technology and instructions on how to use the knowledge acquired. Inculcation in young people of moral qualities like tolerance, self-control, humility, cooperative

and cordial coexistence fails to be seen in the globalised environment as something more valuable than academic accomplishments which the numerous divorces and estrangements in families, caste conflicts, religious rivalries, regional and linguistic chauvinisms and gender discriminations blatantly bear out.

Every prospective teacher getting trained in a college of education must understand in the first place that an educational institution is not a mere information centre but a place where human intellect and emotions are disciplined. John Ruskin has said education does not mean teaching people to know what they do not know, but teaching them to behave as they do not behave. Dr Radhakrishnan quotes Aristotle to say, "Man when perfected is the best of animals, but when separated from law and justice, he is the worst of all animals". Swami Vivekananda wants "that education by which character is formed, strength of mind is increased, the intellect is expanded, and by which one can stand on one's own feet". The iconic scientist-cum-educator and former President, A.P.J. Abdul Kalam, has restated in modern parlance this view when he says that teachers build the character of their students, strengthen their values of compassion, love and tolerance, enhance their capacity to learn through technology and help them boost their confidence to face the future.

On the 5<sup>th</sup> of every September most of us try to recall the names of the teachers who won our love and respect. Only a few come to the mind % those model teachers who stand out from the crowd. Great teachers have certain qualities which breed gratitude and leave endearing memories in their students. When we look at the role of the teacher in the globalised context, we feel that it has to undergo a paradigm shift. We need not only more teachers to cater to the needs of a huge population but also more competent men and women who combine pedagogic skills with the use of technology to develop and deliver educational content of high quality and relevance. A real teacher's head is so full of knowledge that its depth surprises the people around him. Here one may quote Goldsmith's lines on the Schoolmaster, "And still they gazed and still the wonder grew, / that one small head could carry all he knew". Alexander Pope has asked us not to pursue learning in a light-hearted manner, "a little learning is a dangerous thing; / drink deep, or taste not the Pierian spring: / There shallow draughts intoxicate the brain, / And drinking largely sobers us again."

## The Secrets of Personality Development

-A. Mahesh Babu M.Sc, M.A(YHE), M.Ed, M.Phil, NET

During the last few years there has been tremendous progress in science and technology. There is all round material development. New and better gadgets are coming into the market. Man has set foot on the moon and going to step in mass space. In spite of all this progress man is feeling uneasy. He is getting bewildered. This is the paradox of modernity. We have created a society which is rich and scientific while it is, at the same time, most unhappy and ugly. While richness is there, deep down, there is poverty, absence of contentment and no satisfaction. While there is movement there is no direction. Right thinking will be impossible for us. Our marriages will be like dolls of sand. Homes like holes of snakes, children like foxes, human relation a craft of selfishness, our faces will lose luster, heart, no power in our mind, no joy in our soul... New man is searching for light and wants to come out of this enveloping gloom. He is searching for a path and looking towards east and west, now he has come to an end point called 'YOGA'.

According to the Bhagavat Gita, the undisciplined mind acts as our enemy, whereas a trained mind acts as our friend. So, we need to have a clear idea of the mechanism of our mind. Ok, can we train our mind to obey us and co-operate with us? The answer for this question is a strong 'YES'. - The vital term called as 'YOGA' which decide and design you in the hierarchal manner.

The term Yoga has its verbal roof 'Yuj' in Sanskrit which means joining. In yoga Vasistha, gox of the best text books on yoga, it is said: 'manah prasamanopeyah yoga ityabhidhiyate' (It is an 'upayah' to down the mind)

A skilled worker does not fidget while working, because he knows what he should do on the other hand, an ignorant one fumbles and falters at every step and does more damage, that good. Skill comes through knowledge and this is acquired by practice.

In the words of Shri.B.K.S.Iyengar, yoga is education. It is character building. If we look around we find the world is full of chaos, because man has forgotten his self and just exists at a lower animal stage of acquiring power and help for his own happiness. Towards this aim, man works hard set aside all opposition and yet in an agitated state on mind. His personality is all one sided towards his individual happiness instead of contributing towards universal happiness. Yoga helps him acquire a well-integrated personality at all levels, physical, mental, emotional, intellectual and spiritual.

According to the Cambridge International Dictionary of English, "Your personality in the type of person are, which is shown by the way you behave, feel and think. How a person behaves and thinks, how he conducts himself in a given set of circumstances is largely determined by the state of his mind. Mere external appearance or a person's speech or mannerisms are only fringes of one's personality. They do not reflect the real personality. Personality development in the real sense refers to deeper levels of a person. So a student of our personality should start from a clear grasp of a nature of our mind at how it functions.

Physical personality development has the following features brought about by yoga:

- ☞ A proportionate body with all muscles relaxed in the normal state. It is soft like a flower, flexible to the core.
  - ☞ Instantaneously, it can acquire the hardness of diamond. All organs and systems in the body work in harmony and with the least of abnormalities.
  - ☞ Chronic and acute ailments vanish or are absent in such a body.
- These aspects of personality development at the physical level make the body work most efficiently by harnessing the energies in the right directions.

Mental personality development has the power of imagination, creativity and steadfastness. 'Will power' is an essential requirement for all persons to accomplish any work, such as many musicians, poets, film artists, engineers and technologists have been attracted towards yoga. Bravery becomes a part of the personality and

such a person takes up with marvellous sobriety the oppourtunities for accomplishing his



To systematically sharpen and sensitive our emotions. Thus YOGA offers a fine tool for the development of the emotional personality

Intellectual personality development has the capacity to analyse and correlate relevant information forms the function of the intellect manifesting as concentration with precision as an outcome.

- ☞ It include, mastery to come out of the enslaving power of the sharpened intellect.
  - ☞ It rightly emphasized, concentration and detachment.
  - ☞ It emphasizes the skill to calm down the mind and it is the skill to pacify the mind that brings the capacity to detach.
- Hence YOGS is attracting the attention of many 'Intellectual sufferers' bringing them in to its fold.
- Spiritual personality development concerns itself with the inner world. In a nutshell, the spiritual personality can be brought into a capsule of practical behavior, concepts and deeds in life.
- ☞ One should live on his own income, by his physical or intellectual Kbor.
  - ☞ No one should cause pain to the mind or body of others for the sake of his own survival or enjoyment.
  - ☞ One should not interface with the freedom of life of others.
  - ☞ One should know the cause and effect system of nature and streamline activities accordingly.

- ☞ One should understand that the sexual morality is the perfection for human life.
- ☞ Intoxicants and tobacco in any form should not be habitually indulged.
- ☞ Spiritual introspection practices;

Moralisation of desires,

Eradication of worries

Harmony in family life,

Manoeuvre of temperaments and realization of self and God.

YOGA is a secrete process of all round personality development by:

- ☞ Deep relaxation of muscular level.
- ☞ Slowing down of breath and maintaining balance of pranic level.
- ☞ Increasing creative and will power at the mental level.
- ☞ Sharpening of intellect and calming down the mind at the intellectual level.
- ☞ Enhancing the happiness in life, and equipoise at the emotional level and
- ☞ Manifesting the inner divinity in man in all aspects of life.

Thus 'YOGA' can accomplish an all round personality development by solving the problems of man and by bringing bliss into his life. It is for this reason that 'YOGA' is becoming popular day by day in all parts of our globe just as science and technology have done. YOGA is a science and it applicable to all irrespective of age or sex, caste or ereed, religion or self.

Through YOGA, culturing of the mind is the key for successful personality development in almost all endeavours in our lives.

' The YOGA of mind culture to perceive all things as God'.

# இந்தியாவில் பெண்களின் நிலை

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முன்னுரை :

பெண்கள் விடுதலை, பெண்ணுரிமை பற்றிய விவாதங்கள் எழும் போது சாதாரணமாக எழுப்பப்படும் கேள்விகள் பெண்களுக்கு எதில் முன்னுரிமை வேண்டும்? எதிலிருந்து விடுதலை வேண்டும்? போன்றவையாகும் ஆனால் பெண்களின் நிலை பற்றி முறையாகப் பயிலும் போது இந்தக் கேள்விகள் எழுப்பப்படுவதன் பின்னணி பற்றியும், பெண்களின் நிலை, காலம் காலமாகப் பெற்ற மாற்றங்கள் பற்றியும் அறிந்து கொள்ள வேண்டியது அவசியம்

பெண்களும் இலக்கியமும் :

பெண் என்றால் அழகு, சுகம், மென்மை, வலிமையற்ற தன்மை, அடக்கம், பெறுமை, தியாகம், போன்ற சிந்தனைகள் மனதில் பரவுகின்றன. சமூகத்தில் நிலவும் மதிப்பீடுகளை நிலை நிறுத்தவும் பிரதிபலிக்கவும் புதிய பார்வைகளை அறிமுகப்படுத்தவும் உதவும் கருத்துருவாக்க சாதனங்களில் இலக்கியமும் ஒன்று.

“பெண் புத்தி பின் புத்தி” ‘ஆவதும் பெண்ணாலே அழிவதும் பெண்ணாலே’ போன்ற பழமொழிகள் ஆணாதிக்க வெளிப்பாடுகளைக் காட்டுகின்றன. பிற்கால இலக்கியங்களோடு ஒப்பிடுகையில் சங்க இலக்கியப் பெண் பாத்திரங்கள் ஓரளவு தன் ஆளுமை கொண்டவர்களாக காணப்படுகின்றனர்.

சுதந்திரத்திற்கு முன் பெண் கல்வி:

பெண்களை தனிமைப்படுத்தி, அவர்களை வீட்டுக்குள் அடைத்து வைக்கும் பழக்கமும் பழங்காலத்தில் இருந்தது. அக்கால சமூகம் பெண்கல்வியை ஆதரிக்கவில்லை. ஆரம்ப காலங்களில் கிறிஸ்தவ பாதிரிமார்களும், ஆங்கிலேய அரசாங்கமும் சமூக சீர்திருத்தவாதிகளும் முழு முயற்சியுடன் ஈடுபட்டனர். பெண்கள் தங்களது குடும்பத்தில் மனைவி, தாய் என்ற கடமைகளை சரிவர நிறைவேற்றி குடும்பத்திற்குள் அவர்களது நிலையை மேம்படுத்திக் கொள்ளவே கல்வி ஒரு வழிமுறையாக வலியுறுத்தப்பட்டது. பரந்த சமூகத்தில் அவர்களது பங்கு வலியுறுத்தப்படவில்லை.

சுதந்திர இந்தியாவில் பெண்கல்வி :

சுதந்திரத்திற்குப் பின் கல்வி பற்றி ஆராய்ந்த குழுக்கள் ஆண்களுக்கும் பெண்களுக்கும் ஒரே விதமான கல்வி அளிக்கப்படவேண்டுமென்ற

குறிக்கோளை வலியுறுத்துகின்றன. ஆண் -பெண் கல்வி பற்றிய மாறுபட்ட கருத்துக்கள் எழுத்தறிவு, கல்வி நிறுவனங்களின் எண்ணிக்கை, கல்வித்திட்டங்கள் முதலிய பல்வேறு நிலைகளிலும் பெண் கல்வியின் நிலையை பாதிக்கின்றது. பெண்களும் ஊடகங்களும்:

பத்திரிகைகள் எழுதப்படிக்கத் தெரிந்த அறிவாளிகளுக்கான ஊடகம். பெண்களுக்கான பத்திரிகைகள் எனத் தனியே வெளியிடப்படும் இதழ்கள் காட்டும் பெண்கள், ஆணாதிக்க சமூகத்தின் உச்சகட்ட வெளிப்பாடு எனலாம்.

சேவிப்புலனை மட்டும் எட்டும் வானொலியில் பெருமளவு நேரத்தை ஆக்ரமிப்பது திரைப்படங்களே. அந்த ஊடகத்தில் மகளிர் பகுதிக்கான நேரம் நண்பகல் உணவு வேளை. இம்மாதிரி நேர ஒதுக்கீடு இந்த ஊடகம் பெண்ணின் சமூகப் பங்கு பற்றிக் கொண்டுள்ள கருத்தைக் காட்டுகிறது.

பெண் பிறந்தவுடன் தந்தைக்கும், மணமானதும் கணவனுக்கும், அதன் பின் மகனுக்கும் அடிமைப்பட்டு வாழவேண்டிய வளர்ப்புப் பிராணியாகக் கருதப்பட்டாள். அடக்கம், பொறுமை, கற்பு போன்ற அணிகலன்கள் பூண்டு எந்த சமூக நிகழ்விலும் பங்கேற்காது கணவனின் எல்லா செயல்களையும் ஏற்று வாழ்வதே பெண்ணுக்கு இலக்கணம் ஆயிற்று.

முடிவுரை:

கல்வி வேலை வாய்ப்பு, பொருளாதாரத் தன்னிறைவு ஆகியவை இருந்த போதிலும் பெண்ணுக்கு அடக்குமுறைக்கு ஆளாகும் எவருக்கும் கூட்டு வலுவையும் மனத்திண்மையும் வழங்குவது இயக்கம் சார்ந்த செயல்பாடு தான். எனவே பெண்கள் இயக்கங்களுக்கு ஆதரவும் உத்துழைப்பும் அளித்த வலுப்படுத்துவது அனைவரது கடமையாகிறது.



# TEACHER OF TEACHERS



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Every year the birth day of the world- renowned philosopher and an exponent of our country's culture, civilization and power of wisdom, Dr.S.Rathakrishnan is being celebrated as 'Teachers' Day'. Dr.S.Rathakrishnan was born on 5<sup>th</sup> September, 1888 at Thiruthani. His Parents were Mr. Virasamy and Mrs.Seethammal. He had his early education in his native village. He was well-versed in many languages. He studied at Voorhee's college, Velloore and became a graduate in 1906. He did his M.A. [Philosophy] at Madras Christian College. He was inspired and shaped by eminent Teachers like William Miller, William Skinner, M.G.Hoog and others.

His famous books are 'The Ethics of 'Vedanta', 'Essentials of Psychology' [published by Oxford University Press] 'The Reign of Religion in Contemporary Philosophy' 'Eastern Religion and Western Thought', 'Indian philosophy' [Vol.I & Vol.II], 'The Hindu View of Life', 'Kalki or the Future of civilizations', Since 1928 he published the monthly magazine-'The New Era'.

Dr.Rathakrishnan held a number of positions. He started his carrier as a Teacher at Presidency College, Madras. He worked as a teacher at Mysore University. He also worked as a Teacher in philosophy at Calcutta University. He serverd as the Vice-Chancellor of Benaras and Andra Universities. He also worked under the UNESCO between 1946 to 1952. He became the ambasadar for Russia from 1949 to 1952. He was elected as the Vice- President of India from 1952 to 1962. In 1962 he became the

second President of India. Previously, he headed the 'Radhakrishnan Commission' on Education [1948-1949]. Anyhow, he essentially remained a teacher all his life. He died on 17<sup>th</sup> April 1975 at Mylapore, Madras.

Dr.S.Radhakrishan was called as the Teacher of 'Teachers'. He stressed that the teachers are instrumentals in moulding our future citizens and inspire them with a sprit of sacrifice. Teaching has always been considered as a sacred profession and teachers deserve all praise and co-operation from one and all.

Who is a best Teacher? One who has a tender and an open heart to accept, to love, to bear with and to pardon his student. He ought to be a God fearing man; a man of integrity and patriotism. He is a voracious reader, very punctual in his duties, a good disciplinarian, committed and devoted to his duties. He dresses properly and simply, always smiling, reads many books, comes to the class in time, covers all the partitions with in the stipulated period of time. He knows the students, their temperament, their family background, their economic and social conditions and their intelligence and capacity of understanding. He shows care and concerns for the students in their improvement and development. He pays much attention to both their intellectual growth and character building. He lays stress on the moral life of the students. He appreciates the clever students and concentrates on the weaker, helps and encourages them in a friendly way. He controls his class and keeps a cordial relation with his students.

The best teacher does not interfere unnecessarily with the affairs of administration. He co-operates with others in running the institution effectively and smoothly. He keeps the class very lively and interestingly and does not waste a minute in the class. He does not show any partiality and does not make any discrimination while dealing with the students. His dealings and relations are to be good, kind, loving, honest and just. His life is exemplary and a source of great inspiration to the students. The best teachers are rare treasures and wealth of the nation. The future of the country depends very much on them. They alone can lead and build up the nation in various ways.



# VALUE EDUCATION AND STRESS COPING

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The present-day society is witnessing degeneration of values and of the value system as a result of quick economic growth, influence of western culture, over mechanization, urbanization, and craving for materialistic life. As law and power alone cannot reform society, many educationists have necessitated the imparting of value education. Swami Vivekananda rightly said that the end of all education and training should be man-making. Education as a moral enterprise needs to re-engage the heart, minds and hands of the learners in forming their own character, helping them to know the good, love the good, and do the good. Students should be well versed with values enshrined in our constitution and the values derived from our cultural heritage.

Value education includes a wide spectrum of learning and activities ranging from training in physical health, mental hygiene, etiquette and manners, appropriate social behaviour, civic rights and duties to aesthetic and even religious training. With a well-designed system of curriculum, it is possible to make education a forceful tool for the cultivation of desirable ethical, spiritual and social values. Education is the key that opens the doors of life and hence it should foster universal and eternal values like compassion, courage, honesty, tolerance and truthfulness etc. value education should help to eliminate violence, superstitions, injustice, religious fanaticism, terrorism, obscurantism , inequality, selfishness and other insecurities.

## Stress and its effects on students

Modern society is more complex and many social demands are made on the people. Value education is a process of helping the children to think freely and critically as balanced individuals playing their appropriate

role, which the situation demands. Minimum social skills like establishing a decent relationship with people, functioning as a good citizen are some demands placed on an individual. Value education can prepare an individual to meet these demands. Excess of demands beyond the ability of the individual to meet leads stress. Need for independence and assertiveness along with the conflicting needs for demands from parents, teachers, friends and oneself makes the life of students stressful. Institutional and academic stresses along with other life stresses such as family stress, economic stress and social stress have negative effect on mind body.

Individuals under stress lack in proper social behaviour and adjustment. Stress hinders the very aim of education, the all-round development of personality. Other ill effects of stress include increased fear and anxiety, truancy and deviance, decreased rate of interest and underachievement, often leading to unhealthy competition, maladjustment and drug addiction. Thus many of the social and emotional values are drained off due to prolonged stress.

#### Coping with Stress

Though a certain amount of stress stimulates personal growth, it is more damaging to psychological and physical health. Hence students should be taught to cope effectively with stress for proper mental and physical health. Coping refers to active efforts to master, reduce or tolerate the demands created by stress. There are many strategies for coping or controlling stress, which require a combination of attitudinal and behavioural changes. It also involves inhibiting troublesome emotions and learning self-control. Other valuable strategies include using humour to deal with stress, looking for the positive aspects of the problem, seeking social support and acquiring strategies to improve self-control. Effective time management can also aid coping. Emotional turmoil can be reduced by practicing relaxation procedures like meditation, yoga and physical activities.

#### Values that help to control stress:

Control of anger, developing a sense of brotherhood to maintain good physical and social health, being dutiful and sincere by setting realistic goals, developing concentration or control of mind, thinking positively, punctuality, avoiding lust, doing good to humanity, cultivating peace of mind, sense of humour and the like.

#### Role of teacher educators and teachers:

Value orientation should take place in the life of an individual, right from home and fostered by community and the school. It is often claimed that values are caught rather than taught. In the schooling process, if the teacher is personally committed to values, the students will imbibe those values. Making education in human values an integral part of teacher education curriculum will be necessary to help teachers internalize values and function as role models to student.

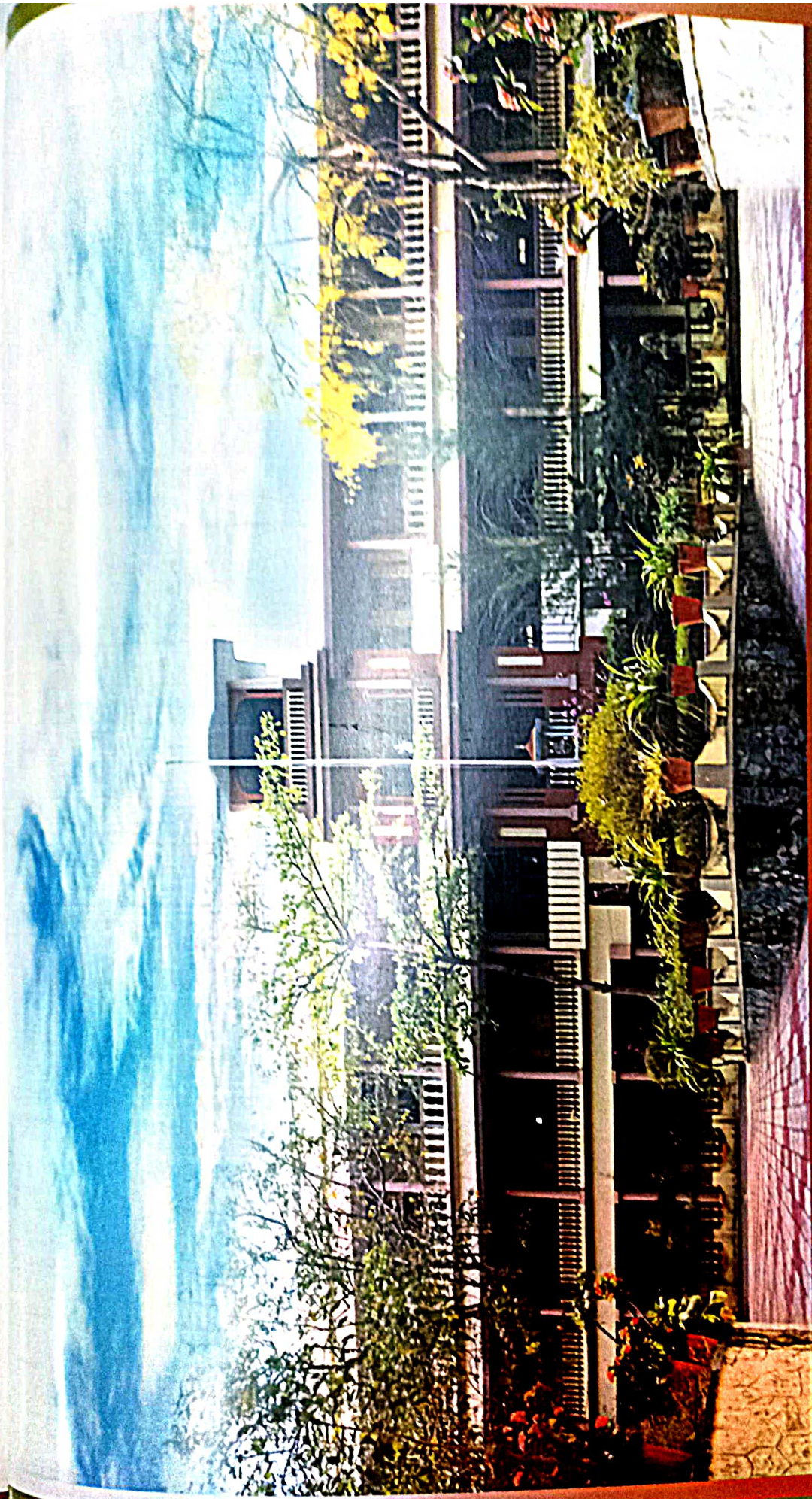
In service and pre-service teacher education should be re-oriented to enable teachers in acquiring intellectual and emotional values that a nation wants to be developed by them in their pupils. The teacher education should be able to prepare teachers who can provide learning experience for holistic development of mind, body, intellect and emotions, which requires value oriented teacher education.

In all teaching method, a positive role is to be played by teachers to shape values along with other factors like home, community peers. By practicing proper motivation skills, presentation skills, questioning skills, summarizing skills, classroom management skills and evaluation skills, teacher education centres can add to value-aided education in the teaching learning situations. Value education develops social and emotional values like friendship, self-discipline, co-operation, confidence and courage which promote stress coping.

Since the destiny of India is being shaped in the classroom, the teachers have to play an important role in inspiring the personal and national value of the educands. Teachers must have a clear vision of their role in value orientation while transacting curricular and co-curricular activities. To promote stress free learning environments and for the balanced development of society and nation, the provision of moral and value oriented education is imperative.

# GOLDEN JUBILEE BUILDING





# SILVER JUBILEE BUILDING