

YENESIS 2019-2020



Yenepoya Nursing College



Yenepoya Nursing College

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YENESIS

2019-2020

Message from the Chancellor

Nursing is truly a noble profession that demands hard work, dedication and an extraordinary amount of compassion and selflessness. The prevailing pandemic scenario has put all the more emphasis on the role of nurses, across the world, and we have witnessed their supreme sacrifices and humane care of those who have been affected.

It is the hard work, dedication and devotion to one's profession that determines a successful career. The college plays a pivotal role in moulding the personality of young students by creating opportunities to showcase academic, literacy and artistic talents.

This is exactly what YENESIS - the college magazine - does, and I am delighted to know that Yenepoya Nursing College is bringing out yet another issue of the same.

I congratulate Yenepoya Nursing College and the editorial team for their untiring efforts in bringing out the magazine every year. I also wish the students every success.

**Mr. Yenepoya Abdulla Kunhi
Honourable Chancellor
Yenepoya (Deemed to be University)**



MESSAGE FROM THE VICE CHANCELLOR

Education is not confined within the four wall of a class room. Education enables a person to transcend the limitations of human perception. The college magazine chronicles the vast spectrum of curricular and non curricular activities carried out at the college for a personality development of young learners.

I am happy to know that Yenepoya Nursing College is bringing out the college magazine 'Yenesis', for the year 2019-2020. I am sure that this magazine will be informative and resourceful.

My best wishes for the efforts of editorial team

**Dr M VijayaKumar
Vice chancellor**

Yenepoya (Deemed to be University)



MESSAGE FROM THE PRO VICE CHANCELLOR

I believe that the Yenepoya Nursing College opened its doors in 2002 and has made steady progress in the fields of PG Nursing, Post Basic Nursing and BSc Nursing classes. I have observed that the YNC students are a keen lot with a genuine interest in learning. Since they are good in scholastic pursuits, they are bound to be talented as well.

I am glad that the students are bringing out their Magazine for 2020. With more than 500 students in its precincts; the College has a bright future. The Faculty lead by Dr. Leena Chacko is very adept in Teaching-Learning. Many of them are active members of CHPE and some are even trying to become FAIMER Fellows. The Magazine should truly reflect the standard of the college. Let me hope that the College will show more progress and become one of the best in this region. Let me wish the Editorial Committee all the very best.

Dr. Prof C V Raghuv eer.
Pro Vice Chancellor,
Yenepoya (Deemed to be University)



Message from the Registrar

I am happy to know that the faculty & the students of Yenepoya Nursing College are coming out with this year's edition of their college magazine "YENESIS". I congratulate all those who have worked hard for getting this magazine released. Magazines serve to get the hidden talent and the creativity out of the student's mind on to print. It is like a document compiling the wisdom of the students.

I appreciate your hard work in this difficult situation caused by the COVID pandemic. My best wishes to each one of you and I hope the nursing college faculty will continue to encourage their students to get many more such wonderful magazines in future.

**Dr.GangadharaSomayaji K.
Registrar
Yenepoya (Deemed to be University)**



MESSAGE FROM THE PRINCIPAL

Yenesis has been vividly showcasing the accomplishments and echoing voices of our faculty and students year after year. It gives me great pleasure to write for the latest version of college magazine. The college has been striving hard to create congenial academic ambience and a plethora of opportunities to make budding professionals competent enough to face the future. I applaud the editorial team especially the staff editors for their hard work invested in bringing out this wonderful magazine in time, amidst the COVID-19 epidemic.

**Dr. Leena K C
Principal / Dean
Yenepoya Nursing College**



MESSAGE FROM STAFF EDITOR

Being the editor in charge of the Yenepoya nursing college annual magazine "y genesis", it designed to present to its reader the year's events that have gone by, the magazine also showcases the talents of our faculty members and students.

I appreciate and thank everyone associated with y genesis for rendering their endearing love and support. I express my gratitude to our beloved principal Dr. Leena K.C. For her enduring faith in me and entrusting the task of putting this wonderful journey together through y genesis

**Mrs Navya
Lecturer
Community Health Nursing**



MESSAGE FROM STAFF EDITOR

At the outset I send my greetings to the Editorial Board of YENESIS 2019-2020, for working on a Magazine best in all aspects. I believe this magazine will provide us the benchmark for continued improvement in development of the students. This magazine should be a good source of guidance for faculty and coming batches of students in choosing activities of their choice in their future.

I express my gratitude to our beloved principal Dr. Leena K.C. for providing an opportunity in this wonderful journey together through YENESIS .

**Mr.Sreekanth P S
Lecturer
Medical Surgical Nursing**





Mr. Hashim
IIIrd Year B.Sc Nursing



Ms. Janeetta
IVth Year B.Sc Nursing



Ms. Mariya Jose
II nd Year B.Sc Nursing



Ms. Aparna Bose
I st Year B.Sc Nurisng



Department activities

2019-2020



Observation of World Mosquito Day 2019.
A Radio programme in 100.7.FM Community
Radio Sarang



School Health Program at Govt. High school,
Kumpala



**Observation of World AIDS Day 2019
With Youth Red Cross Unit
Inter collegiate quiz competition for nursing
students 2019**



**Essay Writing" competition on Communal
Harmony Campaign**

**Observation of Communal Harmony Campaign and
the Flag Day 2019"**



**Training for Frontline health workers on prevention and management of Iron Deficiency Anemia
Observation of Iron Deficiency Day 2019**



**Guest Lecture on Human Rights, Gender Equality and Indian Constitution
by Mrs. Merlyn Martis, Director Development Education Service (DEEDS),
Kadri, Mangaluru 2019**



Observation of Anti Drug Addiction day Rally at city Municipal cooperation road, Mangaluru.



Observation of Anti Drug Addiction day Flash Mob at KSRTC bus stand Lalbagh, Mangaluru



Health check up at Kolya Community, Kotakar , Mangalore.



Social supportive services "Donating Water Purifier"



Initiation of "a water bell system" at aided Sri Swami Ramananda ashrama higher primary school Kolya community , Kotekar ,Mangalore on 2020



In-Service Higher Primary School Meenadhi, Kinya education to school teachers



Collaboration with Public Health Dentistry
Dental Camp for School children at Higher Primary
School Meenadhi, Kinya



Nutri-education to mother's of Under five
children at Kolya, Anganwadi



Observation of world health day 2020
An Online Mass Radio Programme through
Kerala FM 93.3
" Discussion on Support nurses and Midwives"



Observational visit to Thumbe Water
purification Plant

Mental Health Nursing



Mental health campaign: Psycho-education and role play on mental hygiene and Screening for psychological issues among adolescents were conducted from 3 December 2019 to 5 December 2019 in NSP Govt. Higher Primary school and Morarji Desai Residential School, Deralakatte.



Mental health campaign: screening for psychological issues



Mental health campaign: Psycho-education



Guest talk: Healthy coping and ways of suicide prevention



Screening for knowing emotional self



Mime show on suicide prevention



Exhibition of poster: Suicide prevention



World Suicide prevention day: Poster competition on the theme "Shining a light on suicide prevention on 6September 2019.



Radioprogram: Role play on Alzheimer's disease and its management as a part of observation of World Alzheimer's day on 27.9.2020 at Radio Sarang, St. Aloysius College postgraduate and computer science block, Mangaluru.



Workshop: on the topic of "Dementia related behavior" in collaboration with Department of General Medicine and Department of Geriatrics and Department of Psychiatry on 26 October 2019.



Mass awareness - cardiovascular diseases and its Prevention on 28th Sep 2019



Diabetic Risk Assessment Survey And Mass Awareness Programme - 28th November 2019 to 30th November 2019



**Guest talk on “Life with a Chemoport” on 13
February 2020**



Observation of "World Breast Feeding Week" at Yenepoya Medical College Hospital,



Observation of breast cancer awareness month - 2019



Health awareness programme on antenatal care: make pregnancy safer , Primary health centre, Kotekar



Ms. Harshita, Nutritionist has explained the importance of pregnant diet, sources, and its nutrients values to the participants



Childrens day celebration on 23/11/19 at St. Joseph's Prashant Nivas, Anadalaya, Jeppu.



Observation of "World Breast Feeding Week" – 2019



Nutrition Week Observation-2019 at Anganawadi, Kinya



Observation of Dental Health Month 2020- Kalkatta Anganawadi, Madani Nagar Anganwadi, Kapikad Anganwadi & Kinya Anganwadi.

COLLEGE ACTIVITIES
SDP 2019 to 2020



Teaching and learning methodology workshop in collaboration with CHPE



Teacher's day celebration

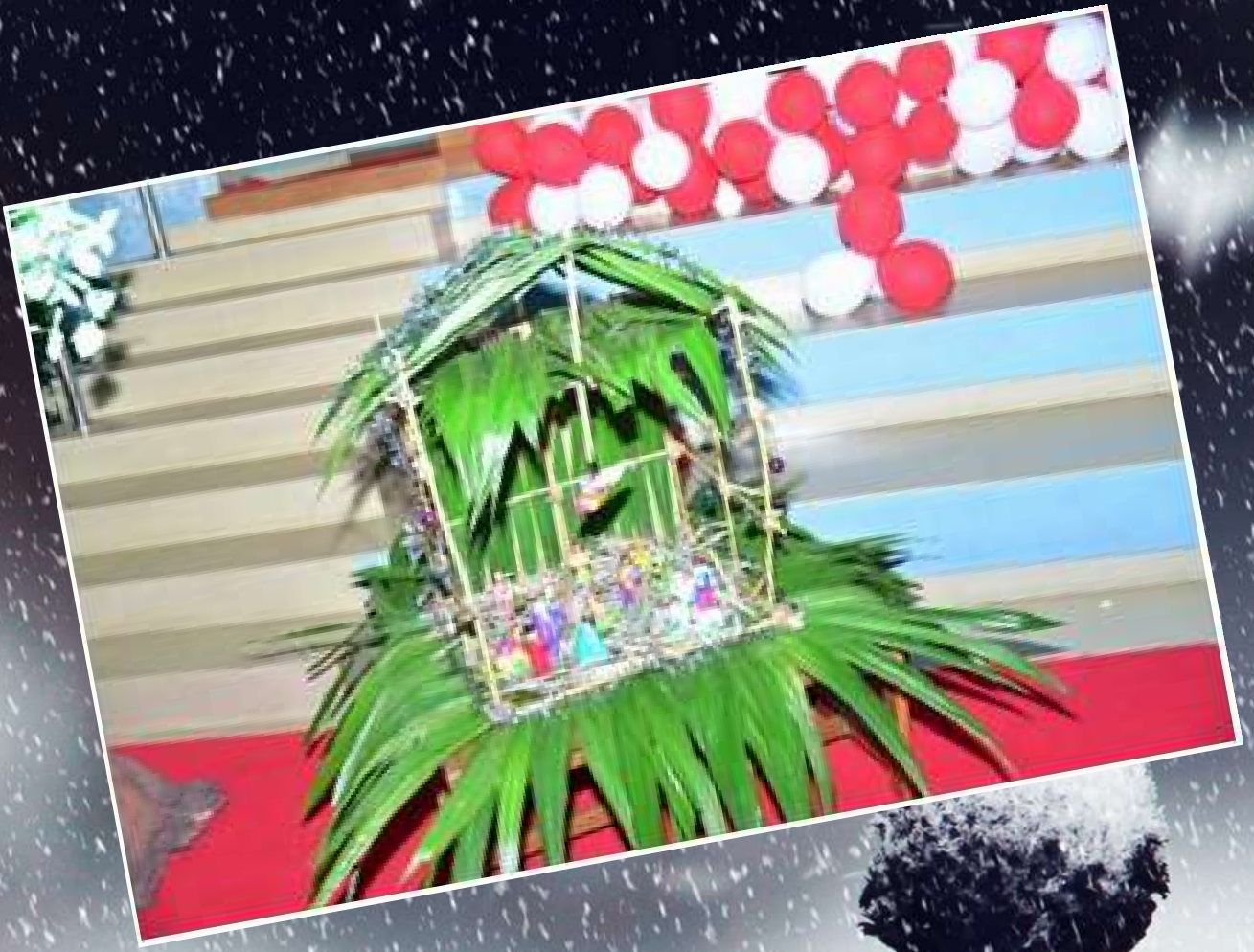


The lamp lighting ceremony for the 18th Batch of B.Sc(N) students of Yenepoya Nursing college was held on December 19th 2019 at Yendurance Zone, Yenepoya (Deemed to be University).

Onam celebration



Christmas Day celebration



Cultural activity



Cultural activity





SNA handing over of the office bearers held on 4th September



Students Nurses association, Yenepoya Nursing College observed the Immunization Day on 19th November 2019. Essay competition was held for the students from 11.30 am to 12.30



Poster Competition on Observation of World AIDS Day -2019



The Student Nurses Association (SNA) of Yenepoya Nursing College observed International Women's day on 10.03.2020 from 3pm to 4pm at Yenepoya Medical college Hospital campus.

National Service Scheme



NSS unit-V (Yenepoya Nursing College) of Yenepoya University has observed National Unity Day observation 2019, by taking Pledge for "Rashtriya Ekta Diwas" on 31/10/2019



NSS unit -5, Yenepoya Nursing College conducted Plastic Free Campaign at Govt. primary school, Madoor on 02/05/2019.

National Service Scheme



NSS unit-V of Yenepoya University attended the a special Seminar on Swacch Bharath- Samarth Bharath, organized by Ramakrishna Mission on Tuesday October 1st 2019.



Red Ribbon Club



Yenepoya Nursing College organized an inaugural and orientation program of Red Ribbon Club on February 28th 2020



Speech Competition organised by Red Ribbon club on 21st February 2020 for red ribbon volunteers

Red Ribbon Club & Red cross



Mime Competition organised by Red Ribbon club on on February 28th 2020



Yenepoya Nursing College organized an inaugural and orientation program of Youth Red Cross unit on November 19th 2019 at EMD auditorium,

Alumni association



Hair Donation Campaign organised on 16th January 2020.

A silhouette of a person in mid-air, jumping between two large, dark rock ledges. The person's arms are outstretched, and their legs are bent in a dynamic jumping pose. The background features a vast, hazy mountain range under a clear blue sky. The text "SPORTS ACTIVITIES" is overlaid on the scene in a glowing, white, sans-serif font.

**SPORTS
ACTIVITIES**



STUDENT EXCELLANCE



Adrenaline Father Muller's Medical College
Yenepoya nursing student Participated in
basket ball competition



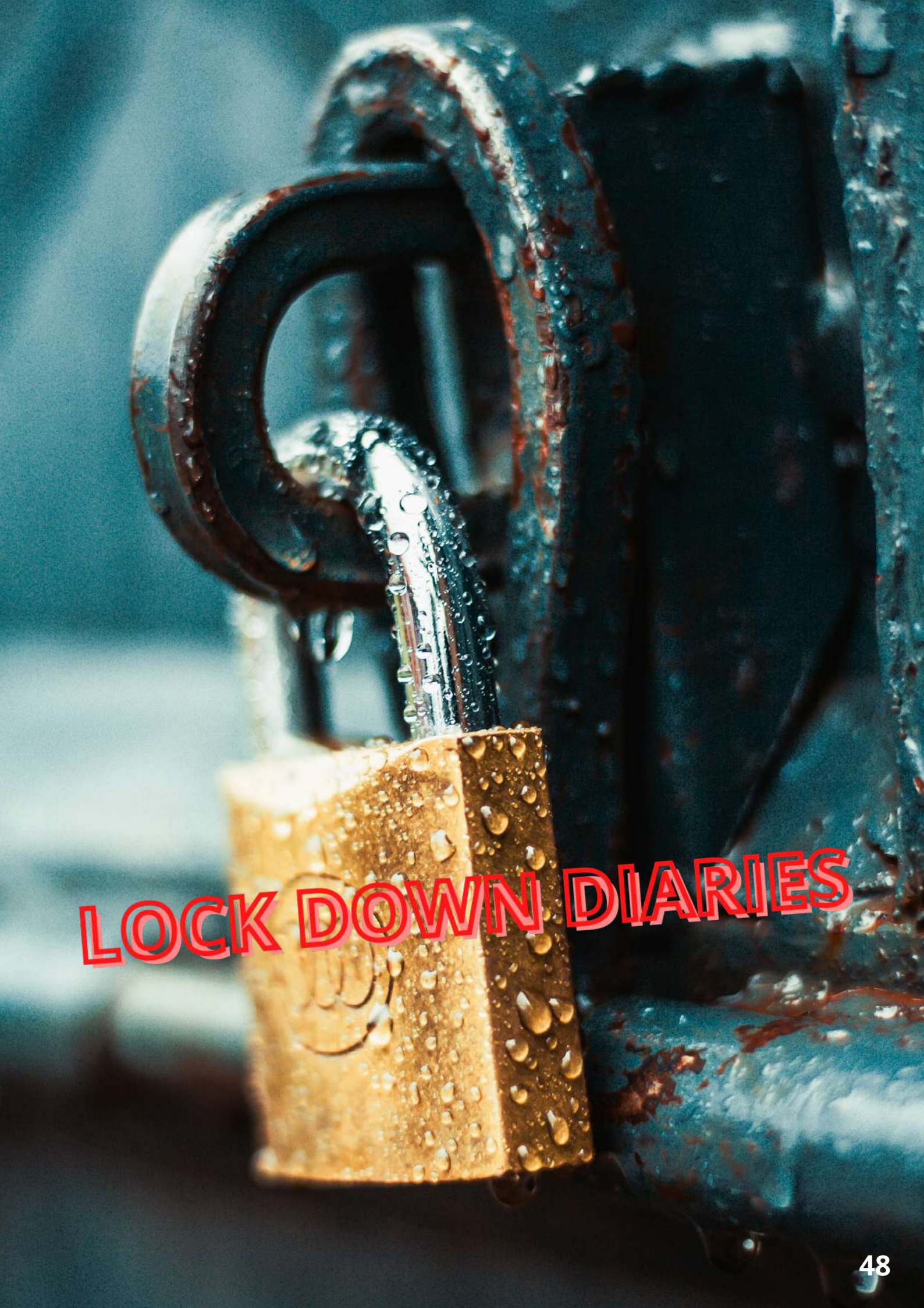
Yenepoya nursing student Participated in
INDIAN STUDENT PARLIMENT ON 21st
TO 23RD FEBRUARY 2020 AT DELHI



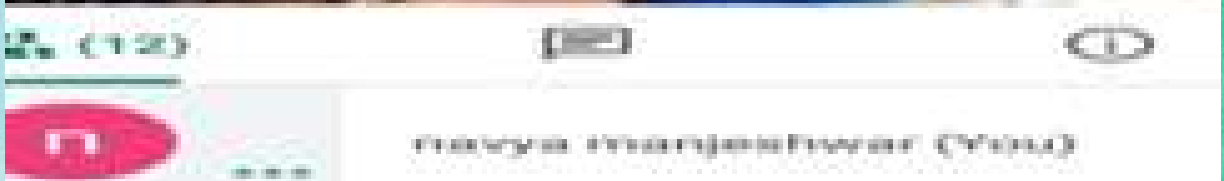
Yenepoya Inter collegiate-11S Football tournament- Semi Final



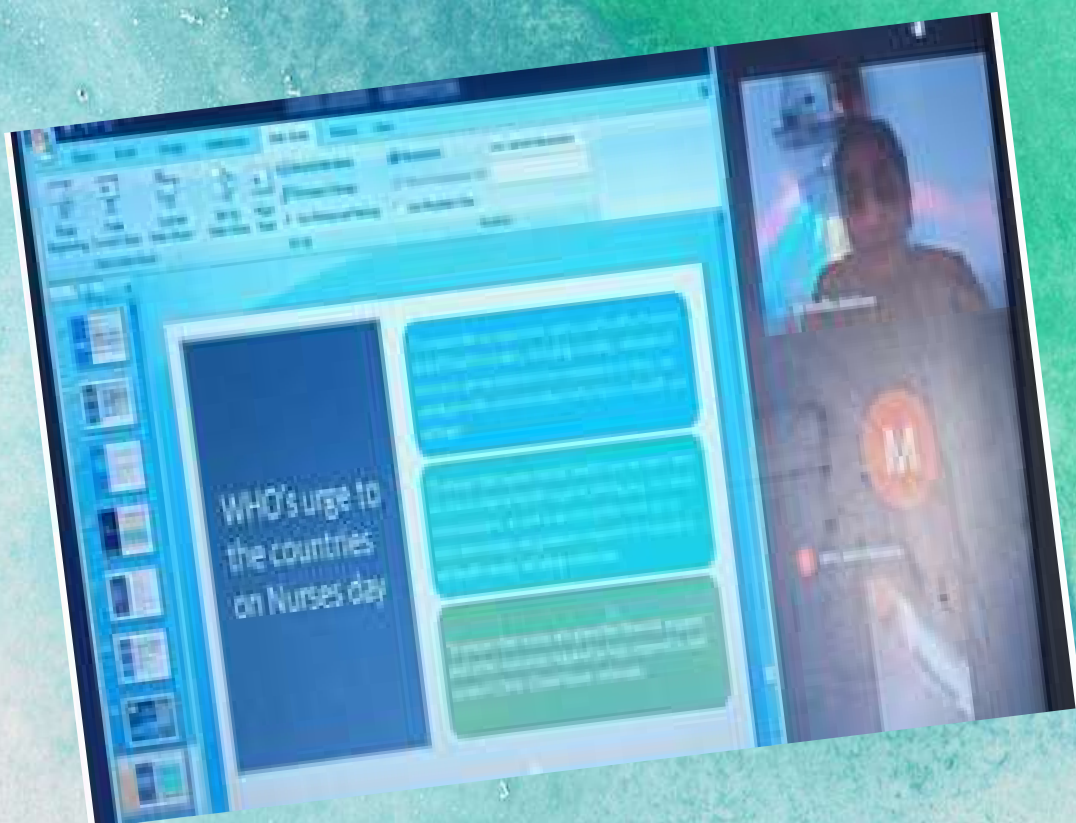
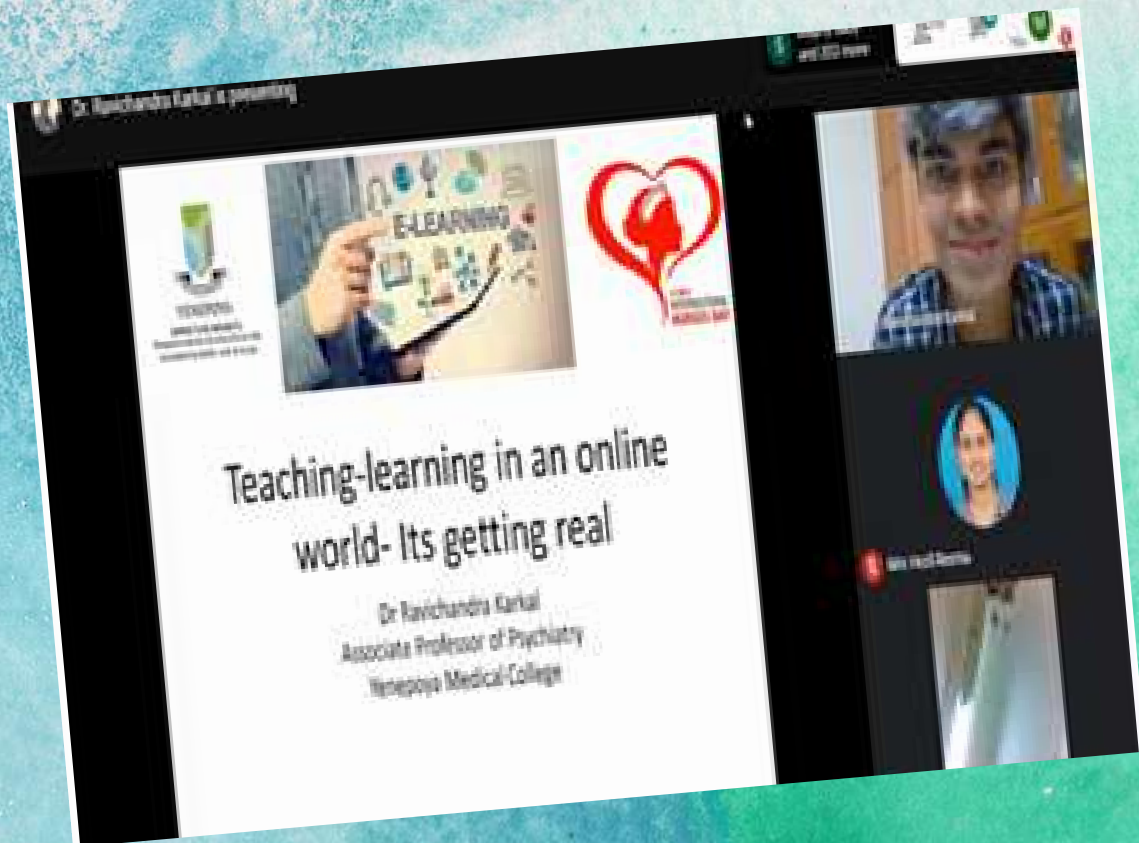
Adrenaline Father Muller's Medical College Fest Football Champion



LOCK DOWN DIARIES



Community model Practical exam



Yenepoya Nursing College organized a webinar on the occasion of International Nurses Day-2020 based on the theme: Nurses "A Voice to lead - Nursing the world to health" on 12.05.2020 from 10 am to 11am.



Add on Disaster management practical activity



Add on Disaster management practical activity

Gender equality, Human rights and Indian constitution activity (2019-2020) online activity



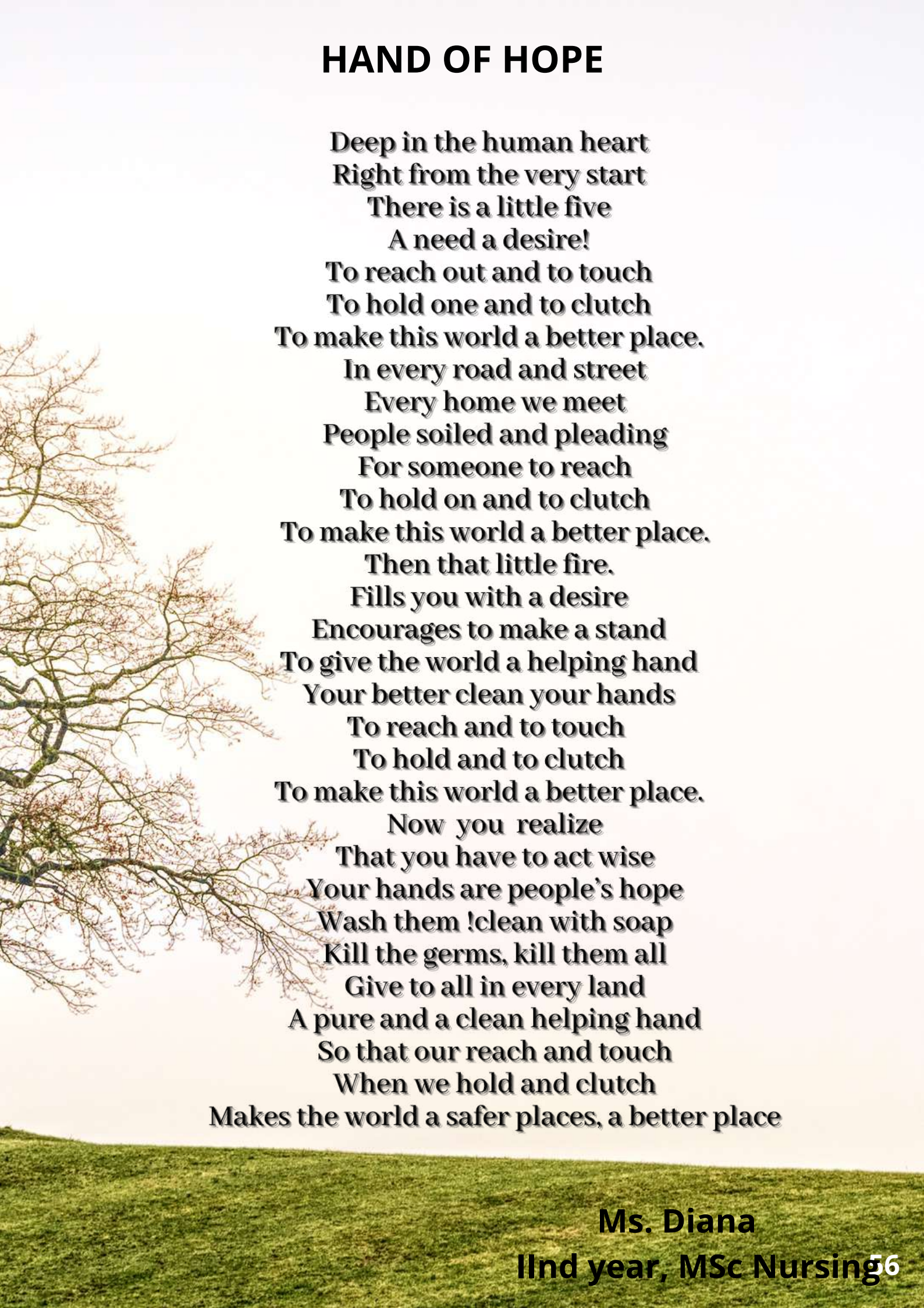
Nutrition practical (2019-2020) online activity



Mastery



HAND OF HOPE



Deep in the human heart
Right from the very start
There is a little fire
A need a desire!
To reach out and to touch
To hold one and to clutch
To make this world a better place.
In every road and street
Every home we meet
People soiled and pleading
For someone to reach
To hold on and to clutch
To make this world a better place.
Then that little fire,
Fills you with a desire
Encourages to make a stand
To give the world a helping hand
Your better clean your hands
To reach and to touch
To hold and to clutch
To make this world a better place.
Now you realize
That you have to act wise
Your hands are people's hope
Wash them !clean with soap
Kill the germs, kill them all
Give to all in every land
A pure and a clean helping hand
So that our reach and touch
When we hold and clutch
Makes the world a safer places, a better place

Ms. Diana

IIInd year, MSc Nursing 56

POWERFUL LESSON

This is an old story about two boys who had a father who was as an alcoholic. They grew into young men. One grew up to be an alcoholic, & when asked what happened he said "I watched My father"

The other grew up & never drank in his life. When he was asked what happened he said,

"I watched my father"

From this simple story, we see three lessons.

FIRST:- We are all role Models:-

Like it or not, other people look at how we behave & Model their lives after us.

SECOND :- We can learn from others.

It's much better to learn a lesson from someone else's experience than you have to experience it yourself; & that even applies to our parents.

They are not perfect either.

We can look at them for an example, in some cases it may be a positive one, in others it won't be. Either way, we can take away direction in how to live our lives.

THIRD:- We all have the power to choose.

Your perspective in life will determine your destination. Today's a new day. You have two choices in life. You can either be a victim or a survivor, which one do you choose?.

**Ms.Amrutha H.C
II year PBBSc Nursing**

MOTHER:

A boy David was born to certain family. The mother was so excited that she hardly put him down one day she left him sleeping and went to the garden. When she was there the house caught fire and she ran back home as fast as possible to save her only son, people tried to stop her, they didn't succeed. She went in, found the boy untouched. Unfortunately her hair caught fire as she was going out and she started to burn. It was a very bad for the rest of her life because she had to live with a scar.

The boy grew up and became very rich and shifted to town but in real sense, he was ashamed of his mother's scars, when people asked him he would say "I don't have someone so ugly in our family as my mother"

One day his mom overheard how his son was telling people and she was very disappointed, she decided to travel to town to explain his son what had happened and the reason behind her ugliness.

But unfortunately the bus she was travelling with got an accident and the mother died. The boy heard the news and felt very happy, he then rushed to the village and found people sad. He just passed them and went direct to mother room to search for important documents. He shocked to find her mother's oldest diary book written.

Date 5th sept 1980- I was announced the winner of miss India beauty contest.

Date :-14th Jan 1982- My husband passed away in road accident and left me 6 months pregnant

Date:- 2nd July 1983 - I saved my only son David from a fire and I ended up with losing my hair while scars left on my face. David felt too bad and started crying but it was too late !too late!

"We will never know the true value of a person until they becomes memories."

Mr.Mahadevaprasad P.B
I year PBBSc Student.

STORIES OF LOVE

Mirror is telling lies

Eyes are telling stories

The stories that, never end.....

The stories that, nobody knows.....

The stories that, faded by time.....

A thousands of fake stories....

Rolling down through those eyes

Somewhere some strange friends

Were handovered these stories

The stories of LOVE.....!!!

**Ms. Minnu Sebastian
M.V B.Sc Nursing**

Life.....

**Life is like a book....
Some chapters are sad
Some are happy and
Some are exciting too...
But if you never turn
The next page you will
Never know what is waiting for you.....**

**Sometimes, it is tough
Sometimes, it is simple
Sometimes, you find the way
Sometimes, you lose it,
Believe in yourself, you can tackle..
The hardest of all situations.**

**How others see you, is not important
How you see yourself, means everything
Always enjoy each and every
Moments of life....**

**Not everything that counts can be counted!
And not every thing that's counted truly counts!
Life is like that.....!**

**Ms.Shilpa Tony
IVth year B.Sc Nursing**

A SEA SHORE SIGHT

**This sea shore sight
And that glowing light
Makes my heart insight
Entering to a great delight**

**On that rock hits a bid
With a roar quite solid
Then it breaks into pieces
And returns to where it was**

**This is the same to our own kind
Do your best**

**Then there arises rock
The rock of death
Where our life hits and breaks
And returns to its own form
that is
to the same eternity.**

**Ms.Jithu Maria sunil
IIInd year B.Sc Nursing**

On a rainy day

He gave me an umbrella

To notto make me wet.

But I didn't invite him to get inside.

It was that moment I saw him on his eyes.

It's not about friendship.

Perhaps more than that.

It accompanied me in that wall

To make me warm in that rain.

But why I didn't invite him to get inside

On a rainy day

He gave me an umbrella.

**Ms.Priya Joy.E
1st year P.B.B.Sc**



FOR EVERY SEASONS

**I forget to say
'I love you'
While we are walking
Through the rain
With the joined hands.**

**I forget to say
'Miss You'
While I'am sitting
In the garden
In beautiful spring
I forget to say
'I am with you'
While all the leaves are falling
Down from the trees
In the automn
I Forget to say
'I feel you'
While the snowfalls
Every where
In the coldish winter**

**But now, I member to say
'You are my all in all'
When all is dred and dying
Without you
In the summer of March**

**Ms.Amrutha Sunny
IInd year P.B.B.Sc Nursing**

Who is a winner?

" In the maiden of fields they wept, their eyes indexed valleys" . A song taken from a lament. Who is a winner. The one who forgives of the one who takes revenge. Since the times of sages the tag of winner always stays an equation alike of one divided by Zero (1/10).

The context of the situations faced by India and all over the globe the question "who is the winner" is so much valuable and need to be discussed. The forgiveness a theological value stands at an end, the other end holds with revenge a mature human value. The condition of intolerance and disturbing atmosphere created now is so much challenging to be the argumentative India. The main reason to be commenced with provocation is the war that happen inside all of us. They one who excites disturbances; they are having serious mental arguments of "who is the winner".

In the century we see many type of untouchabilities. A lot of changes are happening in our society today. The man who was one has been betrayed and the seeds of fanaticism have been sown among them. Those who formely had no distinction of border or wall, who paid a higher price for humanity then religion, are now afraid to face each other.

Who changed this? For what? Since when was the religious friendly country enslaved by religious sparts? "Who is the winner"

A Precious Life:

Every day think as you wake up,

Today I am fortunate

To have woken up

I am alive.

I have the precious human life

I am not going to waste it.

I am going to use all my energies to develop my self.

To expand my heart to others.

To achieve enlightenment

For the benefits of all the being

I am going to have kind thought towards others.

I am not going think badly about others.

I am going to benefit others as much as I can

**Ms. Tenzinglsep
1 year PBB.Sc Nursing**

ENGLISH FAMILY

There is a happy family in the field of English language. A husband named 'NOUN' and his wife named 'VERB' live in a house called 'GRAMMAR'. They have two sons and a daughter. The elder named "PRONOUN" plays the role of a father in his absence. The younger son 'ADJECTIVE', often describes his father where as his sister ADVERB often talks about her mother. There is a servant in the house who does many tricks to amuse people. His name is 'INTERJECTION'. 'NOUN' has a brother in-law named 'prepositions'. He helps by showing his Position in life. 'CONJUNCTION' is the friend of the family who is related to everyone of them.

Ms. Aparna Bose
1st year B.Sc Nursing

Today coffee is grown in a multitude of countries around the world. Whether it is Asia as Africa, central or south America, the Islands of the Caribbean or Pacific, all can trace their heritage to the trees in the ancient coffee forests on the Ethiopian plateau.

How India Got Its Coffee?

Genesis of India Coffee:

It all began four centuries ago when Saint Baba Budan, an Arab Mystic returned from Mecca with 12 seeds of the wonder bean, coffee. He planted them in the Chandragiri Hills of Karnataka whose conducive climate and altitude proved ideal for coffee cultivation.

Types of coffee grown in Chikmagalur

Coffee Arabica :- It is the highest quality and very much expensive. It grows best in high altitudes and produces a very flavourful and aromatic coffee. Arabica is exclusively grown in Chikmagalur.

Coffee Robusta or Coffea canephora -
It is commonly called Robusta.

It is less flavourful and aromatic than Arabica, it is widely used and less expensive coffee.

10 Steps to Coffee

1. Harvesting the coffee cherry
2. Processing the coffee cherry
 - a. Dry method- cherry coffee
 - b. Wet method-Parchment coffee
3. Drying the beans
4. Hulling
5. Polishing
6. Grading and sorting
7. Exporting the beans
8. Tasting the coffee
9. Roasting the coffee
10. Grinding of coffee

Coffee:- Break

- Coffee break gives the brain a quick break
- A coffee a day definitely keeps the sleep away. Coffee acts as a stimulant for the brain and the whole body



Coffee is very important to people because it gives people students as it can release stress from your body.

- **Coffee wakes people up and gives them energy to get through daily work tasks they might not have any interest in accomplishing.**

- **Coffee has become our friend. Helps us wake up, Help us achieve it**

- **Coffee is a health drink.**

- **Coffee stops headache**

- **It boosts your mood**

- **Keeps you away from colon cancer**

- **Coffee may help ward-off asthma & clear nasal passages.**

- **Coffee contains antioxidants that fight against viral and infection Bacteria.**

- **Coffee prevents formation of dental cavities.**

- **Too much of coffee has its downside also-it might be because of an addiction to caffeine. So drink your cup of coffee but only in a moderate amount to ensure a healthy you.**

**Ms.AsiyaBanu
1st year B.Sc(Nursing)**

OCEAN IN MY MIND

A tribute to all who lost their dear ones in 2004

TSunami

In the silence of the night

Thoughts ran after the fatal day

I was only three

I went to the shore first time.

I enjoyed the Infinite sky

Amazed at the sight of waves

Wondered looking at the clouds

Played with empty shells

Brother built the sand house.

Waves salaried ticking our feet

Danced upon us and showered us

Waves with drew back.....

Suddenly "Harbour Waves" bit the shore

Swallowed everybody

All my dear ones.....

I lost everything I lost everybody

Lost all the warm and love

Lost all the cosiness and care

I was left alone

Nobody there to rack me

Nobody there to console me

I cried and cried.....

Marks of tears Formed on my cheeks

Back to shore after years.....

I hear the call of my Mom

My app's voice

My brother's concern

All the Sweet memories rushed to my mind

Tears trickle down my cheeks

I struggle to make out faces

All worthless attempts.....

Sun sets in the horizon

With a reddish smile

Three birds flew across the horizon....

I walked back with another ocean in my mind.....

**Ms.Kripa C George
1st year B.Sc Nursing**

POEM

A DAY AT THE SEASHORE:

ABOUT., 'A Day at the Seashore'.. is the poem that consoles the sorrowing poet in the seashore. Here seashore takes the role of a mentor indicating all those who remain in the

'Shore of Darkness: - Life'.

There is a dark vibe
Falling on my face
My lashes were just closed
I wept.....

Dark vibes again meaning
I am deliberately writing
Think about my end.

Again I wept....
Nothing left to say
Like the words ran away
Alone again
With my seashore...

The waves whisper tie me
Calling me to the soft
The water sweeps over my feet
Surrounds where I stand

Then the seashore mumble
-"leave your foot"

And breathe in
The air that's been
Given to you"
I mugged up the way air
And smiled.

Sun kissed my face
I smiled again
After a great moment
Wiping my tears
I asserted.....

"Darkness is not sad...
It's poetic..... it's attitude.....

Ms.APARNABOSE
1 year B.Sc. Nursing

ANGELIC HANDS

Nurses - so called angels, who walks on earth
Hiding their wings, mutated to caring hands
for these are no ordinary hands
as it heals by touching
for eyes may see, the mouth may speak
but they're my hands
that carry out healing skills
I will wash away the germs
as all enduring cleanliness virtue next to godliness
for my hands welcome anew born,
and close the eyelids for the one last time
for my hands have measured, the growth of life
and felt souls of those I touched
for my hands have compressed sternum for persisting life
and restrained those self harming
I will wash away the germs
as my heavenly hands share mercy not misery
for my hands may be black or white
and female or male in gender
but they are the noblest one
so I'll rinse, soap, scrub, and rinse
coolest cheapest cleanest thing to do
why to hesitate when a little water can do it
I will wash away the germs
as all enduring cleanliness virtue next to godliness
I will wash away the germs
as my heavenly hands share mercy not misery

*Ms.AKANGSHAW ANNE PAIVA
1st year MSc Nursing*

A photograph of a man and a child walking away from the camera on a path towards a sunset over a lake. The man is on the right, wearing a dark jacket and jeans, and the child is on the left, wearing a light-colored coat. The sun is low on the horizon, creating a warm, golden glow. The path is covered in fallen leaves, and there are trees and bushes on the left side.

DAD.....

**God took the strength of a mountain
The majesty of a tree
The warmth of a sun
The calmness of a quiet sea
The generous soul of future
The wisdom arm of right
The power of the ages
The joy of the morning in spring
The faith of a mustard seed
The radiance of eternity
The depth of a family reed
Then god combined these qualities
When he knew this masterpiece was complete
And so they called it..... 'Dad'**

**Ms.Maria Jose
IIIrd year B.Sc. nursing**

ಶುಚಿ-ರುಚಿ:-

ಒಂದು ಚಿಕ್ಕ ಗ್ರಾಮ ಇತ್ತು. ಆ ಗ್ರಾಮದ ಮಧ್ಯದಲ್ಲಿ ಒಂದು ಪ್ರಮುಖ ದಾರಿ ಇತ್ತು. ಆ ದಾರಿಯ ಮಧ್ಯದಲ್ಲಿ ಬಹಳ ದಿನಗಳಿಂದ ಒಂದು ದೊಡ್ಡ ಬಂಡೆಗಲ್ಲು ಬಿದ್ದಿತ್ತು. ಹೋಗಿ ಬರುವುದಕ್ಕೆ ಅದು ಅಡಚಣೆಯಾಗಿತ್ತು. ಜನರೆಲ್ಲಾ ಅದರ ಬದಿಯಿಂದ ಹೋಗುತ್ತಿದ್ದರೇ
ವಿನಾ: ಅದನ್ನು ತೆಗೆಯುವ ಮನಸ್ಸು ಮಾಡಿರಲಿಲ್ಲ.

ಒಂದು ದಿನ ಒಬ್ಬ ಪ್ರಾಮಾಣಿಕ ಬಡ ಮನುಷ್ಯನು ತುಂಬಾ ಪ್ರಯೋಗದಿಂದ ಆ ಬಂಡೆಗಲ್ಲನ್ನು ತೆಗೆದು ಬದಿಗಿಟ್ಟು ದಾರಿಯನ್ನು ಸ್ವಚ್ಛಗೊಳಿಸಿದ . ಅಷ್ಟರಲ್ಲಿ ಅವನಿಗೆ ಆ ಬಂಡೆಗಲ್ಲಿನ ಕೆಳಗಿದ್ದ ಒಂದು ಪೆಟ್ಟಿಗೆ ಕಂಡಿತ್ತು. ಅದನ್ನು ಗ್ರಾಮದ ರಾಜನಿಗೆ ಒಪ್ಪಿಸಿದ ರಾಜನು ಅದನ್ನು ಒಡೆದು ನೋಡಿದ ಅದರಲ್ಲಿ ನೂರು ಚಿನ್ನದ ನಾಣ್ಯಗಳ ನೀಡಿ ಜೊತೆಗೊಂದು ಪಾತ್ರ ಇತ್ತು: ಕುತೂಹಲದಿಂದ ರಾಜನು ಪಾತ್ರವನ್ನು ಓದಿದ , ಅದರಲ್ಲಿ ಹೀಗೆ ಬರೆದಿತ್ತು" ಯಾರು ಈ ಬಂಡೆಗಲ್ಲನ್ನು ತೆಗೆದು ದಾರಿಯನ್ನು ಶುಚಿಗೊಳಿಸುವರೋ ಅವರೇ ಈ ನಿಧಿಯ ಒಡೆಯರು !" ನಂತರ ಆ ಗ್ರಾಮದ ಸುತ್ತಮುತ್ತಲಿನ ರಸ್ತೆಗಳೆಲ್ಲ ಒಂದೊಂದಾಗಿ ತನಗೆ ತಾನೇ ನಿರ್ಮಲವಾದವು. ಜನಜೀವನವು ಸುಗಮವಾಗಿತ್ತು. ಹಿಂದಿನ ರಾಜನು ಪ್ರಜೆಗಳಿಗೆ ಬಾಹ್ಯಶುಚಿಯನ್ನು ಕಲಿಸುವುದಕ್ಕೆ ಮಾಡಿದ ಉಪಾಯ ಅದಾಗಿತ್ತು.

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ಅನೆ ಮಡಿದ ಅನಾಹುತ

ಇದು ಆಫ್ರಿಕಾ ಖಂಡದ ಪುರಾತನ ಕಥೆ. ಎಫಿಯೋಷಿಯಾದ ಪರ್ವತ ಶ್ರೇಣಿಗಳಲ್ಲಿ ಆನೆಗಳ ದೊಡ್ಡ ಪರಿವಾರ ನೆಲೆಸಿತ್ತು. ಅದು ಯಾವ ದೇವರ ಕೃಪೆಯೋ ಒಂದು ಹೆಣ್ಣಾನೆಗೆ ಮರಿ ಜನಿಸಿತು. ಅದರ ಬಣ್ಣ ಹೊಳೆಹೊಳೆವ ಬೆಳ್ಳಿಯ ಬಣ್ಣ, ಗುಲಾಬಿ ಬಣ್ಣದ ಕಣ್ಣುಗಳು, ಕಾಲುಗಳ ಮಾತ್ರ ಪಾರದರ್ಶಕದ ವಜ್ರದ ಕಂಬಗಳಂತಿದ್ದೇವೆ. ಚಿನ್ನ ಮೇಲೆ ಮಾಣಿಕ್ಯ, ರತ್ನಗಳಿಂದ ಕೂಡಿದ ರತ್ನಗಂಬಳಿಯನ್ನು ಹಾಸಿದಂತೆ ತೋರುತ್ತಿತ್ತು, ಅತ್ಯಂತ ಶಾಂತವಾದ ಮುಖ, ಮಣಿಗಳಿಂದ ಸಿಂಗರಿಸಿದ ದೊಡ್ಡ ಮಾಲೆಯಂತೆ ತೊನೆಯುವ ನೊಂಡಿಲು ಇವುಗಳಿಂದ ಅದು ಮನಮೋಹಕವಾಗಿತ್ತು. ಅದು ರೂಪದಲ್ಲಿ ಮಾತ್ರವಲ್ಲ, ಗುಣದಲ್ಲೂ ಅಪರೂಪವಾಗಿತ್ತು. ಅದು ಯಾರಿಗೂ ಹಿಂಸೆ ಮಾಡುತ್ತಿರಲಿಲ್ಲ. ಬದಲಾಗಿ ಯಾವ ಆನೆಗೆ ತೊಂದರೆ ಬಂದರೂ ಓಡಿಹೋಗಿ ಸಹಕರಿಸುತ್ತಿತ್ತು.

ಅದು ದೊಡ್ಡದಂತೆಲ್ಲ ಉಳಿದ ಆನೆಗಳು ಅದನ್ನೇ ನಾಯಕನೆಂದು ಭಾವಿಸಿ ಅದರ ನೇವೆ ಮಾಡುತ್ತಿದ್ದವು. ಅದು ಹೀಗೆ ತನ್ನ ಪಾಡಿಗೆ ತಿರುಗಾಡಿಗೊಂಡಿದ್ದಾಗ ದೂರದಲ್ಲಿ ಒಬ್ಬ ಮನುಷ್ಯನನ್ನು ಕಂಡಿತು. ಆತ ಕಾಡಿನೊಳಗೆ ನವಿಲುಗಳನ್ನು ಹಿಡಿಯಲು ಬಂದವನು. ತುಂಬಾ ದೂರ ಬಂದಿದ್ದರಿಂದ ಅವನಿಗೆ ಮರಳಿ ಹೋಗುವ ದಾರಿ ತಿಳಿಯದೆ ಕಂಗಾಲಾಗಿ ಆಳುತ್ತಿದ್ದ. ಅವನಿಗೆ ಸಹಾಯ ಮಾಡಲೆಂದು ಈ ಗಜರಾಜ ಅವನಡೆಗೆ ನಡೆಯಿತು. ತನ್ನ ಕಡೆಗೆ ಆನೆ ಬರುವುದನ್ನು ಕಂಡು ಮನುಷ್ಯ ಓಡತೊಡಗಿದ.

ಅವನ ಗಾಬರಿಯನ್ನು ಕಂಡು ಆನೆ ಅಲ್ಲಿಯೇ ನಿಂತಿತ್ತು. ಆತನೂ ಧೈರ್ಯ ದಿಂದ ನಿಂತ. ಆಗ ಆನೆ ಮತ್ತೆ ಮುಂದುವರೆಯಿತು ಆತ ಹೆದರಿ ಓಡಿದ. ಹೀಗೆ ಮೂರು-ನಾಲ್ಕು ಬರಿ ಆದಾಗ ಮನುಷ್ಯನಿಗೆ ಧೈರ್ಯ ಬಂದಿತು. ಹಾಗಾದರೆ ಆನೆ ತನಗೆ ಸಹಾಯ ಮಾಡಲು ಬರುತ್ತಿರಬೇಕೆಂದು ತಿಳಿದು ಗಟ್ಟಿಯಾಗಿ ನಿಂತ. ಆನೆ ಹತ್ತಿರ ಬಂದು ಯಾಕಪ್ಪ ಏನಾದರೂ ಸಹಾಯ ಬೇಕಿತ್ತಾ? ಎಂದು ಕೇಳಿತು, ಅದಕ್ಕೆ ಆತ ತಾನು ದಾರಿ ತಪ್ಪಿದನ್ನು ಹೇಳಿದ. ಆಗ ಆನೆ ಛಿ ಅದಕ್ಕೆ ಅಳುತ್ತೀ ? ಬಾ ನನ್ನ ಬೆನ್ನ ಮೇಲೆ ಕುಳಿತುಕೋ.

ನಿನ್ನನ್ನು ನಗರದ ಹತ್ತಿರ ಬಿಡುತೇನೆ, ಎಂದು ಬಾಗಿ ಅವನನ್ನೇರಿಸಿಕೊಂಡು ನಗರದ ಕಡೆಗೆ ನಡೆಯಿತು. ಈತ ದಾರಿಯನ್ನು ಗುರುತು ಮಾಡಿಕೊಳ್ಳುತ್ತಾ ಬಂದ. ಊರು ಹತ್ತಿರ ಬಂದಾಗ ಅವನನ್ನು ಕೆಳಗಿಳಿಸಿ ಹೋಯಿತು. ಮನುಷ್ಯ ನೇರವಾಗಿ ದಂತದ ಕೆಲಸ ಮಾಡುವವರ ಬಳಿಗೆ ಹೋಗಿ ತಾನು ಕಂಡ ಅಪರೂಪದ ಆನೆಯ ವಿಷಯ ಹೇಳಿದಾಗ ಅವರು ಅದರ ದಂತ ತಂದುಕೊಟ್ಟರೆ ಸಾವಿರ ಬಂಗಾರದ ನಾಣ್ಯಗಳನ್ನು ಕೊಡುವುದಾಗಿ ಹೇಳಿದರು.

ಈತ ಮರುದಿನ ಗರಗಸವನು ತೆಗೆದುಕೊಂಡು ಮತ್ತೆ ಬಂದ ದಾರಿಯಲ್ಲೇ ಸಾಗಿ ಆನೆಯನ್ನು ಕಂಡು ಬಿಕ್ಕಿ ಬಿಕ್ಕಿ ಅಳುತ್ತ ಹೇಳಿದ, ನನ್ನ ಬದುಕೇ ಕಷ್ಟವಾಗಿದೆ ಹೊಟ್ಟೆಗೆ ಏನು ಇಲ್ಲ, ನಿನ್ನ ದಂತ ಕೊಟ್ಟರೆ ನನಗೆ ಸ್ವಲ್ಪ ಹಣ ಕೊಡುತ್ತಾರಂತೆ . ನೀನು ಸಹಾಯ ಮಾಡಬಹುದೇ? ಅದು ತುಂಬಾ ಸಾದು ಸ್ವಭಾವದ ಆನೆ ಆಯಿತಪ್ಪ ನಿನಗೆ ಅನುಕೂಲವಾದರೆ ಕತ್ತರಿಸಿಕೋ ಎಂದು ಮೊಣಕಾಲೂರಿ ಕುಳಿತಿತು. ಈತ ಎರಡು ದಂತಗಳನ್ನು ಕೊಯ್ದುಕೊಂಡು ನಗರಕ್ಕೆ ಬಂದ. ಆಸೆಗೆ ಮಿತಿಯುಂಟೆ ? ಮಾರು ವಾರ ಮತ್ತೆ ಗರಗಸ ಹಿಡಿದು ಬಂದ ಹೋದ ಬಾರಿ ನೀನು ಕೊಟ್ಟ ದಂತದಿಂದ ಸಾಲ ಮುಗಿಯಿತು. ಆದರೆ ಮುಂದಿನ ಬದುಕಿಗೇನು ಮಾಡಲಿ? ನಿನ್ನ ಸುಂದರವಾದ ಕಾಲುಗಳ ಕೆಳಭಾಗವನ್ನು ಕೊಟ್ಟರೆ ನನಗೆ ಕೆಲಸ ಕೊಡುತ್ತಾರಂತೆ, ದೊರೆತಿ ತೇ? ಎಂದು ಕೇಳಿದ. ಗಜರಾಜ ಅಯ್ಯೋ ಮುಂದಿನ ಹಾಗೂ ಹಿಂದಿನ ಎರಡು ಕಾಲು ಕತ್ತರಿಸಿದರೆ ನನಗೆ ನಡೆಯುವುದು ಸಾಧ್ಯವಿಲ್ಲ. ಅದಕ್ಕೆ ನನ್ನ ಮುಂದಿನ ಎಡಗಾಲು ಹಾಗೂ ಹಿಂದಿನ ಬಲಗಾಲನ್ನು ಕತ್ತರಿಸಿಕೋ ನಾನು ಹೇಗೋ ಇರುವಷ್ಟು ದಿನ ಕುಂಟುತ್ತ ಬದುಕುತ್ತೇನೆ. ನಿನ್ನ ಬಾಳು ಚೆನ್ನಾಗಿದ್ದರೆ ಸಾಕು ಎಂದಿತು. ಈ ಪಾಪಿ ಮನುಷ್ಯ ನಿರ್ದಯವಾಗಿ ಎರಡು ಕಾಲುಗಳನ್ನು ಕತ್ತರಿಸಿಕೊಂಡು ಹೆಗಲ ಮೇಲೆ ಹೊತ್ತು ನಡೆದ. ಆನೆ ಅವನನ್ನು ಕ್ಷಮಿಸಿದರು ನಿಸರ್ಗ ಕ್ಷಮಿಸಬೇಕಲ್ಲ ! ಮುಂದಿನ ಕ್ಷಣದಲ್ಲಿ ನೆಲದ ಲಾವಾರಸ ಹೊರಗೆ ನೆಗೆದು ಆ ದಳ್ಳುರಿಯಲ್ಲಿ ಅವನನ್ನು ಸುರುಳಿಸುತ್ತಿ ಎಳೆದು ಬೊಗರ್ಭದಲ್ಲಿ ಸೇರಿಸಿಕೊಂಡು ಬಿಟ್ಟಿತು. ನೀಚ ಬೊಗರ್ಭ ಸೇರಿದ. ಆ ಕ್ಷಣದಲೇ ಗಜರಾಜನಿಗೆ ಮತ್ತೆ ಕಳೆದ ದಂತಗಳು ಮತ್ತು ಕಾಲುಗಳು ಮರಳಿ ಬಂದವು. ಇದೊಂದು ಜಾನಪದ ಕತೆಯಾದರೂ ಇಂದಿಗೂ ಪ್ರಸ್ತುತವಾಗಿದೆ. ಮನುಷ್ಯ ತನ್ನ ಹಿಂಗಲಾರದ ಆಸೆಗಳನ್ನು ತೀರಿಸಿಕೊಳ್ಳಲು ನಿಸರ್ಗ , ಸಮಾಜ , ಅಷ್ಟೇ ಏಕೆ ತನ್ನ ಕುಲಬಾಂದವರನ್ನೇ ಬಳಸಿಕೊಳ್ಳುತ್ತೇನೆ. ಪೀಡಿಸುತ್ತೇನೆ, ಮೋಸಗೊಳಿಸುತ್ತಾನೆ ಎಂದೋ ಒಂದು ದಿನ ಗಜರಾಜನಿಗೆ ಮೋಸ ಮಾಡಿದ ವಕ್ತಿಗೆ ದೊರಕಿದ ಶಿಕ್ಷೆ ನಮಗೂ ದೊರಕಿತು.

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ಹೆಣ್ಣೇನೀನೆಲ್ಲಿಹೋದೆ ?.....

ಹೆಣ್ಣಾಗಿ ಜನಿಸಿ

ಮಗಳಾಗಿ ಬೆಳೆದು

ಸಹೋದರಿಯಾಗಿ ಅಕ್ಕರೆ ತೋರಿ

ಮಡದಿಯಾಗಿ ಮನೆಮನೆ ತುಂಬಿ

ಅಮ್ಮನಾಗಿ ಸಲಹಿ

ಅಜ್ಜಿಯಾಗಿ ದಾರಿದೀಪವಾಗಿ

ಜೀವನವನ್ನೇ ತನ್ನವರಿಗಾಗಿ ಕಳೆಯುವ

ಹೆಣ್ಣೇ ನೀನೆಲ್ಲಿ ಹೋದೆ ?.....

**Mrs Nithya
Asst. Professor (Community
health Nursing)**

ಹೆಣ್ಣು

ಹೆಣ್ಣು ಎಂಬುದರ ಸುಂದರ ರೂಪ...

ಪ್ರತಿ ಸಂದರ್ಭದಲ್ಲಿ ತನ್ನನೋವನ್ನು

ನುಂಗಿಕೊಂಡು ತನ್ನ ಭಾವನೆಗಳನ್ನು

ಅಡವಿಟ್ಟುಕೊಂಡು

ತನ್ನ ಜೀವನವನ್ನುತ್ಯಾಗಮಹಿಮಾಡಿಕೊಂಡು

ತನ್ನ ಕುಟುಂಬದ ಏಳಿಗೆಗಾಗಿ ಹಾಗೂ ತನ್ನಮಕ್ಕಳ

ಜೀವನಕ್ಕೆ ಮುಡುಪಾಗಿಟ್ಟುಕೊಂಡು ಈ ಪ್ರಕೃತಿಯ

ಅದ್ಭುತರೂಪವೇಹೆಣ್ಣು.

Mrs Shilpa G.K
1stP.B.B.Sc Nursing

ಓಬದುಕೆಏನಿದರಅಸ್ಥಿರತೆ.....
ಬದುಕುವಜೀವಗಳಿಗೆನೆಲೆಯಿಲ್ಲ
ಬದುಕನ್ನುಕಾಡುವಮನಸ್ಸುಗಳಿಗೆಕೊನೆಯಲ್ಲಿ
ಬದುಕುವಬಡವರಆಸರೆಗೆಸೂರಿಲ್ಲ...
ಬದುಕನ್ನುಕಿತ್ತುತಿನ್ನುವವ್ಯವಸ್ಥೆಯೆ
ವಿಷಜಂತುಗಳಿಗೂಸಾವಿಲ್ಲ
ಏನಿದುಬದುಕಿನಅಸ್ಥಿರತೆ.

Ms. Shilpa G.K
1stP.B.B.Sc Nursing

ಓಮರವೇನೀವಷ್ಟುಶ್ರೇಷ್ಠ

ಅರಿಯದೇಬೂಮಿಯಲ್ಲಿಮೊಳೆತು

ಆಮೊಳಕೆಚಿಗುರೊಡೆಯಲುಮಳೆಯಾ

ಹನಿಯಸ್ಪರ್ಶವಾಗಿ.ಆಸ್ಪರ್ಶದಿಂದವಸಂತ

ಖುತುವಾಗಿ ..ಆಖುತುವಿನಲ್ಲಿಹೂಕಾಯಿ

ಎಂಬಅದ್ಭುತಸೃಷ್ಟಿಯಾಗಿಮನುಕುಲ

ಜೀವನಕ್ಕೆಆಸರೆಯಸವರಾಗಿಜೀವಹತುಗಳಿಗೆ

ನೆಲೆಯಾಗಿ.ಭೂಮಿಗೆನಿಷ್ಠಾಶ್ರಗಾಳಿ

ಸೂಸಿಮತ್ತುಷ್ಟುಪ್ರಕೃತಿಯಮೆರಗನ್ನುಉಸಿಗೋಳಿಸುತಿರುವಮರವೇ

ನೀವಷ್ಟುಶ್ರೇಷ್ಠ...

MS.Shilpa G.K
1stP.B.B.Sc Nursing

"ಬಾನಂಗಳದಲಿ "ವರುಣನ " ಆತುರ
" ಭುವಿಯಂಗಳದಲಿ "ಭೂದೇವಿಯಕಾತರ
ಆತುರಕಾತರಗಳನಡುವಣ
"ಭಾಸ್ಕರನಕಣ್ಣುಮುಚ್ಚಾಲಿಯಾಟ "
ಸೃಷ್ಟಿಯನಿಯಮದಬದಲಾಟ
ಮುಂಜಾವಿನಲಿತಂಗಾಳಿಯಚಳಿಯಾಟ
ಅಪರಾಹ್ನದಲಿಧಗೆಧಗೆಯಬಿಸಿಲಾಟ
ಮುಸ್ಸಂಜೆಯಲ್ಲಿಸಿಡಿಲುಬಡಿಲುಗಳಆರ್ಭಟ
ಮಾನವನಅಹಂಕಾರದಪರಮಾವಧಿಯಾಟ
ದೈವಿಚ್ಛೆಯಕಲಿಯುಗದಕಲಿಯಾಟ
ಓಮಳೆಯೇ ,ಹೂಹನಿಯಾಗು
ಇಳಿಗೆಅಬ್ಬರಿಸದೆ, ಜೀವನದಿಯಾಗು
ಕೊಚ್ಚಿಕೊಂಡೊಯ್ಯದೆ, ನಡುಕಹುಟ್ಟಿಸದೆ
ನಮ್ಮೊಳಗಿನಬದುಕಾಗು.
ರೈತರಹೊಂಗನಸಗು
ನಮ್ಮೆಲ್ಲರಿಗೂವರದಾನವಾಗು.

Shruthi a shetty
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ಕಲ್ಲಂಗಡಿ ಹಣ್ಣು - ಬೇಸಿಗೆಯ ಅಮೃತ

ಆಹಾ! ಕಲ್ಲಂಗಡಿ ಹಣ್ಣು ಎನ್ನುತ್ತಿದ್ದಂತೆ ಯಾರು ತಾನೆ ಸುಮ್ಮನಿರಲು ಸಾಧ್ಯ. ಮನಸ್ಸಿನಲ್ಲಿ ನೆನೆಯುತ್ತಿದ್ದಂತೆ ಆಸ್ವಾದಿಸುತ್ತೇವೆ. ಒಂದಾನೊಂದು ಕಾಲದಲ್ಲಿ ವರ್ಷದಲ್ಲಿ ಒಮ್ಮೆ ಮಾತ್ರ ಈ ಹಣ್ಣನ್ನು ನೋಡಬಹುದಿತ್ತು. ಆದರೆ ಈ ಕಾಲ ಬದಲಾದಂತೆ ವ್ಯವಸಾಯದ ವಿಧಾನ ಕೂಡ ಬದಲಾಗಿದೆ ಹಾಗಾಗಿ ನೀವು ಯಾವಾಗ ಬೇಕೆಂದೆನಿಸಿದರು. ಈ ಹಣ್ಣನ್ನು ಸವಿಯಬಹುದು ಆದರೆ ನಿಮಗೆ ಬಲು ರುಚಿಯಾದ, ಸಿಹಿಯಾದ ಗುಲಾಬಿ ಬಣ್ಣವಿರುವ ಬಾಯಲ್ಲಿಡುತ್ತಿದ್ದಂತೆ ಕರಗಿ ಹೋಗುವಂತಹ ಉತ್ತಮವಾದ ಹಣ್ಣು ಬೇರಿದ್ದರೆ ಬೇಸಿಗೆಯವರೆಗೂ ನೀವು ಕಾಯಲೇಬೇಕು.

ಹಣ್ಣು ಎಂದ ತಕ್ಷಣ ರುಚಿಯೊಂದಿದ್ದರೆ ಸಾಕೆ? ನಮ್ಮ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡುವಲ್ಲಿ ಆ ರುಚಿಯಾದ ಹಣ್ಣಿನ ಉಪಯುಕ್ತ ಗುಣಗಳನ್ನು ತಿಳಿದುಕೊಳ್ಳುವುದು ನಮ್ಮ ಕರ್ತವ್ಯವಲ್ಲವೇ ? ಕಲ್ಲಂಗಡಿ ಹಣ್ಣು ಕುಕುರ್ಟಟೀಸಿ ಕುಟುಂಬಕ್ಕೆ ಸೇರಿದ್ದು ಇದರ ವೈಜ್ಞಾನಿಕ ಹೆಸರು ಸಿಟ್ರಲಿನ್ ಲನಾಟಸ್ ಮತ್ತು ಇದರ ಉದ್ಭವ ಆಫ್ರಿಕಾದಲ್ಲಿದ್ದು ಮೊದಲ ಬಾರಿಗೆ ಈಜಿಪ್ಟ್ ನಲ್ಲಿ ಬೆಳೆದುದಾಗಿ ಚರಿತ್ರೆಗಳಲ್ಲಿ ಹೇಳಲಾಗಿದೆ ಇದು ವಿಟಮಿನ್ (ಎ), ವಿಟಮಿನ್ (ಸಿ), ವಿಟಮಿನ್ (ಬಿ) ಮತ್ತು ವಿಟಮಿನ್ (ಬಿ೬) ಗಳನ್ನು ಹೆಚ್ಚಾಗಿ ಹೊಂದಿದೆ ಲೈಕೊಪಿನ್ ಎಂಬ ತುಂಬಾ ಮುಖ್ಯವಾದ ಆಂಟಿ-ಆಕ್ಸಿಡೆಂಟ್ ಈ ಹಣ್ಣಿನಲ್ಲಿ ಹೆಚ್ಚಿನ ಪ್ರಮಾಣದಲ್ಲಿದ್ದು ಕ್ಯಾನ್ಸರ್ ನಂತಹ ರೋಗಗಳನ್ನು ನಿವಾರಣೆ ಮಾಡುವುದೆಂದು ಸಂಶೋಧನೆಗಳಿಂದ ದೃಢಪಟ್ಟಿದೆ. ಈ ಹಣ್ಣು ನಮ್ಮ ಬೇಸಿಗೆಯಲ್ಲಿ ಬಾಯಾರಿಕೆಯನ್ನು ತಣಿಸುವುದಲ್ಲದೆ ಮತ್ತು ಡಯಾಬಿಟಿಸ್, ಬೊಜ್ಜಿನಂತಹ ರೋಗಗಳನ್ನು ಕಡಿಮೆಮಾಡುವುದಲ್ಲದೆ, ಅಸ್ತಮಾ, ಅಧಿಕ ರಕ್ತದೊತ್ತಡದಂತಹ ರೋಗಗಳನ್ನು ಕಡಿಮೆಮಾಡುವುದಲ್ಲದೆ ಅಸ್ತಮಾ, ಅಧಿಕ ರಕ್ತದೊತ್ತಡದಂತಹ ರೋಗಗಳಿಂದ ಬಳಲುತ್ತಿರುವವರು ಕೂಡ ತೆಗೆದುಕೊಳ್ಳಬಹುದಾಗಿದೆ.

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Pencil art



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By
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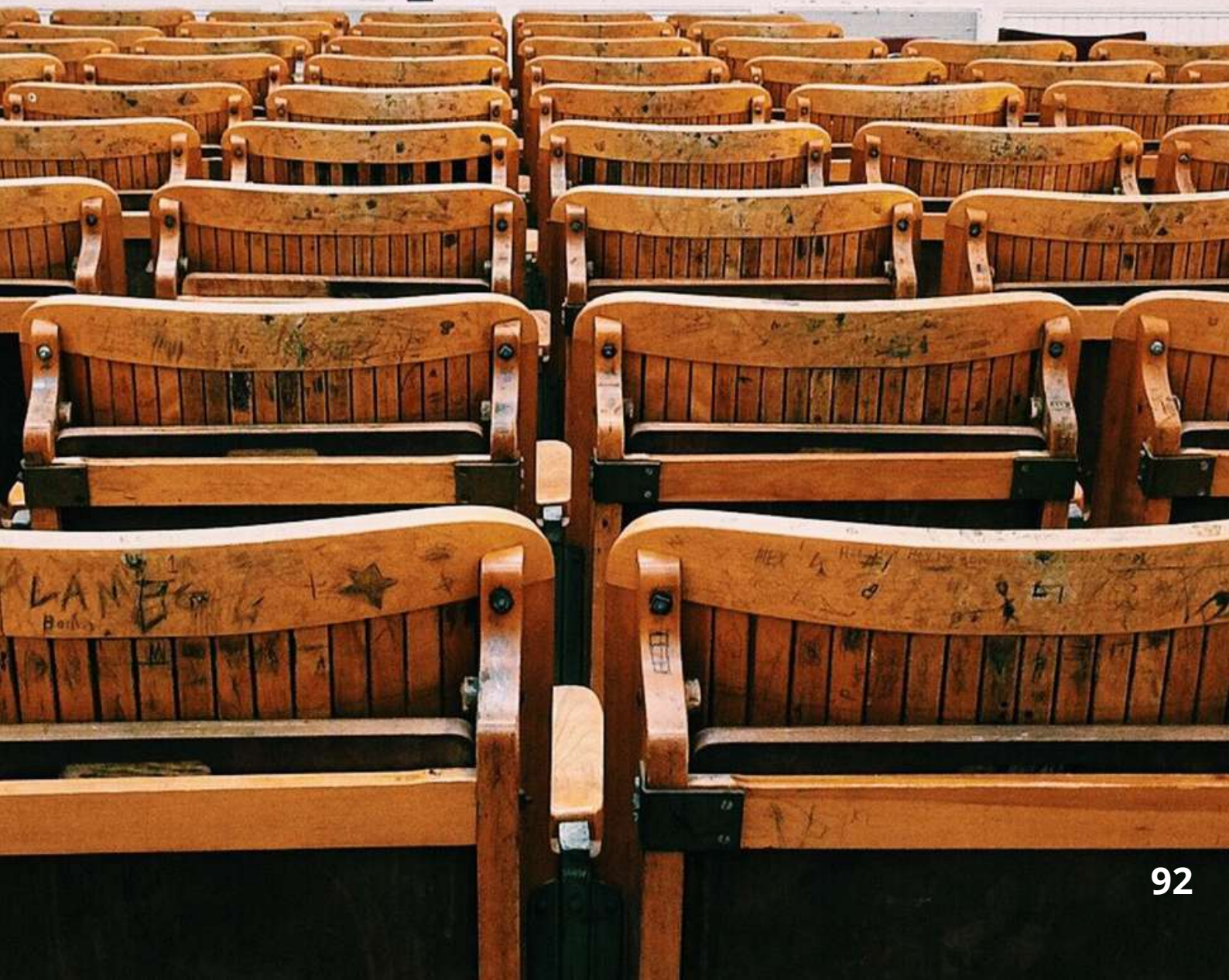
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