



Dr. BMN College of Home Science
NAAC Re-Accredited A+ Grade with CGPA 3.69 / 4
UGC status College with Potential for Excellence

ONE EARTH, ONE CHANCE.

Dear Readers,

We, the BMN Bulletin Team, are incredibly excited to present our latest issue to you. It is a collection of poems, pictures, posters, essays which portrays how our young generation thinks and feels about our Mother Earth. Hope you will enjoy every page of this collection of our young writers!

– The Faculty & Editorial Team

One Earth, One Chance: A Heartfelt Plea for a Sustainable Tomorrow

In the vast expanse of the universe, our home, Earth, shines as a tiny, exquisite jewel, cradling the magic of life within its diverse landscapes. Yet, as we marvel at its beauty, we're confronted with an undeniable truth: our precious planet is at a crossroads, facing challenges that demand our immediate attention.

"One Earth, One Chance" — these words echo with urgency, carrying the weight of a plea for action. They are a call to our hearts, a reminder that the choices we make today will echo through time, shaping the fate of generations yet unborn.

Climate change, deforestation, pollution — these are not abstract issues but stark realities. The consequences of our actions reverberate in the erratic weather patterns, the silent disappearance of species, and the relentless rise of sea levels. Mother Earth is signaling distress, and we cannot ignore her cries.

The journey toward a sustainable future begins with acknowledging our individual and collective responsibility. Every decision we make, every product we choose, and every resource we consume influences the health of our planet. It's about embracing choices that lighten our ecological footprint, for the sake of the Earth we call home.

Sustainability isn't about sacrifice; it's about envisioning a future where prosperity walks hand in hand with environmental guardianship. From harnessing the power of renewable energy to embracing eco-friendly innovations, the possibilities are vast. It's a matter of championing policies that prioritize conservation, holding corporations accountable for their impact, and fostering a global spirit of inter-connectedness.

Education becomes our guiding light. Understanding the delicate dance of ecosystems empowers us to be advocates for change. Sustainability isn't just a concept; it's a living, breathing ethos that respects the intricate balance of nature.

As custodians of this planet, we hold the pen that writes the story of Earth's future. "One Earth, One Chance" is a poignant call for unity in adversity. Let's be the generation that tips the scales toward a harmonious coexistence with nature. Our actions today will determine whether the wonders we cherish endure for the countless tomorrows. The journey to a sustainable future starts with us, now, fueled by a collective passion for our irreplaceable home.

Alisha Keshvani, SYBSC

THOUGHTS

Believe in nature and you will get all the answers to your questions.

Nature is the one who has the ultimate power to create and the ultimate power to destroy.

Every sunrise is a new day to start with new hope, new power, new determination, new goals, and a new me.

Be someone's moon who will guide them in the dark.

Be someone's motivation and see how they bloom

The stars are spotless but I still choose the moon, because the scars are way too beautiful.

Spread your wings, fly high, and let the shine in you light the darkest sky.

**-Jiya Ajay Ambekar
FYBsc-ND**



QUESTION YOURSELF

Mother Earth, have we ever thought why do we address earth as mother?

I don't know what others think about this question, because everyone doesn't need to think in the same, but what I feel is Mother is the only person on this earth who knows all the answers to my questions, she fulfills my all necessary demands, she is the kind person who will clap on my success and will slap on my mistakes. Her presence is the most valuable blessing of my life. The same goes for Earth, the existence of our planet is itself a blessing, having a beautiful nature around and also the supply of all the necessary items is only present on Earth.

The next question that pops into my mind is, are taking care of Mother Earth?

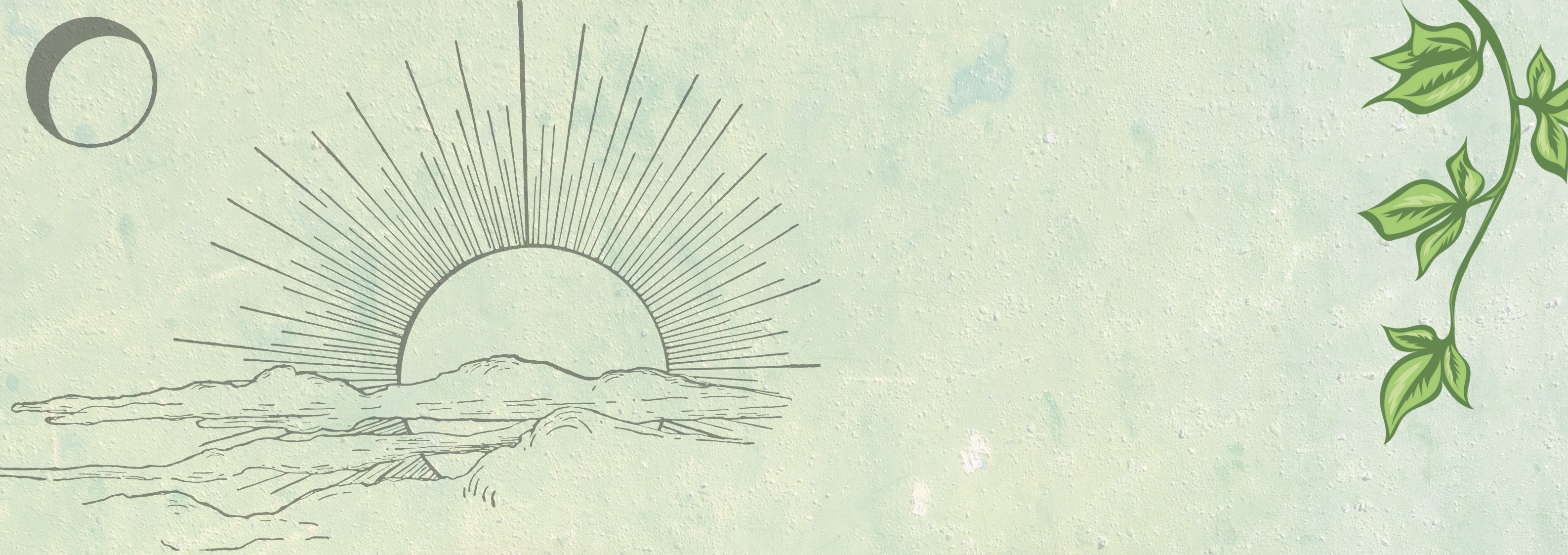
And the answer to the question is quite simple, NO !, yes and there's no doubt about that, because in this so-called era of development, under the name of development we are destroying our earth, we are cutting trees in large amounts, increasing pollution day-by-day, global warming, severe climatic changes, various types of unknown infections and diseases are uncovered.

Furthermore being the evolved animal or as we say man with intelligence, there's no use of this intelligence, if we can't protect the beautiful creation, which is responsible for fulfilling our demands whether they are a necessity or greed. Many questions are still unanswered because at some point we know that we are the reason for that problem. if we want the answers, then we need to question ourselves, our behavior, our necessity, our greed, and our development. The ultimate truth is that We have one beautiful earth and there are only a few chances left to protect it. Now again the ball is in our court.

-Jiya Ajay Ambekar

FYBsc-ND



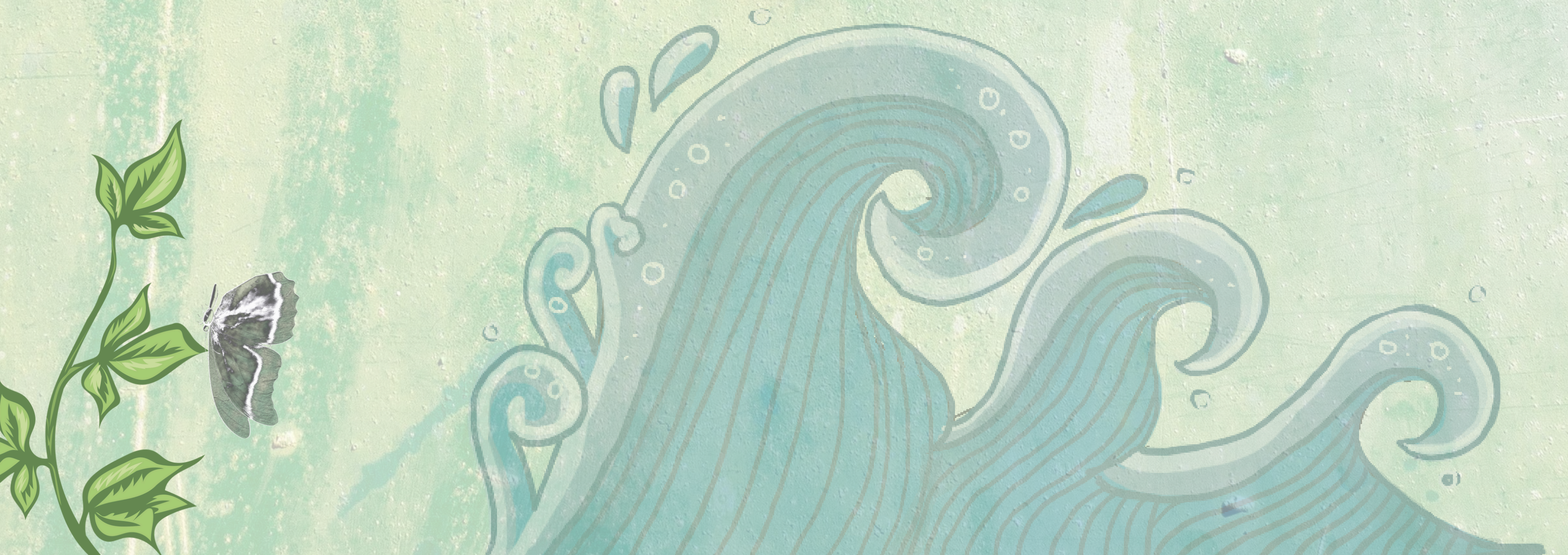


Be Someone's

Be someone's sun and light their darkest sky,
Be someone's flower and teach them to blossom,
Be someone's butterfly and many of them fly
Be someone's cool breeze and make them feel wholesome,
Be someone's sky and see them jump high,
Be someone's ocean and let them feel awesome,
Be someone's hope and tell them that ther

-Jiya Ajay Ambekar

FYBsc-ND





**After reaching the shore.
I love the sea.
After the hair greys.
I understand the world.
Yesterday's joys came together...
Today, at this moment, they find meaning.
Today's joys will come together...
To find their meaning tomorrow.
To live my life that I never lived...
Unable to bear this, upwards I go ...
To Kindle my never-ending passion
Here and now, I am coming out of it.
Here and now, immerses into the depths.
I look at myself as someone else.
Not with any reason, just naturally with clarity, like that of the sun's rays.
I don't belong to these depths, but I dwell in them.
As a mirror, I am born,
I become everything I see...
The joy of a kitten caressing my feet.
Is life enough for me?
I want to stroke everything I come across, beautifully!
I will always be myself.**

Every day I will live to the fullest, will object, a life of conveniences.

I will live a life of supreme essence!

I will become as pure as possible...

With the wind flies the hawk

Beautifully, without a path.

It is reality.

Like the rock that goes to the depth of the water

With a renouncing of sound ...

I drown in the sights I see...

Like the bird that rides on the bull's hump...

I will live upon the earth.

I would join hands, and walk along with the earth.

Some kind of ecstasy is flowing...

That provides depth!!

These moments envelop me like a mother. Aaro- aari-rari-ro

After reaching the shore...

I love the sea.

After the hair greys,

I understand the world,

Yesterday's joys came together.

Today, at this moment, they find meaning.

Today's joys will come together.

To find their meaning tomorrow.



Yogeshwari Chettiar, FYBSc



- **Jiya Ajay Ambekar**
FYBSc-ND



"One Earth, One Chance," this picture shows a resilient hill covered in vibrant green, set against cloudy shadows. Overhead, electrical wires emphasize our choices, balancing city growth and nature's enduring beauty. This image encourages us to seize our unique opportunity to protect the harmony of our environment for future generations

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~ Lavanya Oram
TYBCA

DO YOU
KNOW



JUNK FOOD FACTS

It might taste good, but junk food is not good for you.



FAT

Junk food is often loaded with fat. Too much fat can cause:

Weight gain which causes lots of other health problems.

Heart Disease.

High Cholesterol.

Junk food such as: French fries, cake, chips, cookies and cheese.



SUGAR

Did you know a can of regular soda has about 10 teaspoons of sugar? or that a candy has about 6 teaspoons of sugar? Too much of sugar can cause:

Cavities, Weight gain, Obesity! Junk food such as: Soft drinks, doughnuts, cakes and candies.

Eat healthy foods instead of junk food.



SALT



Every food that do not taste salty can have a lot of salt in them. Some people, too much salt can cause:

High Blood Pressure which can increase the risk of heart attacks, and kidney failure. Junk foods such as: potato chips, hot dogs and many processed foods.

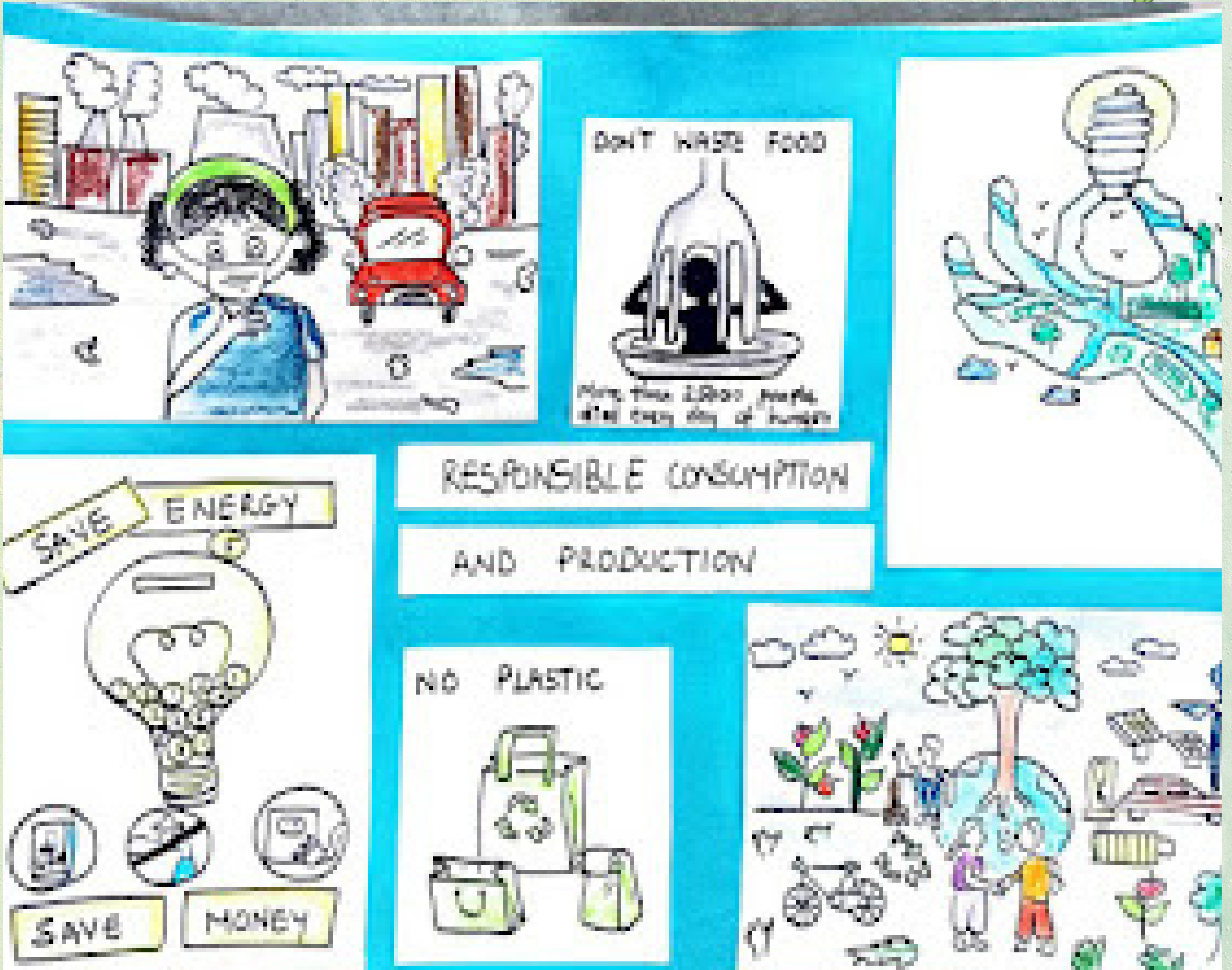
NOT ALL FAST FOODS ARE JUNK FOOD!

Try:
Eat a glass of fresh orange juice with peanut butter.
Eat a piece of fruit.
Eat a piece of whole grain bread.
Eat a piece of whole grain bread with a slice of cheese.
Eat a piece of whole grain bread with a slice of cheese and almonds.

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