

SINDHU TARANG

ANNUAL MAGAZINE OF SINDHI COLLEGE



SINDHI COLLEGE

SINDHI COLLEGE

33/2B, Kempapura Main Road, Pampa Extension, Hebbal, Bengaluru - 560024

Permanently Affiliated to Bengaluru City University
Recognized by UGC Under 2(F) & 12(B), ISO Certified 9001:2015 certified institution

Reaccredited by NAAC B++ 2.98

Message from The Chairman, Sindhi College



Sri. Aashish Amarlall

(Chairman, Sindhi College)

Hello to all our wonderful readers!

Writing for our college magazine, "Sindhu Tarang," fills me with immense pride. Reflecting on our institution's journey over the past twenty years, we've climbed mountains and sailed through storms, coming out stronger each time. It's been a road marked by challenges, yet our community has faced them head-on, armed with determination and wisdom. Our mission is simple: to provide a well-rounded education that shapes our students into accomplished individuals and compassionate humans.

We're dedicated to offering top-notch education without breaking the bank, striving every day to make this vision a reality. We believe in the power of education to open doors to a brighter future, and our faculty and staff are committed to delivering an education that equips our students for whatever lies ahead.

I want to extend a heartfelt congratulations to the Director, Principal, Staff, and Students for their hard work on this beautiful edition of "Sindhu Tarang." This magazine is a testament to the dedication and talent within our institution, highlighting the quality education we provide. I hope it captures your interest and offers a glimpse into the vibrant life of our academic community.

Message from The Director



Dr. B. S. Srikanta

(Director, Sindhi College)

I feel honored to present another issue of 'Sindhu Tarang' to its readers. 'Sindhu Tarang' is the annual magazine published by the college to foster the creative talents of students. Its content consists of articles, sketches, paintings, poems, short stories, and other forms of creative exhibits by students and staff. The college magazine provides a platform for students not only to unveil their talents but also to hone their creative abilities. It is indeed amazing to witness the resourcefulness and ingenuity of the students.

I heartily congratulate the Editorial Committee for presenting the college magazine in such an appealing manner. I trust that the committee will initiate steps for further improvement and make it one of the most sought-after publications in collegiate circles.

Message from The Principal



Prof. Asha N
(Principal, Sindhi College)

Dear Readers,

It is with great pleasure and pride that I extend my warmest greetings to each one of you through the pages of our college magazine. As the principal, I am proud and happy to showcase the accomplishments, growth and vibrant spirit of our community over the past academic year.

Our college is more than an institution of learning; it's a dynamic space where dreams flourish, ideas find voice and future leaders emerge. This magazine encapsulates the diverse experiences, achievements and aspirations that define our college community.

Within these pages, you'll discover stories of academic excellence, creative pursuits and community engagement. Our students have shown remarkable dedication to their studies, consistently pushing the boundaries of knowledge and embracing intellectual curiosity.

This magazine is also a canvas for the artistic expressions and creative talents of our students. From captivating artwork to thought-pro-

voking literature, these pages showcase the richness of their imagination.

Our commitment to community and social responsibility is evident in the outreach programs, initiatives and events featured here. Our students are not just scholars; they are compassionate individuals dedicated to making a positive impact on society.

As we celebrate the past year's achievements, let's look forward to the exciting possibilities ahead. The collective efforts of our students, faculty and staff will undoubtedly propel our college to new heights.

Special thanks to the editorial team for their hard work in bringing this magazine to life. Their dedication is evident in the thoughtful curation of content that mirrors the essence of our college.

To the entire college community, thank you for your commitment to excellence. May this magazine inspire you and serve as a record of our shared achievements, reflecting the limitless potential within each of us.

Best wishes.

Board of Management



Sri. Sanjeev Atmaram
President



Sri. Aashish Amarlall
Chairman



Sri. Naveen Nichani
Hon. Secretary



Sri. Harish Ishwardas
Hon. Treasurer



Sri. Rohit R Kukreja
Hon. Jt. Secretary

Editorial Board



Dr. B S Srikanta
Director



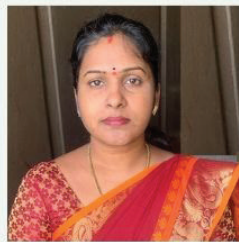
Prof. Asha N
Principal



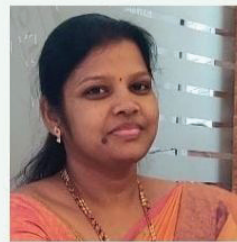
Prof. Jayashree Tambad
HOD, Commerce



Prof. Shashikala U
HOD, Management



Prof. Radhika E K
HOD, Computer Science



Dr. Roopa
HOD, Mathematics



Dr. Rahul K Kavishwar
HOD, Centre for PG Studies



Dr. Kariyanna S
HOD, Kannada



Prof. Subramanya Bhat
HOD, Sanskrit



Dr. Ranjana Pillai
HOD, Hindi



Dr. Padmavathy
HOD, English

Magazine Committee



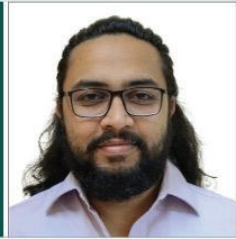
Ms. Sowmya G S
Convenor



Ms. Reethu Rachel Raj
Member



Ms. Akilandeswari
Member



Mr. Koushik
Member



Dr. Giriraj Kumar
Member



Mr. Ramesh
Member

21st ANNUAL REPORT

Sindhi College, one of the top institutions in the city of Bengaluru, is affiliated to Bengaluru City University, catering B.Com, B.Com with logistics, BBA, BBA Aviation Management, BCA, B.Sc. in Computer Science, B A with Psychology and Journalism , M.Com and M.Com(FA) courses.

The academic year 2022-23 witnessed an upsurge in the admissions to various courses. With the total strength of 1259 students, in which the newly admitted were 430. The year marched ahead magnificently with the consistent support and cooperation of our distinguished management, Director, Principal and staff to accomplish yet another boisterous year.

One of the most important strengths of the institution is the faculty which is known for its professionalism and commitment. The emphasis is on innovative pedagogic practices which encourage students to think critically. To nurture and provide holistic development to the students many insightful guest lectures, workshops, industrial visits were organised. NAAC sponsored National Conference, under the aegis of IQAC, was conducted which brought academia, industry and other stake holders on one platform. To instil values, an insightful talk was delivered by Shri Hita Ambrishji, a spiritual mentor, who was invited by our eminent management.

Along with academics, the stress is also on extra-curricular and cocurricular activities. The institution has an extremely active National Service Scheme and National Cadet Corps. Many training sessions, Swachhata campaign, etc were organised to make a positive contribution to community development and social welfare. In addition, national festivals were observed with nationalistic and patriotic fervour.

In order to nurture leadership skills in students, SGC was formulated with a new promising set of students as leaders. To enkindle students talents, cultural extravaganza with student-centered activities were conducted by the cultural committee of the college. The college SGC work throughout the year at an impressive pitch providing avenues for the expression of the creative potential of the student community.

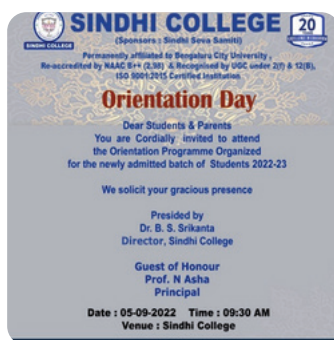
The Placement Cell performed astoundingly well this year and we witnessed the participation of more reputed companies which extended offer letters to a large number of students. In line with our commitment to be inclusive and egalitarian, the benevolent college management extend merit, need-based, scholarships to the deserving students.

It is with conviction we will strive to remain an enlightened place of learning, where we continue to push boundaries of knowledge, nurture critical enquiry, foster democratic partnerships and build an empowered community.

ACADEMIC ACTIVITIES

Orientation Programme for UG Courses 2022-23

The orientation program for the first-year degree students was held on 5th September 2022 at the college auditorium. The program was inaugurated by Dr. B S Srikanta, Director and presided by Prof. N Asha, Principal, Sindhi College. The staff, the new entrants to the Sindhi College and their parents graced the occasion. Dr. B S Srikanta made an elaborate presentation on salient features of NEP 2020, rules and regulations of the institution. He also spoke about the responsibilities of the parents. He advised the students to be industrious and focus on achieving their dream career.



Investiture Ceremony

Investiture Ceremony program was organised on 24th November 2022. The program began with an invocation song and proceeded with the lightning of lamp by the dignitaries, followed by felicitation ceremony for achievers. The newly elected members were called to receive the badge and sash of their elected post.



Fresher's Day

The Fresher's Day programme was organised on 10th December 2022. The event started with a welcoming dance by the Student Governing Council. The performances were an amalgamation of dance, singing, fashion show and many more. The students also paid tribute to the great actor of sandalwood Power Star Puneeth Rajkumar. Many performances were organized and performed by freshers and senior students of the college. Mr. and Ms fresher 2K22 competition was conducted for freshers.



Inspirational Talk

"YOU ARE UNIQUE" - An Inspirational Talk was held on 12/12/2022 by Didi Krishna Kumari, Executive Head of Sadhu Vaswani Mission.



Cultural Extravaganza

The cultural committee of the college organized the Cultural Extravaganza 20K23 on 29th and 30th December 2022. The theme was "Winter Land". There were forty various events like best reporter, fashion show etc. There was an overwhelming response by the students. Prizes were distributed by the end of each day. Amongst the four houses "Blue Flames" bagged the overall championship trophy with the highest points.



Orientation Programme for PG Courses 2022-23

On January 5, 2023, an orientation programme for first-semester M.Com & M.Com (FA) students was held by the Centre for PG Studies. Dr K. Padmavathy, Professor and HOD of the English Department at Sindhi College, was the resource person for the session on "Communication and Empowerment". The resource person discussed the importance of effective communication in the workplace. She also highlighted that strong communication skills are a key component of personal empowerment. Communication helps establish and strengthen trust between individuals. The key takeaway from the event was that personal empowerment aims to establish a sense of self-confidence in one's individuality. 21 students attended the program.



Guru Vandana

On 19th January 2023 the Guru Vandana program was organised. Sri Sri Swami Anilayanandaji, Coordinator Vivekananda Study circle, Ramakrishna Mutt, Bengaluru was the Chief Guest. Dr. B S Srikanta, Director of Sindhi College, Prof. N Asha, Principal, Dr. Gopinath, Dean of Sindhi Institute of Management Studies graced the occasion. Principals and lecturers from various colleges, teaching and nonteaching fraternity and the students attended the program. Swamiji spoke about education and emphasized that teaching is a holy profession. He quoted Swamy Vivekananda and Albert Einstein's valuable words. The program also included "Guru Vandana" where principals and lecturers from various colleges were honoured and given the Best Teacher Award for their contribution to the teaching field.



Annual Day – “Spandan”

On 18th July 2023, Spandan - the annual day of the college was organized. The Chief Guest of the program was Sri. Navin Nicahini, the Honorary Secretary of Sindhi College. Dr. Srikanta, the Director of the college expressed his appreciation for the students who have brought laurels to the institution. The winners of all the intercollegiate co-curricular activities and sports held during the academic year 2022-23 were awarded prizes. The event showcased the incredible talent and spirit of the students.



Graduation Day

On August 2nd 2023 Graduation Day for the academic year 2022-23 was organised. The Chief Guest, Ms. Asha Meragu, Executive Director of EY Financial Advisory Services, and the Guest of Honour, Sri. Aashish Amarlall, Chairman of Sindhi College, honored the members of the Outgoing Students Governing Council for their exceptional contributions, the Best Outgoing Student and the Academic Toppers from each academic stream. The occasion recognized the importance of education, dedication, and unity as guiding stars for greatness.



Insightful Talk

Shri. Hita Ambrishji, Spiritual Mentor from Vrindavan, gave an insightful talk titled "A Baby Step to an Epic Journey" on 26/08/2023.



NAAC Sponsored National Conference

Sindhi College organized a National Conference on NEP 2020 and its Impact on Quality in Higher Education. The conference, initiated by IQAC, was held on 21st November 2022, in association with National Assessment & Accreditation Council, Bengaluru. The event witnessed the participation of around 220 academicians and students from various institutions.

The Chief Guest at the conference was Prof. B. Thimme Gowda, Vice Chairman of Karnataka State Higher Education Council, Govt of Karnataka. Dr. M.S. Shyam Sunder, Adviser at NAAC, Bengaluru, was the keynote speaker. The Technical sessions were chaired by Dr. P. Paramashivaiah, Professor at Dept. of Studies and Research in Commerce, Tumkur University, Dr. Suresh BK, Director at IQAC, Tumkur University, Dr. Shankar D Navale, Principal at NB Navale Sinhgad College of Engineering, Solapur, and Dr G.P. Sudhakar, Hon. Professor at Centre for Educational and Social Studies, Bengaluru.

Overall, the conference aimed to explore the impact of NEP 2020 on the quality of higher education and how it can be used as a progressive step towards excellence.



Mental Health Awareness Rally-Cum-Street Play

Sindhi College's Department of Psychology organized a mental health awareness rally and street play in Kempapura on 2nd June 2023, with BA students participating to reduce the stigma around mental illness and promote mental health. The rally featured placards, slogans, and a street play showcasing depression, anxiety, and substance abuse. The community appreciated the initiative taken by the students, making a significant contribution towards promoting mental well-being. 38 students took part in the rally.



Clothes Corner

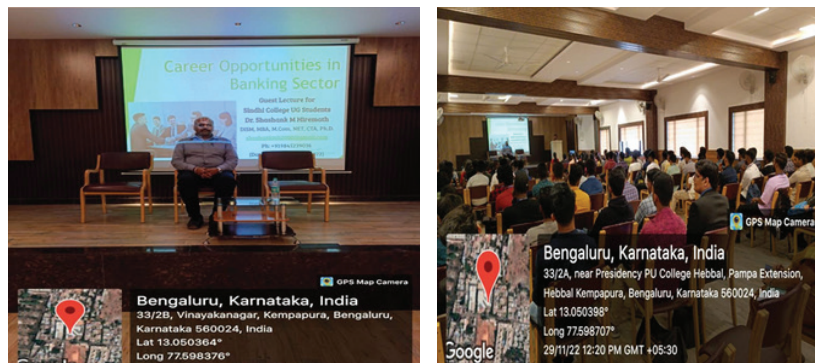
The NSS Unit and Leo Club organized a Cloth Corner Drive from 2-6 Feb 2023, collecting clothes and stationery from college staff and students. On 25 Feb, they visited a nearby slum and donated the items to those in need, bringing smiles to their faces.



Brief Reports of Guest Lectures

Career Opportunity for Students in the Banking Sector

On 29th November 2022, the Department of Commerce organized a guest lecture for 5th-semester B. Com students. The lecture was titled "Career Opportunity for Students in Banking Sector" and was presented by Dr. Shashank M. Hiremath, Associate Professor at Sindhi Institute of Management Studies, Bengaluru. During the lecture, Dr. Hiremath discussed career opportunities in the banking sector and provided valuable insights on how to choose the best career path based on their personality, using live examples. The session was attended by 126 students.



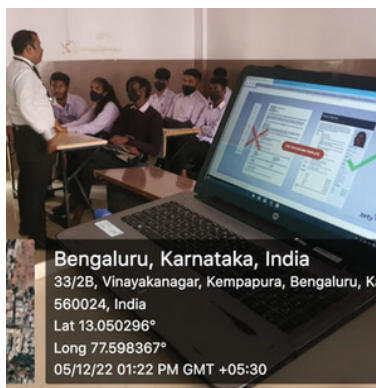
Enhancing an Important Life Skill – Financial Literacy

On December 5th, 2022, the Department of Commerce & Department of Management held a guest lecture titled "Enhancing an Important Life Skill - Financial Literacy" for B. Com and BBA students. The lecture was delivered by Mr. Adithya Roy & Mr. Anantha Charya, Trainers at invERSITY. During the lecture, Mr. Roy provided insights on investing and shared tips on how to become a successful investor. The session was attended by 420 students.



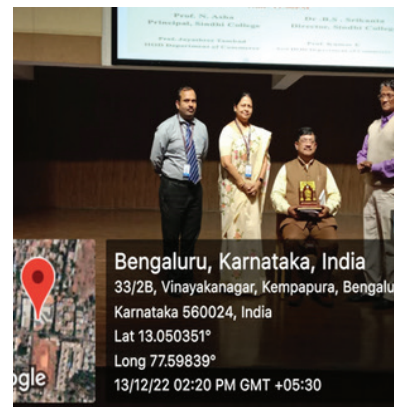
Resume Building

The Department of Psychology, in collaboration with the Career Guidance & Placement Cell, held a career guidance program for final and second-year BA students. Prof. Sri Hari, Placement Co-ordinator & Asst. Professor, Sindhi College discussed the essential components of a resume, including educational qualifications, strengths, skills, internship experience, research exposure, and awards and achievements. Samples of resumes from successful corporate personalities were shared for reference. 40 students attended the program.



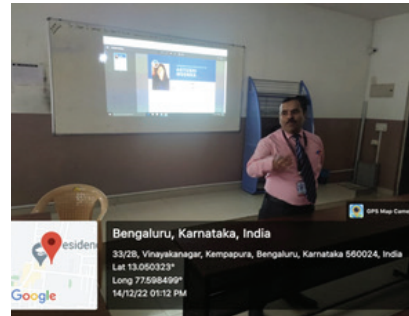
How to Improve Fading Ethics Among Students

Department of Commerce and Management jointly organized a guest lecture on "How to Improve Fading Ethics Among Students" on 13th December 2022. Prof. Shivakumar A R, Retired Professor, BMS College for Women, Bengaluru delivered the lecture. Prof. Shivakumar briefed the importance of ethical values in a student's life, he further deliberated on human values and code of conduct by narrating various practical experiences and conflict situations. 408 B.Com and 120 BBA students attended the program.



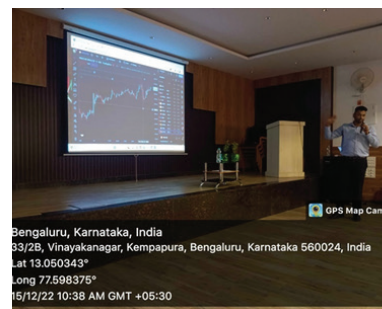
Resume Building

The Department of Commerce organized a resume building session for final year B.Com A & C section students in collaboration with the Career Guidance and Placement Cell. The session was held on December 14th, 2022, and aimed to provide guidance on building an effective resume. The session was conducted by Prof. Sri Hari V, who stressed the importance of including a clear career objective, educational qualifications, strengths, skills, internship experience, research exposure, awards and achievements, references, personal profile, and contact information. The session also included the use of sample resumes and videos of successful personalities to help students better understand the gap between industry and academia. In total, 50 students attended the session



Mind Over Markets

Department of Commerce in association with Trading Minds hosted a guest lecture on "Mind Over Markets" on 15th December 2022. Resource persons of the session are Mr. Anushrut and Mr. Chetan, executives from Trading Minds. The lecture was about online trading, Investment opportunities, Ways to Double your money, Reasons for Investment and Retirement Planning. 140 B.Com students attended the program.



Current Dynamics of Television

The Department of Journalism at Sindhi College celebrated "World Television Day" on December 10, 2023. The event included a chart exhibition and a guest lecture on the "Dynamics of Television." The Chief Guest, Mr. Ramakanth Aryan, Executive Editor, TV5 Kannada inaugurated the exhibition which showcased

various aspects of television. The guest lecture emphasized the importance of upholding the truth in journalism and provided valuable guidance to students about shaping their career prospects. The Director, Dr. B.S. Srikanta, highlighted the responsibility of media in presenting authenticated facts. The program concluded with an enthusiastic atmosphere and applause from students. The exhibition offered students an opportunity to learn and instilled the right path for their real-life journey in the field of journalism. 60 students attend the program.



Cyber Security and Ethical Hacking

The Department of Computer Science organized a guest lecture on December 16, 2022, where cyber security analysts from Techbyheart, Mr. Dhanoop and Mr. Sreenath shared their expertise. The lecture was attended by 108 BCA students, and the main objective was to assess the security of target systems, networks, or system infrastructure, and identify any vulnerabilities. The lecture also addressed key factors such as social inequality, injustice, discrimination, poverty and hunger, war and violence, pollution, and environmental degradation. As a result, students gained knowledge about ethical hacking and penetration testing. They also learned about various types of attacks, attackers, security threats, and vulnerabilities present in computers.



Addict to De-addict

On December 23, 2022, the Department of Psychology arranged a guest lecture to raise awareness about alcohol addiction. Dr. Gambetta D'Costa, a medical physician, was invited as the resource person for the day. He delivered a lecture on "Addict to De-addict," covering the harmful effects of addiction on both psychological and physical health. During his talk, Dr. D'Costa explained the process of addiction, emphasizing the role of the brain, and highlighted various treatment options. He also emphasized the importance of support systems and invited the audience to visit his de-addiction centre. The session concluded with a Q&A session, fostering audience engagement. 150 students attended the session.



Career Awareness Program on Competitive Exam Preparation



The Department of Computer Science held a career awareness program to prepare students for competitive exams on 26/12/2022. Ms. Ashasree, a trainer, from Asha Chandra Academy was the resource person. The program aimed to help students gain experience in their chosen career fields and covered key factors such as personal skills, job attainment, and career development. Students learned to clarify their values, identify career opportunities, and develop transferable skills. attitude. As an outcome, students learnt to clarify their values, articulate their transferable, liberal arts, graduate school and work-related skills, identify and research a wide variety of career fields and opportunities. 98 BCA Students attended the program.

Lingua Skills

On 6th Jan 2023, the Dept. of English organized an orientation on Lingua skills attended by 550 students. Ms. Sharada Dubey, an Indian author of Children's Books, Communicator and Trainer for Cambridge English Language Assessment program was the resource person. She discussed communication skills, types of interviews, secret tips for succeeding in interviews & resume writing. Ms. Dubey also spoke about Lingua skills, an online, multilevel test provided by Cambridge Assessment English. The event ended with a questionnaire session. Overall, the orientation was fascinating and insightful.



Career Enrichment & Employability Skills

On January 11, 2023, the Centre for PG Studies organized a Guest lecture for first and third-semester M.Com & M.Com (FA) students. The session was conducted by Mr. Srihari V, Assistant Professor and Placement Co-ordinator, Department of Commerce, Sindhi College, Bengaluru. During the session, the resource person discussed the importance of developing employability skills to build a thriving career in today's competitive job market. He emphasized that with the advancement of technology, students must continuously upskill themselves to remain relevant in their field. The key message from the event was to focus on transferable abilities that make an individual more employable beyond academic qualifications and experience. The session was attended by 46 students.



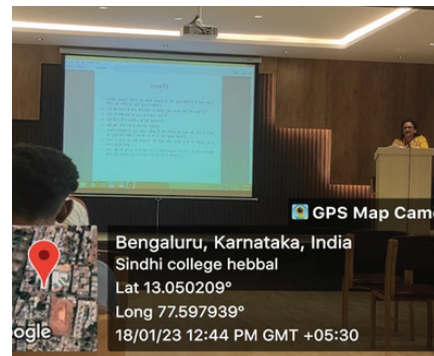
Choice & Change

On January 13, 2023, the Centre for PG Studies hosted a guest lecture for M.Com & M.Com (FA) students. Ms Chaya Srivatsa, a Counsellor from the Department of Psychology at Sindhi College, discussed how change is necessary for personal growth and brings along new opportunities and experiences. She also emphasized that managing how we cope with different events can enhance our mental health. The lecture was attended by 42 students.



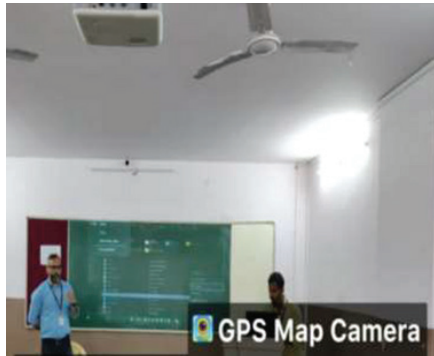
Shiksha or Charitra

On 18th January 2023, the Hindi department organized a guest lecture on the topic of learning and character. The lecture was facilitated by Dr. Lalitha B.N., an Associate Professor from Presidency College. 58 students from the college attended the lecture. During the lecture, Dr. Lalitha urged the students to use their native languages and promote their culture through their behavior. She inspired the students to study more in regional languages.



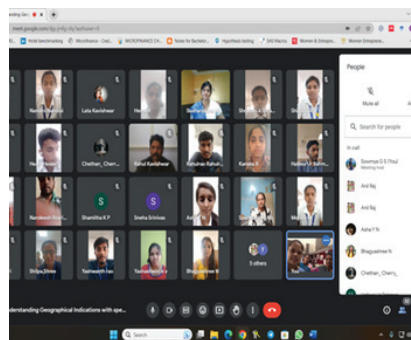
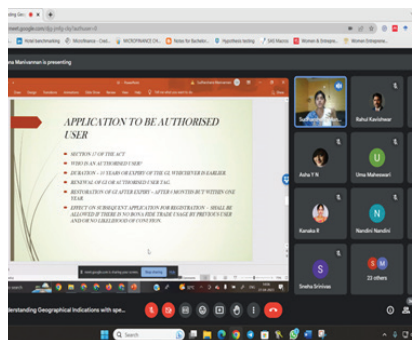
Resources for Learning

On January 20th, 2023, the Centre for PG Studies organized a Guest Lecture for M.Com & M.Com(FA) students. Mr. Devaraju, Senior Librarian, Sindhi College discussed the accessibility of e-books and the crucial role of libraries in society. The session's takeaway was that "libraries are the centre of all scholarly, intellectual, and social learning activities." 50 students attended the session.



Understanding Geographical Indications with Special Focus on GIs of Karnataka

A virtual guest lecture on "Understanding Geographical Indications with Special Focus on GIs of Karnataka" was organized by the IPR Cell and the Centre for PG Studies on 27th April 2023. Advo. Sudharsana Manivannan from Factum Law was the resource person. The lecture aimed to provide students with a comprehensive understanding of GIs and their significance in Karnataka. It highlighted the economic benefits, cultural preservation, and entrepreneurship opportunities associated with GIs. The lecture inspired students to contribute to the promotion and protection of GIs. 36 M.Com and M.Com(FA) students attended the program.



Career Guidance and Entrepreneur Skills

The Computer Science Department, in association with the Innovation and Incubation Cell, organized a guest lecture on Career Guidance and Entrepreneurial Skills on 2nd June 2023. The session was conducted by Ms. Vijayalakshmi from TIME Bengaluru and was attended by 52 second-year BCA students. Students learned to set objectives, improve business management, communication, and networking skills, and gained insight into recruitment and entrepreneurship opportunities.



Career Guidance

On 28th June 2023, the Department of Commerce organized a career guidance program for B.com 2nd-semester students. The session aimed to create awareness among the students about the booming professional course, CMA. The program featured two speakers - CMA Shruthi and Mrs. Shyamala U N, Career Counsellor cum Public Relation Officer from ICAI, Bengaluru Chapter. A total of 122 students participated in the session and were made aware of the challenges and benefits of pursuing CMA. The speakers emphasized the career opportunities available and the privileges enjoyed by CMA professionals.



Content Marketing and Green Marketing

A guest lecture on "Content Marketing and Green Marketing" was organized by the Department of Commerce on June 13th, 2023, to keep students updated on changes in marketing concepts. Dr. Lavanya, an Associate Professor from Bhandari Jain College, discussed the emergence of Green Marketing and explained the different stages of Content Marketing with examples. 285 students from the 4th and 2nd semesters B. Com attended the session.



What after BBA



The Department of Management organized a guest lecture on "What after BBA" on July 22, 2023. Ms. Sandhya M Pawar, BE, MBA (IIM Bengaluru) was the resource person. She discussed career options in marketing, HR, analytics, finance, and other fields. The lecture helped 175 BBA students with career advice, resume building, job searching and achieving their career goals.

Career Guidance Program

Commerce is a widely recognized discipline globally, with many professional courses like CA, CS, ICWA, CMA etc. A Career Guidance Program was organized by the Department of Commerce on 28th July 2023. CA Rajavardhan from Yashas Academy spoke about the importance of professional courses, the challenges involved in the Chartered Accountant course, and the privileges after completion. The session was attended by 280 students from B. Com, BBA, and M.Com.



Life from College to Corporate

A Guest Lecture on "Life From College to Corporate" was organized by the Department of English for I BA students on 9th August 2023. The speaker, Mr. Jeswin Johnson, an alumnus and a content QA Moderator at G2, shared his journey and discussed the importance of English and various job opportunities. 40 participants from the Arts departments attended the session.



Yoga

On 07/08/2023 the Department of Sanskrit and Hindi organized a guest lecture on Yoga. Sri B.R. Karthik, Founder of 'Pragnanam Yoga and Samskrita Study Centre' in Yelahanka, Bengaluru, was the resource person. During the lecture, Sri B.R. Karthik spoke about the benefits of yoga and its classifications such as Yama, Niyama, Aasana, Pranayama, Pratyahara, Dhyana Dharana, and Samadhi. He also discussed the current status of Yoga and the influence of Sanskrit in the modern world. The program was attended by 87 students, and the ones who scored the highest marks in Sanskrit semester exams were felicitated.



Champu Kaavyam- The Revised Sanskrit Syllabus of 3rd Semester U.G. Courses as per NEP 2020

On 22nd December 2022, the Department of Sanskrit in association with Maha Vidyalaya Samskrutha Pradyapaka Sangha held a workshop on Champu Kavyam. The chief guest was Dr. R.N. Nagaraj, Sanskrit Scholar and Former Vice President of IIWC and the Guest of Honour was Dr. C. Shivakumara Swamy, Former Principal, Basaveshwara College, Rajajinagar. The chief guest, Dr. R.N. Nagaraj, spoke about Champu Kaavyam and its relevance in the National Education Policy syllabus. Dr. B.S. Srikanta, the Director of Sindhi College, stressed the importance of the National Education Policy and encouraged teachers to use the workshop to benefit students of Sanskrit. The workshop discussed the revised Sanskrit syllabus of 3rd Sem. U.G. Courses of BCU, BU, & BNU. 45 faculty members from various colleges participated in the workshop.



SPSS Basics

On 28th April 2023, the Centre for PG Studies organised an online workshop on "SPSS Basics". Dr M Parimalam, Assistant Professor from Hindusthan College of Arts and Science, Coimbatore, was the Resource Person. The workshop was attended by 26 students from M.Com & M.Com (FA). During the workshop, attendees learned about the basics of SPSS, including data entry and scaling techniques, data editing, and data transfer from Excel to SPSS. The resource person also provided a practical demonstration on how to conduct data analysis using SPSS. Attendees were taught statistical analysis techniques such as descriptive analysis, Chi Square test, T-test, F-test, correlation, and regression using SPSS.



Syllabus Orientation Program for 4th Sem BBA & BBA Aviation Management syllabi 2023-24 framed as per NEP 2020

The Department of Management organized an orientation workshop on BBA NEP syllabus in association with BCU and BCUTCCM on June 27th, 2023. The objective of the event was to discuss the subjects offered for the 4th semester of BBA and BBAM. The resource persons discussed the syllabi and focused on key areas and marks weightage. The orientation was graced by esteemed individuals, including Dr. V Loksha, Registrar (Evaluation) BCU, Dr. Jalaja K R, Chairman & Dean, Department of Commerce & Management, BCU, Dr. Bhavani, President, BCUTCCM, Dr. C Nagaraja, General Secretary BCUTCCM, and Dr. Padmanabha, Treasurer, BCUTCCM. Technical sessions were scheduled to discuss the syllabus of all subjects. The workshop was attended by 45 faculties from various colleges.



Arduino UNO

A workshop on Arduino UNO was conducted by the Department of Computer Science for third-year B.Sc. students on 13th and 14th July 2023. The workshop conducted by Dr. Sanjeev and Mr. Sheik Shavez Ahamed from ScienIOT Technologies, aimed to teach students how to build simple projects with sensors and outputs using Arduino. The students learned how to write programs for Arduino and practically worked on Arduino boards. A total of 12 students attended the workshop.



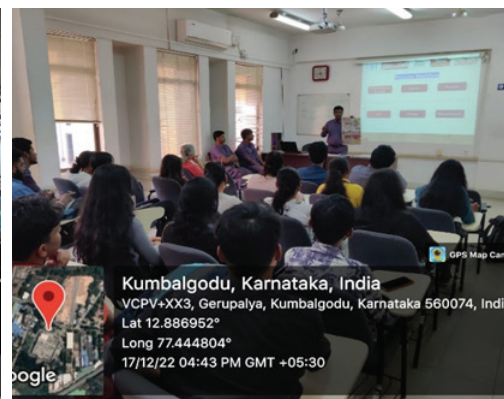
Visit to Indian Institute Science Super Computers on 25th November 2022



Visit to Karnataka Trade Centre Organisation on 25th November 2022



Visit to Deccan Herald Printing Press, Kumbalgodu, Bidadi on 17th December 2022



INDUSTRIAL VISITS

Visit to Akshaya Patra Foundation ISKCON and Karnataka Soap and Detergent Ltd. on 17th December 2022



Visit to Nightingales Medical Trust on 17th December 2022



Visit to Mysore Airport on 19th January 2023



**Visit to AERO India 2023 at Yelahanka Air Base,
Yelahanka on 17th February 2023**



Visit to Volvo Global India Pvt. Ltd. on 20th April 2023



Visit to Ishwar Cold Storage on 17th May 2023



**Visit to Goa Dairy, Cyrus Industry, Mapro Food Factory
(Goa, Pune & Mahabaleshwar) from 19th June 2023 to
26th June 2023**



**Visit to National Coir Training & Design Centre, Alleppey,
Kerala from 6th to 8th July 2023**



Visit to Karunashraya Hospice Trust on 8th July 2023



Visit to Crompton Greaves Consumer Electrical Limited, Kundaim Industrial Estate, Goa from 29th to 30th August 2023



EDP Series

Startup Ideas - Service Business

On 9th March 2023, the Centre for PG Studies, in association with the Research Centre, organized a guest lecture on Start-Up Ideas - Service Business. The session was led by Mr. Lalith Dhanush, a renowned Communication Coach, Career Coach, Public Speaker, Founder & CEO of More than Textbook Education and Training Institute. Mr. Dhanush shared his insights on developing ideas and how to choose the right people to work with, both efficient and less efficient. He motivated the students to think and share their business ideas by emphasizing that becoming an entrepreneur is an excellent career choice for individuals who want to become their own boss and answer to no one but themselves. 45 students attended the session.



Campus to Corporate Lecture Series

Mechanisms of Human Resource Management

In connection with the Campus to Corporate Lecture series, the Centre for PG Studies organized a session on “Mechanisms of Human Resource Management” on January 9, 2023, for postgraduate students. 38 students from 1st and 2nd year M.Com and M.Com(FA) attended the session. Ms. Dhanuja B C, an alumna and Associate Team Lead - Talent Acquisition at AARCH Solutions, was the resource person. The lecture aimed to bridge the gap between academic knowledge and practical application, covering topics related to HRM mechanisms and practices. It also discussed emerging trends and challenges in HRM, fostering critical thinking and problem-solving abilities among students. The session provided students with the knowledge and skills necessary for HR functions such as recruitment, training, performance management, and employee engagement.



Celebrations

Gandhi Jayanthi

Gandhi Jayanthi was celebrated on October 2nd October 2022.



Rashtriya Ekta Diwas

Rashtriya Ekta Diwas (National Unity Day) was celebrated on 31st October 2022 in the presence of Lt. Shankara B P, Principal Prof. N. Asha and Director Dr. B. S Srikanta. 26 NCC cadets took active participation in the Rashtriya Ekta Diwas. Cadets took the pledge of unity followed by a rally in Kempapura. The event helped to realize the significance of national unity.



67th Kannada Rajyotsava

The Department of Kannada and Nirantara Kannada Sahitya Vedike hosted the 67th Kannada Rajyotsava-Nadu-Nudi Folk Festival on November 30th, 2022. Dr. Appagere Thimmaraju, a prominent folk singer, spoke as the Chief Guest, highlighting the need to recognize the original names of Kannada literature poets and promoting regionalism. He sang folk songs and praised Sindhu College for its efforts to celebrate Kannada Rajyotsava and increase awareness of Kannada, Nadu, Nudi, and Folklore amongst students. The festival included competitions that students participated in and won prizes and certificates, which were presented by the Chief Guest, Director, and Principal. The festival concluded with a cultural program presented by the students, showcasing Nadu-Nudi and Folklore. 450 students participated in the program.



Energy Conservation Day

Energy Conservation Day was celebrated by NSS Volunteers on 14th December 2022.



74th Republic Day

The 74th Republic Day of India was celebrated with great enthusiasm. The Honourable Joint Secretary, Navin K Nichani, graced the occasion as the chief guest. The event was marked by patriotic fervor, as students and faculty members gathered to commemorate the occasion. The college premises were adorned with photos of national leaders, and the program began with a floral tribute to them. It was a proud moment for everyone when the national flag was hoisted, symbolizing the country's sovereignty and reminding us of the sacrifices made by our nation's heroes to keep the country safe and united. The chief guest hoisted the flag with great valour. The NCC and NSS cadets, dressed in their respective uniforms, marched in perfect unison, adding to the patriotic spirit of the celebration.



Martyr's Day

The NSS unit of Sindhi College organized Martyr's Day on Jan 30, 2023, with Dr. B.S. Srikanta and Prof. Asha N as the chief guests. The importance of the day was discussed by Prof. Vaidyesh M.A, NSS Program Officer. Dr. Srikanta distributed the Autobiography by M.K Gandhi and emphasized the book's usefulness in handling different situations in life. More than 110 books were distributed to the staff, volunteers, and students who attended the program.



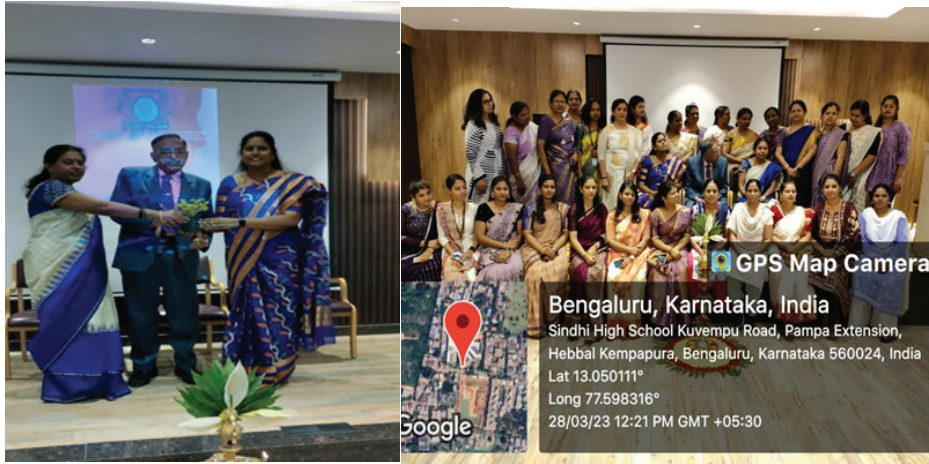
National Science Day

The Department of Computer Science & Electronics organized the National Science Day event on the 28th of February 2023. The event was graced by Dr. G. Venkatesh, President of the Indian Physics Association, Bengaluru, and Mr. Hiriynna, Retired Senior Scientist at ISRO, Bengaluru, as the Chief Guests. The event was presided over by Dr. B.S. Srikanta, Director of Sindhi College, while Prof. N. Asha, the Principal of Sindhi College, was the Guest of Honour. Students from BCA and B.Sc programs participated in the event. The main objective of the event was to create awareness about the role of Science and Mathematics in daily life. The participants gained valuable knowledge about the applications of science and mathematics in day-to-day life.



Women's Day

International Women's Day was celebrated on March 28, 2023, with great honor and pride. It provided a time for reflection on the progress made towards gender equality and acknowledged the ongoing challenges faced by women worldwide. This day was an opportunity to honor women's achievements while recognizing the work that still needs to be done to achieve true gender equity. The chief guest was Prof. R Sarvamangala, Dean of the Department of Commerce and Management at Bangalore University.



World Environment Day

On the occasion of World Environment Day, the college NSS Unit, NCC Unit, Leo Club and Eco-Club organized an Environment Awareness Drive on June 6, 2023. The rally started from Sindhi College Campus Kempapura Hebbal to Hebbal Lake, Hebbal through Esteem Mall. 132 students participated in the rally, and slogans on Environment Day were chanted by the participants. The volunteers collected more than 25 large bags of plastic waste and cleaned the tank, and the waste was given to the BBMP for recycling and reuse. After the cleaning drive, the rally resumed and concluded in the campus.



International Yoga Day

On 21st June 2023, the college celebrated International Yoga Day in association with Brahma Kumaris, Jakkur, Bengaluru. The program's chief guest was Smt. (Dr) Nandini Prabhu, a yoga therapist





Kargil Vijay Diwas

On 26th June 2023, the Para regiment organized the Kargil Vijay Diwas program to honor the martyrs of the Kargil War. Cadets from the Sindhi College NCC witnessed the ceremony, where Chief Minister of Karnataka, Shree Siddaramaiah, delivered an inspiring speech. The college also held a ceremony attended by Retd. Flight Lieutenant Ganesh Singh Sir, Principal of the college Prof. Asha N., and Lt. Shankara BP. The ceremony included a guard of honor, pushpanjali, and candle lighting.



76th Independence Day

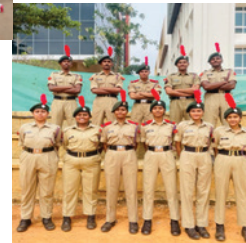
On the 76th Independence Day, the national flag was hoisted by the chief guest, Sri Ashish Amar Lal, Chairman of Sindhi Seva Samithi. The event featured weapon and contingent drills, cultural performances by the NCC cadets and NSS volunteers, and motivational speeches by dignitaries.



NCC Activities

Combined Annual Training (CATC-2)/IGC 1- RDC Camp

A total of 12 cadets attended the CATC-2 and 3 cadets attended IGC-1 RDC camp at DPS North in Bengaluru. The camp was held from 31st September 2022 to 7th October 2022. During the camp, the cadets actively participated and gained practical experience in shooting and drill. The camp had a positive impact on the cadets. Additionally, a prize distribution ceremony was held to recognize the achievements of the cadets in sports.



Combined Annual Training /Pre-IGC:2(RDC) Camp



Senior Under Officer K Poojitha, Corporal Ujwal S R, Lance Corporal Ankith Kumar Pandey was selected for PRE-IGC:2 /RDC (Group Team Selection). The 3 cadets represented 8 KAR Battalion, and participated in camp which was held at APJ School, Kolar from 13th October 2022 to 20th October 2022. The camp was hosted by 10 KAR BN.

RDC Practice at Manekshaw Parade Ground

Senior Under Officer K Poojitha, Corporal Ujwal S R, and Lance Corporal Ankith Kumar Pandey participated in a practice session in order to qualify for further RDC CAMP selections. The inter-group selections were conducted on October 29, 2022, at Manekshaw Parade Ground. Out of the three cadets, Corporal Ujwal S R and Lance Corporal Ankith Kumar Pandey were selected for IGC/RDC Camp (Inter-Group Competition).

ARMY Attachment Camp (PARA) - PRTC

JUO Varun A Pawar represented Sindhi College at Army Attachment Camp (PARA)-PRTC held at Para Regiment Training Centre in Devara Jeevanahalli, Bengaluru from 6th November to 17th November 2022.



Inter Group Competition Camp (IGC\RDC)

Corporal Ujwal S R and Lance Corporal Ankith Kumar Pandey were selected to attend the IGC Camp held at St. Benedict's School in Bengaluru from 1st November 2022 to 10th November 2022. Out of the two cadets, Corporal Ujwal S R was selected to attend the Pre RDC Camp (Inter Directorate Competition).



Swachhata Campaign

The Swachhata Campaign is a national initiative aimed at promoting a sense of social responsibility towards cleanliness among students. The main goal of the campaign is to ensure that every school and college in India has access to functional and well-maintained water, sanitation, and hygiene facilities. At Sindhi College, the Swachhata Campaign was held on November 10, 2022, in the presence of Principal Prof. N. Asha and Lt. Shankara B P. A total of 24 cadets actively participated in the campaign by removing weeds, unnecessary herbs, and unwanted bamboo trees from the college grounds, thereby clearing out public areas in and around the campus.



Pre- RDC Camp 1

Corporal Ujwal S R was selected to represent 8 KAR BN in the Pre-RDC (Inter Directorate Competition) camp, which took place at Brindavan Group of Institutions from November 21, 2022, to November 29, 2022. The camp was hosted by 9 KAR BN.

Advanced Leadership Camps (ALC)

Lance Corporal Ankith Kumar Pandey participated in the Advanced Leadership Camp held in Coimbatore from 3rd to 12th January 2023. During the camp, he received training for the SSB selection process from Wing Commander Ashok, who is also one of the GTO officers of the selection committee of SSB. Additionally, Ankith Kumar Pandey was the captain of the Karnataka and Goa directorate volleyball team, and his team emerged victorious in the final match against the Tamil Nadu directorate.



Ek Bharat Shreshth Bharat Camp

Lance Corporal Ankith Kumar Pandey participated in the Ek Bharat Shreshth Bharat camp held in Bellary from January 16th to January 27th, 2023. The camp was attended by two directorates, namely KAR AND GOA DTE and NER DTE. During the camp, Ankith visited the JSW steel factory, which is the 6th largest steel factory in the world and 1st in Asia. He also received training from the EXPA team and interacted with cadets from different groups and directorates, learning about their culture and community. Additionally, he visited Hampi, a Heritagious place, and took part in various cultural activities during the camp. Ankith was selected to anchor the cultural program of Republic day and was also the overall incharge of the technical team during the camp. For his outstanding efforts, he was awarded a medal by Col. Dhami (CO of 38 KAR BN) and SM Pawan Kumar.



Trekking to Shivagange Hills

On February 10th, 2023, NCC cadets went on a trek to Shivagange Hills.



Ek Bharath Shresht Bharath Camp

CSM Manmith K represented 8 KAR BN NCC in the Ek Bharat Shresht Bharat Camp in Uttarakhand from 8th to 22nd June 2023. He guided the directorate to second place in the group dance competition and showcased his talents in acting, designing advertisements, and more during EXPA cadet training sessions. The camp also included a visit to Tehri Dam, one of the largest hydroelectric projects in the world, and a trek to Mahadeshwara hill, with a visit to the temple of Lord Shiva.



Independence Day Parade

On August 15th, 2023, four cadets from Sindhi College attended the Independence Day parade at the Manekshaw Parade Ground. The Best Drill Contingent category was won by 8 KAR BN, and they received a prize from the Chief Minister of Karnataka, Sri Siddaramaiah.



NSS Activities

Leo Club Office Bearers Installation

Leo Club office bearers installation program was held on 25/11/ 2022.



NSS Orientation Program

NSS orientation program for the academic year 2022-23 was held on 14th December 2022.



Swami Vivekananda Message to Youth



College NSS volunteers participated in an event “Swami Vivekananda Message to Youth” organised by Ramakrishna Mutt, Basavanagudi on 28th January 2023.

Walkathon for Voter's Awareness

15 NSS Volunteers of the college participated in a Walkathon for Voter's Awareness conducted by the District Election Commission on April 29th, 2023. The walkathon started from Vidhana Soudha and ended at Shri Kanteerava Stadium, passing through K R Circle.



Voter's Awareness Abhiyan for Youth

On May 5th, 2023, 53 NSS volunteers participated in the Voter's Awareness Abhiyan for Youth event, which was organized by the Electoral Literacy Club. The event took place at Jnana Jyothi Auditorium, Bengaluru City University, where participants were educated on the significance of voting and the election process. Additionally, the participants pledged to cast their valuable vote.



125th anniversary Celebration of Ramakrishna Mission

Ramakrishna Mutt Basavanagudi invited NSS Unit volunteers to attend the celebration of 125th anniversary of Ramakrishna Mission on 13th May 2023. 15 NSS volunteers attended the event.



Ramakrishna Math
Basavangudi, Bengaluru-04

**125TH ANNIVERSARY OF
RAMAKRISHNA MISSION**

Programme

12th Friday (4:15 pm to 6:30 pm)	Inauguration (Open for All)
13th Saturday (8:00 am to 3:30 pm)	English Session (Only for Registered Students)
14th Sunday (9:00 am to 5:00 pm)	Kannada Session (One hour Panel discussion)

Venue:
Vivekananda Shatabdha Sabhangana

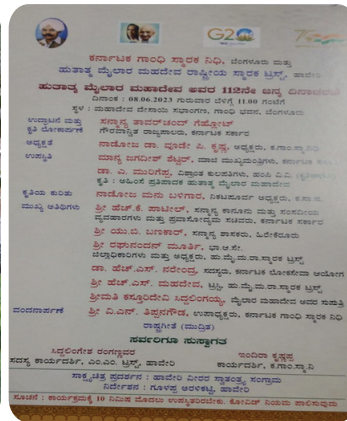
(The duration of each talk is 45 minutes inclusive of Q & A)

Only registered candidates are allowed for the session!

Registration QR Code link:

Huthathma Mailor Mahadeva 112th Janma Dinacharane

On 8th June 2023, 11 NSS NSS volunteers attended the Huthathma Mailara Mahadeva Janma Dinacharane event at Gandhi Bhavan, Seshadripuram. The Hon'ble Governor of the state released a book on "Life of Mailara Mahadeva". Volunteers were inspired and pledged to do their best for the country.



Camps in association with SSSAK Trust

In the year 2022-23, NSS volunteers participated in various camps in association with SSSAK Trust. Some of the camps were:

- Medical Review Camps held at Suttahalli, Sulukunte, Jalagere, and Byrapura on 29th January 2023 and at Suttahalli on 23rd February 2023.
- Voter's Awareness Camp held at Byrapura Thanda on 26th February 2023.
- Medical Camp held at Suttahalli on 19th March 2023.
- UV'athon, which included activities like yoga, seed bombs, and fun games, was held on 13th May 2023 at Veterinary Hospital ground in Hebbal.

SINDHU TARANG 2022-23



SPORTS ACTIVITIES

19th Annual Sports Meet

The 19th Annual Sports Meet of the college took place on June 23, 2023. The event witnessed impressive athletic performances from all four houses: Red Storm, Blue Flames, Golden Flash, and Green Raptors. A total of 500 students actively participated in the event, showcasing their skills and sportsmanship. The chief guest for the event was Ms. Poonam Belliyappa, an esteemed international athlete and Ekalavya Awardee. In her speech, Ms. Belliyappa motivated the participants by emphasizing the importance of dedication, hard work, and the spirit of sports.



Inter Collegiate Sind Sports Fest 2022

Sindhi College held Sindh Fest 2022 on 22nd and 23rd December 2022 to encourage student development beyond academic excellence. The program's chief guest, international level athlete and Ekalavya Awardee Mr. Harshith, emphasized the importance of sports in overcoming failures. The festival concluded with an award ceremony for outstanding students.



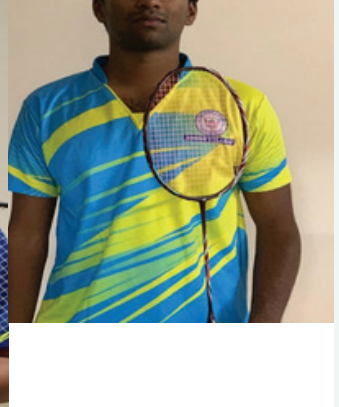
Inter-House Sports Competitions



SPORTS ACHIEVERS



SINDHU TARANG 2022-23



SINDHU TARANG 2022-23





Cultural Extravaganza 22-23



SINDHU TARANG 2022-23



Spandan 2k22 – Annual Day





Penning Perspectives

""RUDE"... IT'S ONLY THE SITUATION NOT THE PERSON

When you call me "RUDE",
Why do you forget the good times we had?
Why do you judge me entirely only by that
situation??
Why don't you keep yourself in my shoes and
think about it??
Why don't you think that it might be the
situation too??
Why starting hating me only for a difference in
opinion??
Why just WHY???

Calling me Rude doesn't make you Polite
Calling me Rude won't give you Happiness
Rude... It's not just a 4 letter word
Rude... It's a feeling when told,
Can put me into Guilt...
Can also break hearts...

Calling anyone Rude,
Doesn't make you any better Person..
Try Understanding,
Instead of playing blame games...
Remember..
The Person is not rude... It's just the situation
The Person is not rude... It's just the situation

Rude... It's not just a 4 letter word
Rude... It's a feeling
Rude... It defines a character
Rude... Its only the situation not the person

When the world calls me rude,
The world forgets I am hardworking too
When my dad calls me rude,
He forgets he means the world to me

When my mom calls me rude,
She forgets that I can taken upon anyone for
her
When my sister calls me rude,
She forgets that I can delay my dreams for
her

When my younger ones call me rude,
They forget that, I just want them to be safe
When my family calls me rude,
They forget that,
It was the situation that made me act like that

When my friends call me rude,
They forget, I fought with the HOD for them
When my boyfriend calls me rude,
He forgets,
It's the same girl who stood with him at all
times

When I took the position as a leader,
I had to become strict,
But I still have a heart.
When I questioned you as a leader,
It was just my duty,
I was not being rude..

When I spoke harsh to you,
I didn't mean to hurt you
When I by mistake was discourteous to you,
It was just the situation not me
When I said you something Straight Forward,
I didn't mean to be Rude, It's just my opinion

By:
MONISHA.R
BBA 2nd year
SINDHI COLLEGE

Friendship for a Season

We lay all night on the cold grass
Under sharp stars
And talked,
And as we talked
Discovered how different
We really were.

This was the closest we had ever been
And the start
Of our friendship's unravelling.

Funny, really, how we three went
From that pin-bright moment
Into such separate lives.

Sometimes I'm sad
I could not love you.
But three of us have
That night-
That wide open talk,
Those stars which hear us
That time which laughs, cry with us

Hopping someday to return to home
A home made of us
A love that shines on us three again.

NEVER THINK OF YOU

The way you walked
The things you did
I've forgotten you
I never think of you

The way you talked
The things you used to say
I've forgotten you
I never think of you

I couldn't say
For sure today
Whether your eyes were blue or grey
I've forgotten you
I never think of you

I'm through
Thinking of you
I tell you I'm through
Thinking of you
You...you...you...
I've forgotten you
I never think of you

Oh, what a lie
I shall think of you, think of you, think of you,
Till I die.

Acceptance

Acceptance is a small, quiet room,
Its ceiling the blue of a still, summer
sky.

For years I thought the door was
locked

I was too scared even to try the
handle.

The first few attempts, it jammed.
I'd jiggle it up and down.

When I finally forced it open,
Walls were waves, eager to drown.

So, I ran – but oiled the hinges,
Occasionally peeking round.

Later, I'd creep in and listen to that
ocean groaning loud,

Until slowly, so slowly, the hurricane
Eased to breeze:

The storm clouds gave way to horizon,
And my body began to unfreeze.

Power woman

Oh yes! She is that girl!

Her heart filled with threats,
her alluring eyes shed tears,
Her ears heard curses, and her mind,
intoxicated with “deadly thoughts”!

She hid from the world outside.
From those who threatened her,
From those who refused to hear her,
From those who denied to help her.

One serene morning,
She woke up, she cried in fear, not
knowing of her tomorrow
‘Is it my looks, that cost me my life, if so
She stood up and said - Is it my fault?
‘No!’ said her mind, Instead, it’s time,
To protect her entity, To battle her jitter.
She prepped up and took charge!

Because, ‘She ain’t a victim, but a Power
woman!’

She dressed up elegantly,
Determined to fight, not just for herself,
But for the well- being of every other
girl.
She was charged up for life, not just for
her survival,
But for the betterment of every other
woman.

Because, ‘She ain’t a loser, but a Power
woman!’

To those women, who have dreams to
achieve,
To those parents, who limit their
freedom,
To those men, with awful sight,
Someday her courage will furnish her
with a new life.

Because, ‘she ain’t fragile, but a Power
woman!’

Sree Varshini
III Semester B. A.

Bleeding Hearts

Pretty roses, spikey stems,
Bleeding hearts.
Why? You may ask,
That's where the storyline starts.

Thorns in the flesh but condemned
when we bleed
Roses left to die but awaited to
heal
Larynx running dry with every
squeal
Monsoon winds flowing in April
Patiently waiting to be taken
seriously, still

If only I can still believe
That this will end, peacefully

There ain't no place for exhaustion
here
Well, maybe for their mockery but
not my fear
All this regret, it can't be brought
anywhere near
so I lay hold of this pain back from
last October as a Souvenir
Patiently waiting to see things
crystal clear

If only the end is worth
the torment that I feel

it's like water fixing the dead plants
it only stays stagnant, the life
doesn't last
when they say things to cover the
agony they caused
seems like understanding isn't
given a chance
Patently waiting to recover the
cracks

if only they think of it the same
way too
can't live forever under the dark
skies, feeling blue

Grey skies. turn to stormy nights.
everytime that I try to fly
maybe that is why
hope dies.

Roses remain dry, spikey stems
still bleeding hearts
The story ends here
but this suffering seems incessant.

Sree Varshini
III Semester B. A.

"The Enigma of Living Statues: A Mime's Final Performance"

The Mime Paralyzed, utterly immobile. She had become the perfect puppet. One who'd be willing to dance to the will and whimsy of the puppeteer with little to no objection. She knew what fate had in store for her, like a well-predictable joke. The punchline was too obvious. The trepidation of her current state of stasis had consumed her mind, making it just as incapable as her body. Her neurons beckoned for one thing, and one thing only, to end the misery. To end the bondage that the Mime had imposed upon her. The Mime was as gleeful as a young child standing across her. He observed her fear multiply in magnitudes as an astute spectator of art and glory, rather than the prosecutor he had been putting her on death's toll. As he watched his art unfold, he bore an unyielding grin. A grin as cold as frostbite, crackling and snipping down through each layer of a tree bark. As slow as it could. As painfully as it could. To sear the pain in, he gazed at his prey with a child-like innocence. An innocence that hid the lethality it bore with such greatness, it was truly remarkable. To avert the expectations that each party held for the other, the blaring sound of the approaching train settled into their ears. The horn was loud and majestic as it approached with its carrier. It sang the Songs of the Sirens, here to take their prey home. Back to the root of the story that sprouted into the horror that it is now. Our immobile friend stood petrified and weeping, leaving a dry sullen husk for us to witness.

As the pawns of fate were making their move, our protagonist sank ever so deeper into the dark recesses of her mind. The same darkness that had brought her to this very predicament. She began losing all sense of being. Comprehension of anything and everything that enveloped her had become obsolete. The darkness within her was being fueled by the trepidation that had consumed her. It consumed her as wholly as the control of the Mime had over her body. The darkness was overwhelming her, taking over her cognizance to turn into something as vile as the Mime that confronted her. Her darkness manifested into reality. Into the cold air of the station. She began oozing a black substance from her eyes. It was blacker than any black, a true reflection of the soul. It oozed with the same virality that with which her mental instability sprawled out. Her face was now completely covered with this mysterious goo. Bubbling like a tar pit, yet very reflective. Flowing all over her body. Enveloping her. The corruption that just transpired upon the Mime's prey was an occurrence he hadn't witnessed hitherto. The corruption was not only limited to his prey, but it had its own effects on him. Watching his fine prey turn into something vile of not his making had ticked a nerve in him he never experienced before this encounter. She wasn't covered with her red blood or turned into a mangled corpse like he envisioned would happen but rather she turned into an abhorrent piece of black bubbling mass..

It taunted him, it ruined his art, it ruined his play. Sanity fled through the Mime with the winds of the night and with it fled the Mime's sense of being as well. Gazing at the bubbling mass of goo had begun its effect on the mime. Just like the goo that stood before him, bubbling, his skin too began bubbling from within. An acidic reaction within his skin and make-up. It burned and seared him. All the night could hear were the yells of the Mime and the blaring horn of the train. An open opera house for the souls that had met their demise similarly through him. The pain was excruciating, to say the least. It was indescribable for what Mime felt. His skin burned and contorted from within. He too wanted to end his misery just like the girl did, before she lost herself to the darkness within her. Yet the Mime could never be the one to whom remorse could be conveyed. While

the Mime still had possession of his physical capabilities he sprung forth and jumped upon the tracks, like Icarus who flew towards the sun without any forethought. He let the train do the bidding of the fallen souls who'd sworn revenge upon this Daemon. Needless to say, the Mime returned to where he once came from. The night had once again become the companion of the whispering silence. Amongst them was the girl. A breathing statue that bubbled and glistened. Her presence now represented a single purpose. A purpose to commemorate the night of her tragic survival. Stuck to live as a reminder for an eternity to come. A warning she hoped from within. But all she could be for the world who knows not of the horror, she was just a public effigy. From which, one could derive no meaning but wonder. She stood there as just another suffering to be amused by



A
Story by
Ayush- I BCA

This story was awarded First Prize in the inter-class competition 'Cultural Extravaganza'

Embracing Harmony Across Religious Lines

Religion has been a part of human civilization for thousands of years, and it plays a significant role in shaping our beliefs and values. Many books describe various religions, and most people have a basic understanding of the religion they follow. When we think of religion, we often imagine a divine being, wise and full of wisdom, providing insights into the rules of nature, the evaluation of human beings, moral values, ethics, and the importance of discipline and gratitude.

Religions aim to establish a connection with the divine and the Almighty, who is seen as the savior of goodness, prosperity, balance, and justice. The teachings assure us of justice based on our actions. Over the years, religions have evolved to adapt to the changing times and environments, incorporating necessary customizations for the survival and progress of communities.

While religions emphasize positive values, unity, and justice, there have been instances of possessive mentalities leading to wars between different religious groups. This highlights the dual cognitive processes of human beings – acceptance of coexistence and deviation when it comes to existence.

Our religious beliefs instill in us a sense of hope, motivation, and the understanding that justice will prevail. Religious stories contribute to our motivation, and the inherent nature of helping others is shaped by moral values and ethics derived from religious teachings.

Religions teach us to challenge failures, find joy in daily experiences, and motivate us to make efforts with the belief that justice will be served. The motivation to do good and the fear of doing wrong are ingrained in our minds through religious stories and teachings.

Despite the common values shared by all religions, there are instances of conflicts and stereotypes emerging from lack of knowledge or misinterpretation. The purpose of each religion is to unite people, and division based on beliefs goes against this core principle. The ultimate goal of most religions is to unite with the divine, but divisions among individuals hinder this journey.

Love, peace, acceptance, forgiveness, gratitude, moral values, and ethics are universal teachings found in various religions. Mastering these principles allows individuals to become part of the larger cosmos, fostering happiness in others' achievements and empathy in others' losses.

Religious teachings, emphasizing unity and love, have been adopted in psychological therapy. It is essential to go beyond merely keeping religious texts as revered artifacts; instead, open them, read, and let the knowledge purify your mind. This practice can positively impact ethical decision-making, confidence, and, most importantly, mental peace.

In summary, the essence of religion lies in its teachings of unity, love, and positive values. It is crucial to understand and practice these principles for personal well-being and the betterment of society.

Bhargab Jyothi Barman
V Semester B. A.



**Pity! It rains,
And covers my salted pearls.**

For all i've live,
Are Chandeliers in dim,
A candle in the starlit cosmos,
And a parsimony slob of anaesthetic dream.

Long sat in the wretched winter,
with icicle heels, and bitter blues.
For something withered, yet stayed anonymous.
As i've frequented the nights,
And satiated in her womb.

I've never seen a flicker of spring
Nor tasted the sweetness of apple.
For all that visits,
Are symphonies of sorrows.

As this hear lapses, i churn,
A lapsarian fable,
Only for remembrance , unbeknownst, an
arcane lore.

Pity! It rains,
And covers my salted pearls.

Though the breeze stinks in this bed of
poppies.
Half buried. I Know pain,
And the ways of the heart.

**"People will forget what you said, people will forget what you did,
but people will never forget how you made them feel."**

In a world often consumed by challenges and uncertainty, we greatly forget the impact of small acts of kindness. Kindness is a means of doing something that helps others or yourself, motivated by genuine warm feelings. Its actually an opportunity to reflect on the value of selflessness.

Kindness is not limited by age, status or resources. Its a universal language that has the power to bring people together, foster compassion and inspire goodwill. We might feel these gestures are insignificant, but they possess the ability to uplift spirits, heal hearts and sow seeds of humanity and understanding.

One of the simplest ways of showing kindness is through a genuine smile.

A warm smile has the power to brighten someone's day, offering a moment of comfort in a hectic world. Although it costs us nothing, it has an immeasurable value. The benefits of kindness go beyond personal well-being. It helps us make new friends, connect with our communities and combat loneliness.

Kindness also provides a different perspective on life, promoting feeling of happiness, optimism and satisfaction. Kindness encourages a sense of unity and improve overall well-being.

Every act of kindness, no matter how small, has the potential to create a ripple effect that over time can turn into a tidal wave affecting the lives of many. Let us be mindful of the impact we can have on others and embrace the opportunity to make the world a better place, one small act of kindness at a time goes a long way.

Anusri A
III Semester BCA B

THE VILLIANS JOURNEY

villains are not born , they are made
by a society that's lost its way
a world that's full of greed and hate
where the innocents suffer and the guilty
fake

it starts with a dream ,a hope, a goal
but soon its crushed and heart grows cold
the world is cruel and the people are worse
and the villians are born from the pain and
the hurt

they seek revange,they want to destroy
all that they see as a source of a joy
they'll stop at nothing to get what they want
and the world will suffer from their taunt

but the truth is that villians are not alone
as society has to play a part in their tone
it's up to us to make a change
to heal the wound and break the chain

as only then can we hope to see
a world thats free from misery
and world where villians are no more
and peace and love are at core

THE LIVING GOD

A mother's love is like no other,
A bond that's strong and pure.
It's a love that lasts forever,
A love that will endure.

It's a love that's always there,
Through thick and thin, it's true.
A love that's unconditional,
A love that's just for you.

THEY KNOW

truth is a fragile thing
easily broken by a string
a bond that's built on faith
can crumble in a moments wrath

I thought I know you well
but you had secrets you couldn't tell
you broke my trust i know
and know I have to let you go

revange is a dish that's best served cold
A story thats often told
its a way to make the wrong a right
and make the guilty pay along

fire and revange dont mix
its dngerous to fix
fire and revange can be deadly pair
a combination that's best to be aware

It's a love that's warm and gentle,
A love that's kind and true.
A love that's always present,
A love that's just for you.

It's a love that's full of laughter,
A love that's full of joy.
A love that's always patient,
A love that can't be destroyed.

So cherish your mother's love,
And hold it close each day.
For a mother's love is priceless,
In every single way.

Chaitanya .M
BCA 1st SEM
SEC 'A'

Grieving and healing: a Cathartic journey

As rightly quoted by Marcel Proust, "We are healed of a suffering only by experiencing it to the full." Grief is a silent companion that visits us all at some point in our journey through life. It's the heavy heart, the lump in the throat, and the quiet ache that follows loss. Whether it's the passing of a loved one, the end of a relationship, or the departure of something once cherished, grief is a universal experience that transcends time and culture. In the landscape of emotions, grief is like a quiet storm, it's intensity fluctuates, sometimes a gentle rain and at other times an overwhelming downpour. It's a natural response to the profound impact of loss, a testament to the depth of our connections with others and the significance of what we've lost.

Navigating grief is a uniquely personal journey, as individual as a fingerprint. No two people grieve in exactly the same way, and there is no timeline for healing. It's okay to feel a whirlwind of emotions, from sadness and anger to moments of acceptance and peace. Grief is not linear; it's a process of peaks and valleys, with each step an integral part of the healing journey. During times of grief, it's important to be kind to ourselves. There's no handbook for grief, no right or wrong way to mourn. Surrounding ourselves with a support system, whether it be friends, family, or a counselor, can be a gentle balm for the wounded soul. Sharing memories, expressing emotions, and allowing ourselves to feel are crucial steps toward healing.

The healing path, it is not about erasing the memory of loss but rather transforming the pain into a gentle force that propels us forward. It involves embracing the memories of our loved ones with a softer heart, finding solace in the beauty of shared experiences. Healing is the art of rediscovering joy in the midst of sorrow, stitching the fragments of our hearts back together, and acknowledging that, while scars remain, they bear witness to the strength acquired through the journey of grief. In healing, we learn to carry the love of those we've lost as a source of inspiration, crafting a narrative where their memory becomes a guiding light, gently leading us toward a life infused with meaning, connection, and a profound appreciation for the fragile beauty of the human experience.

In the midst of grief's somber symphony, there is a paradoxical beauty. It is a reminder of the love that once existed, a love that leaves an indelible mark on our hearts. Grief is not a farewell to that love rather, it is an enduring connection that transforms over time.

So, to those who find themselves in the quiet embrace of grief, know that you are not alone. Take each step at your own pace, honor your feelings, and allow time to be both the mender of wounds and the keeper of cherished memories. In grief's shadow, we discover the resilience of the human spirit, the enduring power of love, and the poignant beauty of the healing journey.

**-BY
SRIVARSHINI, III BA**



The Congolese government, plagued by corruption, and political instability turns a blind eye to these atrocities. With major auto and tech companies sourcing cobalt from these mines and disregarding the unethical methods of extraction.

The demand for cobalt has led to a surge in informal and unregulated mining operations, contributing to the perpetuation of modern slavery and child labor. These practices not only exploit vulnerable populations but also result in numerous human rights violations.

Beyond Cobalt: Ethical Sourcing and Sustainable Solutions for EV Batteries

With stronger international

regulations and targeted sanctions against miners exploiting humanrights can break the cycle of abuse and encourage ethical mining practices. Educating consumers about robust battery recycling programs can significantly reduce dependence on virgin cobalt and can help alleviate supply concerns in the long term. Funding research for cleaner and more sustainable methods of battery production and developing batteries without the dependency of cobalt present in them could help the environment by reducing the need for harmful mining practices and promoting cleaner manufacturing processes.

These strategies, combined with strong advocacy for human rights and environmental protection, offer a path toward a more sustainable and ethical future for EVs. By embracing these

interconnected solutions, we can pave the way for a future where EVs truly represent a positive step towards a cleaner and more just world.

Rajlohith,
Student,
II Year BCA



THE ART OF DETACHMENT

Detachment is essential for a smooth, simple, and a fulfilled life. When we incorporate detachment into our lives we disconnect from things that are of less importance, and will be able to channelize our energy on to the heights of what we can achieve. The word detachment has its roots from the French word: *détacher* which translates to a state of not being involved in things.

To be able to detach from our work the first step is to accept whatever happened and learn from it. There are some simple strategies you can use to make detachment easy:

1. Instead of wasting highly productive hours of your day, focus on completing the most urgent or important tasks at hand. Knowing that you are worth more than your work, this can mean proving to yourself that your work isn't everything that defines you. So embrace other roles, your family, your friends, your hobbies etc. and feel good about how much you are in life.
2. Keep a distance and switch off technology when you don't necessarily need it as it promotes a better and healthier lifestyle.
3. Make sure that you give at least 30 minutes for physical activity/ exercise as it boosts your energy levels and also is good for your health. With a balanced diet you feel much better.
4. By doing meditation, one can be clear in their thoughts.
5. Having a buffer zone helps a person to feel relaxed after work.
6. Getting sleep is as important for adults as it is for young children, an average adult has to get at least an average of 7-9 hours of sleep to function productively. So do not compromise your deep sleep cycle by staying up late and wasting time.
7. Re-connecting to everything and everyone you lost on the way to reach where you are today like your hobbies, friends, art, etc.
8. Maintaining your health is as important as doing your job. It is important to realize that setting boundaries is not a harmful thing and that it's absolutely necessary to set appropriate boundaries so that you don't overcommit yourself while working.

Letting the things that you feel passionate about dictate your mood, your energy levels and your overall enthusiasm towards life is not a healthy approach as it suggests that you are not entirely in control of your life. You let external sources control your life. Once you start detaching yourself from things that hardly matter, you start giving your attention to important things and people in your life that will bring your growth.

It's time we start connecting with the people we've lost contact with. You can learn from your past mistakes and let it reflect on yourself. Pay attention to your accomplishments rather than your failures. Make yourself feel good about them. Connect with your goals, prioritize what comes first. Staying connected releases oxytocin in our body making us feel happy, it makes us feel good about ourselves!

HOW TO OVERCOME STRESS ?

Managing stress is crucial for overall well-being. To overcome stress, one can adopt various strategies that address its physical, emotional, and psychological aspects. Implementing a holistic approach can significantly contribute to stress reduction.

1.Understanding Stress

Stress is a natural response to challenging situations, but chronic stress can have adverse effects on health. Recognizing the sources of stress is the first step in overcoming it. These sources can be external, such as work or relationship issues, or internal, like negative thoughts and self-criticism.

2.Physical Exercise

Regular physical activity is a potent stress reliever. Exercise helps release endorphins, which act as natural mood lifters. Engaging in activities like jogging, yoga, or even a brisk walk can significantly reduce stress levels.

3.Healthy Lifestyle

Maintaining a balanced and nutritious diet is essential for both physical and mental well-being. A well-nourished body is better equipped to handle stress. Limiting caffeine and sugar intake can prevent energy crashes, contributing to a more stable mood.

4.Adequate Sleep

Sleep plays a crucial role in stress management. Lack of sleep can exacerbate stress levels, while a good night sleep

promotes emotional resilience and cognitive function. Establishing a consistent sleep routine is key to overcoming stress.

5.Mindfulness and Meditation

Practicing mindfulness and meditation techniques can help individuals stay present and reduce anxiety. Techniques such as deep breathing, progressive muscle relaxation, or guided imagery can be effective in calming the mind and reducing stress.

s with trusted friends or family members fosters a sense of belonging and can provide different perspectives on challenges.

8.Positive Thinking

Cultivating a positive mindset can significantly impact stress levels. Challenge negative thoughts and replace them with more optimistic ones. Focus on solutions rather than dwelling on problems, fostering a proactive approach to stressors.



6.Time Management

Effective time management is vital in preventing and managing stress. Prioritize tasks, break them into smaller, manageable steps, and set realistic deadlines. This approach helps prevent feeling overwhelmed and promotes a sense of control.

7.Social Support

Maintaining strong social connections provides emotional support during stressful times. Sharing concerns and feeling

9.Set Realistic Goals

Unrealistic expectations can lead to stress. Set achievable goals, both short-term and long-term, and celebrate small victories along the way.

10.Learn to Say No

Overcommitting oneself can lead to stress and burnout. It's crucial to set boundaries and learn to say no when necessary.

Nikitha Daniels
1st sem BA

RE-DEFINING EDUCATION

Most of them who are reading this article are adults, especially educated youth. So, what according to you is being an 'adult' - 'ageing, freedom, reaching physical growth?'. And what does it mean to be called an 'educated' - 'holding a degree by passing out from any college or university?'

Let's consider ordinary daily happenings what we usually see around us, but just ignore. As an individual, I believe that observing things around us, travelling and gaining experiences from facing these situations and learning from it, adapting, etc., teach more than what a book can. Books are powerful. They help to visualize the content. But real-life and observation gives actual experience, that is more important. So, as I travel, I have seen people who buy packed food but just throw the wrapper out, especially in trains, without giving any thought to it. You might think this is common when it comes to a country like ours and ignore it. Fine, let's take another instance, people throwing garbage bags on the roads. Now, this might also seem common to us and we might consider it as something of no concern to us, as in our opinion our home is kept clean and is hygienic and the rest doesn't matter, as it is the responsibility of the Government.

Now let me share another contrasting observation. I read an article recently on people of an area in Bangalore taking initiative to clean up garbage in their residence rather than waiting for someone or blaming. This, gave me motivation, awareness and broadened my mindset on what it meant to be truly educated or an adult. It is not just knowing facts & figures or acquiring certificates/distinctions from universities or freedom to enjoy and roam, but actually taking up responsibilities.

Instead of looking at small things ignorantly we should learn to take up tasks and raise voice against injustice, even if it is not against us in particular. Think as a human and Earth as a home, rather than focusing as an individual or a citizen from a country.

Just posting on Social Media pages or writing slogans, articles or giving speeches, etc., on days like World Environment Day or Earth Day, etc., is not important nor significant. Following it and setting an example for others to follow and learn is more effective. Small actions that might seem irrelevant, like picking and throwing a wrapper into a dustbin can create change. Real education, ultimately, is growing with values, responsibilities and knowledge.

Small actions create big impact.

-V Shruthi Saranya
Student V BBAM

Modern Literature vs Shakespearean Literature in English

Introduction

Literature holds a significant place in shaping society and reflecting the cultural and historical context. When it comes to English literature, one often encounters two distinct periods that have left an inevitable mark: Modern Literature and Shakespearean Literature. While both have contributed immensely to the literary landscape, they differ in various aspects. This article explores the characteristics, themes, influence, and comparison between Modern Literature and Shakespearean Literature.

Characteristics of Modern Literature

Modern Literature emerged in the late 19th and early 20th centuries, challenging traditional forms and content. It shifted the focus from external events to internal thoughts and emotions. Authors began experimenting with unconventional narrative structures, fragmenting plots, and utilizing a stream of techniques to portray characters' inner lives. Modern Literature also emphasized diverse representation of cultures, genders, and perspectives, aiming to provide a more inclusive and authentic portrayal of the world. Writers aimed to break free from fixed norms and explore new possibilities. The individual became a central figure, and subjectivity gained importance over objectivity.

Characteristics of Shakespearean Literature

Shakespearean Literature, on the other hand, refers to the works of renowned playwright William Shakespeare during the late 16th and early 17th centuries. Shakespeare's works are characterized by their poetic language, often written in theatrical style, and his ability to create memorable characters. His plays are known for their dramatic conflicts and well-developed characters that undergo

experimenting with different styles and forms, whereas Shakespearean Literature maintains a poetic and theatrical tone. The representation of societal issues and transformation throughout the story. Shakespeare explored universal themes such as love, power, and fate, making his works timeless and relatable across generations. His plays also reflected the socio-political climate of Elizabethan England, commenting on societal issues and values of the time.

Themes and Topics

Both Modern Literature and Shakespearean Literature dwell into a wide range of themes that explore the human experience. Love and Relationships, Power and Ambition, Identity and Self-discovery, Tragedy and the Human Condition, and Social and Political Commentary are prevalent themes found in both types of literature. However, the approaches, contexts, and portrayals of these themes differ significantly.

Influence and Relevance

Modern Literature has had a profound impact on contemporary society by challenging societal norms and providing alternative perspectives. It offers a platform for marginalized voices, addresses pressing social issues, and fuels discussions on identity, gender, race, and politics. In contrast, Shakespearean Literature, despite being several centuries old, continues to captivate audiences worldwide. Shakespeare's works have been adapted and reimagined countless times, demonstrating their enduring popularity and relevance.

Comparison and Contrast

When comparing Modern Literature and Shakespearean Literature, various aspects come into play. The approach to storytelling and character development differs, with

Modern Literature vs Shakespearean Literature in English

Modern Literature often emphasizing internal struggles and subjective experiences, while Shakespearean Literature focuses on external conflicts and character growth. Language plays a crucial role, with Modern Literature values showcases the specific contexts of each era, with Modern Literature reflecting contemporary concerns and Shakespearean Literature capturing Elizabethan England.

Conclusion

Modern Literature and Shakespearean Literature hold unique places in the world of English literature. While Modern Literature challenges traditional norms and focuses on internal experiences, Shakespearean Literature enthalls with its poetic language and depiction of external conflicts

Let's consider ordinary daily happenings what we usually see around us, but just ignore. As an individual, I believe that observing things around us, travelling and gaining experiences from facing these situations and learning from it, adapting, etc., teach more than what a book can. Books are powerful. They help to visualize the content. But real-life and observation gives actual experience, that is more important. So, as I travel, I have seen people who buy packed food but just throw the wrapper out, especially in trains, without giving any thought to it. You might think this is common when it comes to a country like ours and ignore it. Fine, let's take another instance, people throwing garbage bags on the roads. Now, this might also seem common to us and we might consider it as something of no concern to us, as in our opinion our home is kept clean and is hygienic and the rest doesn't matter, as it is the responsibility of the Government.

Now let me share another contrasting observation. I read an article recently on people of an area in Bangalore taking initiative to clean up garbage in their residence rather than waiting for someone or blaming. This, gave me motivation, awareness and broadened my mindset on what it meant to be truly educated or an adult. It is not just knowing facts & figures

or acquiring certificates/distinctions from universities or freedom to enjoy and roam, but actually taking up responsibilities.

Instead of looking at small things ignorantly we should learn to take up tasks and raise voice against injustice, even if it is not against us in particular. Think as a human and Earth as a home, rather than focusing as an individual or a citizen from a country.

Just posting on Social Media pages or writing slogans, articles or giving speeches, etc., on days like World Environment Day or Earth Day, etc., is not important nor significant. Following it and setting an example for others to follow and learn is more effective. Small actions that might seem irrelevant, like picking and throwing a wrapper into a dustbin can create change. Real education, ultimately, is growing with values, responsibilities and knowledge.

Small actions create big impact.

Mohammed Abbas, V Sem Bcom C Sec



Grieving and healing: a Cathartic journey

As rightly quoted by Marcel Proust, "We are healed of a suffering only by experiencing it to the full." Grief is a silent companion that visits us all at some point in our journey through life. It's the heavy heart, the lump in the throat, and the quiet ache that follows loss. Whether it's the passing of a loved one, the end of a relationship, or the departure of something once cherished, grief is a universal experience that transcends time and culture. In the landscape of emotions, grief is like a quiet storm, its intensity fluctuates, sometimes a gentle rain and at other times an overwhelming downpour. It's a natural response to the profound impact of loss, a testament to the depth of our connections with others and the significance of what we've lost.

Navigating grief is a uniquely personal journey, as individual as a fingerprint. No two people grieve in exactly the same way, and there is no timeline for healing. It's okay to feel a whirlwind of emotions, from sadness and anger to moments of acceptance and peace. Grief is not linear; it's a process of peaks and valleys, with each step an integral part of the healing journey. During times of grief, it's important to be kind to ourselves. There's no handbook for grief, no right or wrong way to mourn. Surrounding ourselves with a support system, whether it be friends, family, or a counselor, can be a gentle balm for the wounded soul. Sharing memories, expressing emotions, and allowing ourselves to feel are crucial steps toward healing.

The healing path, it is not about erasing the memory of loss but rather transforming the pain into a gentle force that propels us forward. It involves embracing the memories of our loved ones with a softer heart, finding solace in the beauty of shared experiences. Healing is the art of rediscovering joy in the midst of sorrow, stitching the fragments of our hearts back together, and acknowledging that, while scars remain, they bear witness to the strength acquired through the journey of grief. In healing, we learn to carry the love of those we've lost as a source of inspiration, crafting a narrative where their memory becomes a guiding light, gently leading us toward a life infused with meaning, connection, and a profound appreciation for the fragile beauty of the human experience.

In the midst of grief's somber symphony, there is a paradoxical beauty. It is a reminder of the love that once existed, a love that leaves an indelible mark on our hearts. Grief is not a farewell to that love rather, it is an enduring connection that transforms over time.

So, to those who find themselves in the quiet embrace of grief, know that you are not alone. Take each step at your own pace, honor your feelings, and allow time to be both the mender of wounds and the keeper of cherished memories. In grief's shadow, we discover the resilience of the human spirit, the enduring power of love, and the poignant beauty of the healing journey.

**-BY
SRIVARSHINI, III BA**



Overthinking? Ain't Nobody Got Time for That!

Have you ever found yourself ruminating on the past, stressing about the present, or worrying about the future? Do you often find yourself over-analyzing every decision, action, or word that you say or do? If so, you may be a victim of overthinking, a psychological phenomenon that can cause undue stress, anxiety, and even depression.

Overthinking can be debilitating, robbing us of our happiness, peace, and productivity. It can lead to analysis paralysis, where we get stuck in a cycle of indecision, unable to make a move or take action. It can also cause us to obsess about things that are not even significant or within our control, leading to unnecessary stress and worry.

The Overthinker's Guide to Sanity

First things first, identify your triggers. What sets off your overthinking spiral? Is it a certain person, situation, or thought pattern? Once you know what's causing your mental chaos, you can start to take control.

Let's Get Real: Challenge Your Thoughts

Let's be honest, our thoughts can be downright ridiculous sometimes. It's time to challenge them. Ask yourself, "Is this thought true? Is it helpful? Is it productive?" If the answer is no, then it's time to let that thought go and move on.

Zen Out: Practice Mindfulness

Mindfulness is the ultimate antidote to overthinking. Take a few deep breaths, focus on the present moment, and let go of your worries. Meditation, yoga, or simply taking a walk in nature can all help you achieve mindfulness and inner peace.

Just Do It: Take Action

Analysis paralysis is a real thing. We get so caught up in overthinking that we can't make a decision or take action. It's time to break the cycle. Take small steps towards your goals, even if they're scary. The more you act, the less time you have to overthink.

Talk it Out: Seek Support

Sometimes, we just need to talk it out. Reach out to a trusted friend, family member, or therapist. Getting an outside perspective can help us gain clarity and see things in a new light. Say Goodbye to Overthinking

In conclusion, overthinking is a prison that we create for ourselves. But it doesn't have to be that way. By identifying our triggers, challenging our thoughts, practicing mindfulness, taking action, and seeking support, we can break free from the chains of overthinking and start living our best lives. So let's do it. Say goodbye to overthinking and hello to happiness, peace, and productivity.

Top of Form

SANDESH ZEPHANIAH
HOD & ASST. PROF DEPT OF PSYCHOLOGY



Embracing the Power of Being Alone

SANDESH ZEPHANIAH

HOD & ASST. PROF DEPT OF PSYCHOLOGY

Loneliness is often perceived as a negative emotion. People associate it with isolation and despair, but the truth is, being alone can be empowering. In a world that emphasizes the importance of social connections, it's easy to forget that being alone is not always a bad thing.

The Stigma of Loneliness

Society has created a stigma around loneliness, making it seem like something to be ashamed of. People feel like they're supposed to have a group of friends or a significant other to be happy, and those who don't often feel like they've failed in some way. However, the reality is that being alone can be a choice, and it doesn't have to mean being lonely.

The Power of Solitude

Being alone can be a powerful tool for personal growth and self-reflection. When we're alone, we have the time and space to focus on our thoughts and emotions. We can explore our passions and interests without distractions, and we can learn to rely on ourselves for validation and support.

The Importance of Boundaries

While being alone can be empowering, it's essential to establish boundaries with others. We need to set boundaries to protect our time and energy from people who may drain us or take advantage of us. By setting boundaries, we can create space for healthy relationships to grow and flourish.

The Reality of Friendship

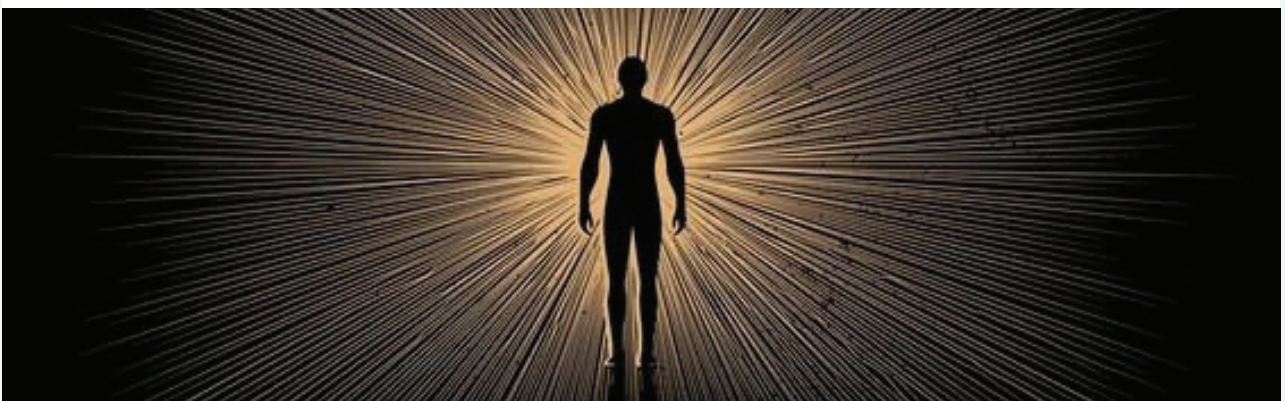
Friendship is not always easy, and people will disappoint us from time to time. It's essential to understand that we don't need a large group of friends to be happy. It's better to have a few close friends who support us than a large group of acquaintances who don't have our best interests at heart.

Overcoming the Fear of Being Alone

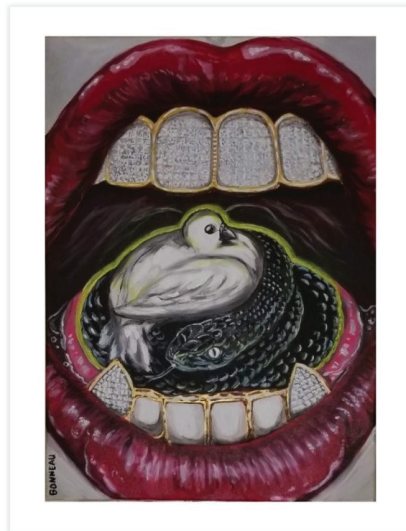
The fear of being alone can be paralyzing, but it's essential to remember that loneliness is a mental state. We have the power to choose how we feel about being alone. Instead of seeing it as a negative experience, we can choose to embrace it and use it as a tool for personal growth.

Conclusion

In conclusion, being alone doesn't have to mean being lonely. Embracing solitude can be a powerful tool for personal growth and self-reflection. It's essential to establish boundaries with others and understand that we don't need a large group of friends to be happy. It's okay to be alone, and loneliness is only a mental state. By embracing the power of being alone, we can learn to rely on ourselves for validation and support, and create a life that brings us happiness and fulfillment.



Power of Life and Death



Tongue, Yes-I am the most powerful organ of all which God has created, People know me as brutal fire and a double-edged sword. I have authority over life and death. I have the supremacy to Praise and curse, to express the token of Love and hatred and above all the Pride of War and Peace. I motivate and also discourage; I Inspire and boost them up and also tear them down. What a Sovereignty! I bet no structure is as commanding as I AM.

Reminder Call from Almighty: YOU are also accounted for every word you Speak and that will decide where YOU Lie-Heaven or Hell!

Article By-
Shinny Wesley,
Assistant Professor,
Centre for PG Studies

Absurdism in the workplace

Dr. K Uma Maheswari
Professor, Centre for PG Studies, Sindhi College

Absurdism in the workplace refers to the belief that tasks are pointless and illogical. It suggests that trying to assign any purpose or meaning to them will only lead to conflict with reality. This can also describe actions or procedures that are counterproductive, inconsistent, or unreasonable in the workplace. Such practices can be harmful as they undermine the dignity of employees and make them feel dissatisfied and undervalued.

Employees may face difficulties due to improper communication or understanding of information, overly complicated processes and strict rules, inconsistent corporate policies or practices, micromanagement, and politics and favouritism in the workplace. Employers can help their employees deal with absurd circumstances and increase their productivity and well-being by promoting supportive leadership. Compassionate leaders can help build team trust and confidence by displaying fortitude and practical problem-solving in the face of absurd circumstances.

Supportive leadership can increase workers' endurance and provide them with the tools they need to better manage and control absurdity. This can result in a more adaptable workforce that can succeed even in difficult circumstances. Encouraging supportive leadership practices can indirectly create a more sensible and productive workplace with less absurdity.

However, it should be noted that supportive leadership alone may not be enough to address absurdity in the workplace. Other factors, such as organizational culture, staff attitudes, or external forces, may also have an impact. Therefore, organizations should consider alternative approaches and interventions, such as fostering an environment of open communication, outlining clear expectations, or implementing specific policies and procedures. Further research may also be required to understand the causes of absurdism and the best ways to address it.



Embracing Compassion: The Vegan Lifestyle Revolution

An Article By

Pragnya Prasad
Sindhi College
5th Sem, B.com

In recent years, the concept of Veganism has transcended its niche status and become a mainstream lifestyle choice. Pragnya Prasad, a forward-thinking student at Sindhi College, sheds light on the profound impact of adopting a vegan lifestyle—a choice driven by compassion, environmental consciousness, and personal health.

Veganism, at its core, is a lifestyle that seeks to abstain from the use of animal products in all aspects of life, including diet, clothing, and everyday products. For Pragnya Prasad and many others, this decision is rooted in a deep sense of empathy towards animals and a commitment to minimizing their exploitation.



Health considerations also play a crucial role in the decision to adopt a vegan lifestyle. Numerous studies suggest that a well-balanced vegan diet can provide essential nutrients while reducing the risk of certain health conditions, including heart disease, diabetes, and certain types of cancer. Pragnya Prasad emphasizes the importance of informed dietary choices for personal well-being.

"**I believe** that every small choice we make has a ripple effect," Pragnya Prasad explains. "Choosing plant-based options over animal products not only benefits our health but also helps preserve our planet for future generations."

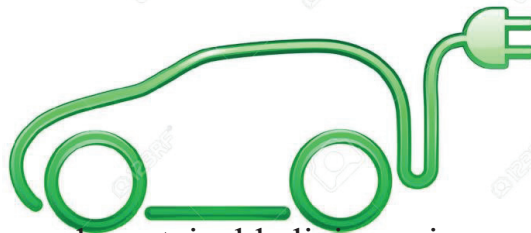


In conclusion, the rise of veganism, exemplified by individuals like Pragnya Prasad, reflects a broader shift towards more mindful and sustainable choices. As the movement gains momentum, it becomes clear that veganism is not merely a diet but a philosophy—one that promotes compassion for animals, environmental stewardship, and a commitment to personal health. As Pragnya Prasad and others embrace the vegan lifestyle, they contribute to a more compassionate and sustainable world.

Revolutionizing Transportation: The Growing Importance Of Electric Vehicles

An Article By

Miheer Verma
Sindhi College
5th Sem, B.com



As the global shift towards sustainable living gains momentum, one of the significant contributors to this change is the widespread adoption of electric vehicles (EVs). With increasing concerns about environmental conservation and the need to reduce our carbon footprint, EVs have emerged as a promising solution. However, for this transition to be successful, a robust infrastructure of Electric Vehicle Charging Stations (EVCS) is essential.



The convenience and accessibility of EV charges play a pivotal role in encouraging more individuals to embrace electric vehicles. Unlike traditional fuel stations, EVCS are integral to fostering the growth of clean energy transportation. These charging stations come in various forms, ranging from residential chargers for personal use to public charging stations strategically located in urban areas.

One of the key advantages of EV charges is their positive impact on the environment. Electric vehicles produce zero tailpipe emissions, reducing air pollution and contributing to better air quality in urban centers. However, the environmental benefits extend beyond the vehicles themselves; the source of electricity used to charge EVs plays a crucial role. As we transition to cleaner energy sources, the overall environmental impact of electric vehicles becomes even more substantial.

Furthermore, the economic benefits associated with EV charges are gaining recognition. Governments and businesses are investing in the development of charging infrastructure, creating job opportunities and fostering innovation in the renewable energy sector. As EV adoption continues to rise, there is a growing need for skilled professionals to maintain, upgrade, and expand the charging network, providing a new avenue for career development.



In conclusion, Miheer Verma, along with countless others, recognizes the transformative potential of electric vehicle charges in shaping a cleaner, greener future. As we navigate towards a more sustainable world, investing in and supporting the growth of EV charging infrastructure is not just a technological necessity but a collective responsibility towards preserving the environment for generations to come.

Blockchain Application in Logistics



BLOCKCHAIN-BACKED
LOGISTICS



SUPPLY CHAIN
MANAGEMENT



BLOCKCHAIN
ITEM TRACKING

In the ever-evolving world of logistics, blockchain technology is transforming the way businesses manage their supply chains. With its unparalleled security and transparency, blockchain offers a decentralized and immutable platform that revolutionizes logistical processes. From inventory tracking to delivery management, blockchain applications provide a seamless and efficient solution for the complex challenges faced by the industry.

What is Logistics and Its Challenges

Logistics is the process of planning, implementing, and controlling the efficient and effective flow of goods, services, and information from the point of origin to the point of consumption. It involves various activities such as transportation, warehousing, inventory management, and order fulfillment. However, the logistics industry faces a myriad of challenges that hinder its optimal functioning.

One of the major challenges in logistics is the lack of real-time visibility of products. Traditional supply chain systems often lack transparency, making it difficult to track goods throughout the entire supply chain. This leads to delays, increased costs, and inefficiencies. Additionally, the complex documentation processes involved in logistics, including invoices, bills of lading, and customs declarations, can be time-consuming and prone to errors. Furthermore, fraudulent activities, such as counterfeit products and theft, pose significant risks to the logistics industry.

Benefits of Using Blockchain in Logistics

By leveraging blockchain technology, logistic companies can address these challenges and revolutionize their operations. The benefits of using blockchain in logistics are manifold.

Enhanced Supply Chain Transparency

Blockchain provides an immutable and transparent ledger that records every transaction or interaction within the supply chain. This allows all stakeholders to have real-time visibility into the movement of goods, ensuring transparency and accountability. From the supplier to the end consumer, everyone can access and verify the data recorded on the blockchain, creating trust and reducing the risk of fraud.

Streamlined Documentation Processes

Blockchain eliminates the need for paper-based documentation by digitizing and automating the entire process. Smart contracts, powered by blockchain technology, enable the automation of contract terms, ensuring timely payments and minimizing delays. This streamlines the documentation processes in logistics, reducing paperwork, errors, and disputes. Additionally, the decentralized nature of blockchain eliminates the need for intermediaries, further speeding up the flow of goods.

Improved Data Accuracy and Security

Data accuracy and security are crucial in the logistics industry. Blockchain technology ensures the integrity and authenticity of data by providing a tamper-proof and auditable system. Once a transaction is recorded on the blockchain, it cannot be altered or deleted, ensuring data reliability. This reduces errors, disputes, and the risk of data breaches. Moreover, with blockchain's decentralized architecture, there is no single point of failure, making it more resilient to cyber attacks.

Blockchain Applications in Supply Chain Management

Blockchain technology offers a wide range of applications in supply chain management, revolutionizing the way logistics companies operate.

Tracking and Tracing Goods Using Blockchain

One of the key applications of blockchain in logistics is the ability to track and trace goods throughout the supply chain. By recording every transaction on the blockchain, from the point of origin to the point of consumption, companies can have real-time visibility into the movement of goods. This not only enables faster and more accurate inventory management but also helps in identifying bottlenecks and optimizing the supply chain.

Smart Contracts in Logistics Using Blockchain

Smart contracts are self-executing contracts with the terms of the agreement directly written into the code. In logistics, smart contracts can automate various processes, such as payment settlements, delivery verification, and compliance checks. For example, when a shipment reaches its destination, smart contracts can automatically trigger the release of payment to the supplier, eliminating the need for manual intervention. This not only reduces administrative costs but also minimizes delays and disputes.

Data Security and Transparency in Logistics with Blockchain

Data security is of utmost importance in the logistics industry. Blockchain provides a decentralized and tamper-proof platform that ensures the integrity and security of data. By recording transactions on the blockchain, companies can eliminate the risk of data manipulation and unauthorized access. Moreover, the transparent nature of blockchain allows all stakeholders to have real-time access to the data, ensuring transparency and accountability.

Case Studies of Successful Blockchain Implementations in Logistics

Several companies have already embraced blockchain technology in their logistics operations, reaping the benefits it offers.

Case Study 1: Maersk and IBM's TradeLens

Maersk, the world's largest container shipping company, partnered with IBM to develop TradeLens, a blockchain-based platform for global supply chains. TradeLens enables real-time tracking of shipments, digitizes paperwork, and facilitates secure sharing of information among stakeholders. By leveraging blockchain technology, Maersk and IBM have streamlined their operations, reducing paperwork, increasing efficiency, and improving customer satisfaction.

Case Study 2: Walmart's Food Traceability

Walmart, the multinational retail corporation, implemented blockchain technology to enhance the traceability of food products in its supply chain. By using blockchain, Walmart can track the journey of a food product from the farm to the store, ensuring transparency and food safety. In case of a food recall, Walmart can quickly identify the affected products, minimizing the impact on consumers and improving trust in the brand.

Challenges and Limitations of Using Blockchain in Logistics

While blockchain technology offers numerous advantages in the logistics industry, there are also challenges and limitations that need to be considered.

One of the key challenges is the interoperability between different blockchain platforms. As multiple stakeholders are involved in the logistics industry, it is essential for different blockchain systems to seamlessly communicate with each other. Additionally, the scalability of blockchain is still a concern, as the transaction volume in logistics can be massive. Blockchain networks need to handle a high volume of transactions without compromising speed and efficiency.

Moreover, the adoption of blockchain in logistics requires a significant investment in infrastructure, training, and integration with existing systems. This can be a barrier for small and medium-sized logistics companies with limited resources. Furthermore, regulatory frameworks and legal considerations around blockchain technology are still evolving, which may pose challenges for its widespread adoption.

Conclusion

Embracing blockchain technology in logistics is not just a trend but a necessity for companies looking to stay ahead of the competition. Unlocking the full potential of blockchain will empower logistics businesses to overcome the challenges of today and thrive in the dynamic marketplace of tomorrow. With enhanced supply chain transparency, streamlined documentation processes, improved data accuracy and security, blockchain has the potential to reshape the logistics industry. By leveraging blockchain applications, logistics companies can optimize their operations, reduce costs, and enhance customer satisfaction. It is time for the logistics industry to embrace the power of blockchain and revolutionize the way goods are moved around the world.

**** करते-करते****

एहसास कम पढ गए तुझे चहने के लिए
जज़्बात खतम हो गए तुझे तलाश करते करते
प्यार करते करते
दिन ढलते ढलते
यू मोहब्बत कर बैठे
कि लफ़्ज़ कम पड़ गएउसे बयां करते करते
Marziya (BCA C section 1st sem)

**** हो तुम****

मेरी सुबह का पहला ख्याल हो तुम
इन आँखों की पहली ख्वाहिश हो तुम
इस दिल का पहला एहसास हो तुम
इन होठों का पहला अल्फ़ाज़ हो तुम
और मेरी हर रात का आखिरी सोच हो तुम
इसलिए तो मेरी मोहब्बत हो तुम
MARZIYA(BCA C SECTION 1ST SEM)

एक तरफ़ा•

ये दिल के दरिया में ही मैं खो चुका हूँ
होके दूर तुझसे ही मैं तन्हा हो चुका हू
हा छुप जो चुका हूँ मैं तेरे ही साये में
घोट घोट ये दम को मैं अब रोना भूल चुका हूँ

हां मैं आज भी हूँ बैठा वक्त को ही कोसता हूँ
आजाती यादें तेरी फिर इनका गला घोट ता हू
हां मैं मंगा तेरी खैर मैं तेरा वह सोचता हूँ
बचे ये दर्दनक ख्वाब जिनको मैं दिल से देखता हूँ

हा वो दर्द क्या है चीज़ जो महसूस नई होता
वो दर्द ही क्या चीज़ अपनो से दूर जो करदेता
हा वो दर्द ही क्या है वो जो मजबूर नहीं करता
वो दर्द क्या है चीज़ ना मंजूर जो करदेता

थी जब साथ मेरे तेरी मैंने करी ना कदर
तेरे जाने के बाद लागे सूना सा ये घर
हा तू करना वादा मिल्ले मुझसे आएगी ना तू
हा तू लेके आना फूल देखना मेरी हे क़ब्र

ये एक तरफ़ा इश्क भी क्यों होता कड़वा है
ये जो किया तेरे लिए वो क्यू और किसी का है
जो अँधेरे में लगे तू मेरे पास आज भी
तुझसे करके इश्क खुदको बर्बाद किया है

हा वो प्यार ही क्या चीज़ जो अंदर से तोड़े ना
हा वो प्यार ही क्या चीज़ जो अधूरा रहे ना
हा वो प्यार ही क्या चीज़ जो इल्ज़ाम ना लगाए
हा वो प्यार ही क्या चीज़ जो जहर ना पिलाए

हां तुझसे हुई थी मोहब्बत ये तो मेरी गलती नहीं
मैंने खोई खुदकी हुरमत ये तो मेरी गलती नहीं
ये बुरे थे हालात और निकली मेरी किस्मत
माना नहीं थी मुझमें हिम्मत तो ये मेरी गलती नहीं।

Amarjit Singh 5th sem BBA

“ಕಾಸ್ಮಿಕ್‌ಕಂಟ್ರಾಕ್ಷನ್:ಇನ್‌ಡಿಫೆನ್ಸ್‌ಆಫ್‌ದಿ ಬಿಗ್‌ಕ್ರಂಚ್‌ಥಿಯರಿ”

ನಮಸ್ಕಾರ ಓದುಗರೇ, ನನ್ನ ಹೆಸರು ಚಿರಾಗ್ ವಿ. ನಮ್ಮಲ್ಲಿ ಹೆಚ್ಚಿನವರು ನಮ್ಮ ಬ್ರಹ್ಮಾಂಡವು ಹೇಗೆ ಪ್ರಾರಂಭವಾಯಿತು ಎಂದು ಕೇಳಿದಾಗ ನಾವು ಬಿಗ್ ಬ್ಯಾಂಗ್ ಸಿದ್ಧಾಂತವನ್ನು ನಂಬುತ್ತೇವೆ. ಆದರೆ ಬ್ರಹ್ಮಾಂಡವು ಹೇಗೆ ಕೊನೆಗೊಳ್ಳುತ್ತದೆ ಎಂದು ನಾವು ಅವರನ್ನು ಕೇಳಿದಾಗ, ಕೆಲವರ ಅದು ಕೊನೆಗೊಳ್ಳುತ್ತದೆ ಮತ್ತು ಕೆಲವರು ಇಲ್ಲ ಎಂದು ನಂಬುತ್ತಾರೆ.

ಈ ಚರ್ಚೆಯಲ್ಲಿ ಬಿಗ್ ಕ್ರಂಚ್ ಸಿದ್ಧಾಂತವು ಜನಪ್ರಿಯ ಸಿದ್ಧಾಂತಗಳಲ್ಲಿ ಒಂದಾಗಿದೆ. ಈ ಸಿದ್ಧಾಂತವು ನಿಜವಾಗಬಹುದು ಎಂದು ಸಮರ್ಥಿಸುವ ಬಗ್ಗೆ ನನ್ನ ಆಲೋಚನೆಗಳನ್ನು ಹಂಚಿಕೊಳ್ಳಲು ನಾನು ಬಯಸುತ್ತೇನೆ.

ಆದರೆ ಅದಕ್ಕೂ ಮುನ್ನ ಹಿಂದೂಗಳು ಮತ್ತು ಬೈಬಲ್ ಮತ್ತು ಆಧುನಿಕ ವಿಜ್ಞಾನದ ಪ್ರಕಾರ ನಾನು ಒಂದು ವಿಷಯವನ್ನು ಹೇಳಲು ಬಯಸುತ್ತೇನೆ, ಯಾವುದಾದರೂ ಸೃಷ್ಟಿಯಾದರೆ ಅದು ನಾಶವಾಗುತ್ತದೆ. ಉತ್ಪಾದನಾ ದಿನಾಂಕವನ್ನು ಹೊಂದಿರುವ ಯಾವುದಾದರೂ ಒಂದು ವಸ್ತು ಮುಕ್ತಾಯ ದಿನಾಂಕವನ್ನು ಕೂಡ ಹೊಂದಿರತದೆ.

ವಿವಿಧ ಹಿಂದೂ ಧರ್ಮಗ್ರಂಥಗಳ ಪ್ರಕಾರ, ಬ್ರಹ್ಮಾಂಡವು ಸೃಷ್ಟಿ, ಸಂರಕ್ಷಣೆ ಮತ್ತು ವಿನಾಶದ ಪುನರಾವರ್ತಿತ ಚಕ್ರಗಳಿಗೆ ಒಳಗಾಗುತ್ತದೆ. ಇದು ಸಾಮಾನ್ಯವಾಗಿ ತ್ರಿಮೂರ್ತಿಗಳೊಂದಿಗೆ ಸಂಬಂಧ ಹೊಂದಿದೆ, ಅಲ್ಲಿ ಬ್ರಹ್ಮ ಸೃಷ್ಟಿಕರ್ತ, ವಿಷ್ಣು ಸಂರಕ್ಷಕ ಮತ್ತು ಶಿವ ವಿನಾಶಕ.

ಕ್ರಿಸ್ತಿಯನ್ ಧರ್ಮದಲ್ಲಿ ಬೈಬಲ್ ಪ್ರಕಾರ, ವಿನಾಶದ ಪರಿಕಲ್ಪನೆಯನ್ನು 2 ಪೀಟರ್ 3:6, 3:7, 3:10 ರಲ್ಲಿ ಉಲ್ಲೇಖಿಸಲಾಗಿದೆ.

• 2 ಪೀಟರ್ 3:6: "ಈ ನೀರಿನಿಂದ ಆ ಕಾಲದ ಪ್ರಪಂಚವು ಪ್ರವಾಹಕ್ಕೆ ಸಿಲುಕಿತು ಮತ್ತು ನಾಶವಾಯಿತು".

• 2 ಪೀಟರ್ 3:7: "ಇದೇ ಪದದ ಮೂಲಕ ಪ್ರಸ್ತುತ ಆಕಾಶಗಳು ಮತ್ತು ಭೂಮಿಯು ಬೆಂಕಿಗಾಗಿ ಕಾಯ್ದಿರಿಸಲಾಗಿದೆ, ತೀರ್ಪು ಮತ್ತು ಭಕ್ತಿಹೀನರ ವಿನಾಶದ ದಿನಕ್ಕಾಗಿ ಇಡಲಾಗಿದೆ".

• 2 ಪೀಟರ್ 3:10: "ಆದರೆ ಕರ್ತನ ದಿನವು ಕಳ್ಳನಂತೆ ಬರುತ್ತದೆ. ಆಕಾಶವು ಘರ್ಜನೆಯಿಂದ ಕಣ್ಮರೆಯಾಗುತ್ತದೆ; ಧಾತುಗಳು ಬೆಂಕಿಯಿಂದ ನಾಶವಾಗುತ್ತವೆ, ಮತ್ತು ಅದರಲ್ಲಿ ಮಾಡಲಾದ ಎಲ್ಲವೂ ಬಯಲಾಗುತ್ತವೆ.

ಇವು ನಮ್ಮ ಪೂರ್ವಜರ ಆಲೋಚನೆಗಳು, ಆದರೆ ಇತ್ತೀಚೆಗೆ ವಿಜ್ಞಾನಿಗಳು ಮತ್ತು

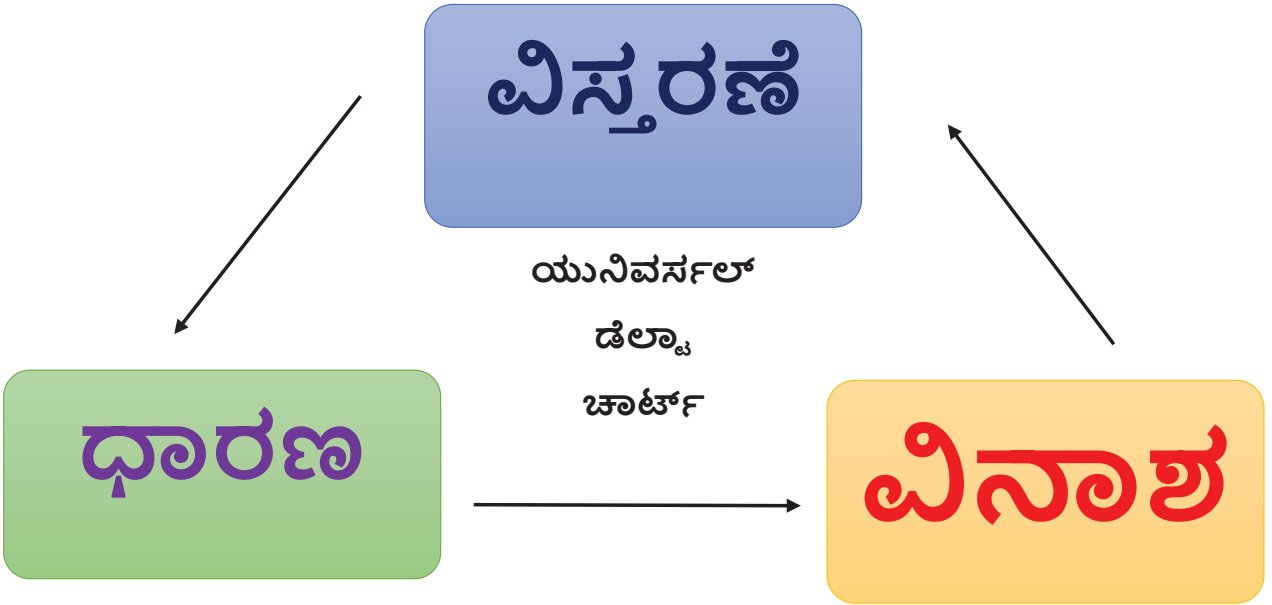
ಖಗೋಳಶಾಸ್ತ್ರಜ್ಞರು ನಮ್ಮ ಭೂಮಿ ಮತ್ತು ಸೂರ್ಯನ ಆಯಾಸು, ಕಂಡುಹಿಡಿಯಲು ಸಾಧ್ಯವಾಯಿತು. ಇನ್ನು ಮುಂದೆ ಸೃಷ್ಟಿ ಮತ್ತು ವಿನಾಶ ಒಂದೇ ನಾಣ್ಯದ ಎರಡು ಮುಖಗಳಿದ್ದಂತೆ.

ಸಿದ್ಧಾಂತವನ್ನು ಸಮರ್ಥಿಸಲು ನಾನು ನಿಮಗೆ ಎರಡು ಉದಾಹರಣೆಗಳನ್ನು ನೀಡಲು ಬಯಸುತ್ತೇನೆ. ಅದಕ್ಕಾಗಿ ನಾನು ಬ್ರಹ್ಮಾಂಡದ ಆಕಾರದ ಬಗ್ಗೆ ಮಾತನಾಡಲು ಬಯಸುತ್ತೇನೆ. ವಿಶ್ವವು ಸುತ್ತಿನಲ್ಲಿ ಅಥವಾ ವೃತ್ತದ ಆಕಾರದಲ್ಲಿದೆ ಎಂದು ನಾನು ಭಾವಿಸುತ್ತೇನೆ. ಇದಕ್ಕಾಗಿ ನಾನು ಬ್ರಹ್ಮಾಂಡದ ಅಸ್ತಿತ್ವದ ಅತ್ಯಂತ ಪ್ರಸಿದ್ಧವಾದ ಸಿದ್ಧಾಂತವನ್ನು ತೆಗೆದುಕೊಳ್ಳಲು ಬಯಸುತ್ತೇನೆ "ಬಿಗ್ ಬ್ಯಾಂಗ್" . ಇದು ತುಂಬಾ ಜನಪ್ರಿಯವಾಗಿರುವುದರಿಂದ ಈ ಸಿದ್ಧಾಂತಕ್ಕೆ ಯಾವ ವಿವರಣೆಯು ಅಗತ್ಯವಿಲ್ಲ ಎಂದು ನಾನು ಭಾವಿಸುತ್ತೇನೆ. ಈ ಸಿದ್ಧಾಂತದ ಪ್ರಕಾರ, ಬ್ರಹ್ಮಾಂಡವು ಒಂದೇ ಬಿಂದುವಿನಿಂದ ಪ್ರಾರಂಭವಾಯಿತು ಮತ್ತು ವಿಸ್ತರಿಸಲು ಪ್ರಾರಂಭಿಸಿತು. ಬ್ರಹ್ಮಾಂಡವು ಇತರ ಆಕಾರಗಳಿಗಿಂತ ವಿಸ್ತರಿಸಲು ವೃತ್ತ ಅಥವಾ ಸುತ್ತಿನ ಆಕಾರವಾಗಿದರೆ ಸುಕ್ತವಾಗಿರುತ್ತದೆ. ಇದಕ್ಕಾಗಿ ನಾನು ನಿಮಗೆ ಒಂದು ಉದಾಹರಣೆಯನ್ನು ನೀಡಲು ಬಯಸುತ್ತೇನೆ, ಅದು ಬ್ರಹ್ಮಾಂಡವು ಹೆಚ್ಚಾಗಿ ವೃತ್ತದ ಆಕಾರದಲ್ಲಿದೆ ಎಂದು ನಾನು ಭಾವಿಸಲು ಈ ಉದಾಹರಣೆಯೇ ಒಂದು ಕಾರಣ.

ಈಗ ನೀರಿನಿಂದ ತುಂಬಿದ ಬಕೆಟ್ ತೆಗೆದುಕೊಳ್ಳೋಣ, ಆ ಬಕೆಟ್‌ನ ಮಧ್ಯದಲ್ಲಿ ಒಂದು ಹನಿ ನೀರನ್ನು ಸೇರಿಸೋಣ. ಮಧ್ಯಭಾಗದಿಂದ ವೃತ್ತಾಕಾರದ ಮಾರ್ಗದಲ್ಲಿ ನೀರು ಹೇಗೆ ತೊಂದರೆಗೊಳಗಾಗುತ್ತದೆ ಎಂಬುದನ್ನು ನೀವು ನೋಡಬಹುದು. ಈ ಅವಲೋಕನದ ಪ್ರಕಾರ ಬಕೆಟ್‌ನಲ್ಲಿರುವ ನೀರು ಬಾಹ್ಯಾಕಾಶವಾಗಿದೆ ಮತ್ತು ನಾವು ಸೇರಿಸುವ ಹನಿ ಒಂದು ಶಕ್ತಿಯಾಗಿದೆ. ಇದು ಬ್ರಹ್ಮಾಂಡದ ಜನ್ಮಸ್ಥಳವಾಗಿತ್ತು.

ವೀಕ್ಷಣೆ ಇನ್ನೂ ಮುಗಿದಿಲ್ಲ ಓದುಗರೇ, ನಿಜವಾದ ಅವಲೋಕನವು ಈಗ ಪ್ರಾರಂಭವಾಗುತ್ತದೆ, ಬಕೆಟ್ ಒಂದು ಹನಿ ನೀರು ಸೇರಿಸಿದ ನಂತರ, ನೀರಿನ ಅಡಚಣೆಯು ವೃತ್ತಾಕಾರದ ಹಾದಿಯಲ್ಲಿ ಸಾಗುತ್ತದೆ ಮತ್ತು ಬಕೆಟ್ ಬಡಿದು ಅದೇ ಹಾದಿಯಲ್ಲಿ ಹಿಂತಿರುಗುತ್ತದೆ. ಮಧ್ಯಬಿಂದುವಿಗೆ [ಅಡತಡೆ ಪ್ರಾರಂಭವಾದ ಬಿಂದು]. ಬ್ರಹ್ಮಾಂಡವು ವಿಸ್ತರಿಸಲು ಒಂದು ನಿರ್ದಿಷ್ಟ ಗಡಿಯನ್ನು ಹೊಂದಿದೆ ಎಂದು ತೋರಿಸುತ್ತದೆ ಮತ್ತು ಅದರ ನಂತರ ಅದು ಸೃಷ್ಟಿಯ ಎಲ್ಲಾ ಶಕ್ತಿಯೊಂದಿಗೆ ತನ್ನ ಗಡಿಯನ್ನು ಹೊಡೆದಿದೆ ಮತ್ತು ನಂತರ ಅದೇ ಶಕ್ತಿಯೊಂದಿಗೆ ಪುಟಿದೇಳುತ್ತದೆ ಆದರೆ ಈ ಶಕ್ತಿಯು ವಿಭಿನ್ನವಾಗಿದೆ, ಇದು ಬ್ರಹ್ಮಾಂಡದ ಜನ್ಮದ ಅದೇ ಆರಂಭಿಕ ಹಂತಕ್ಕೆ ವಿನಾಶವಾಗಿದೆ. , ಆದರೆ ಈ ಬಾರಿ ಈ ಹಂತವು ಅಂತಿಮ ಹಂತವಾಗಿದೆ.

ಅಂತೆಯೇ, ಇನ್ನೊಂದು ಉದಾಹರಣೆ ರಬ್ಬರ್ ಬ್ಯಾಂಡ್‌ಗೆ ಸಂಬಂಧಿಸಿದೆ. ರಬ್ಬರ್ ಬ್ಯಾಂಡ್ ಅನ್ನು ಗರಿಷ್ಠ ಪ್ರಮಾಣದಲ್ಲಿ ಹಿಗ್ಗಿಸಿ (ಅದನ್ನು ಮುರಿಯದಂತೆ ನೋಡಿಕೊಳ್ಳಿ) ತದನಂತರ ಅದನ್ನು ಬಿಡಿ. ನೀರನ್ನು ಕಡಡಿದ ಅದೇ ಬಲವು ಬ್ಯಾಂಡ್ ಸಂಭಾವ್ಯ ಶಕ್ತಿಯನ್ನು ಅಡ್ಡಿಪಡಿಸುತ್ತದೆ, ಅದು ತನ್ನ ಮಿತಿಯನ್ನು ತಲುಪುವವರೆಗೆ ಅಥವಾ ವಿಸ್ತರಿಸುವ ಬಲವು ದುರ್ಬಲಗೊಳ್ಳುವವರೆಗೆ (ವಿಸ್ತರಿಸಿದ ರಬ್ಬರ್ ಬ್ಯಾಂಡ್) ವಿಸ್ತರಿಸುತ್ತದೆ ಮತ್ತು ಆ ರಬ್ಬರ್ ಬ್ಯಾಂಡ್‌ಅನ್ನು ಬಿಟ್ಟಾಗ ಅದು ತನ್ನ ಪ್ರಾಥಮಿಕ ಸ್ಥಿತಿಗೆ ಹಿಂತಿರುಗಲು ಬಯಸುತ್ತದೆ ಆದ್ದರಿಂದ ನಾವು ವಿಸ್ತರಿಸಿದ ಅದೇ ಬಲದೊಂದಿಗೆ ಅದು ಹಿಂತಿರುಗುತ್ತದೆ. ಆ ಬ್ಯಾಂಡ್‌ನ ಹಿಂತಿರುಗುವಿಕೆಯು ಬ್ರಹ್ಮಾಂಡದ ವಿನಾಶವಾಗಿದೆ, ಬ್ಯಾಂಡ್ ಅನ್ನು ವಿಸ್ತರಿಸುವುದು ಬ್ರಹ್ಮಾಂಡದ ಸೃಷ್ಟಿಯಾಗಿದೆ, ಮತ್ತು ಈ ರಬ್ಬರ್ ಬ್ಯಾಂಡ್ ಏನು ಇದ್ದೆಯೋ ಅದು ಈ ಬ್ರಹ್ಮಾಂಡದ ಗಡಿಯಾಗಿದೆ.



ಈ ರೀತಿಯಾಗಿ ನಾವು ಇನ್ನೂ 1 ನೇ ಹಂತದಲ್ಲಿದ್ದೇವೆ ಮತ್ತು ಬ್ರಹ್ಮಾಂಡವು ಅಂತಿಮ ಹಂತಕ್ಕೆ ಬರಲು ಇನ್ನೂ ಬಹಳ ದೂರದ ಪ್ರಯಾಣವಿದೆ ಎಂದು ನನ್ನ ಅಭಿಪ್ರಾಯ. ಈ ವಿಷಯದ ಬಗ್ಗೆ ನನ್ನ ಸಂಶೋಧನೆಯನ್ನು ಪ್ರಸ್ತುತಪಡಿಸಲು ನನಗೆ ಅವಕಾಶ ನೀಡಿದ ಸಿಂಧಿ ಕಾಲೇಜಿಗೆ ನಾನು ಧನ್ಯವಾದಗಳನ್ನು ಅರ್ಪಿಸುತ್ತೇನೆ, ಈ ಕಾಲೇಜು ಮ್ಯಾಗಜೀನ್ ಬಗ್ಗೆ ಮಾಹಿತಿ ನೀಡಿದ ಕನ್ನಡ

ವಿಭಾಗದ (ಎಚ್.ಒ.ಡಿ) ಡಾ. ಕರಿಯಣ್ಣ ಮತ್ತು ಈ ವಿಷಯದ ಬಗ್ಗೆ ನಾನು ಮಾಡಿದ ಸಂಶೋಧನೆ, ಚಿಂತನೆಯ ಬಗ್ಗೆ ತಾಳ್ಮೆಯಿಂದ ಓದಿದ ಎಲ್ಲಾ ಓದುಗರಿಗೆ ನಾನು ಧನ್ಯವಾದಗಳನ್ನು ಅರ್ಪಿಸುತ್ತೇನೆ.. ಎಲ್ಲರಿಗೂ ಧನ್ಯವಾದಗಳು.

ಮೂಲಗಳು:

ಬಿಗ್ ಕ್ರಾಂಚ್: ಅಲೆಕ್ಸಾಂಡರ್ ಫ್ರೀಡ್‌ಮನ್

ಬಿಗ್ ಬ್ಯಾಂಗ್: ಜಾರ್ಜ್ ಲೆಮೈಟ್ರೆ

ಸಂಗ್ರಹಿಸಿದು: ಚಿರಾಗ್ ವಿ 3ನೇ ಸೆಮ್ ಬಿ.ಕಾಮ್ "ಬಿ"

ಕವಿತೆ

ಗೀಚುವ ಕವನಕೆ ಸಮಯವೆ ಇಲ್ಲ
ತಲೆಯಲ್ಲಿ ಮೂಡಿದ ಕವನ ನೆನಪೆ ಇಲ್ಲ
ಬರೆಯಲು ಕೂತರೆ ಸಿಗುವುದೆ ಇಲ್ಲ
ಆದರೂ ನಾ ಬರೆದೆ ಈ ಒಂದು ಕವಿತೆ.

ಮಾನವೀಯತೆ

ಮಂಗಳಿನಿಂದ ಮಾನವನಾಗಲು
ಸಾವಿರ ಲಕ್ಷ ವರ್ಷಗಳಾಯಿತು
ನಮ್ಮಲ್ಲಿ ಅಳಿವಿನಂಚಲ್ಲಿರುವ
ಮಾನವೀಯತೆ ಹೊರ ಬರಲು
ಇನ್ನು ಎಷ್ಟು ವರ್ಷಗಳಾಗಬೇಕು?
ಮಂಗಳಿನಿಂದ ಮಾನವನಾಗುವ ಕ್ರಿಯೆಯಲ್ಲಿ
ಮಾನವ ಎಲ್ಲ ಕಳೆದುಕೊಂಡರು
ಉಳಿದಿರುವುದು ಜ್ಞಾನ, ಮಾನವೀಯತೆ ಮಾತ್ರ
ಈಗ ಅದನ್ನೂ ಕಳೆದುಕೊಂಡರೆ
ನಾವು ಮಾನವರೋ ಅಥವಾ ದಾನವರೋ!

ಕಳೆದುಕೊಂಡು ತಿನ್ನುವ
ಈ ಸಮಾಜದಲ್ಲಿ ಹಂಚಿಕೊಂಡು ತಿಂದು
ಮಾನವೀಯತೆ ಮೆರೆಯೋಣ
ಕಷ್ಟದಲ್ಲಿರುವವರನ್ನು ಕಂಡು
ಕೈ ಮರೆ ಮಾಚುವುದಕ್ಕಿಂತ
ಒಂದು ಕೈ ಕೊಟ್ಟು
ಸಹಾಯ ಮಾಡೋಣ
ಜಾತಿ ಧರ್ಮ ಬೇರೆಯಾದರೂ
ನಾವೆಲ್ಲರೂ ಮಾನವರು

ಚರ್ಮದ ಬಣ್ಣ ಬೇರೆಯಾದರೂ

ನಮ್ಮೆಲ್ಲರ ರಕ್ತ ಒಂದೆ

ರಕ್ತದ ಗುಂಪು ಬೇರೆಯಾದರೂ

ನಾವೆಲ್ಲ ಭಾರತೀಯರೇ

ನಿರಂಜನ್ ಜಿ. ಕೆ ಮತ್ತು ಅಮೀನುದ್ದೀನ್
ಬಿ.ಸಿಎ 2ನೇ ಸೆಮಿಸ್ಟರ್ 'ಬಿ' ವಿಭಾಗ

ಸಕ್ಕರೆಯ ನಾಡು ಮಧುರ ಮಂಡ್ಯ

ಕರ್ನಾಟಕದ ಪ್ರಮುಖ ಜಿಲ್ಲೆಗಳಲ್ಲಿ ಮಂಡ್ಯ ಒಂದು. ಕನ್ನಡ ಭಾಷೆಯನ್ನು ಹೆಚ್ಚು ಮಾತನಾಡುವ ಜನರಿರುವ ಜಿಲ್ಲೆ ಎಂಬ ಖ್ಯಾತಿ ಹಾಗೂ ಈಡೀ ಏಷ್ಯಾ ಖಂಡದಲ್ಲಿ ಪ್ರಥಮ ಜಲ ವಿದ್ಯುತ್ ಉತ್ಪಾದಿಸಿದ ಜಿಲ್ಲೆ ಎಂಬ ಕೀರ್ತಿ ಈ ಜಿಲ್ಲೆಗಿದೆ. ಕರ್ನಾಟಕದ ರಾಜಧಾನಿಯಿಂದ ಬೆಂಗಳೂರು ಮೈಸೂರು ಹೆದ್ದಾರಿಯ ನಡುವೆ 100 ಕಿಮೀ ದೂರದಲ್ಲಿ ಈ ಜಿಲ್ಲೆಯಿದೆ. ಮಂಡ್ಯ ಜಿಲ್ಲೆಯ ಒಟ್ಟು ವಿಸ್ತೀರ್ಣ 4850 ಚದರ ಕಿಮೀ. ಮಂಡ್ಯ ಜಿಲ್ಲೆಯಲ್ಲಿ ಒಟ್ಟು 7 ತಾಲೂಕುಗಳಿವೆ. ಮಂಡ್ಯ, ಮದ್ದೂರು, ಮಳವಳ್ಳಿ, ಪಾಂಡವಪುರ, ನಾಗಮಂಗಲ, ಕೃಷ್ಣ ರಾಜಪೇಟೆ ಮತ್ತು ಶ್ರೀರಂಗಪಟ್ಟಣ. ಮಂಡ್ಯ ಜಿಲ್ಲೆಯ ಬಹು ಸಂಖ್ಯಾತರ ಉದ್ಯೋಗ ಕೃಷಿ. ಮಂಡ್ಯ ಜಿಲ್ಲೆಯ ಜನರು ಕನ್ನಡ ಸಾಹಿತ್ಯಕ್ಕೆ ಅಪಾರವಾದ ಕೊಡುಗೆ ನೀಡಿದ್ದಾರೆ. ಅವರುಗಳಲ್ಲಿ ಪ್ರಮುಖವಾಗಿ ಕನ್ನಡದ ಕಣ್ವ ಬಿ.ಎಂ. ಶ್ರೀಕಂಠಯ್ಯ, ಪ್ರ. ತಿ. ನರಸಿಂಹಾಚಾರ್, ಕೆ.ಎಸ್ ನರಸಿಂಹ ಸ್ವಾಮಿ ಮತ್ತು ತ್ರಿವೇಣಿ ಪ್ರಮುಖರು.

ಕರ್ನಾಟಕದ ಹೆಸರನ್ನು ರಾಜ್ಯ ಮತ್ತು ರಾಷ್ಟ್ರ ಮಟ್ಟದಲ್ಲಿ ಚಿರಪರಿಚಿತಗೊಳಿಸಿದ ಜಿಲ್ಲೆಯ ರಾಜಕಾರಣಿಗಳೆಂದರೆ, ಹಿರಿಯ ಗಾಂಧೀವಾದಿ, ಮಾಜಿ ಮಂತ್ರಿ ದಿ. ಜಿ. ಮಾದೇಗೌಡ. ಮಾಜಿ ಮುಖ್ಯ ಮಂತ್ರಿಗಳು, ಕೇಂದ್ರದ ಮಾಜಿ ವಿದೇಶಾಂಗ ಸಚಿವರಾದ ಎಸ್. ಎಂ ಕೃಷ್ಣ. ಮಂಡ್ಯ ಜಿಲ್ಲೆಯ ಶಿಕ್ಷಣಕ್ಕೆ ಅಪಾರ ಕೊಡುಗೆ ನೀಡಿದ ಹಿರಿಯ ರಾಜಕಾರಣಿ ದಿ. ಕೆ.ವಿ ಶಂಕರೇಗೌಡ. ರಾಜಕಾರಣಿ, ಸಿನಿಮಾ ನಟ ದಿ. ರೆಬಲ್ ಸ್ಟಾರ್ ಅಂಬರೀಷ್ ಮತ್ತು ೫ ರೂಪಾಯಿ ಡಾಕ್ಟರ್ ಎಂದು ಚಿರಪರಿಚಿತರಾಗಿರುವ ಡಾ. ಶಂಕರೇಗೌಡ ಇವರುಗಳು.

ಮಂಡ್ಯ ಜಿಲ್ಲೆಯ ಜೀವನಾಡಿ ಕಾವೇರಿ. ಈ ನದಿಗೆ ಅಡ್ಡಲಾಗಿ ನಿರ್ಮಿಸಿರುವ ಕೃಷ್ಣ ರಾಜ ಸಾಗರ (ಕನ್ನಂಬಾಡಿ ಕಟ್ಟಿ) ಅಣೆಕಟ್ಟಿ ಜಿಲ್ಲೆಯ ನೀರಾವರಿಯ ಜೀವಾಳ. ಇದರ ಜೊತೆಗೆ ಈ ಜಿಲ್ಲೆಯಲ್ಲಿ ಹರಿಯುವ ಇತರ ನದಿಗಳೆಂದರೆ ಲೋಕಪಾವನಿ, ಲಕ್ಷ್ಮಣ ತೀರ್ಥ ಮತ್ತು ಶಿಂಷಾ ನದಿ. ಇಲ್ಲಿ ಬೆಳೆಯುವ ಪ್ರಮುಖ ಬೆಳೆಗಳೆಂದರೆ ಕಬ್ಬು, ಭತ್ತ, ರಾಗಿ ಮತ್ತು ತೆಂಗು. ಭಾರತದ ಅತಿ ದೊಡ್ಡ ಎಳೆ ನೀರಿನ ಮಾರುಕಟ್ಟೆ ಮದ್ದೂರಿನಲ್ಲಿದೆ.

ಜಿಲ್ಲೆಗೆ ಪ್ರವಾಸಿಗರನ್ನು ಸೆಳೆಯುವ ತಾಣಗಳೆಂದರೆ ಕೃಷ್ಣ ರಾಜ ಸಾಗರ ಅಣೆಕಟ್ಟಿ ಮತ್ತು ಬೃಂದಾವನ ಉದ್ಯಾನ. ರಂಗನ ತಿಟ್ಟು, ಕೊಕ್ಕರೆ ಬೆಳ್ಳೂರು, ಮೇಲುಕೋಟೆ, ಶಿವಪುರದ ಸತ್ಯಾಗ್ರಹ ಸೌಧ, ಶಿವನ ಸಮುದ್ರ ಜಲಪಾತ, ಟಿಪ್ಪು ಅರಮನೆ, ಅರೆ ತಿಪ್ಪೂರಿನ ಶ್ರವಣಪ್ಪನ ಬೆಟ್ಟ ಇವು ಪ್ರಮುಖವಾದವು.

ಮಂಡ್ಯ ಜಿಲ್ಲೆಯ ಪ್ರಮುಖ ಧಾರ್ಮಿಕ ಹಾಗೂ ಪೌರಾಣಿಕ ಸ್ಥಳಗಳೆಂದರೆ ಮೇಲುಕೋಟೆಯ ಚೆಲುವ ನಾರಾಯಣ ಸ್ವಾಮಿ ದೇವಸ್ಥಾನ ಮತ್ತು ಯೋಗ ನರಸಿಂಹ ಸ್ವಾಮಿ ದೇವಸ್ಥಾನ. ಶ್ರೀರಂಗಪಟ್ಟಣದ ನಿಮಿಷಾಂಭ ದೇವಸ್ಥಾನ, ಕಿಕ್ಕೇರಿಯ ಬ್ರಹ್ಮೇಶ್ವರ ದೇವಸ್ಥಾನ, ಮದ್ದೂರಿನ ನರಸಿಂಹ ದೇವಸ್ಥಾನ, ಮದ್ದೂರಮ್ಮ ದೇವಸ್ಥಾನ ಮತ್ತು ವೈದ್ಯನಾಥೇಶ್ವರ ದೇವಸ್ಥಾನ. ಮಾರೇಹಳ್ಳಿಯಲ್ಲಿರುವ ಚೋಳ ಯುಗದ ಲಕ್ಷ್ಮೀ ನರಸಿಂಹ ಸ್ವಾಮಿ ದೇವಸ್ಥಾನ. ತೊಳಚಿ ಹೊಯ್ಸಳರ ಯುಗದ ಅಂಕೇಶ್ವರ ದೇವಸ್ಥಾನ. ತೊಳಚಿ ಹೊಯ್ಸಳರ ಯುಗದ ಅಂಕೇಶ್ವರ ದೇವಸ್ಥಾನ. ಹನುಮಂತ ನಗರದಲ್ಲಿರುವ ಆತ್ಮಲಿಂಗೇಶ್ವರ ದೇವಸ್ಥಾನ.

ನಿರಂಜನ್ ಜಿ. ಕೆ

ಬಿ.ಸಿಎ 2ನೇ ಸೆಮಿಸ್ಟರ್ 'ಬಿ' ವಿಭಾಗ

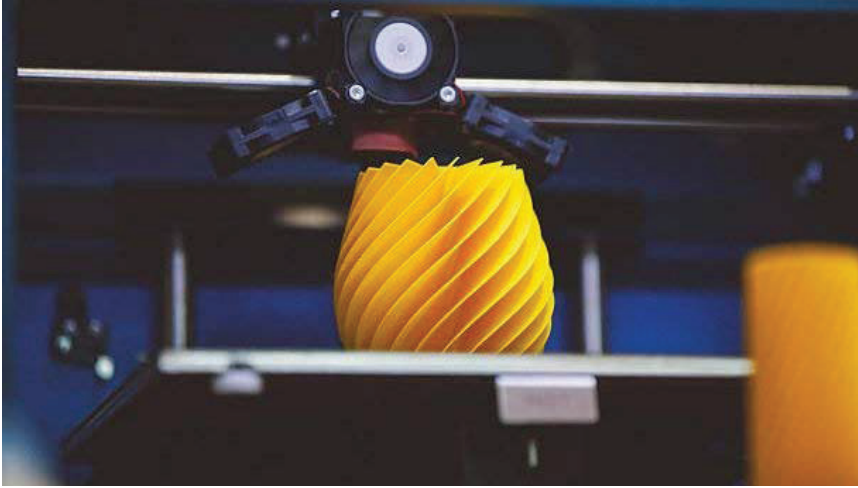
3D ಪ್ರಿಂಟಿಂಗ್ ತಂತ್ರಜ್ಞಾನದ ಒಂದು ಅವಲೋಕನ.

ಪರಿಚಯ:

3D ಮುದ್ರಣವು ವಸ್ತುಗಳ ಅನುಕ್ರಮ ಸೇರ್ಪಡೆಯ ಮೂಲಕ ಜ್ಯಾಮಿತೀಯ ಪ್ರಾತಿನಿಧ್ಯದಿಂದ ಭೌತಿಕ ವಸ್ತುಗಳನ್ನು ರಚಿಸಬಹುದು.

ಈ 3D ಪ್ರಕ್ರಿಯೆಯು ಇತ್ತೀಚಿನ ವರ್ಷಗಳಲ್ಲಿ ಅಸಾಧಾರಣವಾದ ವಿಸ್ತರಣೆಯನ್ನು ಅನುಭವಿಸಿದೆ. 3D ಯ ಮೊದಲ ವಾಣಿಜ್ಯೀಕರಣ ಚಾರ್ಲ್ಸ್ ಹಲ್ ಅವರಿಂದ 1980 ರಲ್ಲಿ ಮುದ್ರಣ ಪ್ರಕ್ರಿಯೆಯಾಗಿದೆ. ಪ್ರಸ್ತುತ, 3D ಮುದ್ರಣವನ್ನು ಪ್ರಾಥಮಿಕವಾಗಿ ಕೃತಕ ಉತ್ಪಾದನೆಗೆ ಬಳಸಲಾಗುತ್ತದೆ

ಹೃದಯ ಪಂಪ್, ಆಭರಣ ಸಂಗ್ರಹಣೆಗಳು, 3D ಮುದ್ರಿತ ಕಾರ್ನಿಯಾ, PGA ರಾಕೆಟ್ ಎಂಜಿನ್, ಆಮ್ಲಜನಕದಲ್ಲಿ ಉಕ್ಕಿನ ಸೇತುವೆ ಮತ್ತು ವಾಯುಯಾನ ಉದ್ಯಮ ಮತ್ತು ಆಹಾರ ಉದ್ಯಮಕ್ಕೆ ಸಂಬಂಧಿಸಿದ ಇತರ ಉತ್ಪನ್ನಗಳು.



3D ಮುದ್ರಣದ ವಿಧಗಳು:

3D ಮುದ್ರಣ ತಂತ್ರಜ್ಞಾನಗಳ ವೈವಿಧ್ಯಗಳನ್ನು ವಿಭಿನ್ನ ಕಾರ್ಯದೊಂದಿಗೆ ಅಭಿವೃದ್ಧಿಪಡಿಸಲಾಗಿದೆ. ASTM ಪ್ರಕಾರ ಸ್ಟ್ಯಾಂಡರ್ಡ್ F2792 [13], ASTM ಬೈಂಡಿಂಗ್ ಜೆಟ್ಟಿಂಗ್ ಸೇರಿದಂತೆ ಏಳು ಗುಂಪುಗಳಾಗಿ 3D ಮುದ್ರಣ ತಂತ್ರಜ್ಞಾನಗಳನ್ನು ಪಟ್ಟಿಮಾಡಿದೆ, ನಿರ್ದೇಶಿಸಿದ ಶಕ್ತಿಯ ಶೇಖರಣೆ, ವಸ್ತು ಹೊರತೆಗೆಯುವಿಕೆ, ವಸ್ತು ಜೆಟ್ಟಿಂಗ್, ಪೌಡರ್ ಬೆಡ್ ಪ್ಯೂಷನ್, ಶೀಟ್

ಲ್ಯಾಮಿನೇಶನ್ ಮತ್ತು ವ್ಯಾಟ್ ಫೋಟೋಪಾಲಿಮರೀಕರಣ. ಅವುಗಳಲ್ಲಿ ಪ್ರತಿಯೊಂದೂ ಯಾವ ಯಂತ್ರ ಅಥವಾ ತಂತ್ರಜ್ಞಾನವು ಉತ್ತಮವಾಗಿ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತದೆ ಎಂಬುದರ ಕುರಿತು ಯಾವುದೇ ಚರ್ಚೆಗಳಿಲ್ಲ. ಅದರ ಉದ್ದೇಶಿತ ಅಪ್ಲಿಕೇಶನ್‌ಗಳನ್ನು ಹೊಂದಿದೆ. ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ, 3D ಮುದ್ರಣ ತಂತ್ರಜ್ಞಾನಗಳು ಇನ್ನು ಮುಂದೆ ಮೂಲಮಾದರಿಯ ಬಳಕೆಗೆ ಸೀಮಿತವಾಗಿಲ್ಲ. ಆದರೆ ಅವು ಹೆಚ್ಚಾಗಿ ವಿವಿಧ ಉತ್ಪನ್ನಗಳನ್ನು ತಯಾರಿಸಲು ಬಳಸಲಾಗುತ್ತದೆ.

1. ಬೈಂಡರ್ ಜೆಟ್ಟಿಂಗ್:

ಬೈಂಡರ್ ಜೆಟ್ಟಿಂಗ್ ಒಂದು ಕ್ಷಿಪ್ರ ಮೂಲಮಾದರಿ ಮತ್ತು 3D ಮುದ್ರಣ ಪ್ರಕ್ರಿಯೆಯಾಗಿದ್ದು ಇದರಲ್ಲಿ ಲಿಕ್ವಿಡ್ ಬೈಂಡಿಂಗ್ ಏಜೆಂಟ್ ಆಯುಕ್ತವಾಗಿರುತ್ತದೆ ಪುಡಿ ಕಣಗಳನ್ನು ಸೇರಲು ಠೇವಣಿ ಇಡಲಾಗಿದೆ. ಬೈಂಡರ್ ಜೆಟ್ಟಿಂಗ್ ತಂತ್ರಜ್ಞಾನವು ಸ್ಪ್ರೆಡ್ ಪೌಡರ್ ಮೇಲೆ ಜೆಟ್ ಕೆಮಿಕಲ್ ಬೈಂಡರ್ ಅನ್ನು ಬಳಸುತ್ತದೆ

ಪದರವನ್ನು ರೂಪಿಸಿ.

2 ನಿರ್ದೇಶಿಸಿದ ಶಕ್ತಿಯ ಶೇಖರಣೆ:

ಡೈರೆಕ್ಟ್ ಎನರ್ಜಿ ಠೇವಣಿಯು ಹೆಚ್ಚು ಸಂಕೀರ್ಣವಾದ ಮುದ್ರಣ ಪ್ರಕ್ರಿಯೆಯಾಗಿದ್ದು ಇದನ್ನು ದುರಸ್ತಿ ಮಾಡಲು ಅಥವಾ ಹೆಚ್ಚುವರಿ ಸೇರಿಸಲು ಸಾಮಾನ್ಯವಾಗಿ ಬಳಸಲಾಗುತ್ತದೆ ಅಸ್ತಿತ್ವದಲ್ಲಿರುವ ಘಟಕಗಳಿಗೆ ವಸ್ತು. ನಿರ್ದೇಶಿತ ಶಕ್ತಿಯ ಶೇಖರಣೆಯು ಧಾನ್ಯದ ರಚನೆಯ ಉನ್ನತ ಮಟ್ಟದ ನಿಯಂತ್ರಣವನ್ನು ಹೊಂದಿದೆ ಮತ್ತು ವಸ್ತುವಿನ ಉತ್ತಮ ಗುಣಮಟ್ಟವನ್ನು ಉತ್ಪಾದಿಸಬಹುದು.

3 ವಸ್ತುಗಳ ಹೊರತೆಗೆಯುವಿಕೆ:

ಬಹು-ವಸ್ತುಗಳು ಮತ್ತು ಬಹು-ಬಣ್ಣದ ಮುದ್ರಣವನ್ನು ಮುದ್ರಿಸಲು ವಸ್ತು ಹೊರತೆಗೆಯುವಿಕೆ-ಆಧಾರಿತ 3D ಮುದ್ರಣ ತಂತ್ರಜ್ಞಾನವನ್ನು ಬಳಸಬಹುದು ಪ್ಲಾಸ್ಟಿಕ್, ಆಹಾರ ಅಥವಾ ಜೀವಂತ ಕೋಶಗಳ.

4 ಮೆಟೀರಿಯಲ್ಸ್ ಜೆಟ್ಟಿಂಗ್:

ASTM ಮಾನದಂಡಗಳ ಪ್ರಕಾರ, ಮೆಟೀರಿಯಲ್ಸ್ ಜೆಟ್ಟಿಂಗ್ ಒಂದು 3D ಮುದ್ರಣ ಪ್ರಕ್ರಿಯೆಯಾಗಿದ್ದು ಇದರಲ್ಲಿ ಬಿಲ್ಡ್ ಮೆಟೀರಿಯಲ್ ಡ್ರಾಪ್ ಆಗಿದೆ ಆಯ್ದು ಠೇವಣಿ ಮಾಡಲಾಗುತ್ತದೆ. ಮೆಟೀರಿಯಲ್ಸ್ ಜೆಟ್ಟಿಂಗ್‌ನಲ್ಲಿ, ಪ್ರಿಂಟ್‌ಡ್ ಫೋಟೋಸೆನ್ಸಿಟಿವ್ ವಸ್ತುವಿನ ಹನಿಗಳನ್ನು ವಿತರಿಸುತ್ತದೆ

ಘನೀಕರಿಸುತ್ತದೆ, ನೇರಳಾತೀತ (UV) ಬೆಳಕಿನ ಅಡಿಯಲ್ಲಿ ಪದರದಿಂದ ಪದರವನ್ನು ನಿರ್ಮಿಸುತ್ತದೆ.

5 ಪೌಡರ್ ಬೆಡ್ ಸಮಿಳಿನ:

ಪೌಡರ್ ಬೆಡ್ ಫ್ಯೂಷನ್ ಪ್ರಕ್ರಿಯೆಯು ಎಲೆಕ್ಟ್ರಾನ್ ಬೀಮ್ ಮೆಲ್ಟಿಂಗ್ (EBM), ಸೆಲೆಕ್ಟಿವ್ ಲೇಸರ್ ಸಿಂಟರಿಂಗ್ (SLS) ಮತ್ತು

ಆಯ್ಡ್ ಶಾಖ ಸಿಂಟರಿಂಗ್ (SHS) ಮುದ್ರಣ ತಂತ್ರ. ಈ ವಿಧಾನವು ಎಲೆಕ್ಟ್ರಾನ್ ಕಿರಣ ಅಥವಾ ಲೇಸರ್ ಅನ್ನು ಕರಗಿಸಲು ಅಥವಾ ಬೆಸೆಯಲು ಬಳಸುತ್ತದೆ

ವಸ್ತುಗಳ ಪುಡಿ ಒಟ್ಟಿಗೆ. ಈ ಪ್ರಕ್ರಿಯೆಯಲ್ಲಿ ಬಳಸುವ ವಸ್ತುಗಳ ಉದಾಹರಣೆಯೆಂದರೆ ಲೋಹಗಳು, ಸೆರಾಮಿಕ್ಸ್, ಪಾಲಿಮರ್‌ಗಳು,

ಸಂಯೋಜಿತ ಮತ್ತು ಹೈಬ್ರಿಡ್. ಆಯ್ಡ್ ಲೇಸರ್ ಸಿಂಟರಿಂಗ್ (SLS) ಪುಡಿ ಆಧಾರಿತ 3D ಮುದ್ರಣದ ಪ್ರಮುಖ ಉದಾಹರಣೆಯಾಗಿದೆ

ತಂತ್ರಜ್ಞಾನ.

ಉತ್ಪಾದನಾ ಉದ್ಯಮದಲ್ಲಿ 3D ಮುದ್ರಣ ತಂತ್ರಜ್ಞಾನಕ್ಕಾಗಿ ಬಳಸಲಾಗುವ ವಸ್ತುಗಳು:

1.ಲೋಹಗಳು:

ಲೋಹದ ವಸ್ತುಗಳು ಹೊಂದಿವೆ

ಅತ್ಯುತ್ತಮ ಭೌತಿಕ ಗುಣಲಕ್ಷಣಗಳು ಮತ್ತು ಈ ವಸ್ತುವನ್ನು ಮಾನವ ಅಂಗಗಳ ಮುದ್ರಣದಿಂದ ಸಂಕೀರ್ಣ ತಯಾರಕರಿಗೆ ಬಳಸಬಹುದು

ಏರೋಸ್ಪೇಸ್ ಭಾಗಗಳು.

2.ಪಾಲಿಮರ್‌ಗಳು:

ಮೂಲಮಾದರಿಗಳಿಂದ ಪಾಲಿಮರ್ ಘಟಕಗಳ ಉತ್ಪಾದನೆಗೆ 3D ಮುದ್ರಣ ತಂತ್ರಜ್ಞಾನಗಳನ್ನು ವ್ಯಾಪಕವಾಗಿ ಬಳಸಲಾಗುತ್ತದೆ.

ಕಷ್ಟಕರವಾದ ಜ್ಯಾಮಿತಿಗಳೊಂದಿಗೆ ಕ್ರಿಯಾತ್ಮಕ ರಚನೆಗಳು.

3.ಸೆರಾಮಿಕ್ಸ್:

ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ, 3D ಮುದ್ರಣ ತಂತ್ರಜ್ಞಾನವು ಸೆರಾಮಿಕ್ಸ್ ಮತ್ತು ಕಾಂಕ್ರೀಟ್ ಅನ್ನು ದೊಡ್ಡದಾಗಿ ಬಳಸದೆ 3D ಮುದ್ರಿತ ವಸ್ತುವನ್ನು ಉತ್ಪಾದಿಸಬಹುದು.

ನಿಯತಾಂಕಗಳ ಆಪ್ಟಿಮೈಸೇಶನ್ ಮತ್ತು ಉತ್ತಮ ಯಾಂತ್ರಿಕ ಗುಣಲಕ್ಷಣಗಳನ್ನು ಹೊಂದಿಸುವ ಮೂಲಕ ರಂಧ್ರಗಳು ಅಥವಾ ಯಾವುದೇ ಬಿರುಕುಗಳು. ಸೆರಾಮಿಕ್ ಬಲವಾದ, ಬಾಳಿಕೆ ಬರುವ ಮತ್ತು ಬೆಂಕಿ ನಿರೋಧಕವಾಗಿದೆ.

4. ಸಂಯೋಜನೆಗಳು:

ಅಸಾಧಾರಣ ಬಹುಮುಖತೆ, ಕಡಿಮೆ ತೂಕ ಮತ್ತು ಸರಿಹೊಂದಿಸಬಹುದಾದ ಗುಣಲಕ್ಷಣಗಳೊಂದಿಗೆ ಸಂಯೋಜಿತ ವಸ್ತುಗಳು

ಉನ್ನತ-ಕಾರ್ಯಕ್ಷಮತೆಯ ಕೈಗಾರಿಕೆಗಳಲ್ಲಿ ಕ್ರಾಂತಿಕಾರಿ.

5. ಸ್ಮಾರ್ಟ್ ವಸ್ತುಗಳು:

ಈ ವಸ್ತುವು ಜ್ಯಾಮಿತಿ ಮತ್ತು ವಸ್ತುವಿನ ಆಕಾರವನ್ನು ಬದಲಾಯಿಸುವ ಸಾಮರ್ಥ್ಯವನ್ನು ಹೊಂದಿದೆ ಎಂದು ಸ್ಮಾರ್ಟ್ ವಸ್ತುಗಳನ್ನು ವ್ಯಾಖ್ಯಾನಿಸಲಾಗಿದೆ,

ಶಾಖ ಮತ್ತು ನೀರಿನಂತಹ ಬಾಹ್ಯ ಸ್ಥಿತಿಯ ಪ್ರಭಾವ.

ವಿಶೇಷ ವಸ್ತುಗಳು

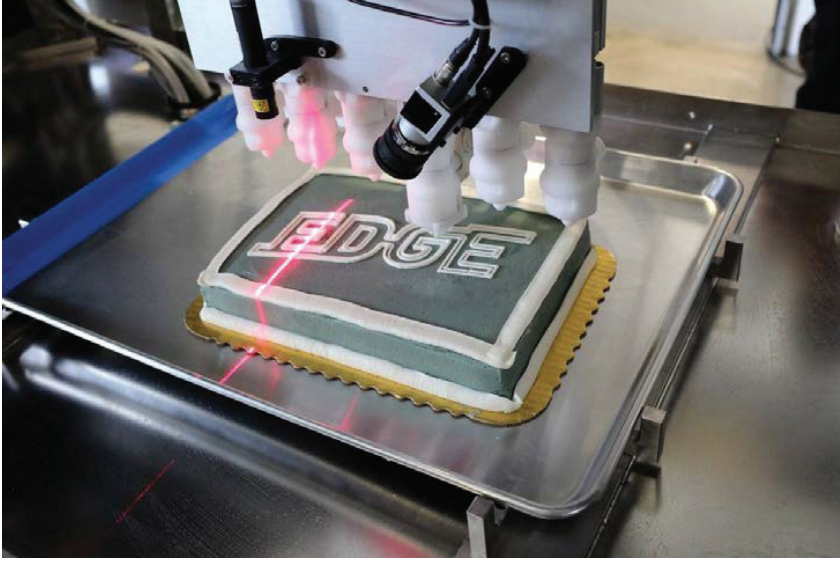
ವಿಶೇಷ ವಸ್ತುಗಳ ಉದಾಹರಣೆಗಳು:

• ಆಹಾರ:

3D ಮುದ್ರಣ ತಂತ್ರಜ್ಞಾನವು ಆಹಾರ ಸಾಮಗ್ರಿಗಳನ್ನು ಬಳಸಿಕೊಂಡು ಅಪೇಕ್ಷಿತ ಆಹಾರ ಮತ್ತು ಜ್ಯಾಮಿತಿಯನ್ನು ಸಂಸ್ಕರಿಸಬಹುದು ಮತ್ತು ಉತ್ಪಾದಿಸಬಹುದು

ಚಾಕೊಲೇಟ್, ಮಾಂಸ, ಕ್ಯಾಂಡಿ, ಪಿಜ್ಜಾ, ಸ್ವಾಗೆಟ್ಟಿ, ಸಾಸ್ ಹೀಗೆ [49]. 3D-ಆಹಾರ ಮುದ್ರಣವು ಉತ್ಪಾದಿಸಬಹುದು

ಆರೋಗ್ಯಕರ ಆಹಾರ ಏಕೆಂದರೆ ಈ ಪ್ರಕ್ರಿಯೆಯು ಗ್ರಾಹಕರಿಗೆ ವಸ್ತುಗಳ ಪದಾರ್ಥಗಳನ್ನು ಕಡಿಮೆ ಮಾಡದೆಯೇ ಸರಿಹೊಂದಿಸಲು ಅನುವು ಮಾಡಿಕೊಡುತ್ತದೆ ಪದಾರ್ಥಗಳ ಪೋಷಕಾಂಶಗಳು ಮತ್ತು ರುಚಿ.



• ಜವಳಿ:

3D ಪ್ರಿಂಟಿಂಗ್ ತಂತ್ರಜ್ಞಾನದೊಂದಿಗೆ, ಆಭರಣ ಮತ್ತು ಬಟ್ಟೆ ಉದ್ಯಮವು 3D ಅಭಿವೃದ್ಧಿಯೊಂದಿಗೆ ಹೊಳೆಯುತ್ತದೆ- ಜವಳಿ ಮುದ್ರಣ. ಫ್ಯಾಷನ್ ಉದ್ಯಮದಲ್ಲಿ, 3D ಪ್ರಿಂಟಿಂಗ್ ತಂತ್ರಜ್ಞಾನದ ಕೆಲವು ಪ್ರಯೋಜನವೆಂದರೆ ಕಡಿಮೆ ಪ್ರಕ್ರಿಯೆ ಸಮಯ ಉತ್ಪನ್ನವನ್ನು ತಯಾರಿಸಿ, ಪ್ಯಾಕೇಜಿಂಗ್ಗೆ ಸಂಬಂಧಿಸಿದ ವೆಚ್ಚವನ್ನು ಕಡಿಮೆ ಮಾಡಿ ಮತ್ತು ಪೂರೈಕೆ ಸರಪಳಿಯ ವೆಚ್ಚವನ್ನು ಕಡಿಮೆ ಮಾಡಿ.



ಮ್ಯಾನುಫ್ಯಾಕ್ಚರಿಂಗ್ ಟೆಕ್ನಾಲಜಿಯಲ್ಲಿ 3D ಮುದ್ರಣದ ಅನ್ವಯಗಳು

1. ಏರೋಸ್ಪೇಸ್ ಉದ್ಯಮ:

3D ಮುದ್ರಣ ತಂತ್ರಜ್ಞಾನವು ಘಟಕ ಮತ್ತು ಉತ್ಪಾದನೆಯಲ್ಲಿ ಅಸಮಾನವಾದ ಸ್ವಾತಂತ್ರ್ಯ ವಿನಾಸವನ್ನು ಒದಗಿಸುತ್ತದೆ. ಅಂತರಿಕ್ಷಯಾನದಲ್ಲಿ

ಉದ್ಯಮ, 3D ಮುದ್ರಣ ತಂತ್ರಜ್ಞಾನವು ಹಗುರವಾದ ಭಾಗಗಳನ್ನು, ಸುಧಾರಿತ ಮತ್ತು ಸಂಕೀರ್ಣವಾದ ಜ್ಯಾಮಿತಿಗಳನ್ನು ಮಾಡುವ ಸಾಮರ್ಥ್ಯವನ್ನು ಹೊಂದಿದೆ.

ಶಕ್ತಿಯ ಅವಶ್ಯಕತೆ ಮತ್ತು ಸಂಪನ್ಮೂಲಗಳನ್ನು ಕಡಿಮೆ ಮಾಡಬಹುದು.

2. ಆಟೋಮೋಟಿವ್ ಉದ್ಯಮ:

ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ, 3D ಮುದ್ರಣ ತಂತ್ರಜ್ಞಾನವು ನಮ್ಮ ಉದ್ಯಮವನ್ನು ತ್ವರಿತವಾಗಿ ವಿನಾಸಗೊಳಿಸಲು, ಅಭಿವೃದ್ಧಿಪಡಿಸಲು ಮತ್ತು ಹೊಸದನ್ನು ತಯಾರಿಸಲು ಬದಲಾಯಿಸಿದೆ

ವಿಷಯಗಳನ್ನು. ಆಟೋಮೋಟಿವ್ ಉದ್ಯಮದಲ್ಲಿ, 3D ಮುದ್ರಣ ತಂತ್ರವು ಹೊಸ ಹೊಳಪನ್ನು ತರಲು ವಿದ್ಯಮಾನಗಳನ್ನು ಮಾಡಿದೆ.

ವೇಗದ ಸಮಯದಲ್ಲಿ ಹಗುರವಾದ ಮತ್ತು ಹೆಚ್ಚು ಸಂಕೀರ್ಣವಾದ ರಚನೆಗಳು. ಉದಾಹರಣೆಗೆ, ಸ್ಥಳೀಯ ಮೋಟಾರ್ ಮೊದಲ 3D-ಮುದ್ರಿತವನ್ನು ಮುದ್ರಿಸಿದೆ

2014 ರಲ್ಲಿ ಎಲೆಕ್ಟ್ರಿಕ್ ಕಾರು. ಕಾರುಗಳು ಮಾತ್ರವಲ್ಲ, ಸ್ಥಳೀಯ ಮೋಟಾರ್ಸ್ ಕೂಡ 3D ಮುದ್ರಣ ತಂತ್ರಜ್ಞಾನದ ವ್ಯಾಪಕ ಶ್ರೇಣಿಯ ಅಪ್ಲಿಕೇಶನ್ ಅನ್ನು ವಿಸ್ತರಿಸಿತು ತಯಾರಕರಿಂದ OLLI ಎಂಬ 3D-ಮುದ್ರಿತ ಬಸ್. OLLI ಚಾಲಕರಹಿತ, ವಿದ್ಯುತ್, ಮರುಬಳಕೆ ಮಾಡಬಹುದಾದ ಮತ್ತು ಅತ್ಯಂತ ಸ್ಮಾರ್ಟ್ 3D ಆಗಿದೆ

ಮುದ್ರಿತ ಬಸ್.

3. ಆಹಾರ ಉದ್ಯಮ:

3D ಮುದ್ರಣ ತಂತ್ರಜ್ಞಾನವು ಏರೋಸ್ಪೇಸ್ ಉದ್ಯಮಕ್ಕೆ ಮಾತ್ರವಲ್ಲ, ಆಹಾರ ಉದ್ಯಮಕ್ಕೂ ಬಾಗಿಲು ತೆರೆಯುತ್ತದೆ. ಪ್ರಸ್ತುತ,

ಕ್ರೀಡಾಪಟುಗಳಂತಹ ವಿಶೇಷ ಆಹಾರದ ಅಗತ್ಯಗಳಿಗಾಗಿ ಕಸ್ಟಮೈಸ್ ಮಾಡಿದ ಆಹಾರದ ಅಭಿವೃದ್ಧಿಗೆ ಇಲ್ಲಿ ಹೆಚ್ಚುತ್ತಿರುವ ಬೇಡಿಕೆಯಿದೆ,

ಮಕ್ಕಳು, ಗರ್ಭಿಣಿ ಮಹಿಳೆ, ರೋಗಿ ಹೀಗೆ ಬೇರೆ ಬೇರೆ ಪ್ರಮಾಣದ ಪೋಷಕಾಂಶಗಳ ಪ್ರಮಾಣವನ್ನು ಕಡಿಮೆ ಮಾಡುವ ಮೂಲಕ ಅಗತ್ಯವಿದೆ

ಅನಗತ್ಯ ಪದಾರ್ಥಗಳು ಮತ್ತು ಆರೋಗ್ಯಕರ ಪದಾರ್ಥಗಳ ಉಪಸ್ಥಿತಿಯನ್ನು ಹೆಚ್ಚಿಸುವುದು.

4. ಆರೋಗ್ಯ ಮತ್ತು ವೈದ್ಯಕೀಯ ಉದ್ಯಮ:

*3ಡಿ ಪ್ರಿಂಟಿಂಗ್ ತಂತ್ರಜ್ಞಾನವು ಚರ್ಮದ ನೈಸರ್ಗಿಕ ರಚನೆಯನ್ನು ಕಡಿಮೆ ವೆಚ್ಚದಲ್ಲಿ ಪುನರಾವರ್ತಿಸುತ್ತದೆ. 3D ಮುದ್ರಿತ ಚರ್ಮ

ಔಷಧೀಯ, ಸೌಂದರ್ಯವರ್ಧಕಗಳು ಮತ್ತು ರಾಸಾಯನಿಕ ಉತ್ಪನ್ನಗಳನ್ನು ಪರಿಶೀಲಿಸಲು ಬಳಸಬಹುದು. ಆದ್ದರಿಂದ, ಅದನ್ನು ಬಳಸುವುದು ಅನಗತ್ಯ

ಉತ್ಪನ್ನಗಳನ್ನು ಪರಿಶೀಲಿಸಲು ಪ್ರಾಣಿಗಳ ಚರ್ಮ. ಪರಿಣಾಮವಾಗಿ, ಅದನ್ನು ಬಳಸಿಕೊಂಡು ನಿಖರವಾದ ಫಲಿತಾಂಶವನ್ನು ಪಡೆಯಲು ಸಂಶೋಧಕರಿಗೆ ಸಹಾಯ ಮಾಡುತ್ತದೆ

ಚರ್ಮವನ್ನು ಪುನರಾವರ್ತಿಸಿ:

*3D ಮುದ್ರಣ ತಂತ್ರಜ್ಞಾನವನ್ನು ಸಹ ಅಂಗಾಂಶಗಳ ಕಾರ್ಯವನ್ನು ಬದಲಿಸಲು, ಪುನಃಸ್ಥಾಪಿಸಲು, ನಿರ್ವಹಿಸಲು ಅಥವಾ ಸುಧಾರಿಸಲು ಬಳಸಬಹುದು. ದಿ

3D ಮುದ್ರಣ ತಂತ್ರಜ್ಞಾನದಿಂದ ಉತ್ಪತ್ತಿಯಾಗುವ ಬದಲಿ ಅಂಗಾಂಶಗಳು ಅಂತರ್ಸಂಪರ್ಕಿತ ರಂಧ್ರ ಜಾಲವನ್ನು ಹೊಂದಿವೆ,

ಜೈವಿಕ ಹೊಂದಾಣಿಕೆಯ, ಸೂಕ್ತವಾದ ಮೇಲ್ಮೈ ರಸಾಯನಶಾಸ್ತ್ರ ಮತ್ತು ಉತ್ತಮ ಯಾಂತ್ರಿಕ ಗುಣಲಕ್ಷಣಗಳನ್ನು ಹೊಂದಿದೆ.

6. ಫ್ಯಾಬ್ರಿಕ್ ಮತ್ತು ಫ್ಯಾಷನ್ ಉದ್ಯಮ:

3D ಮುದ್ರಣ ತಂತ್ರಜ್ಞಾನವು ಚಿಲ್ಲರೆ ಉದ್ಯಮವನ್ನು ಪ್ರವೇಶಿಸಿದಾಗ, 3D ಮುದ್ರಿತ ಬೂಟುಗಳು, ಆಭರಣಗಳು [4], ಗ್ರಾಹಕ ವಸ್ತುಗಳು ಮತ್ತು

ಬಟ್ಟೆಗಳು [69] ಮಾರುಕಟ್ಟೆಯಲ್ಲಿ ಕಾಣಿಸಿಕೊಂಡಿವೆ. ಫ್ಯಾಷನ್ ಮತ್ತು 3D ಮುದ್ರಣದ ಸಂಯೋಜನೆಯು ಹಾಗೆ ತೋರುವುದಿಲ್ಲ

ಅತ್ಯಂತ ನೈಸರ್ಗಿಕ ಫಿಟ್, ಆದರೆ ಇದು ಪ್ರಪಂಚದಾದ್ಯಂತ ದೈನಂದಿನ ರಿಯಾಲಿಟಿ ಆಗಲು ಪ್ರಾರಂಭಿಸುತ್ತಿದೆ. ಉದಾಹರಣೆಗೆ, ದೊಡ್ಡ ಕಂಪನಿಗಳು ಹಾಗೆ

ನೈಕ್, ನ್ಯೂ ಬ್ಯಾಲೆನ್ಸ್ ಮತ್ತು ಅಡಿಡಾಸ್ 3D ಮುದ್ರಿತ ಶೂಗಳ ಬೃಹತ್ ಉತ್ಪಾದನೆಯನ್ನು ಅಭಿವೃದ್ಧಿಪಡಿಸಲು ಶ್ರಮಿಸುತ್ತಿವೆ. ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ, 3D

ಮುದ್ರಿತ ಬೂಟುಗಳನ್ನು ಕ್ರೀಡಾಪಟುಗಳ ಬೂಟುಗಳು, ಕಸ್ಟಮ್-ನಿರ್ಮಿತ ಬೂಟುಗಳಿಗಾಗಿ ಉತ್ಪಾದಿಸಲಾಗುತ್ತದೆ.

7. ಎಲೆಕ್ಟ್ರಿಕ್ ಮತ್ತು ಎಲೆಕ್ಟ್ರಾನಿಕ್ ಉದ್ಯಮ:

ವಿಜ್ಞಾನ, ತಂತ್ರಜ್ಞಾನ ಮತ್ತು ಉತ್ಪಾದನಾ ಕ್ಷೇತ್ರಗಳಿಗೆ 3D ಮುದ್ರಣವು ಹೆಚ್ಚು ಹೆಚ್ಚು ಪ್ರವೇಶಿಸಬಹುದು.

ತಯಾರಕರು ಅದರ ಸಾಮರ್ಥ್ಯವನ್ನು ಎಲ್ಲಾ ರೀತಿಯ ಆಸಕ್ತಿದಾಯಕ ರೀತಿಯಲ್ಲಿ ಅರಿತುಕೊಳ್ಳಲು ಪ್ರಾರಂಭಿಸುತ್ತಿದ್ದಾರೆ. ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ, ವಿವಿಧ 3D ಮುದ್ರಣ

ಸಕ್ರಿಯ ಎಲೆಕ್ಟ್ರಾನಿಕ್ ವಸ್ತುಗಳಂತಹ ರಚನಾತ್ಮಕ ಎಲೆಕ್ಟ್ರಾನಿಕ್ ಸಾಧನಗಳಿಗೆ ತಂತ್ರಜ್ಞಾನಗಳನ್ನು ಈಗಾಗಲೇ ವ್ಯಾಪಕವಾಗಿ ಬಳಸಲಾಗಿದೆ,

ವಿದ್ಯುದ್ವಾರ ಮತ್ತು ವಾಹಕಗಳನ್ನು 3D ಗೆ ಎಂಬೆಡ್ ಮಾಡುವ ಮೂಲಕ ಸಾಮೂಹಿಕ ಗ್ರಾಹಕೀಕರಣ ಮತ್ತು ಹೊಂದಾಣಿಕೆಯ ವಿನ್ಯಾಸದೊಂದಿಗೆ ಸಾಧನಗಳು ಮುದ್ರಿತ ಸಾಧನಗಳು.

ಬೆಂಗಳೂರಿನ ಮೊದಲ 3ಡಿ ಮುದ್ರಿತ ಅಂಚೆ ಕಚೇರಿ:



ಮೂಲಗಳು:

ಸಂಗ್ರಹಿಸಿದು: ಪ್ರಾವೀನ್‌ಕುಮಾರ್‌3ನೇ ಸೆಮ್ ಬಿ.ಕಾಮ್ “ಎ”

ಸಂಗ್ರಹಿಸಿದು: ಚಿರಾಗ್ ವಿ 3ನೇ ಸೆಮ್ ಬಿ.ಕಾಮ್ “ಬಿ”

೧) “ಪರಿಚಯ”

ಹುಚ್ಚನಂತೇ ಇರು

ಪೆದ್ದನಂತೇ ಇರು

ನೀನು ನೀನಾಗಿರು

ಗುರಿಯೆಡೆಗೆ ಹೆಜ್ಜೆಯಿಡುತ್ತಿರು

ನಿನ್ನ ಅರಿಯದವರಿಗೆ,

ಸಾಧನೆಯ ಶಿಕರದೊಂದಿಗೆ

ಪರಿಚಯವಾಗುತ್ತಿರು.

ಮೂಲ: ದ.ರಾ. ಬೇಂದ್ರೆ

ಸಂಗ್ರಹ: ಚಂದ್ರಿಕಾ.ಜಿ, ಬಿ.ಕಾಂ, ಮೂರನೇ ಸೆಮಿಸ್ಟರ್

2) ಕನ್ನಡಕ್ಕೆ ಶಾಸ್ತ್ರೀಯ

ಕನ್ನಡಕ್ಕೆ ಶಾಸ್ತ್ರೀಯ ಸ್ಥಾನಮಾನ

ಸಿಕ್ಕಿತೆಂದು ಖಷಿಪಟ್ಟರೆ

ಅದು ಮುಗುತ್ತಿರುವ ಟೈಟಾನಿಕ್‌ನಲ್ಲಿ

ವಿಂಡೋ ಸೀಟ್ ಹಿಡಿದಹಾಗೆ

ಬೆಂಗಳೂರಿನ ಟ್ರಾಫಿಕ್ ಜಾಮ್‌ನಲ್ಲಿ

ಕೇಳುವ ಹಾರ್ನ್ ಶಬ್ದ

ಅದು ಕನ್ನಡದ ಆರ್ತನಾದ

ಕನ್ನಡದ ಅನ್ನ ತಿನ್ನುವ ಪ್ರತಿಯೊಬ್ಬರೂ

ತಾಯಿ ಭುವನೇಶ್ವರಿಯ ಸೇವೆ ಮಾಡಿ

ಧನ್ಯರಾಗಬೇಕು.

ಮೂಲ: ಜಯಂತ ಕಾಯ್ಕಿಣಿ

ಸಂಗ್ರಹ: ಚಂದ್ರಿಕಾ.ಜಿ ಬಿ.ಕಾಂ, ಮೂರನೇ ಸೆಮಿಸ್ಟರ್

3) ಸ್ನೇಹದೊಂದು ಹೆಸರಿನಲ್ಲಿ

ನಿಶ್ಚರ ಬದುಕಿನ ನಿಶಾಂತ ರೂಪ
ಇದ್ದರೆ ಸಾಕು ನೀ ನನ್ನ ಸಮೀಪ
ನಕಲಿ ನಮ್ರತೆಯ ಜಗತ್ತಿನಲ್ಲಿ ಸಿಕ್ಕ ಅಮೂಲ್ಯ ಸಂಪತ್ತು
ಬಾರದೆ ಇರಲಿ ನಿನಗೆ ಯಾವುದೇ ವಿಪತ್ತು
ಹೀಗೆಯೇ ಇರಲಿ ನಮ್ಮಿಬ್ಬರ ಸ್ನೇಹ
ನಿಜವಾಗಿ ಸೋಣ ನಾವು ಕಂಡ ಕನಸುಗಳ ವ್ಯೂಹ
ಬಾಳು ನೀ ಸದಾ ನಗುನಗುತ
ಹಾರೈಸುವೆ ನಿನಗೆ ನನ್ನ ಪ್ರೀತಿಯ ಸ್ನೇಹ

ಅಮೃತ ಆರ್. ಬಿಬಿಎ 3ನೇ ಸೆಮಿಸ್ಟರ್

4) ನೆನಪುಗಳು

ಅಂದು ನೀ ಬಂದ ದಾರಿಯಲಿ ಮಂಕಾಗಿ ಕೂತಿವೆ ಹಕ್ಕಿಗಳು
ಹಸಿರಾಗಿ ಮೆರದ ಮರಗಿಡಗಳು ಬಾಡಿ ಒಣಗಿವೆ
ಜೊತೆಯಾಗಿ ಕೈಯಿಡಿದು ನಡೆದ ದಾರಿಯಲಿ ಹೆಜ್ಜೆ ಗುರುತಿವೆ
ಇಲ್ಲಿ ಒಬ್ಬಂಟಿಯಾಗಿ ಬಿಟ್ಟು ನೀ ಎಲ್ಲಿರುವೆ
ಕಣ್ಣು ಮುಚ್ಚಿದರೂ ಕನಸು ಕಂಡರೂ ನಾ ನಿನ್ನ ಕಾಣುವೆ
ಹಳೆಯ ನೆನಪೆಲ್ಲವೂ ಮರೆತರು ಕಣ್ಣು ಮುಂದೆ ಬಂದು ಕಾಡಿರುವೆ
ಬಿಸಿಲ ಬೇಗೆಯಲಿ ಅಲೆದರೂ ಬೆಂದರೂ ನೊಂದರೂ ನೀನೆ ನೆನಪಾಗುತ್ತಿರುವೆ
ಮೋಡವೇ ಇಲ್ಲದ ನನ್ನ ಹೃದಯದಲ್ಲಿ ಮಳೆಯ ಹನಿಗಳು ಬೀಳುತ್ತಿವೆ
ತುಂಬಾ ದಿನಗಳ ನಂತರ ನನ್ನ ಬಳಿ ಬಂದಾಗ ಮಾತೆ ಮರೆತೋಗಿದೆ
ನಿನ್ನ ಕಂಡ ಮರುಕ್ಷಣವೇ ಎದೆಯ ಬಡಿತ ಒಂದು ಕ್ಷಣ ನಿಂತೋಗಿದೆ
ನಿನ್ನ ಧ್ವನಿ ಕೇಳಿದಾಗ ಜಗತ್ತೇ ತಲೆಯ ಮೇಲೆ ಬಿದ್ದಂತಾಗಿದೆ
ನಿನ್ನ ಆ ನೋಟ ನನ್ನ ಮನದಾಳದಲ್ಲಿ ತವಕ ತಲ್ಲಣಗೊಳ್ಳುತ್ತಿದೆ.

ಅಮೃತ ಆರ್. ಬಿಬಿಎ 3ನೇ ಸೆಮಿಸ್ಟರ್

5) ವೀರ ಸನ್ಯಾಸಿ

ತಾಯಿ ಭಾರತಿ ಹೆತ್ತಳು ಈ ಸಿಡಿಲ ಮರಿಯ
ನಭದತ್ತರಕ್ಕೆ ಹಾರಿದ ಹಿಂದು ಧರ್ಮದ ಹಿರಿಮೆಯ
ಬೆಳಗಿನ ಭಾರತೀಯ ಪರಂಪರೆಗೆ ವಿಷಯದಾರತಿಯ
ಯಾರಿವನು ಯಾರಿವನು ?
ಭಾರತಾಂಬೆಯ ಹೆಮ್ಮೆಯ ಪುತ್ರನಿವನು

ಮರಮ ಹಂಸರ ಆಧ್ಯಾತ್ಮದ ಗರಡಿಯಲ್ಲಿ ಪಳಗಿದ
ತಾಯಿನಾಡಿಗಾಗಿ ಸುಖಭೋಗಗಳ ತ್ಯಾಜಿಸಿದ
ದೇಶದ ಉದ್ದಗಲ ಸಂಚರಿಸಿ ಕಾವಿಯ ತೊಟ್ಟ
ತನ್ನ ಮಾತೃ ಭೋಮಿಯ ಸ್ಥಿತಿಯ ಕಂಡು ಕಣ್ಣೀರಿಟ್ಟ

ಚಿಕಾಗೋದ ಭಾಷಣಕ್ಕೆ ಮಾರುಹೋಯಿತು ಪಾಶ್ಚಾತ್ಯಪಡೆ
ವಿಶ್ವವೇ ಮುಖಮಾಡಿ ನಿಂತಿತು ಭಾರತದ ಕಡೆ
ಭಾರತೀಯ ಆಧ್ಯಾತ್ಮದ ತಿರುಳನು ಜಗಕ್ಕೆಲ್ಲ ಪಸರಿಸಿದ
ಕತ್ತಲು ಕವಿದಿದ್ದ ಸಮಯದಿ ಬೆಳಕಾಗಿ ಬಂದ

ಏಳಿ ಎದ್ದೇಳಿ ಎಂಬ ಸಿಂಹವಾಣಿಯ
ಯುವ ಜನತೆಗೆ ಭೋದಿಸಿದ ವೀರಸಂತ
ಸಾಧು ಪರಂಪರೆಗೆ ನೀನಾದೆ ಮಹಾಂತ
ಚಿಕ್ಕವಯಸ್ಸಲ್ಲೆ ಮಹಾ ಸಾಧನೆಯ ನೀ ಗೈದೆ
ನಿನ್ನಿಷ್ಟದಂತೆ ಮಹಾಸಮಾಧಿಯ ನೀಸೇರಿದೆ

ಮೂಲ: ಶಂಕರ ಇಟಗಿ

ಸಂಗ್ರಹ: ಶಾಲಿನಿ ಎಂ ಬಿಬಿಎ 3ನೇ ಸೆಮಿಸ್ಟರ್

6) ಮೌನದ ಮಾತು

ಕೆಲವೊಮ್ಮೆ ಹೇಳದ ಮಾತಿಗೆ ಅರ್ಥ ಹೆಚ್ಚು
ಪ್ರತಿಸಲ ನಿನ್ನ ಕಣ್ಣನ್ನು ನೋಡುವಾಗ ಮೌನದ ಮಾತು
ಇಂಪಾದ ಸವಿ ಸವಿ ಹಳೆಯ ನೆನಪುಗಳು ಆಡುವ ಮಾತು
ಅದನ್ನು ನೆನಪಿಸಿ ಕಣ್ಣಿನ ಕಂಬನಿಗಳು ಆಡು ಮಾತು
ಪ್ರತಿಭಾರಿ ಸಮಯ ಓಡಾಡು ನಡುವೆ ಹವಮಾನದ ಬದಲಾವಣೆ ಆಡುವಮಾತು

ಸಿಹಿಯಾದ ಹಾಡನ್ನು ಕೇಳಿ ಮನಸ್ಸು ಆಡುವ ಮಾತು
ಹಲವಾರು ಜೀವನದ ಪಾಠಗಳನ್ನು ಹೇಳಿಕೊಡುವ ಜೀವನದ ಮಾತು
ಪ್ರಪಂಚದಲ್ಲಿರುವ ಹೆಚ್ಚು ಹಸಿರಿನ ಪ್ರಕೃತಿ ಆಡುವ ಮಾತು
ನಿಶಬ್ದದಿಂದ ಹರಿದಾಡು ನದಿಗಳ ಮಾತು
ಸಮಾಜ ನಿಂದನೆಗೊಳಗಾದ ಸ್ತ್ರೀಪುರುಷರ ಕಷ್ಟನೋವುಗಳ ಮಾತು
ಚಿಂತೆಯಿಲ್ಲದೆ ನಗುಮುಖದಿಂದ ಸಂತೋಷವನ್ನು ಹರಡುವ ಮಗುವಿನ ಮಾತು
ಮುಂದಿನ ನಿಮಿಷದಲ್ಲಿ ಖಾತರಿಯಿಲ್ಲದ ಜೀವನವನ್ನು ಸ್ವೀಕರಿಸಿ ಬೆಳೆಯುವ ವಯಸ್ಸು ಆಡುವಮಾತು
ಎಷ್ಟು ಮನೋಹರವಾದ ಆಶೀರ್ವಾದವೆಂದು ಹೇಳಿಕೊಡುವ ಮೌನದ ಮಾತು ಬೆಳೆಯಿಲ್ಲದ್ದು.

ಮದುಮಿತ ಎಸ್ ಬಿಬಿಎ 3ನೇ ಸೆಮಿಸ್ಟರ್

7) ಜೀವನ

ಜೀವನ ಇದೊಂದು ಮುಗಿಯದ ಮೌನ ಯಾನಾ .
ಇದನಾ? ನಾವು ಹೇಗೆ ತಲುಪುವುದಾ ನೀನಾ
ಇವುಗಳ ನಡುವೆ ಕೊನೆಯಾಗದೆ ಇರುವುದೇ
ಕಷ್ಟಸುಖದ ಪಯಣ
ಇಂತಹ ಬದುಕಿನ ಜಟಕ ಬಂಡಿಯನ್ನು
ತಾಳ್ಮೆಯಿಂದ ಮುಂದೆ ಸಾಗಿಸುವುದೇ ಜೀವನದ ಯಾನ !

ನಿತ್ಯ ಪಿ. ಬಿ,ಕಾಂ 3ನೇ ಸೆಮಿಸ್ಟರ್

संस्कृत विभागः

पठामि संस्कृतं नित्यं वदामि संस्कृतं सदा ।

ध्यायामि संस्कृतं नित्यं वन्दे संस्कृतमातरम् ॥

ನಾನು ಪ್ರತಿನಿತ್ಯವೂ ಸಂಸ್ಕೃತವನ್ನು ಓದುತ್ತೇನೆ. ಯಾವಾಗಲೂ ಸಂಸ್ಕೃತವನ್ನೇ ಮಾತನಾಡುತ್ತೇನೆ. ನಿತ್ಯವೂ ಸಂಸ್ಕೃತವಿಚಾರವನ್ನೇ ಚಿಂತಿಸುತ್ತೇನೆ. ಅದಕ್ಕಾಗಿ ಎಲ್ಲಭಾಷೆಗೂ ತಾಯಿಯಾದ ಸಂಸ್ಕೃತಮಾತೆಯನ್ನು ನಮಿಸುತ್ತೇನೆ.

Everyday I read Samskrit. I always speak in Samskrit. Everyday I think in /about Samskrit. (My thought processes are also in Samskrit.) I salute the **Samskritamatha**, one who is the mother of all languages.

स्तोत्राणि

-Dwaithashri, 4th Sem. B.Com

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः ।

गुरुस्साक्षात्परं ब्रह्म तस्मै श्रीगुरवे नमः ॥

ಗುರುವು ಸೃಷ್ಟಿಕರ್ತನಾದ ಬ್ರಹ್ಮನು. ಗುರುವು ಸರ್ವರಕ್ಷಕನಾದ ನಾರಾಯಣನು. ಗುರುವು ಲಯಕರ್ತನಾದ ಶಿವನು ಮತ್ತು ಗುರುವು ಮಹಾಶಕ್ತಿಯಾದ ಬ್ರಹ್ಮತತ್ವನೂ ಆಗಿದ್ದಾನೆ. ಅಂತಹ ಗುರುವಿಗೆ ನಮನಗಳು.

Teacher is like Brahma, the creator. Teacher is like Vishnu, the protector. Teacher is like Lord Shiva, the destroyer and teacher is the Supreme power. Salutations to the teacher.

वक्रतुण्ड महाकाय कोटिसूर्यसमप्रभ ।

अविघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥

ವಕ್ರವಾದ ಸೊಂಡಿಲುಳ್ಳ, ದೊಡ್ಡಶರೀರವುಳ್ಳ, ಕೋಟಿ ಸೂರ್ಯರಿಗೆ ಸಮನಾದ ಪ್ರಕಾಶವಿರುವ ಗಣಪತಿಯೆ, ನನ್ನ ಎಲ್ಲಾ ಕಾರ್ಯಗಳೂ ವಿಘ್ನಗಳಿಲ್ಲದೇ ಸಫಲವಾಗುವಂತೆ ಮಾಡು.

Oh! Lord Ganapati ! you have got a curved trunk , a plump body and your brightness is equal to crores of suns I salute you. Please destroy the obstacles which might come in my works.

नमस्ते शारदादेवि काश्मीरपुरवासिनि ।

त्वामहं प्रार्थये नित्यं विद्यां बुद्धिं च देहि मे ॥

ಕಾಶ್ಮೀರಪುರದಲ್ಲಿ ವಾಸಿಸುವ ಶಾರದಾದೇವಿಯೇ ನಿನಗೆ ನಮಸ್ಕಾರಗಳು. ನಾನು ನಿತ್ಯವೂ ನಿನ್ನನ್ನು ಪ್ರಾರ್ಥಿಸುವೆ, ನನಗೆ ವಿದ್ಯೆಯನ್ನೂ ಬುದ್ಧಿಯನ್ನೂ ದಯಪಾಲಿಸು.

Oh! Goddess Saraswati residing in Kashmir, I salute you. I pray to you everyday. Please grant me knowledge and intelligence.

सरस्वति नमस्तुभ्यं वरदे कामरूपिणि ।

विद्यारम्भं करिष्यामि सिद्धिर्भवतु मे सदा ॥

ಇಚ್ಛಾರೂಪಿಯಾಗಿ ವರಗಳನ್ನು ದಯಪಾಲಿಸುವ ಸರಸ್ವತಿಯೇ, ನಿನಗೆ ಪ್ರಣಾಮಗಳು. ಅಧ್ಯಯನವನ್ನು ಆರಂಭಿಸುತ್ತಿದ್ದೇನೆ. ಅದು ನನಗೆ ಯಾವಾಗಲೂ ಸಿದ್ಧಿಯಾಗಲಿ.

Oh! Goddess Saraswati , one who grants us boons and takes various forms , I salute you. I am beginning my learning , so let it provide fulfillment and bring me success.

बुद्धिर्बलं यशो धैर्यं निर्भयत्वम् अरोगिता ।

अजाङ्घ्रं वाक्पटुत्वं च हनुमत्सरणाद्भवेत् ॥

ಜ್ಞಾನ, ಶಕ್ತಿ, ಕೀರ್ತಿ, ಧೈರ್ಯ, ಭಯನಾಶ, ರೋಗನಾಶ, ಕ್ರಿಯಾಶೀಲತೆ ಮತ್ತು ಮಾತಿನಚತುರತೆ ಇವೆಲ್ಲವೂ ಅಂಜನೇಯನ ಸ್ಮರಣೆಯಿಂದ ಸಿದ್ಧಿಸುತ್ತವೆ.

Intelligence, strength, fame, courage, fearlessness, health, activeness and speaking skills . We get these qualities by chanting Hanuman's name.

कराग्रे वर्तते लक्ष्मीः करमध्ये सरस्वती ।

करमूले स्थिता गारी प्रभाते करदर्शनम् ॥

ಹಸ್ತದ ತುದಿಯಲ್ಲಿ ಲಕ್ಷ್ಮಿಯು ಇರುವಳು. ಹಸ್ತದ ಮಧ್ಯಭಾಗದಲ್ಲಿ ಸರಸ್ವತಿಯು ವಾಸವಾಗಿರುವಳು. ಹಸ್ತದ ಆಧಿಭಾಗದಲ್ಲಿ ಪಾರ್ವತಿಯು ನೆಲೆಸಿರುವಳು. ಆದ್ದರಿಂದ ಮುಂಜಾನೆಯ ಸಮಯದಲ್ಲಿ ಹಸ್ತಗಳನ್ನು ನೋಡುವುದು ಶುಭಕರವಾಗಿದೆ.

Goddess Lakshmi lives on the tip of our palm. Goddess Saraswati lives in the middle of our palm. Goddess Parvati lives at the starting of our palm. So it is good to see our palm in the early morning.

उदये ब्रह्मरूपोऽयं मध्याह्ने तु महेश्वरः ।

अस्तमाने स्वयं विष्णुः त्रयीमूर्तिर्दिवाकरः ॥

ಉದಯಕಾಲದಲ್ಲಿ ಬ್ರಹ್ಮರೂಪನೂ, ಮಧ್ಯಾಹ್ನದಲ್ಲಿ ಮಹೇಶನೂ, ಸಾಯಂಕಾಲದಲ್ಲಿ ನಾರಾಯಣರೂಪಿಯೂ ಆದ ಭಾಸ್ಕರನು ತ್ರಿಮೂರ್ತಿಸ್ವರೂಪನಾಗಿದ್ದಾನೆ.

Sun gets the form of Brahma in the morning . He becomes like Shiva at noon and he acts like Vishnu in the evening. Hence Sun is equal to the trinity.

माता च पार्वती देवी पिता देवो महेश्वरः ।

बान्धवाः शिवभक्ताश्च स्वदेशो भुवनत्रयम् ॥

ದೇವಿ ಪಾರ್ವತಿಯೇ ನಮಗೆ ತಾಯಿ, ಪರಶಿವನೇ ನಮ್ಮ ತಂದೆ, ಶಿವಭಕ್ತರೆಲ್ಲರೂ ನಮ್ಮ ಬಂಧುಗಳು ಮತ್ತು ಸ್ವರ್ಗ, ಭೂಮಿ ಮತ್ತು ಪಾತಾಳಲೋಕಗಳು ನಮ್ಮ ಪ್ರದೇಶಗಳಾಗಿವೆ.

Goddess Parvatee is our mother. Lord Maheshwara is our father. Shiva's devotees are our relatives and three Worlds (Swargaloka, Booloka, Patalaloka) are our own country.

भज गोविन्दं भज गोविन्दं गोविन्दं भज मूढमते ।

सम्प्राप्ते सन्निहिते काले नहि नहि रक्षति दुकृञ् करणे ॥

ಮೃತ್ಯುದೇವನಾದ ಯಮನು (ಮರಣಕಾಲವು) ಸಮೀಪಿಸಿದಾಗ ಕಂಠಪಾಠಗಳು

[ವ್ಯಾಕರಣಾದಿ ಶಾಸ್ತ್ರಗಳು] ನಿನ್ನನ್ನು ರಕ್ಷಿಸಲಾರವು. ಆದ್ದರಿಂದ ಎಲವೊ ಮೂರ್ಖಬುದ್ಧಿಯೆ ಗೋವಿಂದನನ್ನು ಭಜಿಸು. ಅವನೇ ನಿಜವಾದ ರಕ್ಷಕನು.

When Yama the God of death comes very near to take our life nobody (reciting) will protect us. So Oh! Foolish mind, worship Lord Krishna. Only he can save everything.

अधरं मधुरं वदनं मधुरं नयनं मधुरं हसितं मधुरम् ।

हृदयं मधुरं गमनं मधुरं मधुराधिपतेरखिलं मधुरम् ॥

ಮಧುರೇಗೆ ಅಧಿಪತಿಯಾದ ಕೃಷ್ಣನ ತುಟಿಯು, ಮುಖವು, ಕಣ್ಣುಗಳು, ಮಂದಹಾಸವು, ಹೃದಯವೂ, ಚಲನವೂ ಹೀಗೆ ಪ್ರತಿಯೊಂದೂ ಮಧುರವಾಗಿಯೇ ಇದೆ.

lord Krishna's lips, face, eyes, smile, heart, walk ...Oh!!! Everything is beautiful.

सुभाषितानि

-Dhananjaya, 4th Sem. B.B.A

क्षणशः कणशश्चैव विद्यामर्थं च साधयेत् ।

क्षणत्यागे कुतो विद्या कणत्यागे कुतो धनम् ॥

ಒಂದೊಂದು ಕ್ಷಣವನ್ನೂ ವ್ಯರ್ಥಮಾಡದೆ ಜ್ಞಾನವನ್ನು, ಒಂದೊಂದು ಧಾನ್ಯಕಣವನ್ನೂ ವ್ಯರ್ಥಮಾಡದೆ ಸಂಪತ್ತನ್ನು ಸಂಗ್ರಹಿಸಬೇಕು. ಸಮಯವನ್ನು ಹಾಳುಮಾಡುವುದರಿಂದ ಜ್ಞಾನಸಂಪಾದನೆ ಸಾಧ್ಯವೇ? ಧಾನ್ಯಕಣವನ್ನು ನಾಶಮಾಡಿದರೆ ಧನಸಂಪಾದನೆ ಸಾಧ್ಯವೇ?

Minute by minute and grain by grain knowledge and wealth should be gained. If time and grain are wasted, knowledge and wealth cannot be gained.

जननी जन्मभूमिश्च जाह्नवी च जनार्दनः ।

जनकः पञ्चमश्चैव जकाराः पञ्च दुर्लभाः ॥

ತಾಯಿ, ತಾಯ್ನಾಡು, ನೀರು, ದೇವರು ಮತ್ತು ತಂದೆ ಈ ಐದು ಜ ದಿಂದ (ಸಂಸ್ಕೃತದಲ್ಲಿ) ಆರಂಭವಾಗುವ ಶಬ್ದಗಳು ಭಾಗ್ಯವಶಾತ್ ಸಿಗುವವು.

Mother, motherland, water, God and father. These five are not easy to get.

धनिकः श्रोत्रियो राजा नदी वैद्यस्तु पञ्चमः ।

पञ्च यत्र न विद्यन्ते न तत्र दिवसं वसेत् ॥

ಯಾವ ಪ್ರದೇಶದಲ್ಲಿ ಸಹಾಯಮಾಡುವ ಶ್ರೀಮಂತ, ಸಜ್ಜನ, ರಾಜ (ನಾಯಕ), ನೀರು ಮತ್ತು ಚಿಕಿತ್ಸಕ ಈ ಐದು ಇರುವುದಿಲ್ಲವೋ ಅಲ್ಲಿ ಒಂದು ದಿನವೂ ವಾಸಮಾಡಬಾರದು.

A place bereft of a benevolent rich man, a scholar, a king(leader), river(water) and a doctor is not worth staying in even for a single day.

पिपीलिकार्जितं धान्यं मक्षिकासञ्चितं मधु ।

लुब्धेन सञ्चितं द्रव्यं समूलं हि विनश्यति ॥

ಇರುವೆಗಳು ಕೂಡಿಟ್ಟ ಧಾನ್ಯಗಳು, ಜೇನುಹುಳುಗಳು ಸಂಗ್ರಹಿಸಿರುವ ಜೇನುತುಪ್ಪವು ಮತ್ತು ಜಿಪುಣನಿಂದ ಸಂಪಾದಿಸಲ್ಪಟ್ಟ ಸಂಪತ್ತು ಇವೆಲ್ಲವೂ ಬೇರೆಯವರಿಂದ ಅಪಹರಿಸಲ್ಪಟ್ಟು ಸಂಪೂರ್ಣನಾಶವಾಗುತ್ತವೆ.

The grains, collected by ants ; the honey, collected by bees ; wealth which is collected by a greedy person, all these three will be completely destroyed.

कस्तूरी जायते कस्मात्? को हन्ति करिणां कुलम् ?

किं कुर्यात् कातरो युद्धे? मृगात् सिंहः पलायते ॥

ಕಸ್ತೂರಿ ಯಾವುದರಿಂದ ಹುಟ್ಟುತ್ತದೆ? ಆನೆಗಳ ಗುಂಪನ್ನು ಯಾರು ಕೊಲ್ಲುತ್ತಾರೆ? ಭಯಗೊಂಡವನು ಯುದ್ಧದಲ್ಲಿ ಏನು ಮಾಡುತ್ತಾನೆ? ? (ಕಸ್ತೂರಿ) ಮೃಗದಿಂದ ಸಿಂಹವು ಓಡುತ್ತದೆ!!(ಓಡುತ್ತಾನೆ.) [ಈ ಶ್ಲೋಕದಲ್ಲಿ ಪ್ರಶ್ನೆಯ ರೂಪದಲ್ಲಿರುವ ಮೊದಲ ಮೂರು ಪಾದಗಳಿಗೆ ನಾಲ್ಕನೆ ಪಾದದ ಮೂರುಶಬ್ದಗಳು ಉತ್ತರಗಳಾಗಿರುವುದು

ಶ್ಲೋಕದ ವೈಶಿಷ್ಟ್ಯವಾಗಿದೆ.]

Where does the Musk take its birth ? Who kills the family of elephants ? What does a coward do in battle ? From musk deer even the loin runs away. [In this verse first three 'Padas' are questions and the three words of the last 'Pada' are answers.]

भोजनान्ते च किं पथ्यम् ? जयन्तः कस्य वै सुतः ?

कथं विष्णुपदं प्रोक्तम् ? तदुच्यते शकस्य दुर्लभम् ॥

ಊಟದಕೊನೆಯಲ್ಲಿ ಯಾವುದು ಹಿತಕರ? ಜಯಂತನು ಯಾರ ಪುತ್ರನು? ಮೋಕ್ಷವು ಹೇಗೆ ಹೇಳಲ್ಪಟ್ಟಿದೆ? ಮಜ್ಜಿಗೆಯು ಇಂದ್ರನಿಗೆ (ಇಂದ್ರನ) ಕಷ್ಟದಿಂದ ಸಿಗುವುದು!! [ಈ ಶ್ಲೋಕದಲ್ಲಿ ಪ್ರಶ್ನೆಯ ರೂಪದಲ್ಲಿರುವ ಮೊದಲ ಮೂರು ಪಾದಗಳಿಗೆ ನಾಲ್ಕನೆ ಪಾದದ ಮೂರುಶಬ್ದಗಳು ಉತ್ತರಗಳಾಗಿರುವುದು

ಶ್ಲೋಕದ ವೈಶಿಷ್ಟ್ಯವಾಗಿದೆ.]

Which is beneficial at the end of a meal ? Whose son was Jayanta ? How do we attain salvation ? Getting buttermilk is not easy for Indra. [In this verse first three 'Padas' are questions and the three words of the last 'Pada' are answers.]

अर्थनाशं मनस्तापं गृहे दुश्चरितानि च ।

वञ्चनं चापमानं च मतिमान् न प्रकाशयेत् ॥

ಸಂಪತ್ತಿನಾಶ, ಮನಸ್ತಾಪ, ಮನೆಯಕಲಹ, ಮೋಸ, ಅವಮಾನ ಈ ರೀತಿಯ ವಿಚಾರಗಳನ್ನು ಬುದ್ಧಿವಂತನಾದವನು ಎಲ್ಲರಿದುರು ಹೇಳಬಾರದು.

An intelligent person shouldn't share information about loss of money, misunderstandings, a bad event that happened in the house, cheating and insult.

सूक्तयः

-Sindhu, 4th Sem. B.C.A

अभिवादनशीलस्य नित्यं वृद्धोपसेविनः ।

चत्वारि तस्य वर्धन्ते आयुर्विद्या यशो बलम् ॥

ಹಿರಿಯರನ್ನು ಗೌರವಿಸುವ ಮತ್ತು ಸೇವೆಮಾಡುವ ಸ್ವಭಾವವುಳ್ಳವನ ಆಯುಷ್ಯ, ಜ್ಞಾನ, ಕೀರ್ತಿ, ಶಕ್ತಿ ಈ ನಾಲ್ಕು ವೃದ್ಧಿಸುತ್ತವೆ.

One who respects the elders and serves them each and everyday his life span, knowledge, fame and strength these four will grow.

आशायाः ये दासाः ते दासाः सर्वलोकस्य ।

आशा येषां हि दासी च तेषां दासायते लोकः ॥

ಯಾರು ದುರಾಸೆಗೆ ದಾಸರಾಗಿರುತ್ತಾರೋ ಅವರು ಎಲ್ಲರಿಗೂ ದಾಸರಾಗುತ್ತಾರೆ. ಆಸೆಯೇ ಯಾರಿಗೆ ದಾಸಿಯಾಗಿರುತ್ತದೋ ಅವರಿಗೆ ಎಲ್ಲರೂ ದಾಸರಾಗುತ್ತಾರೆ.

One who becomes a slave of his desires becomes a slave of everyone and one who makes desires his slave will have everyone as his slaves.

स्वगृहे पूज्यते मूर्खः स्वग्रामे पूज्यते प्रभुः ।

स्वदेशे पूज्यते राजा विद्वान् सर्वत्र पूज्यते ॥

ಮೂರ್ಖನು ತನ್ನಮನೆಯಲ್ಲಿ ಮಾತ್ರ ಗೌರವಿಸಲ್ಪಡುತ್ತಾನೆ. ನಾಯಕನು ತನ್ನ ಗ್ರಾಮದಲ್ಲಿ ಮಾತ್ರ ಗೌರವಿಸಲ್ಪಡುತ್ತಾನೆ. ರಾಜನು ತನ್ನ ದೇಶದಲ್ಲಿ ಮಾತ್ರ ಗೌರವಿಸಲ್ಪಡುತ್ತಾನೆ. ಆದರೆ ಪಂಡಿತನು ಎಲ್ಲಾ ಕಡೆಯಲ್ಲಿಯೂ ಗೌರವಿಸಲ್ಪಡುತ್ತಾನೆ.

A fool will be respected only in his house, a village head will be respected only in his village, a king will be respected his kingdom only, but a scholar will be respected everywhere.

लक्ष्मीर्वसति जिहाग्रे जिहाग्रे मित्रबान्धवाः ।

जिहाग्रे बन्धनं प्राप्तं जिहाग्रे मरणं ध्रुवम् ॥

(ಮಾತಿನಲ್ಲಿ) ನಾಲಿಗೆಯ ತುದಿಯಲ್ಲಿ ಸಂಪತ್ತಿದೆ. ನಾಲಿಗೆಯ ತುದಿಯಲ್ಲಿ ಸ್ನೇಹಿತರೂ ಬಾಂಧವರೂ ನೆಲೆಸಿದ್ದಾರೆ. ನಾಲಿಗೆಯತುದಿಯಲ್ಲಿ ಶಿಕ್ಷೆಯೂ ಇದೆ. ನಾಲಿಗೆಯತುದಿಯಲ್ಲಿ ಮೃತ್ಯುವೂ ನಿಶ್ಚಿತ. [ನಾವಾಡುವ ಮಾತಿನಿಂದಲೇ ಒಳ್ಳೆಯದು ಅಥವಾ ಕೆಟ್ಟದ್ದು ಸಿಗುತ್ತದೆ ಎಂದರ್ಥ.]

Riches are present at the tip of our tongue(in our speech), our friends and relations are present at the tip of our tongue, and punishment and death are also certainly at the tip of our tongue.

अकृत्वा परसन्तापम् अगत्वा खलनम्रताम् ।

अनुत्सृज्य सतां मार्गं यत्स्वल्पमपि तद्बहु ॥

ಬೇರೆಯವರಿಗೆ ಕಷ್ಟವುಂಟುಮಾಡದೇ, ದುರ್ಜನರ ಮೋಸಕ್ಕೆ ಒಳಗಾಗದೇ, ಸಜ್ಜನರ ಮಾರ್ಗವನ್ನು ಮೀರದೆ, ಅತೀ ಚಿಕ್ಕಕೆಲಸಮಾಡಿದರೂ ಅದು ಶ್ರೇಷ್ಠವೆನಿಸಿಕೊಳ್ಳುತ್ತದೆ.

Even if we do very little it would be considered as a great thing, if we achieve the same without hurting others, without getting cheated by bad people and without leaving the righteous path.

जिह्वे प्रमाणं जानीहि भाषणे भोजने तथा ।

अत्युक्तिरतिभुक्तिश्च सत्यं प्राणापहारिणी ॥

ಎಲೈ ನಾಲಿಗೆಯೇ! ಮಾತಿಗೆ ಮತ್ತು ಆಹಾರಕ್ಕೆ ನೀನೇ ಪ್ರಧಾನ. ಆದರೆ ಪ್ರಮಾಣದ ಬಗ್ಗೆ ಎಚ್ಚರವಿರಲಿ. ಯಾಕೆಂದರೆ ಅತಿಮಾತು ಮತ್ತು ಅತಿಭೋಜನ ಪ್ರಾಣಗಳನ್ನು ಅಪಹರಿಸಬಹುದು.

O! Tongue! You must know that you take a major role while eating and talking. More of talk and over eating are truly dangerous.

चिन्तायाश्च चितायाश्च बिन्दुमात्रं विशिष्यते ।

चिता दहति निर्जीवं चिन्ता दहति जिविनम् ॥

ಚಿಂತೆ ಮತ್ತು ಚಿತೆ ಇವರಡು ಶಬ್ದಗಳಲ್ಲಿ ಒಂದು ಬಿಂದು ಮಾತ್ರವ್ಯತ್ಯಾಸವಿದೆ. ಆದರೆ ಚಿತೆಯು ನಿರ್ಜೀವ ಶರೀರವನ್ನು ಸುಡುತ್ತದೆ. ಚಿಂತೆಯು ಜೀವಸಹಿತವಾದ ಶರೀರವನ್ನು ಸುಡುತ್ತದೆ.

Only a dot is the difference between the two words चिन्ता (worries) and चिता (pyre). But while the pyre burns a dead body, worries burn a person alive (entire life).

दूरतः पर्वतो रम्यः बन्धूरम्यः परस्परम् ।

युद्धस्य च कथा रम्या त्रीणि रम्याणि दूरतः ॥

ಪರ್ವತವು, ಪರಸ್ಪರ ಬಂಧುಗಳು ಮತ್ತು ಯುದ್ಧದ ಕಥೆ, ಈ ಮೂರು ದೂರದಿಂದ ಮಾತ್ರ ಸುಂದರವಾಗಿರುತ್ತದೆ.

A mountain, our relatives, stories of wars all these appear only from a far.

मेखलाविज्ञानम्

—सुब्रह्मण्यः एन्.आर्.

वेदविहिता आचाराः भारतीयैः अनेकैः आबहोः कालात् अनुष्ठिताः। सर्वेष्वपि आचारेषु वेदप्रामाण्यं साक्षात् परम्परया वा स्वीक्रियत एव। ये चाचाराः वेदप्रतिपादिताः ते सर्वेऽपि वैज्ञानिकपदप्रयोगार्हाः सन्ति। येषु आचारेषु वेदप्रामाण्यं नाभ्युपगम्यते ते अवैज्ञानिकविचाराः इति वक्तुं शक्यते। तानि मौढ्यानि अधिकृत्य *मूढनम्बिके* इति कन्नडभाषायां वदन्ति। एतान् विषयान् प्रथमतः विज्ञाप्य **मेखला** इति विषयमधिकृत्य यथामति प्रबन्धम् उपस्थापयामि।

विज्ञानशब्दस्य व्याप्तिः

विज्ञानशब्दः अद्यत्वे पाश्चान्त्यविद्वद्भिः संशोधितेषु विषयेषु प्रायः प्रयुज्यते तु विदितोऽयं विषयः। विज्ञानपदं न केवलं भौतिकप्रपञ्चं बोधयति। ऋषिमूलकस्यास्य पदस्य भूः भुवः सुवः इति लोकत्रयव्यापकत्वमस्ति। परन्तु भारतदेशे अन्वेषिताः विषयाः मौढ्यानि इति प्रथा वर्तते। परन्तु नेयं प्रथा साधु मन्यते। वेदेषु उक्ता विषयाः अनेके वैज्ञानिकाः। वेदद्रष्टारः विज्ञानिनः। ते ऋषयः महर्षयः ज्ञानिनः इत्यादि पदैः व्यपदिष्यन्ते। ज्ञानं विना विज्ञानं नैव भवितुमर्हति। विज्ञाने ज्ञानपदस्य विद्यमानत्वात्। विशिष्टं ज्ञानं विज्ञानम्। ज्ञाने वैशिष्ट्यं च विषयः। विषयगतज्ञानं विज्ञानं भवितुमर्हति। यत् महर्षिभिः दृष्टं तद्विज्ञानमेव। ज्ञानस्य विस्तारः एव विज्ञानपदेन व्यवहियते। ‘विज्ञानेनात्मानं वेदयति’ इति महानारायणोपनिषदि विज्ञानपदम् आत्मज्ञानसाधकमित्युक्तम्। ‘मोक्षे धीर्ज्ञानमन्यत्र विज्ञानं शिल्पशास्त्रयोः’ इति अमरकोषे शास्त्रज्ञानं विज्ञानपदेनोच्यते। ‘ज्ञानं विज्ञानसहितम्’ इति गीतायाम् मधुसूदनसरस्वतीमहोदयैः ‘विचारपरिपाकनिष्पन्नत्वात् तदेव विज्ञानमिति’ कथ्यते। ‘स्वानुभवसहितमिति’ आचार्यशङ्करभगवत्पादाः। ‘विविक्ताकारविषयकं ज्ञानं विज्ञानमिति’ गीतायां रामानुजाचार्याः। ज्ञानपदेन सच्चित् आनन्दस्वरूपं परब्रह्म व्यज्यते। *सत्यं ज्ञानमनन्तं ब्रह्म।* इत्याद्याः श्रुतयः प्रमाणम्। परब्रह्मणः निःश्वासात् सकलवेदाः निस्सृताः।

तैरेव वेदैः विस्तृतः प्रपंचः सृष्टः। यस्य निःश्वसितं वेदाः यो वेदेभ्योऽखिलं जगत्' इत्याद्याः स्मृतयः अमुमेव विषयं बोधयन्ति। एवं च वेदः इति महान् वृक्षः ऊर्ध्वमूलः अधश्शाखश्च। अस्य वेदवृक्षस्य अनन्ताः शाखाः सन्ति। सर्वेष्वपि च शाखाग्रेषु यत् फलं तज्ज्ञानम्। अतः सर्वेषां वेदानां परमोद्देश्यं ज्ञानप्राप्तिः, मोक्षरूपः, अपवर्गापरपर्यायः। एवं च वेदेषु प्रतिपादिताः विषयाः ज्ञानपदभागिनः विज्ञानपदभागिनश्च। एवं च प्रतिपादयिष्यमाणे मेखला इत्यस्मिन् विषये कथं वेदप्रतिपाद्यत्वं वर्तते। कथं तस्य ज्ञानप्रापकत्वम् अस्ति। तस्य कथं विज्ञानपदाभिधेयत्वम् इत्यादयः विषयाः अद्य मया प्रस्तूयन्ते ।

मीयते प्रक्षिप्यते इति मेखला इति व्युत्पत्त्या मी धातोः खलच् प्रत्यययोगेन मेखला शब्दः निष्पद्यते। मेखला इति शब्दः कथम् उपनयनसंस्कारे उपयुज्यते इति विचरं कुर्मः।

१. उपनयनसंस्कारे मेखला

षोडशसंस्कारेषु उपनयनं मान्यतममस्ति। अनेन संस्कारेण व्यक्तिजीवने परिवर्तनं भवति। बुद्धौ नवचैतन्यं स्फुरति। पुरुषः द्वितीयं जन्म प्राप्नोति। तदनन्तरं गुरोः सकाशं गच्छति। (उप-गुरोः नयनं-गमनम् इति उमनयनम्) तत्र गत्वा वेद-वेदाङ्ग-शास्त्राणि अध्येति। तेन द्वितीयं जन्म द्वितीयं नयनं च विन्दते। तच्च नयनं अन्तःचक्षुः भवति। एवं च एतादृशेन मानवस्य जन्मना द्विजत्वं सम्भवति। द्विजत्वसिद्धिद्वारा वेदाध्ययनाधिकारसिद्धिः अनेन संस्कारेण भवति। एतादृशोपनयनसंस्कारे अनेकविधयः सन्ति। तत्रान्यतमं 'मेखलाधारणम्' इति।

सावित्र्युपदेशात् पूर्वं ब्रह्मचारिणे विशिष्टं वस्त्रं धारयन्ति। ततः कटिभागे रज्ज्वा ग्रन्थिं कुर्वन्ति। इयं रज्जुः 'मेखला' इति शब्देन व्यवहियते। अस्य मेखला शब्दस्य 'मां लक्ष्मीं तनोति' इति व्युत्पत्त्या इयं मेखला इति ज्ञायते। तत्रापि ब्राह्मणक्षत्रियवैश्येषु इयं व्यवस्था वर्तते। तत्रापि मौञ्जीं मेखलां ब्राह्मणः धारयेत्। ज्यां क्षत्रियः शणतन्तुं वैश्यः इति नियमः अस्ति। तत्रापि कारणं विद्यते। तेषां जीवनविधानं भिन्नं भिन्नं भवति। तदनुगुण्य इयं व्यवस्था स्थापिता। ब्राह्मणस्य जीवनं षट्कर्मानुष्ठानात्मकम् अध्ययन-अध्यापन-यजन-याजन-दान-प्रतिग्रहरूपम्। क्षत्रियैः राज्यसंरक्षणार्थं स्वस्य जीवनं यातव्यम्। वैश्यस्तु वाणिज्यादिव्यवहारैः

जीवनं करणीयम्। अतः एतदनुरोधेन अस्य जीवनं भवति। स च प्रतिक्षणं स्वस्य जीवनं जानीयात्। कोऽहं कुत आयातः मम कर्तव्यं किम् इत्यादि विषयं संस्मृत्य संस्मृत्य जीवनं यापयेदिति एतादृशाः अचाराः ज्ञापयन्ति। मुञ्जा इति एकः तृणविशेषः। तेन कृतं मौञ्जी इति कथ्यते। तत् ब्राह्मणः धारयेत्। धनुः बन्धनार्थं या ज्या उपयुज्यते तां क्षत्रियः धारयेत्।
‘पट्टसूत्रः गुणः कार्यः कनिष्ठामानसंमितः।

अभावे पट्टसूत्रस्य हरिणीस्नायुरिष्यते॥ – शिवधनुर्वेदः तथा वसिष्ठधनुर्वेदः च

वैश्यः शणतन्तुं धारयेत्। स च तन्तुः वृक्षत्वचा निर्मितः। एवं च धारकवस्तूनि अस्माकं जीवनपद्धतिं बोधयन्ति। अमुमेवार्थं मन्त्रः मन्त्रानुरोधिन्यः स्मृतयश्च उपदिशन्ति।

मन्त्रः मन्त्रार्थश्च-

‘अथैनं मौञ्जीं मेखलां त्रिवृतां त्रिः प्रदक्षिणं परिव्ययन् वाचयति-मौञ्जीं ब्राह्मणस्या। ज्यामौर्वीं राजन्यस्या। आवीसूत्रं वैश्यस्या। सर्वेषामेव वा मौञ्जीम्।’ –बोधायनगृह्यसूत्रम्।

अत्र त्रयः मन्त्राः स्वीकृताः। एते मन्त्राः बोधायनमन्त्रप्रश्ने प्रथमप्रश्ने षष्ठे अनुवाके तथा एकाग्निकाण्डे द्वितीयप्रश्ने द्वितीयानुवाके च भवन्ति।

मन्त्रः१

‘इ॒यं द॒रु॒क्ता॒त्प॒रि॒बा॒ध॒मा॒ना॒ श॒र्म॒ व॒रू॒थं॒ पु॒न॒ती॒ न॒ आ॒गा॒त्।

प्रा॒णा॒पा॒ना॒भ्यां॒ ब॒ल॒मा॒भ॒र॒न्ती॒ प्रि॒या॒ दे॒वा॒नां॒ सु॒भ॒गा॒ मे॒ख॒ले॒यम्॑॥

इयं मौञ्जी विभक्तिव्यत्ययजनितवाग्दोषात् अस्मान् संरक्ष्य, श्रेष्ठं मम गृहं –देहं शोधयित्वा मां नयतु। प्राणापानाभ्यां सामर्थ्यं आहरन्ती, देवतानां प्रियकरी, इयं मेखला सौभाग्यं वितनोतु इति मन्त्रस्यार्थः

(पाठभेदः ‘ या दुरिता परिबाधमाना शर्म वरूथे पुनती न आगात्। प्राणापानाभ्यां बलमाभरन्ती स्वसा देवानां सुभगा मेखलेयम्’- संस्कारपद्धतिः उपनयनप्रकरणम्)

मन्त्रः२ (परिवीतामनुमन्त्रयते)-

ऋ॒तस्य॑ गो॒प्त्री॑ तप॒सः॑ पर॒स्पी॑ घ्न॒ती रक्षः॑ सह॒माना॑ अ॒रातीः॑।
सा नः॑ सम॒न्तम॑नु॒परी॑हि भ॒द्रया॑ भ॒र्तार॑स्ते मे॒खले॑ मा रिषामा॑।

सत्यस्य अथवा यज्ञस्य रक्षिका, तपसः प्रकर्षेण रक्षित्री, दैत्यान् संहरन्ती, शत्रून् संहरन्ती, इयं मेखला, अस्मान्, परितः स्थित्वा, हे मेखले!, त्वया मङ्गलया भावनया, त्वां बिभ्राणाः न हिंस्याः इति अस्य मन्त्रस्यार्थः।

मन्त्रः३- (ग्रन्थिं करोति)

प्रा॒णानां॑ ग्र॒न्थिर॑सि॒ समा॑वि॒स्रसः॑।

प्राणापानाभ्यां समानरूपेण आवर्तयन्ती बध्नासि। इति अस्य मन्त्रस्यार्थः। एवं च एभिः त्रिभिः मन्त्रैः किं ज्ञायते इति चेत्-अत्र मेखला वृत्तत्रयवती भवति। इदं वृत्तत्रयं “अहं वेदत्रयैः परिवृतः अस्मि। वेदाविरुद्धं धर्मकार्यं कर्तव्यम्” इति स्मारयति। ततः तां मेखलां ग्रन्थिं कुर्वन्ति। स च ग्रन्थिः वेदाङ्गं तद्रहस्यं च स्मारयति। उपनयने उपवीताजिनदण्डादयः धार्यन्ते। तेऽपि अस्माकं जीवनमौल्यं पद्धतिं जीवने किं प्राधान्यमित्यादि विषयान् स्मारयन्ति च।

इतरे आधाराः

१. मौञ्जी त्रिवृत्समा श्लक्षणा कार्या विप्रस्य मेखला।

क्षत्रियस्य च मौर्वी ज्या वैश्यस्य शणतन्तवी॥-मनुः २.४२

२. मौञ्जीं मेखलां त्रिवृतां त्रिः प्रदक्षिणमुत्तराभ्यां परिवीयाजिनमुत्तरमुत्तरिया।

-आपस्तम्बगृह्यसूत्रम् ८.२.१

३. मौञ्जीज्यामौर्वीसौत्र्यो मेखलाः क्रमेण।

- गौतम धर्मसूत्रम्

४. त्रिवृन्मौञ्जी मेखला ब्राह्मणस्य शक्तिविषये दक्षिणावृत्तानाम्। ज्या राजन्यस्य।
आवीसूत्रं वैश्यस्य । –हिरण्यकेशि धर्मसूत्रम् १.६६
५. आबध्य मेखलां तस्य प्रावृषामेत्यृचं जपेत्। –आश्वलायनस्मृतिः १०अ.३४श्लो
६. मौञ्जी धनुर्ज्या शाणीति मेखलाः। –बोधायनस्मृतिः
७. मेखला सा त्रिवृत्प्रोक्ता मौञ्जी विरचिताद्यथा। –मार्कण्डेयस्मृतिः
८. तेषां मेखला मौञ्जी ब्राह्मणस्य धनुर्ज्या क्षत्रियस्यावी वैश्यस्य। – आश्वलायनः
९. मौञ्जी विप्रस्य विज्ञेया धनुर्ज्या क्षत्रियस्य तु।
आविर्वैश्यस्य विज्ञेया शृणुध्वमजिनं तथा॥ –शिवतत्त्वरत्नाकरः ४.४

एतादृशैः आधरैः ब्राह्मणः मौञ्जीं धारयेत् क्षत्रियः ज्यां वैश्यः शणतन्तुं धारयेत् इति नियमः।
तद्धारणेन इहपरयात्राय उपयोगः भवति।

सदुक्तिसङ्ग्रहः

-L. Trisha, 2nd Sem. B.Com

न चोरहार्यं न च राजहार्यं न भ्रातृभाज्यं न च भारकारि ।

व्यये कृते वर्धत एव नित्यं विद्याधनं सर्वधनप्रधानम् ॥ ॥ सुभाषितम् ॥

ಜ್ಞಾನಸಂಪತ್ತನ್ನು ಕಳ್ಳರು ಅಪಹರಿಸಲಾರರು. ಅಧಿಕಾರದಿಂದ ಪಡೆಯಲು ಸಾಧ್ಯವಾಗದು. ಸಹೋದರರಿಂದಲೂ ವಿಭಜಿಸಲು ಸಾಧ್ಯವಾಗದು ಹಾಗೂ ಭಾರವಲ್ಲದ ಈ ಸಂಪತ್ತನ್ನು ವ್ಯಯಿಸಿದಷ್ಟೂ ವೃದ್ಧಿಸುತ್ತದೆ. ಈ ಕಾರಣದಿಂದ ಜ್ಞಾನಸಂಪತ್ತು ಎಲ್ಲಾ ಸಂಪತ್ತುಗಳಿಗಿಂತ ಶ್ರೇಷ್ಠವಾಗಿದೆ.

Knowledge cannot be stolen by thieves. It cannot be taken by using power. It cannot be divided among the brothers. It will never become heavy. How much ever we use our knowledge it will never decrease, but it will increase. Hence knowledge is the best among all treasures.

विद्या ददाति विनयं विनयाद्याति पात्रताम् ।

पात्रत्वात् धनमाप्नोति धनाद्धर्मं ततः सुखम् ॥ ॥ हितोपदेशः ॥

ಜ್ಞಾನವು ವಿಧೇಯತೆಯನ್ನು ಕೊಡುತ್ತದೆ. ವಿಧೇಯತೆಯು ಗೌರವವನ್ನು ತರುತ್ತದೆ. ಗೌರವವು ಸಂಪತ್ತನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ. ಸಂಪತ್ತನ್ನು ಸದ್ವಿನಿಯೋಗ ಮಾಡಿದಾಗ ಸುಖವು ಸಿಗುತ್ತದೆ.

Education inculcates politeness. A polite person gets respect from the others. Respect will get him money and money when it is used for good purposes will enrich a man's happiness.

कामः क्रोधश्च लोभश्च देहे तिष्ठन्ति तस्कराः ।

ज्ञानरत्नापहाराय तस्मात् जागृत जागृत ॥ ॥ श्रीशङ्कराचार्याः ॥

ಜ್ಞಾನವೆಂಬ ರತ್ನವನ್ನು ಅಪಹರಿಸಲು ಕಾಮ, ಕ್ರೋಧ, ಲೋಭಗಳೆಂಬ ಕಳ್ಳರು ದೇಹದಲ್ಲಿ ಆವಾಸ ಮಾಡಿಕೊಂಡಿದ್ದಾರೆ. ಈ ಕಳ್ಳರಿಂದ ಸದಾ ಎಚ್ಚರವಾಗಿರು! ಎಚ್ಚರವಾಗಿರು!

Three robbers - wrath, lust and greed are dwelling in you to rob you of the Jewel of Wisdom. Hence wake up and beware.

श्रद्धावान् लभते ज्ञानं तत्परः संयतेन्द्रियः ।

ज्ञानं लब्ध्वा परां शान्तिमचिरेणाधिगच्छति ॥ ॥ भगवद्गीता ॥

ಶ್ರದ್ಧೆಯಿಟ್ಟು ಭಗವಂತನನ್ನು ನಂಬಿ ಇಂದ್ರಿಯಗಳನ್ನು ಬಿಗಿಹಿಡಿದವನಿಗೆ ಆ ಜ್ಞಾನ ಲಭಿಸುತ್ತದೆ. ಜ್ಞಾನವನ್ನು ಪಡೆದವನು ತಡವಿಲ್ಲದೇ ಪರಮ ಸುಖರೂಪವಾದ ಸ್ಥಾನವನ್ನು ಪಡೆಯುತ್ತಾನೆ.

The man of faith, who has mastered his senses and who is intent on it, wins knowledge. Winning knowledge, he attains without delay the peace supreme.

ಕರ್ಮಣ್ಯೇವಾಧಿಕಾರಸ್ತೇ ಮಾ ಫಲೇಷು ಕದಾಚನ ।

ಮಾ ಕರ್ಮಫಲಹೇತುಭೂಮಾ ತೇ ಸಜ್ಜೋಽಸ್ತ್ವಕರ್ಮಣಿ ॥ ॥ ಭಗವದ್ಗೀತಾ ॥

ಕರ್ಮ ಮಾಡುವುದಷ್ಟೇ ನಿನ್ನ ಹಕ್ಕು. ಕರ್ಮ ಫಲದ ಮೇಲೆ ಹಕ್ಕು ಸಾಧಿಸಬೇಡ. ಫಲದ ಆಸೆಯಿಂದ ಕರ್ಮ ಮಾಡಲೂ ಬೇಡ. ಹಾಗೆಯೇ ಕರ್ಮ ತ್ಯಾಗದ ಕಡೆಗೂ ನಿನ್ನ ಒಲವು ಹರಿಯದಿರಲಿ.

To work alone have you the right and never to the fruits (of works). Don't be impelled by the fruits of works (at the same time) don't be tempted to withdraw from works.

आलस्यं हि मनुष्याणां शरीरस्थो महान् रिपुः ।

नास्त्युद्यमसमो बन्धुः कुर्वाणो नावसीदति ॥ ॥ नीतिशतकम् ॥

ಸೋಮಾರಿತನವಾದರೋ ಮನುಷ್ಯರಿಗೆ ಶರೀರದಲ್ಲಿಯೇ ಇರುವ ದೊಡ್ಡ ಶತ್ರು. ಪ್ರಯತ್ನಕ್ಕೆ ಸಮನಾದ ಬಂಧುವಿಲ್ಲ. (ಪ್ರಯತ್ನವನ್ನು) ಮಾಡುತ್ತಿರುವವನು ಹಾಳಾಗುವುದಿಲ್ಲ.

Being slothful is a great enemy of men residing in their own bodies. There is no kinsman equal to activity. One who works will not feel miserable.

मानं हित्वा प्रियो भवति क्रोधं हित्वा न शोचति ।

कामं हित्वा र्थवान् भवति लोभं हित्वा सुखी भवेत् ॥ ॥ महाभारतम् ॥

ಅಹಂಕಾರವನ್ನು ಬಿಡುವುದರಿಂದ ವ್ಯಕ್ತಿಯು ಇತರರಿಗೆ ಪ್ರಿಯನಾಗುತ್ತಾನೆ. ಕೋಪವನ್ನು ಬಿಟ್ಟರೆ ದುಃಖಿಸುವುದಿಲ್ಲ. ಆಸೆಯನ್ನು ಬಿಟ್ಟು ಹಣವಂತನಾಗುತ್ತಾನೆ. ದುರಾಸೆಯನ್ನು ಬಿಟ್ಟರೆ ಸುಖವಾಗಿರುತ್ತಾನೆ.

By abandoning pride a person becomes lovable and by renouncing anger one never experiences grief. One becomes rich by giving up desire and by renouncing greed, one becomes happy.

Yoga, spirituality in Indian education system

-Prof. Karthik B.R and Prof. N.R. Subrahmanya

1. Introduction:
2. What is Yoga?
3. What is Spirituality?

A) Ancient period - Vedic age - Gurukula- Ramayana -Mahabharat–Shankaracharya- Madhvacharya- Ramanujacharya- Guru ShishyaParampara(1100 A D)

B) Mediaeval period - Buddhism – Jainism-Universities - Nalanda- TakshashilaPatliputra– Foreign Invasions- Mughals -Sultanate etc. 1102 to 1580 AD

C) Modern period- Westerninvasions - Lord Macaulay's Education policies Disappearance of Gurukulas-Change in curriculum (1580 AD onwards)

4. Yoga in Indian education system.
5. Spirituality in Indian education system.
6. Conclusion
7. Bibliography

Introduction:

Any formal way of learning is called education. A man from his birth learns several things to do on his own by seeing others. Observing the creatures of his own kind he learns to do so many things like eating food with hands, drinking water with a cup and a glass, using washrooms etc. But it can't be called education. Even the animals learn certain things in a particular manner by seeing other animals of their own kind. We can't call them educated. But a man is called educated after he passes out of a school or any institution.

Apart from learning to survive in this world what else makes a man to be called as educated? What he learns in so-called institutions?

Education teaches a person to have ability of distinguishing between good and bad, right and wrong. Education teaches a person to memorize the knowledge what he gets from all around. Education teaches a person to react or respond to the situations in a particular manner. It cultures one's thoughts and trains his mind to be capable of understanding the things well. Modesty, truthfulness, honesty, kindness etc. are the byproducts of education.

All this wouldn't be possible if there is no proper discipline and system in the process of learning, and learning should happen in our intellect through our mind. It should reach our soul. In other words in any education system learning should happen in our विज्ञानमयकोश through मनोमयकोश and it should take a person to आनन्दमयकोश. So learning just to earn their livelihood can't be called education. Therefore we see many qualified graduates involved in destructive activities in the world causing disasters in the lives of people.

So in any kind of education, learning to control and learning to make use of our बुद्धि and मनस् is important. It is not possible without Yoga and spirituality.

What is Yoga?

Generally Yoga is anything we do with consciousness and awareness. Our ancient scholars and scriptures give many definitions for Yoga. Basically the Sanskrit word Yoga is derived from other two verb-root यजिर्योगे, which means to unite, to connect, to join etc.

The very important things we have with us our body and mind. Kalidasa says – “शरीरमाद्यंखलुधर्मसाधनम्” - “The body is the medium to perform our Dharma which is a part of our life bound with our duties. So such a physical body should be in the control of our mind in other words it should be connected to our mind and the mind should be having the control on our sense organs. So Yoga is to connect the mind with body or to unite the mind and body or to join the mind with the body.

Maharshi Patanjali who is the Yoga Pitamah says- “योगःचित्तवृत्तिनिरोधः”- “control on the activities of mind is called Yoga.”

Yogavsishta says- “मनःप्रशमनोपायःयोगउच्यते”- “Yoga is a tool to calm down the mind”.

Bhagavad Gita says- “योगःकर्मसुकौशलम्” -

“Yoga is the skill of doing actions”

This kind of activity where we train our body and mind to be always together is the most required process in formal learning or education.

What is spirituality?

Our physical body is made of five elements. Apart from that we have mind to control it. The mind is regulated by our intellect. But this entire group of body, mind, sense organs and intellect is mastered by our आत्मा or spirit. Upanishad says the human body is like a Chariot आत्मा is like the warrior, intellect is the सारथि-the charioteer, mind is the rope which controls the horses and the five sense organs are the horses. The warrior having control on all other parts reaches his destination, which is मोक्ष or विष्णुपदम्.

“आत्मानं रथिनं विद्धि मनः प्रग्रहमेव च ।

बुद्धिं तु सारथिं विद्धि शरीरं रथमेव च ॥”

धर्म, अर्थ, काममोक्ष are the four objectives of one's life. Being conscious about that and doing every activity with a sense that, it will lead a person to Moksha and believing that the Moksha is the ultimate objective for anyone is called spirituality the अध्यात्म.

The Indian education system:

Ancient period:

Vedic age:

In spite of many opinions about the exact date of the above period, we can say Vedic period is the early days of human civilization. कृतयुग, त्रेतायुग, द्वापरयुग and कलियुग are the four eras. In कृत they say Dharma was standing with its all four legs. Therefore there was no place for अधर्म. In त्रेता it lifted its one leg so अधर्म stood in it one leg. In द्वापर, Dharma stood on its two legs which made अधर्म also stand with its two legs. Now in कलियुग Dharma is just standing on its one leg and अधर्म is on its three legs this comparison indicates the percentage of Dharma and अधर्म in each era.

Why does अधर्म increase?

It is not external, it is internal. In each person there are three गुणाः-सत्वगुण, रजोगुण and तमोगुण. The way of life decides the percentage of गुण in us. The method of education plays a major role in it. In any person the increase of रजोगुण and तमोगुण make him get involved in अधर्म. In our ancient education system there was a continuous effort to reduce the percentage of रजोगुण and तमोगुण in a person. Yoga is the best medium to do so. Therefore our ancient आचार्याः after their several years of research contributed the knowledge of Yoga to the mankind.

Gurukulas are the places where the education was teacher centric. A student leaving all his inherited things or possessions at his home would go to his Guru, stay with his Guru, learn the subjects along with other students. The Guru or the teacher was completely free to teach the way he wanted to teach. गर्भात् अष्टमे वयसि... - at the age of 8, a student was considered eligible to get educated. In the beginning the उपनयन- taking a student to his Guru, was performed and the student would be left in the Gurukula. The head of Gurukula- the कुलपति would take care of the student for next 12 years. In those 12 years the wife of his Guru is the mother of that student. This way if a student studies for 12 long years, being away from all kinds of distractions, there will be no chance of evil qualities in him. The learning also happens for his holistic development.

In Gurukula within a span of 8 years a student would study five subjects as the basic subjects they are;

1. शब्दविद्या – for the knowledge of linguistic skills.
2. शिल्पस्थानम् – for the knowledge of engineering and basic calculation.
3. आयुर्वेद – for the knowledge of medicine.
4. हेतुविद्या – for the knowledge of law.
5. आध्यात्मिकीविद्या – for the knowledge of spirituality.

After this, based on one's choice and capability specialized subjects would be taught to him. Like, if it is a prince who wants to learn warfare, the warfare was taught to him. ब्राह्मण wants to study any stream of Veda in detail that would be taught to him. It was not that the

son of a क्षत्रिय has to be क्षत्रिय or ब्राह्मण's son should be a ब्राह्मण, वैश्य's son should be a वैश्य. The वर्णाश्रम or the clauses of society were based on one's nature, interest and work. In Bhagavad Gita the lord says "चातुर्वर्ण्यमया सृष्टं गुणकर्मविभागशः" which means the above.

But the above mentioned five subjects were common for everyone in the basic level. The physical activity with mental involvement was given importance and as the spirituality or अध्यात्म was also taught in the end. The above information makes it clear that in ancient Indian Gurukula system Yoga and spirituality were given more importance.

In Ramayana we get many examples of such Gurukulas. Rama and his brothers studied in the Gurukula of Vashishtha.

Vasistha was the Guru for the for all the kings of Ikshwaku clan.

In Mahabharata-time also there were many Gurukulas. Krishna studied in the Gurukula of Sandeepani.

The examples of Krishna and Sudhama, Drona and Drupada, show that in Gurukula the equal education was taught to everyone irrespective of their background. In Gurukulas attaining Moksha was the ultimate objective and the education was the path to it.

Gautama Buddha and Mahaaveera who taught their thoughts to their followers in their regional languages, also had followed the Gurukula system. Directly or indirectly during that era during that era Yoga and spirituality was a part of the education. In an instance Buddha ends his fasting and says that, to achieve Dharma it is necessary to keep the body and the mind healthy. Yoga also teaches us, how to keep our mind and body healthy. Whether the Buddhism or Jainism believed Vedas or not, but for them also spirituality was the ultimate path of attaining Moksha.

In the universities like Nalanda and Takshashila as a part of Buddhism अध्यात्म and Yoga was thought to the students.

Later, Sri Adi Shankaracharya who popularised सनातनधर्म once again gave more importance for spirituality. In his works called प्रस्थानत्रय (Brahma Sutra Bhashya, Upanishad Bhashya and Bhagavad Gita Bhashya) and in the 4 Mathas, established by him, he preached

Monism- the अद्वैत which says that the soul and the spirit are the part of the same supreme. अद्वैत was taught to the students in those days. Madhvacharya and Ramanujacharya also taught spirituality in their own ways.

Maharishi Patanjali who wrote Yoga Sutra had given a new dimension to Yoga. he even had written the Bhashya for Panini's Ashtadhyayi and Arogya Sutra.

“योगेनचित्तस्यपदेनवाचा मलंशरीरस्य च वैद्यकेन ।

योपाकरोत्तंप्रवरंमुनीनां पतञ्जलिंप्राञ्जलिरानतोऽस्मि ॥”

Acharya Patanjali Yoga Sutra contains 196 Sutras. These were compiled before 400CE.

There is a description of the following;

1. Yama
2. Niyama
3. Asana
4. Pranayama
4. Pratyahata
5. Dhyana
6. Dharana
8. Samaadhi

No doubts that, those days this was taught to the students in Gurukulas.

The evaluation system in Gurukulas was based on the complete knowledge of the student in the subjects taught. शलाकापरीक्षा was one among the evaluation methods.

Mediaeval period:

Our country underwent many foreign invasions. As the invasions happened the invaders tried their best to impose their system of education on Indians. Slowly the Gurukulas changed their forms and the subjects taught were also changed. As a result of Mughals invasion in many fields, like architecture, education etc. we could see the influence of their culture. The scholars like Jagannaatha Pandita were given the patronage of Sultan of Delhi. This shows even the Muslim invasions had not much affected our ancient education system.

The modern Period:

The major change in our education system occurred during the Western invasions. When British ruled our country for more than two centuries, the complete westernization of

education system took place. The education became more materialistic and student centric. The more importance was given to learn to earn the living.

Thomas Babington Macaulay (1800-59) had surveyed Indian education system and came to a conclusion that, it is the education system which kept India strong and unbreakable. Though they had ruled our country for centuries the सनातन culture had never changed. So they decided to change the whole education system. The modern westernized methods of teaching were introduced. Children would go to a particular place in the morning, teachers also would go to the same place and they would come back home in the evening, where in Gurukula they had to stay for 12 years in the same place.

In this system co-education also was introduced. Earlier there were separate Gurukulas for boys and girls.

As a result of this now we have reached a stage, where values, spirituality, Yoga and different languages are vanishing from the curriculum. Imposing western culture is called modernization.

Now these places are called schools and colleges. In these places students are asked to memorize and the same is written on the papers in the end of a particular session, which is called examination. Having the knowledge of about 35% in the learnt topic is considered that, the person is well versed in it. Where in Gurukulas the Guru would not certify the student educated (स्नातक), if he is not satisfied with the knowledge of his disciple.

Yoga in present Indian education system:

In many schools and colleges the distractions are more for students. As male and female both study under the same roof the opposite sex attraction is a big hurdle to gain knowledge. The subjects taught are very materialistic. So the students learn to accumulate the wealth and to learn to how to become economically richer and richer. The so-called competition makes the people run behind the materialistic processions. After they pass out the only objective is to earn more and more money, showcase themselves as rich in the society. In this race, all the values are ignored. This has led the corruption, evil activities in the society to increase.

People who undergo this kind of education do works only through their mind. The बुद्धि loses its control on mind. People become more stressful and go to depressions over the period of time.

So from the basic level Yoga should be an important subject in the education system.

It is not possible to go back to the Gurukula- system where Yoga in every activity what they would do. But at least a major part of education life should be spent in learning or practicing Yoga.

Spirituality in Indian education system:

Yoga and spirituality are inseparable. As discussed earlier the present days education is for materialistic possessions. These days, people have no time to think who they are? Why they are living? Out of four पुरुषार्थाः only अर्थ and काम, are given importance.

In the present education system Dharma and Moksha are completely ignored. If Moksha is not considered as the ultimate objective evil activities increase day by day. Having the sense of not being attached to the materialistic possessions is called वैराग्य. वैराग्य is the first step to the path of Moksha.

If a student is given the complete knowledge about all above, in his future possibility of committing sins come down. In the present days education system spiritual activity is limited to the morning prayers. In the schools and colleges, spiritual activities help a person to know the God within, which makes him to know the god in others also.

So along with Yoga a major duration should be given for spiritual activities in education centers.

Spiritual activities like prayers are very important in educational institutions. These help the students to have balance in their student life.

By doing so the rate of crime comes down in the society and happiness increases among all the human beings.

Conclusion:

In this present situation it is very difficult to balance our emotions, balance our family life, social life, and it is difficult to get involved in for professional life.

Yoga and अध्यात्म are the tools to handle the situations in a balanced way. As Arjuna says in Bhagavad Gita controlling mind is as difficult as hold in the air-

“चञ्चलं हि मनः कृष्ण, प्रमाथि बलवद्दृढम् ।

तस्याहं निग्रहं मन्ये वा योरिव सुदुष्करम् ॥”

Krishna replies for that this way

“असंशयं महाबाहो, मनो दुर्निग्रहं चलम् । अभ्यासेन तु कौन्तेय, वैराग्येण च गृह्यते ॥”

It is possible to control our mind by practice and by not being attached to the materialistic world.

“Through practice comes Yoga,

Through Yoga comes knowledge,

Through knowledge love and

Through love bliss”

– Swami Vivekananda

It is only Yoga which trains the people to control the mind and it leads us to spirituality. So in this scenario every human should practice Yoga for a better life. It is possible only if Yoga is taught as a theory and practical subject in all the education institutes.

Yoga and spirituality should be a compulsory part of the curriculum. It brings down the anxiety, stress and sorrow in one's life. It gives the completeness to the growing people who lead this world in future.

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु माकश्चिद्दुःखभाग्भवेत् ॥

आयुर्वेद सुभाषितानि

-Soujanya S. Achar, 2nd Sem. BBA

- Shiva kumar, 2nd Sem. BBA

हिताहितं सुखं दुःखमायुस्तस्य हिताहितम् । मानं च तच्च यत्रोक्तमायुर्वेदः स उच्यते ॥ चरक	Ayu is classified into four types –Hitayu, Ahitayu, Sukhayu, Dukhayu. Among these which is conducive to prosperity of life and which is not? What is limit (परिमाणं) of this Ayu? Knowing these aspects in detail is Ayurveda. That means we get knowledge about Ayu from Ayurveda.
कायवाग्बुद्धिविषया ये मलाः समुपस्थिताः । चिकित्सालक्षणाध्यात्मशास्त्रैषां विशुद्धयः ॥ (वाक्यपदीय)	The doshas or defects concerned with body, speech and mind or intellect (शरीर, भाव, बुद्धि) can be immaculate by medical treatment, grammatical and philosophical knowledge respectively, i.e. through चिकित्सा, व्याकरण, and अध्यात्मशास्त्र. But, the true knowledge of Ayurveda immaculate psychological as well as physiological defects.
सद्यः फलति गान्धर्व, मासमेकं पुराणकम् । वेदाः फलन्ति कालेषु ज्योतिर्वेधौ निरन्तरम् ॥	The enjoyment we get by hearing music is instantaneous. The happiness will be there for a month by listening mythology or purana. Vedas yield happiness after long time, but studying ज्योतिष्शास्त्र and वैद्यशास्त्र gives happiness forever. To put it is other words the productivity and usefulness of studying Ayurveda is eternal.
चरकः सुश्रुतश्चैव वाग्भटश्च तथाऽपरः । मुख्याश्च संहिता वाच्यास्तिस्त्र एवयुगे युगे ॥ (हारीत)	In every era, Charaka, Sushruta and Vagbhata samhitas are ever famous and important. Only these compositions are considered as important always, in every period. That means in Kruthayuga Charaka Samhita, in Dwaparayuga Sushruta Samhita and in Kaliyuga Vagbhata Samhita are important.
अथ मैत्रीपरः पुण्यमायुर्वेदं पुनर्वसुः । शिष्येभ्यो दत्तवान् षड्भ्यः सर्वभूतानुकम्पया ॥ अग्निवेशश्च भेलश्च जरूकर्णः पराशरः । हारितः क्षारपानिश्चजगृहस्तन्मुनेर्वचः ॥	Muni Punarvasu had good intimacy with his students. That is why he taught all his six disciples, Agnivesha, Bhela, Jatukarna, Parashara, Hareetha and Ksharapani, the vast knowledge of Ayurveda. All his students were clever and they acquired the knowledge soon. All of them were well

(चरक)	versed in Ayurveda.
निदाने माधवः श्रेष्ठः, सूत्रस्थाने तु वाग्भटः । शरीरे सुश्रुतः श्रेष्ठश्चरकस्तु चिकित्सते ॥	Madhava's nidana is considered to be the best for "roganidana". Vagbhata's Sutrasthana is the ultimate. Among the books related to "Sharira sthana", Sushruta is the best and among "Chikitsa Shastra" Charaka is considered to be superb.
अष्टाङ्गसंग्रहे ज्ञाते वृथा प्राक्तन्त्रयोः श्रमः । अष्टाङ्गसंग्रहेऽज्ञाते वृथा प्राक्तन्त्रयोः श्रमः ॥	One who studies Ashtangasangraha completely may not worry about knowing Charaka and Sushruta Samhita. If he does it, it is mere waste. Like wise, one who does not have the knowledge of Ashtangasangraha but has the knowledge of Charaka and Sushruta Samhita is also a waste.
अश्विनौ देवभिषजौ यज्ञवाहाविति स्मृतौ । यज्ञस्य हि शिरश्छिन्नं पुनस्ताभ्यां समाहितम् ॥ प्रशीर्णा दशनाः पूष्णो नेत्रे नष्टे भगस्य च । वज्रिणश्च भुजस्तम्भस्ताभ्यामेव चिकित्सितः ॥	The doctors of Gods , "Aswini devathas " were known as यज्ञवाहाः. They once joined the head of यज्ञपुरुषः. Once Suryadeva lost his teeth , Bhaga had lost his eyes, Indra had भुजस्तम्भ, they cured all these defects with their treatment.
अहं हि धन्वन्तरिरादिदेवो जरासूजामृत्युहरोऽमराणाम् । शल्यङ्गमंगौरपरैरुपेतं प्राप्तोऽस्मि गां भूय इहोपदेष्टुम् ॥ (सुश्रुत)	I, Dhanwanwanthari, the Adideva, destroyer of oldage, disease and death have come to earth to teach more about Shalyanga and other Angas
पातञ्जलमहभाष्यश्चरकप्रतिसंस्कृतैः । मनोवाक्कयायदोषाणां हर्त्रेऽहिपतये नमः ॥ (चक्रपाणि)	Thanks to Adishesha, who, through the composition of Patanjala Yogashastra, Patanjala Maha Bhashya and Charaka Pratisamskara immaculate (Purifies) the doshas of mind, speech and body respectively It is said that Adishesha emerged out in three avataras for the

	compostion of these three shastras.
यतश्चर इवायातो न ज्ञातः केनचिद्यतः । तस्माञ्चरकनाम्नाऽसौ विख्यातः क्षितिमण्डले ॥ (भावप्रकाशन)	Charaka came to earth and wandered secretly. He moved about everywhere concealing his identity. Hence he is known as Charaka. (चरति इति चरकः)
योगेन चित्तस्य पदेन वाचा मलं शरीरस्य च वैद्यकेन । योऽपाकरोत्तं प्रवरं मुनीनां पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥ (योगवार्तिक)	Through yogashastra the doshas of the mind can be immaculate; through vyakarana mahabhashya, the doshas of speech can be immaculate (purified) and through vaidyakashastra, doshas of body can be immaculate. All these texts are composed by Patanjali and hence we salute him for his valuable contribution.
ब्रह्मणस्तनयो योऽभूत् मरीचिरिति विश्रुतः । कश्यपस्तस्य पुत्रोऽभूत्, कश्यपानात् स कश्यपः ॥ (मार्कण्डेयपुराण)	Brahma's son is Marichi; his son is famous as Kashyapa. As he drank the intoxicating drink Kashya, he is known as Kashyapa.
अत्रिः कृतयुगे वैद्यो द्वापरे सुश्रुतः स्मृतः । कलौ वाग्भटनामा च, गरिमात्र प्रदिश्यते ॥ (हारितः)	Atri in krutayuga, Sushrutha is Dwaparayuga and Vagbhata in Kaliyuga are famous vaidyas.
धर्मार्थं नार्थकामर्थमायुर्वेदो महर्षिभिः । प्रकाशितो धर्मपरैरिच्छद्भिः स्थानमक्षरम् ॥ (चरक)	Religious observers and ancient Rishis did not have any wishes or expectations, for the permanent fame and place. They preached Ayurveda not for money or desires.
इह चत्वारि दानानि प्रोक्तानि परमर्षिभिः । विचार्य नानाशास्त्राणि शर्मणोऽत्र परत्र च ॥ भीतेभ्यश्चाभयं देयं व्याधितेभ्यस्तथौषधम् । देया विद्यार्थिनो विद्या देयमन्नं क्षुधातुरे ॥ (काशीखण्डः)	With the intention of keeping students always happy, Rishis searched many shastras and taught their students the four endowments. 1) abhayadana for frightened ones. 2) aushadhidana for patients 3) Vidyadana for students 4) Annadana for needy persons. Here abhayadana means avoiding the fear of death. Human beings can have the fear of animals or the fear of other men, and of water, fire etc., but here death fear is stressed. The diseased one should be convinced by the Abhayadana.
धर्मार्थकाममोक्षाणामारोग्यं साधनं यतः । तस्मादारोग्यदानेन तदत्तं स्याञ्चतुष्टयम् ॥ (स्कन्दपुराण)	Dharma, Artha, Kama and Moksha are relying upon health. If a person can be healthy, then only he can acquire these four Purusharthas. So giving health is equal to endowment of all the four sacred elements.
न हि जीवितदानाद्धि दानमन्यद्विशिष्यते । तस्मादुपाचरेत् स्वेन स्वेन निःस्वतपस्विनः ॥	Nothing is better than Jeevitadana and hence one has to treat the patients (poor ones) those who don't have money, with his

(अ. संग्रह)	own money.
क्वचिद्धर्मः क्वचिन्मैत्री क्वचिदर्थः क्वचिद्वशः । । कर्माभ्यासः क्वचिञ्चेति चिकित्सा नास्ति निष्फला ॥ (अ. संग्रह)	The medication of 'Chikitsa' is always fruitful. Through this one can acquire Dharmaprati, friendship (snehatwa) dravya (money) fame (yashas) and sometimes one can gain experience (अभ्यास)
शीतोष्णे चैव वायुश्च त्रयः शारीरजा गुणाः । तेषां गुणानां साम्यं यत्तदाहुः स्वास्थ्यलक्षणम् ॥ (महाभारत)	The three sharirika doshas are sheetha, ushna and vayu. (i.e. vatha, pittha and kapha) when tridoshas are in equilibrium state, person can be considered as healthy. The samya of these three doshas is called स्वास्थ्य. The tridoshas are primary and essential factors of the human body that govern our entire physical structure and function.
सत्त्वं रजस्तम इति मानसाः स्युस्त्रयो गुणाः ॥ तेषां गुणानां साम्यं यत्तदाहुः स्वस्थ लक्षणम् ॥ (महाभारत)	Satva, Rajas and Tamas are called three manasika Gunas. Three Gunas pertaining to mind are said to be in a dynamic equilibrium with each other for maintenance of health. This equilibrium is the definition of a health person. This helps to lead a balanced psychological and spiritual health.
समदोषः समाग्निश्च समधातुमलक्रियः । प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते ॥ (सुश्रुत)	The equilibrium of doshas, (tridoshas both sharirika and manasika) the equilibrium of अग्नि, equilibrium of all dhatus and malas, proper and balanced physiological and psychological functions, the calmness or prasannatha about atma, indriya and manas or the equilibrium state itself is considered as swastha (swastha-healthy man, swastha-health)
विकारो धातुवैषम्यं साम्यं प्रकृतिरुच्यते । सुखसंज्ञकमारोग्यं विकारो दुःखमेव च ॥ (चरक)	The abnormal state of dhatu is called Vishamatha. The balanced or normal state is considered as healthy or natural. Health is symbolised as sukha and vikara is symbolised as dukha. Hence dukha and sukha comes from the state of mind and body
अर्थागमो नित्यमरोगिता च प्रिया च भार्या प्रियवादिनी च । वश्यश्च पुत्रोऽर्थकरी च विद्या षड् जीवलोकस्य सुखानि राजन् ॥ (महाभारत)	Oh King! Earning money everyday, good health, pretty and sweet spoken wife, obedient son, the knowledge which brings prosperity. These six things in life give utmost pleasure always.
आरोग्यमानृण्यमविप्रवासः	Health, debtlessness, not travelling far-off, living with noble ones, trustful duty, fearless

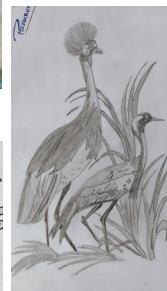
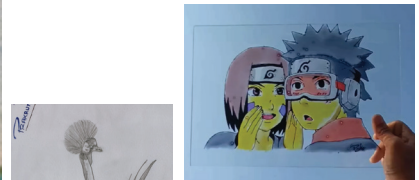
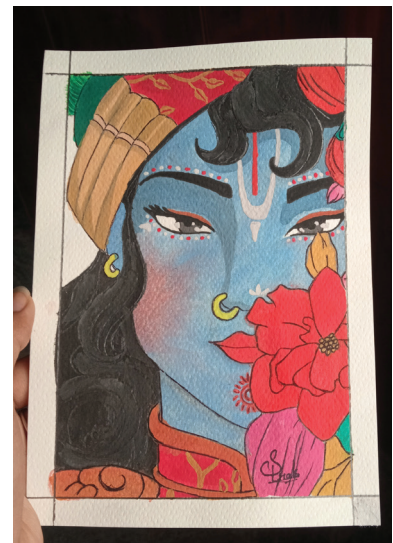
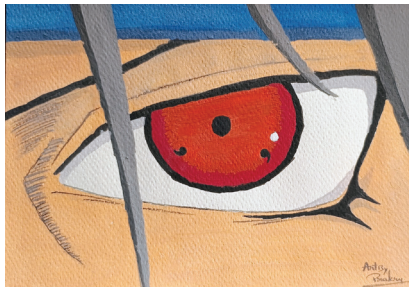
सद्धिर्मनुष्यः सह सम्प्रयोगः । स्वप्रत्यया वृत्तिरभीतवासः षड्जीवलोकस्य सुखानि राजन् ॥ (महाभारत)	living-these six things always bring happiness
शरीरमाद्यं खलु धर्मसाधनम्	As the sharira itself is the main sadhana to perform all dharmkaryas
सर्वमेव परित्यज्य शरीरमनुपालयेत् । शरीरस्य प्रणष्टस्य सर्वमेव विनश्यति ॥ (चाणक्य राजनीति)	One should give first and foremost attention to look after good health, because if health is lost (physical and psychological) everything is lost
आयुः कामयमानेन धर्मार्थसुखसाधनम् । आयुर्वेदोपदेशेषु विधेयः परमादरः ॥ (आष्टाङ्गहृदय)	Persons who aspire dharma (religion), artha (wealth), kama (desire) and sukha (worldly pleasures) should bestow utmost trust about the doctrines of Ayurveda
आत्मानमेव मन्येत कर्तारं सुखदुःखयोः । तस्माच्छेयस्करं मार्गं प्रतिपद्येत न त्रसेत् ॥ (चरक)	A man himself is responsible for both sukha and dukha (happiness and unhappiness) without hesitating; he has to walk in the right path, that which will help him to attain eternity. (श्रेयस्)



Art Gallery



Art by
Anu Kumari
(1st Year BCA - B Sec)



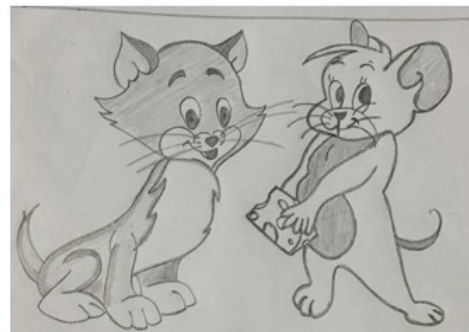
Art by
Prakruthi S
(I sem BCA A section)



Art by
Shalinee Sharma
(I sem Bsc)

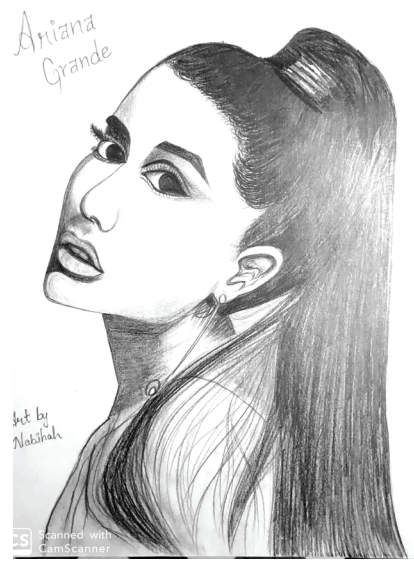
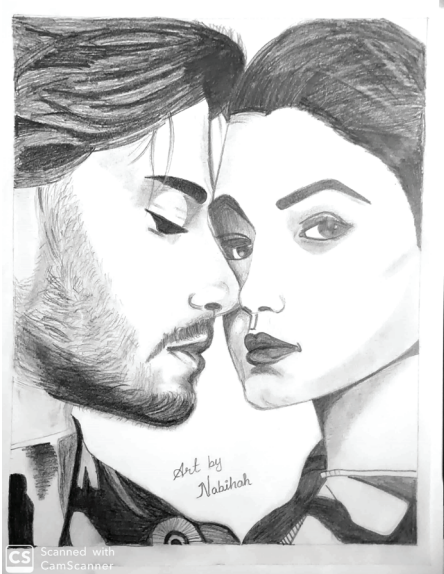


Art by
Nikitha Daniels
(I sem BA)



Art by
Manoj S





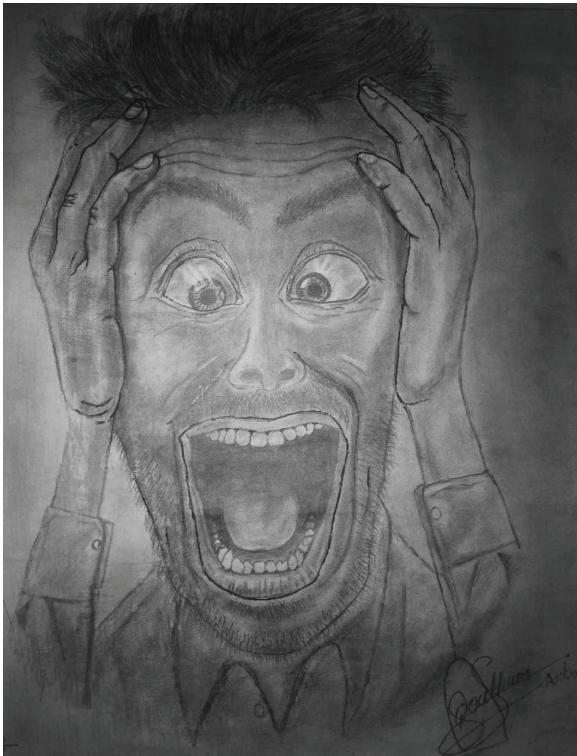
Art by
Nabiah Mohammed
(1st year BA)



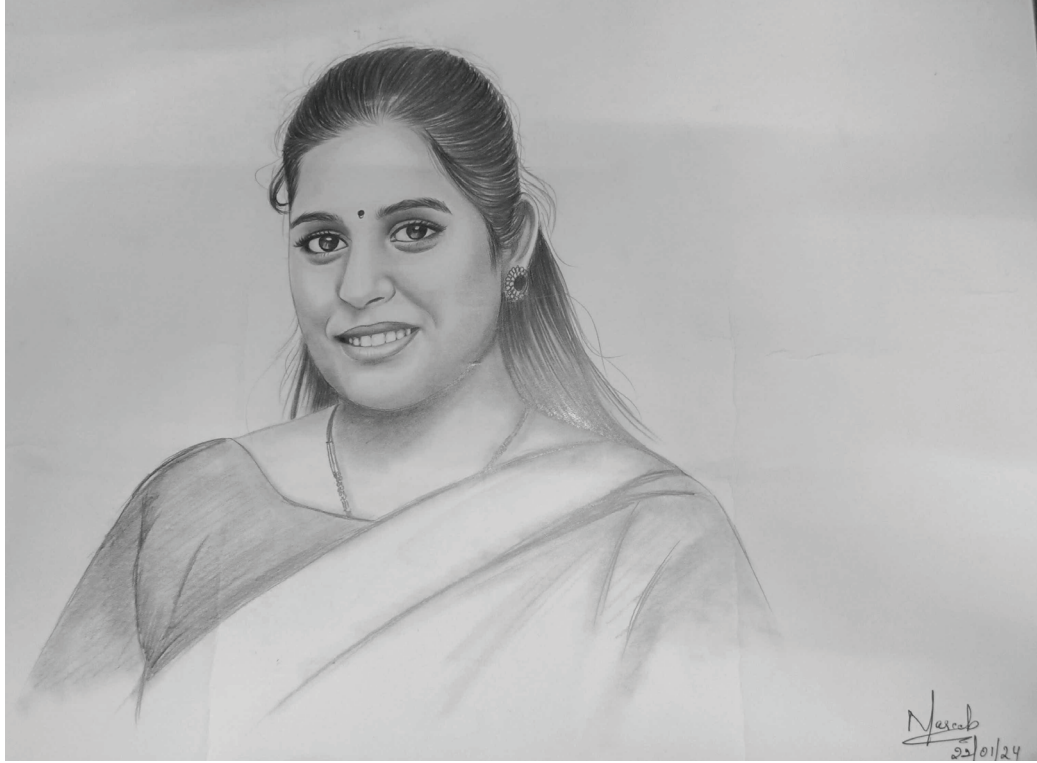
Art by
Ns Nahid Nageeb
BBA 6th see



Art by
Sheetal Chitthu



Art by
Kamalesh
I Bcom B Sec



Art by
Naseeb Unnisa
I Bcom Sec



Sindhi Group of Educational Institutions

(Sponsors: Sindhi Seva Samiti)

Sindhi College

Sindhi Evening Degree College

Sindhi PU College

Sindhi Evening PU College

Sindhi Institute of Management

Sindhi High School, Hebbal

Sindhi High School, KK Road

Sindhi Seva School

Sindhi Academy of Skills



33/2B, Kempapura, Hebbal, Bengaluru - 560024

Phone: 080-23637543 / 44, 48538512 / 13, 6360399465

Email: mail@sindhicollege.com, admissions@sindhicollege.com

for more information, visit us at: www.sindhicollege.com

