



SINDHI COLLEGE

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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



SINDHU TARANG 2021-22

ANNUAL MAGAZINE OF SINDHI COLLEGE





ಥಾವರ್ಚಂದ್ ಗೆಹ್ಲೋಟ್
थावरचंद गेहलोत
THAAWARCHAND GEHLOT
Governor of Karnataka

No.GS 107 MSG 2023

MESSAGE

*I am happy to know that the **Sindhi College** is bringing out a College Magazine "**Sindhu Tarang**" which documents the academic and other achievements and also provides a medium for creative expression and artistic talent of students & staff.*

I take this opportunity to send my Best Wishes and Warm greetings to the editorial team, management and students a grand success.


25.2.23
(Thaawarchand Gehlot)

The Principal,
Sindhi College,
#33/2B, Kempapura,
Hebbal, Bengaluru - 560024.

BASAVARAJ BOMMAI
CHIEF MINISTER



VIDHANA SOUDHA
BENGALURU - 560 001

No: CM/PS/412/2023

Date: 22.02.2023

MESSAGE

I am glad to learn that Sindhi college is bringing out its annual college magazine - Sindhu Tarang.

Education is regarded as a means of acquiring knowledge, values, and skills that provide people opportunities to adjust to the social and cultural changes. This capacity in turn helps people to participate in political, cultural, and social activities. Sindhi College is one of Bengaluru's esteemed institutions. It has been playing a significant in grooming the children to become responsible adults.

I hope that the college magazine Sindhu Tarang will provide a platform for the students to showcase their talent.

I congratulate the Principal, teaching and non-teaching staff of the school for their efforts.

A handwritten signature in black ink, appearing to read "Basavaraj Bommai".

(BASAVARAJ BOMMAI)



Dr. ASHWATH NARAYAN C.N.
Minister for Higher Education,
IT & BT, Science and Technology,
Electronics and Skill Development,
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Date: 8. 3. 2023

Message

I am Pleased to know that Sindhi College is bringing out its Annual magazine titled "SindhuTarang" for the academic year 2021-22.


The college is one of the leading Educational Institutions of Bengaluru City that caters to the needs of learners across all sections of the society.

Sindhi Seva Samithi, the sponsors of Sindhi Group of Educational Institutions is doing yeoman service in the field of health and Education.

I am pleased to acknowledge that the college is striving very hard for the holistic development of its students by creating suitable platform. Students are encouraged to unleash their hidden talents in co-curricular and extra-curricular activities.

College provides ample opportunities through campus selection. Referring to the previous year's magazines, I learnt that the college maintains academic ambience and nurture social responsibility.

I express to the students, staff and executives of the college my best wishes.


(Dr. Ashwath Narayan C.N.)



BENGALURU CITY UNIVERSITY
(Affiliating State University)

PROF. LINGARAJA GANDHI Ph.D.,
VICE CHANCELLOR



February 13, 2023

MESSAGE

Warm Greetings from Bengaluru City University!

Magazines provide a platform to showcase the literary talent of the students. It will also encourage the young minds to think out of box and come out with the hidden ability. I am happy to learn that Sindhi College is bringing out “**SINDHU TARANG**” a college magazine. My wishes for wider acceptance of the magazine.

Dear Students, you are receiving quality education in one of the premier college of the city. You are on a mission of accomplishing Graduation or Post Graduation. You should aim to get good education, skills and values, acquire knowledge and come out with flying colors. There is no short-cut for success and there's no substitute for hard work. Success is defined on 99% perspiration and 1% inspiration. Therefore, be focused and hard work. Smart work matters, but hard work matters more pursue your dreams through hard work, discipline and dedication. One should make use of the opportunity and time and achieve perfection. In the present competitive world, you need to update your knowledge and face the challenges. The present phase of your life should be dedicated to learning and to achieve your goal. You will never get this opportunity again in your life. Don't waste the precious moment in unproductive activities. Feel the responsibility and reach the goal.

I wish you success in all your endeavours.

(Prof. Lingaraja Gandhi)

The Principal
Sindhi College
#33/2B Kempapura, Hebbal
Bengaluru – 560 024.

Message from The President, Sindhi Seva Samiti



Warm Greetings !!

I am indeed very happy to learn that Sindhi College is bringing out college magazine titled “Sindhu Tarang” for the year 2021-22. I heartily congratulate The Director, The Principal, Staff and Students on this academic achievement.

The Magazine, undoubtedly provides an opportunity for the students to exhibit their writing skills and other creative talents.

We, at Sindhi group of Institutions, have been imparting holistic education since inception, thus facilitating all round development of students. I feel proud to place on record that our students have excelled not only in academics but also in extra curricular activities and sports bringing laurels to the institution and accolades for themselves. My best wishes for all their future endeavours

Sri Madan Doulatram

Message from The Chairman, Sindhi College



Warm Greetings to all the readers !!

I feel proud to write a message for the college magazine “ Sindhu Tarang” .

Our Institution has unfolded two decades filled with years of accomplishments and achievements, of course with a few shortcomings. I do not say that our journey over the last twenty years was very smooth but we faced challenges with courage and conviction and tackled them judiciously and attained success.

The objective of the institution is to impart holistic education and prepare good human beings with academic accomplishments. We are leaving no stone unturned to achieve our objective of imparting quality education at an affordable cost.

I heartily congratulate The Director, The Principal , Staff and Students for bringing out “Sindhu Tarang” in a beautiful manner. I wish that the Magazine holds the interest of the reader until the last paragraph.

Prakash R Narang

Message from The Director, Sindhi College



I am truly blessed and honoured for this opportunity to script a message for the annual college magazine titled “Sindhu Tarang” as we are celebrating twentieth year of academic excellence.

I am happy that staff and students are bringing out college magazine for the year 2021-22 with contributions from students covering art and literature. This academic venture provides an excellent opportunity for the students to showcase their writing skills and creative talents

Besides academics, ample opportunities are given to students to exhibit their hidden talents thus facilitating all round personality development of the students. The institution has been organising number of curricular, co-curricular & extra-curricular activities in order to nurture talents of students. Publishing annual magazine is also a right step in this direction. I am very confident that my students will make use of this platform to hone their creative skills further

We are striving hard to convert students’ mirrors of imagination to windows of realities

Dr. B.S. Srikanta

MESSAGE FROM THE PRINCIPAL



“The ignited mind is the most powerful resource on earth”. said by Dr. A.P.J. Abdul Kalam

On the wonderful occasion of completion of 20 years of excellence in academics, it gives me immense pride to record all our numerous achievements through the decades.

Imbued in the high values of the well rounded education at Sindhi College, we celebrate the achievements of our students, faculty and our beloved institution in the Annual magazine : 2021–22 of the college. This is the record of all our activities held during the year, as well as the accolades earned.

It has been an exceptionally challenging year with the implementation of NEP in the state. I commend the sheer hard work and enthusiasm of all Sindhians, who have joined hands with me to execute NEP very effectively and efficiently in the institution.

I also laud the relentless efforts of my colleagues for giving their best in bringing out the best in each student. But I would exhort the students to be always modest, humble and disciplined while being ready to expand the horizons of their knowledge and skills by dreaming big and working hard.

I congratulate the Editorial Board of this Annual magazine and express my deep sense of gratitude to Dr.B S Srikanta, The Director and our Management members for their guidance and encouragement by which our college has achieved many milestones.

Prof. Asha N

BOARD OF MANAGEMENT



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ANNUAL REPORT

Since its establishment in 2002, Sindhi College has maintained the highest academic standards and pioneered some of the best practices in higher education. In line with its motto, “Service to Human Kind”, the college continues to keep its commitment to humanity and uphold an unflinching adherence to human values. It’s a matter of immense pride to present the 20th Annual Report of the College for the academic year 2021-22 highlighting the key achievements over the past year, which marked an extraordinary period in our history.

In this academic year, the institution witnessed a foremost change in executive positions. Dr. B.S. Srikanta, the Principal of the college was promoted as Director and Prof. Asha N, the Vice Principal was promoted as the Principal of this esteemed institution. All the staff members collectively join in congratulating the executives for their promotion, recognizing their dedicated, untiring and unwavering service rendered towards the growth of the institution, in their respective stands.

ACCOLADES BESTOWED IN ACADEMIC YEAR 2021-22

- » Permanent Affiliation for the college renewed by BCU
- » ISO Recertification with zero non-compliance
- » Award for “Excellence in Academics, Student Support and Infrastructure” by Times Business Awards 2022 (held on 27th June) by Times Group
- » Received Appreciation Certificate for supporting “Drug Awareness Walk” at Sree Kantheerava Stadium, Bengaluru, Karnataka on 26th June 2022 on the occasion of International Drug Awareness Day

OFFICE BEARERS

Sri. Madan Doulatram	President
Sri. Prakash R Narang	Chairman
Sri. Kishore L Achpal	Hon. Secretary
Sri. Naveen Nichani	Hon. Treasurer
Sri. Sooraj Chawla	Hon. Jt. Secretary

Orientation Programme for UG Courses 2021-22

The orientation programme for the first year degree students was held on Monday the 4th October 2021 at college auditorium. The program was inaugurated by Dr. B S Srikanta, Principal. Prof. N Asha, Vice-Principal, Sindhi College, the staff, and the new entrants to the Sindhi College and their parents graced the occasion. Dr B S Srikanta Principal, 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 careers.



Inauguration of Post Graduate Classes for the year 2021-22



Inauguration of Post Graduate classes for the year 2021-22 was held on 3rd January 2022 at 10.30 am in the college Seminar Hall. Mr. Sujeet Jha, Director, L&D and Corporate Relations was the Chief Guest. 47 students from 1st and 2nd year M.Com and M.Com (FA) attended the program.

Chief Guest Mr. Sujeet Jha elaborated on the importance of conceptual learning over rote learning. He also stressed upon the importance of taking initiative when an opportunity is available. The students got motivated with his inspirational talk.

Orientation Programme on “Higher Education and Career Prospects”



On 4th January 2022, an orientation programme on “Higher Education and Career Prospects” was organised by the Centre for PG Studies for M.Com and M.Com(FA) students. Dr. Sathisha H K, Assistant Professor, PG Department of Commerce & Management, Govt. R C College of Commerce & Management was the resource person. 41 students from 1st and 2nd year M.Com and M.Com(FA) courses attended the program. Dr. Sathisha started the session with lot of pictorial examples to make students understand the importance and scope of post-graduation in the present era and also how post-graduation is different from under graduation. The program ended with question-answer session..

Investiture Ceremony and Fresher's Day

Investiture ceremony and the Fresher's day was organised on 13th November 2021. Chief Guest for the programme was Prof. T D Kemparaju, Former Vice Chancellor, Bengaluru North University. The Chief Guest motivated the crowd with his inspiring speech. He briefed the students about the transition and changes taking place in the field of education. He stressed on the importance of NEP 2020, which focuses on empowering the students. He concluded his speech by quoting the six qualities essential for a leader (vision, identifying the path, always target for success, great courage, nobility and mental and emotional strength) stated by Dr. A P J Abdul Kalam.



Virtual Orientation Programme for I sem B.Com/B.Com L&SCM and BBA/BBA Aviation Management Syllabi (2021-22) framed as per NEP 2020

The Department of Management organized virtual orientation programme for I sem B.Com /B.Com L&SCM and BBA/BBA Aviation Management Syllabi (2021-22) framed as per NEP 2020 in Association with Bengaluru City University and Bengaluru City University Teachers' Council of Commerce & Management (BCUTCCM) on 22 & 23 December 2021. A total of 482 teacher delegates participated in the session. The participants got familiarized with modalities of I sem B.Com/B.Com L&SCM and BBA/BBA Aviation Management Syllabi (2021-22) framed as per NEP 2020. During the session, various aspects concerning each subject like depth of the syllabus, no. of teaching hours required for a particular topic, pedagogy, problem solving techniques were covered. All the resource persons focused on the how the holistic development of students can be achieved through the implementation of NEP 2020. The program was well organized as pointed out by the participants.



NAAC - Stakeholders' Interaction Meet of Southern Region (Karnataka)



Stakeholders' Interaction Meet of Southern Region (Karnataka) offline & online programme was organized by Sindhi College on 27th October 2021 in the seminar hall. Dr. M K Sridhar, Member, UGC and Drafting Committee NEP 2020, Chairman, Committee to Align NAAC Assessment and Accreditation on lines of NEP 2020, was the Chief Guest. Dr. K R Vishnu Mahesh and Dr. D. K Kamble, Assistant Advisers, NAAC were the Guests of Honour. The other dignitaries present on the occasion were Dr. M Jayappa, Principal, SRFGC & Special Officer Rani Channamma University, Belgavi. Dr. Srikanta B S, Principal, Sindhi College, Prof. Asha N, Vice Principal, Sindhi College, Principals, IQAC Co-ordinators and participants from various universities and colleges were present. More than 100 participants from colleges across the state participated in the session. The objective of the program was to elicit views of the participants on the effectiveness of the current accreditation process and the proposed binary accreditation.

Sanskrutotsava and Pratibha Puraskara Program

The Sanskrutotsava and Pratibha Puraskara program was organized on Sunday 20.2.22 in collaboration with the Samyak Pratishthanam and the Department of Sanskrit, Sindhi College. On this occasion, Prof. Srinivasa Varakhedi, Vice Chancellor of the Central Sanskrit University was honoured with the award 'Sanskrita Sevavruithi' for his valuable contribution to the field of Sanskrit. He was honoured with an award plaque and a cash prize. Sri Sri Chandrashekhara Shivacharya Swamiji, Gurushanteshwara Samsthana, Hukkeri Hirematha, Belagavi was the chief guest. Over 300 students who got the highest marks in the Sanskrit language were felicitated on the occasion. Over 450 students and parents participated. Students were honoured with a certificate, memento and books. Addressing the gathering, D.V.Sadananda Gowda, Former Chief Minister, Govt. of Karnataka said "to know the depth and significance of Indian culture is to understand sanskrit language. It is concealed in the true motives of our ancestors, so that if one can trace the origins of ancestral religion, it is only through the study of sanskrit". Dr. B S Srikanta, Director, Sindhi College said that sanskrit scholars are the torch bearers of the rich heritage of our country.



7 Days Faculty Development Programme on “Paradigm Shift from A Teacher to Facilitator”



The college organized seven days Faculty Development Programme (FDP) on the theme “Paradigm Shift from A Teacher to Facilitator” from 10th March to 18th March 2022. The inauguration of the programme was held on 10th March 2022. The Chief Guest of the programme was Dr. S R Keshava, Professor of Economics, Director, Central Placement Cell, BCU, Executive Committee Member, CESS, Bangalore. Other guest speakers were Dr. B S Srikanta, Director, Sindhi College, Dr. Rajdeep Manwani, Research Head, Sindhi College, Dr. Padmavathy K, Professor & HOD, Department of English, Sindhi College, Dr. Sandeep Nair, Senior Project Officer (Academics), Chanakya University, Bengaluru and Dr. Gowrisha, Professor & Director, Centre for Educational & Social Studies, Bengaluru. Each of the speakers highlighted on various roles of a teacher that is being changing from just a mere teacher

to a facilitator. They also dealt with the effective implementation of NEP, which has brought about paradigm shift in the field of education. The sessions highlighted on the changing role of a teacher from a conventional information provider to a facilitator/mentor.

The Valedictory programme of the 7 Days FDP was held on 18th March 2022. Dr. Anitha Rao, Associate Professor, Department of English, Nrupathunga University, Bengaluru delivered the valedictory address. She shared her experience as a teacher and she stressed upon developing critical thinking and creativity among students.

Multilingual National Conference

A two-day virtual Multilingual National Conference was organised by the Department of Languages on 25th and 26th August 2022. The theme of the conference was “An Escape in Literature to Overcome Existential Crisis”. The inauguration of the conference witnessed a plethora of eminent academicians and participants across the country. Dr. M.K. Sridhar, Registrar, SVYASA University was the Chief Guest and Dr. Nataraj Huliyyur, Professor and Renowned writer, Kannada Study Centre, Bangalore University, Jnana Bharathi, Bangalore was the Key Note Speaker.

On Day-1, English and Kannada technical sessions were held simultaneously. The technical Chairperson for English was Dr. S. Jayanthi, Research Supervisor, Asst. Professor of English, Research Centre in English, Sri S. Ramaswamy Naidu Memorial College, Sattur, Virudhunagar, Tamil Nadu. Fifteen research papers were presented by researchers across the country.

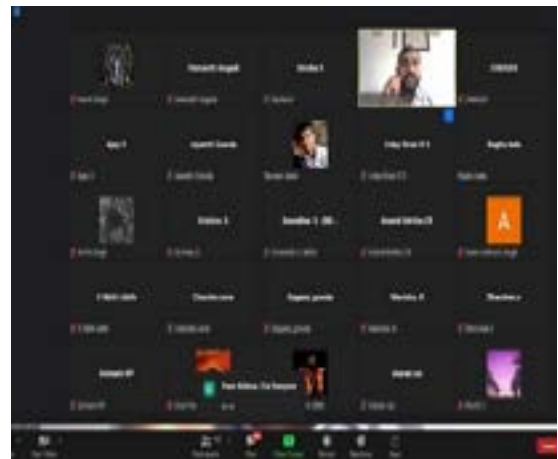
Kannada technical session was chaired by Dr. Rajappadalavayi, Professor and Playwright, Kannada Study Centre, Bangalore University, Jnanabharathi, Bangalore. Twelve research papers were presented and the deliberations were interesting and thought provoking.

On Day-2, Hindi and Sanskrit technical sessions were held. Dr. Bhawani Singh, Senior Assistant professor, Dept of Hindi, Himachal Pradesh University, Summer Hill, Shimla, was the Chairperson for Hindi technical session. Twelve research papers were presented by researchers and the discussions were fruitful. Participants and presenters had many takeaways from the session. Dr. C. Shivakumara Swamy, Principal (Rtd.) Basaveswara College, Bangalore, was the Chairperson for Sanskrit technical session. Twenty three research papers were presented by the researchers on various topics based on the theme of the conference and deliberations gave way for new outlook and at the same time were highly beneficial for the participants and presenters.



DEPARTMENT OF COMMERCE

The Department of Commerce hosted a virtual guest lecture on "Career Guidance" on 21st October 2021 for first-year B.Com students in association with ProEdge. Resource person CA Mr. Shiram Vamsi, Co-founder, ProEdge, Skill Development & Edutech Pvt. Ltd., Bangalore, addressed 150 B.Com 1st sem students. The resource person enlightened the students on various opportunities available in building their careers in commerce and management stream and the talk focussed on professional courses like C.A, CMA, CS etc.



Guest Lecture on "Career Guidance"

The Department of Commerce organised a career guidance program in association with IERU Tech Education Pvt. Ltd. on 29th October 2021. IERU offers education and training related to Real Estate Management, Construction Management, Infrastructure Management and Facility Management. These programs are designed to mould the students into successful professionals in the said industry. Program was organised for all the three levels of B.Com students. Around 500 students attended the program. This was organised to create awareness on career opportunities available in the fields of Construction Management, Real Estate Management, Infrastructure Management and Facility Management.



Guest Lecture on "Cryptocurrency"

The Department of Commerce organised a guest lecture on "Crypto Currency" by Prof. Gopinath - CMA, Director, Sindhi Institute of Management. The event was organised on 1st December 2021. The event was organised for final year B.Com and BBA students. Around 200 students attended the session. The speaker briefed about the functioning of crypto currency, types of crypto currency such as Bitcoins, Etheteum, Doge Coin and Stable coins. The session also covered discussion on the pros and cons of crypto currency.



Guest Lecture on “Entrepreneurship: A Mindset - You Can Win”



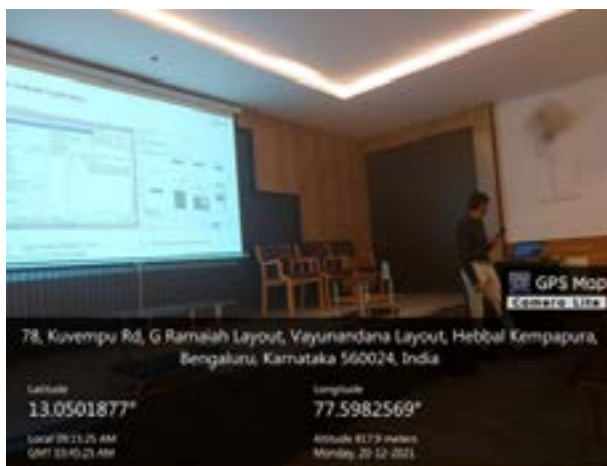
A guest lecture on “Entrepreneurship: A Mindset - You Can Win” was organized by the Department of Commerce in association with the Department of Computer Science and Department of Management on 17/6/2022, at 10.15 AM. Dr. Shridharan Sharma was the resource person. It was a collaborative program with Impact Institute of Management Studies. 628 B.Com, BBA and BCA students from II, IV and VI semesters attended the session. The main objective of the guest lecture was to motivate the students to become entrepreneurs rather than employees.

DEPARTMENT OF COMPUTER SCIENCE

A guest lecture on Asymptotic Notations, which is a part of the Vth Semester BCA syllabus, was held on 23/10/21 between 8.30AM-10.30AM. Prof. Reeja Jose Pavanathil, Asst. Professor from Garden City University was the guest speaker. 80 BCA final year students attended the programme. The objective of the guest lecture was to impart basic knowledge on Types of Asymptotic Notation & Features, advantages & disadvantages, which is the core topic in the current syllabus. The key factors addressed were Big O Notations, Omega Notation (Ω -notation) and Theta Notation (Θ -notation). Students understood the concepts of Best case, Worst case & Average case of algorithms, the Graphical Representation and Benefits of Asymptotic Analysis etc.



Workshop on “Android App Development”



The Department of Computer Science organised a workshop on “Android App Development” on 20th December 2021 from 8:30 am to 3:30 pm in collaboration with iNURTURE GALILEO INDIA PVT. LTD. Resource Person of the workshop was Mr.Narendra Kumar, Technology Lead – Mobile Application. He started the session with the installation of Android Studio and explained the types of the components used for App development. The students were divided into groups and given small projects to create Android App. 115 students actively participated in the workshop. the students were able to successfully develop android app.

Guest Lecture on “Emerging Trends in Electronics and Career Opportunities in Research and Industry”

A guest lecture on ‘Emerging Trends in Electronics and Career Opportunities in Research and Industry’ was conducted by the Electronics Department on 28-01-2022 at 2.00 p.m. The resource person was Dr. Naveen Kumar R, Assistant Professor from MSR college. 65 students from BCA and B.Sc took part in the event. The guest lecture was conducted online due to pandemic. The objective was to introduce the students to the emerging trends in electronics and also about the career opportunities in the field of electronics education and research. The guest lecture threw light on the present day scenario of electronics and its growth.



Guest Lecture on “Crypto Currency & Bitcoins”

A guest lecture on “Crypto Currency & Bitcoins” was held on 6/6/2022. Mr. Prem Kumar M, Practitioner, IBM Bengaluru was the guest speaker. 51 BCA & B.Sc students attended the program. The objective of the guest lecture was to impart basic knowledge in fixing the problems of traditional currencies. The Key factors addressed were Volatility, Cyber theft, Inability to self-regulate, Tax issues etc. The students understood several dimensions regarding the future of Cryptocurrency, Bitcoin.



DEPARTMENT OF MANAGEMENT

Workshop on “Dynamics of Aviation Industry – Airline Operations, CSR & Disaster Management”

The Department of Management organized virtual workshop on Dynamics of Aviation Industry – Airline Operations, CSR & Disaster Management on 04-02-2022 by Mr. M Mujawar Aviation Catalyst, Professor, Guest Lecturer, Mentor & Assessor for Ist, Illrd & Vth Sem BBAM. A total of 50 students participated in the workshop.



The objective of the programme was to enable the students to gain knowledge about Airline Operations & CSR activities, to help students understand the guidelines in preparing Project Reports. The Virtual Workshop was very helpful for students to gain in-depth knowledge about Corporate Social Responsibilities of an Airline company, students understood about data collection, analysis, interpretation, project report format (chapter wise) and also derived knowledge about Viva Voce model questions.

Workshop on “Entrepreneurship Development – Specific reference to Business Plan in Start-Ups”

The Department of Management organised workshop on Entrepreneurship Development – Specific Reference to Business Plan In Start-Ups on 28-06-2022 by Dr. Leelavathi R Assistant Professor, Department of Management, Kristu Jayanti College, Bengaluru for IInd, IVth Sem BBA & VIth Sem BBAM. 150 students participated in the workshop.

The programme addressed various opportunities and issues with regard to entrepreneurship. The Key issues addressed are entrepreneurship development, business plan in start-ups, how to convert a dream into business, reasons for failure in business plan. Students got a clear understanding about insights and real-life situations in entrepreneurship development.



Guest Lecture on “Investing in Indian Stock Market”

The Department of Management organized a guest lecture on Investing in Indian Stock Market on 29-06-2022 by Dr. Leelavathi R, Assistant Professor, Department of Management, Kristu Jayanti College, Bengaluru for II nd Sem BBA and IInd Sem BBAM. A total of 85 Students participated in the session.

The objective of the programme was to give information about investment avenues and to know how stock trading differ from other investment asset classes. The outcome of the session was it helped students to understand how stock market is different from other investment asset classes.



Orientation Program on Major Project

The Department of Management organized a orientation program on Major Projects on 02-08-2022 by Prof. Vandana N Revankar, BOE, Bangalore City University for VI Sem BBAM Students. 34 students participated in the workshop.

The programme helped the students to get familiarized with the guidelines of carrying out a major project. It also helped the students in understanding the key aspects of preparing the dissertation.



DEPARTMENT OF MATHEMATICS

Guest Lecture on “National Mathematics Day”

The Government of India has declared to celebrate the Birth Anniversary of Sir Srinivasa Ramanujan as National Mathematics Day. It is celebrated on 22nd December every year. The Department of Mathematics organized a lecture on Srinivasa Ramanujan and his contribution to Mathematics on 22/12/2021. The lecture was delivered by Dr. M.C. Mahesh Kumar, Assistant Professor and Head of the Department of Mathematics, GFGC, Bengaluru. he delivered the lecture with the aid of power point presentation and demonstration of videos. The talk inspired the students to choose mathematics as a prime subject of study.



Guest Lecture on “Application of Mathematics”

The Department of Mathematics organized a guest lecture on “Application of Mathematics” on 19/07/2022. The resource Person was Dr. S.B Sathyanarayana, Associate Professor, Head of the Department of Mathematics, Vijaya College, Bengaluru. He spoke in depth on applications of various fields of mathematics. 180 students from BSc, BCA, BBA and B.Com classes participated in the lecture program.

He dealt with the applications of mathematics to real life situations. He also elaborated on some other applications like preparing budgets, taking measurements, estimating the cost and profits, arithmetic calculations, geometry, differential equations in our day today life and importance of Fluid Dynamics. The guest lecture ended with question-answer session.



DEPARTMENT OF PSYCHOLOGY

Guest Lecture on “Neither Him Nor Her, But Me”

A guest lecture was organized by the Department of Psychology in association with Department of English on 12th July 2022 on the topic “Neither Him, Nor Her But Me”. There were around 600 participants. Faculties from various departments, students from all the departments were among the audience.

Dr. Akkai Padmashali, a transgender, Social Activist, Founder of Ondede, Motivational Speaker and Singer was the resource person. She elaborated on the problems faced by the Transgenders in the society. She portrayed few incidents of LGBT and she stressed upon rights that are denied to them by the society and the government. The session was concluded with an interesting questionnaire session which witnessed the outburst of thoughts and views of the students on the topic of the lecture.



DEPARTMENT OF KANNADA

A virtual guest lecture on “Nadu Nudi Sambhrama” was organised by Department of Kannada on the occasion of Kannada Rajyotsava Celebration on 29th November 2021. Dr. Manjunatha Palya, Professor and Writer, Satya Sai PG and Research Centre, Muddenahally, Chikkaballapur was the resource person. 270 students attended the session virtually. Various competitions were conducted and prizes were distributed to the winners on 30th November 2021 in the seminar hall.



Guest Lecture on “Ragale Kavi Harihara Mattu Shatpadi Kavi Raghavanka”

On 13.7.2022, Department of Kannada organised a guest lecture on “Ragale Kavi Harihara Mattu Shatpadi Kavi Raghavanka”. Dr. T Yallappa, Professor and Writer, Govt. PG and First Grade College, K R Puram, Bengaluru was the resource person.



DEPARTMENT OF SANSKRIT

The Department of Sanskrit organised a guest lecture on Kathasahithya (Tales and Fables in Sanskrit Literature) which was held on 06/07/2022 at 9.30 a.m, by Prof. G.S. Yadugiri, HOD, Dept. of Sanskrit, S.J.R.C. College, Race Course Road, Bangalore. During her lecture she highlighted on the importance of reading literary text to develop human traits like nobility, discipline, perfection, honesty etc. She stressed on the human values in Katha Sahithya that make us to think and judge ourselves. During the programme the students who had scored highest marks in their Semester Examinations were felicitated.



DEPARTMENT OF HINDI

Guest Lecture on “Bhasha va Sahitya ka Vyaktitva Nirman me Yogdan”



A guest lecture on Bhasha va Sahitya ka Vyaktitva Nirman me Yogdan was organised by the Department of Hindi on 23/02/2022 in the seminar hall. Dr. Vinay Kumar Yadav, HOD, Department of Hindi, Bishop Cotton Women's College was the resource person. 40 students attended the program. The resource person suggested the students to read good literature to become a good citizen.

Guest Lecture on “Hindi Bhasha Rozgar Nirman me Sahayak”

The Department of Hindi organised a guest lecture on “Hindi Bhasha Rozgar Nirman me Sahayak” for the students of BBA and BCA on 28/06/2022 in the seminar hall. Dr. Indira V, HOD, Department of Hindi, Presidency College was the resource person. The objective of the lecture was to make students understand the role of regional language in getting employment. The speaker quoted examples of people who are successful in getting employment with the knowledge of regional languages of the country. 55 students from 1st and 3rd sem BBA and 1st sem BCA attended the program.



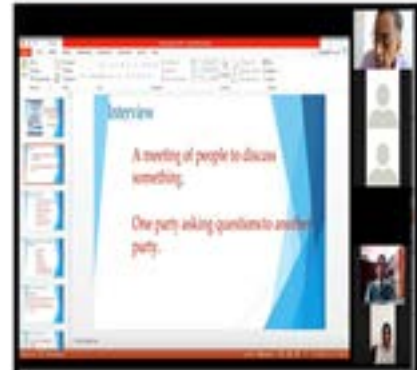
DEPARTMENT OF ENGLISH

Guest Lecture on “The Secret Behind Every Successful Candidate’s Job Interview”

A guest lecture was organized by the Department of English on 10th January through virtual platform on the topic “The Secret behind Every Successful Candidate’s Job Interview”. There were around 250 participants. Faculties from various departments, BA (I, II, III year), I sem BBA, I sem BBA Aviation, III sem B.Com A, III sem BCA and BSc, and Indian Academy College students among the audience.



Mr. Robert Utarid, Head of Academics and Student Development at Impact Institute of Management Studies, was the resource person. The speaker began his deliberations with the simple definition of Interview and later he emphasized on etiquettes, types of interviews, grooming, negotiation skills, secret tips to get through an interview. The session was concluded with an interesting questionnaire session which witnessed the outburst of thoughts and views of the students on the topic of the lecture.



CENTRE FOR PG STUDIES

Guest Lecture on “Guidelines for Online Trading”

A guest lecture on “Guidelines for Online Trading” was organised on 9th November 2021 for II year, M.Com and M.Com (FA) students. The session was conducted by Mr. Srihari, Assistant Professor, Commerce Department, Sindhi College. Mr. Srihari explained about the primary and secondary markets and how to trade in the secondary markets. He taught how to start the Demat account for online trading of shares. He showed a live demo of online market. The resource person focused on share trading and encouraged the budding generation to earn profits. The speaker spoke at length on stocks and share markets and the risks associated with it. 27 students of III sem M.Com and M.Com (FA) attended the programme.



Symposium on “Bitcoins & Crypto Currency”

A Symposium on “Bit-coins and Crypto Currency” was organised on 12th November 2021 at 2.00 PM for II year PG and III year UG students along with faculty. The session was conducted by Mr. Prem Kumar Process Associate, IBM, Bengaluru. Mr. Prem explained about legitimacy of Crypto currency in India and other countries along with regulations of crypto currency in India. He dealt with the history, advantages, ways of earning crypto-currency and most common types of crypto-currencies. He presented live demo of transactions of Bitcoin on online trade. 37 students attended the program.



Workshop on “Introduction to SPSS”

The Centre for PG Studies organised an online workshop on "Introduction to SPSS" on 30.5.2022. Dr. Senthil Kumar, Assistant Professor from Scott Christian College, Nagarcoil was the Resource Person. There were 11 participants from M.Com (FA). The workshop started with enter data in variable view and data view. The resource person described about the scaling techniques, data entry, data edit in SPSS and data transfer from excel. He practically explained how to do the data analysis. He taught statistical analysis such as descriptive, Chi Square, T-test, F-test, correlation and regression using SPSS.



Guest Lecture on “Practical Aspects of GST”

On 14th July 2022, a guest lecture on “Practical Aspects of GST” was organised by The Centre for PG Studies for M.Com and M.Com(FA) students. The resource persons were Mr. Amareesha Holla, Qualified Chartered Accountant, Holla Mitran & Co., LLP and Mr. Akshaya K S, Qualified Chartered Accountant & Cost Accountant, RSCA & Co. Totally 50 students from 1st and 2nd year M.Com and M.Com(FA) attended the program.

CA Akshaya K S started the session with a brief history of GST, rules and its procedures, implication of GST, the taxes which are subsumed under GST, constitutional amendments, GST council, legislative framework of GST and administration of GST. Second part of the session took over by CA Amareesha Holla, who covered in-depth about the provisions of registration, procedural aspects, various types of returns and provisions about return filing under GST.



“Wissen 2022”- National Level Students’ Research Paper Presentation Contest

“Wissen 2022” National Level Seminar and Students Paper Presentation contest was conducted on 22nd August 2022. The theme of the seminar was “Delving of Innovation in Commerce and Management”. 62 papers were received from different states across the country like Tamil Nadu, Maharashtra and Karnataka. A total of 110 students both online and offline participated in this program. Dr. Sunil Rashinkar from Presidency University gave the guidelines for the paper presentation. The competition had three tracks UG, PG and Online (both UG & PG). Dr. Sunil Rashinkar, Dr. Rajdeep Manwani, Prof. Sri Hari and Dr. M Jubi were the Judges. 20 papers from UG and 42 papers from PG were presented. The Best paper award for PG and UG with a cash prize of Rs.2,000 was bagged by Ms. Meena H and Aishwarya Shivakumar (PG) from MLA Academy of Higher Learning and Mr. Samiksha Singh and Mr. Subhanjan Bhattacharjee (UG) from Presidency College and Best Paper award for the online presentation was won by Mr. M Kanaga Subramanian and Mr. Sri Kanaga Varathavel from V. O Chidambaram College, Second prize worth a cash award of Rs.1000 and third prizes consisting of an appreciation certificate were distributed to the following students: Ms.Rakshitha B R (PG) from Department of Studies & Research in Commerce, Tumkur University, Tumkur, Mr. Rakshith B S & Ms.Rakshitha Y K (UG) from East West School of Business Management, Mr. Bebilon Debbarma from Department of Commerce, Annamalai University, Mr. Dadapeer & Mr.Johar Azamulla and Yamuna V (PG) from Seshadripuram First Grade College, Ms. M Nisa Ali (UG) from MLA Academy of Higher Learning and Mr. A R Rexson and Maria Dass Maclens K from V O Chidambaram College, Thoothukudi.



Two-Day Workshop on “Financial Modelling”

A Two Day Workshop on Financial Modelling was organised by the Centre for PG Studies on 8th & 9th October 2022. Dr. Dharmendra H, Assistant Professor, Acharya Institute of Graduate Studies, Bengaluru was the resource person. 26 students of 2nd semester M.Com & M.Com(FA) and 25 outside participants attended the workshop. The workshop was all about creating efficient, robust and flexible financial models to report and analyze historical data, prepare future projections and present integrated financial statements, key financial ratios, outputs in a logical, summarized and effective manner, building the company valuation model from scratch and performing scenario and sensitivity analysis. The session was very informative and enhanced the participants’ knowledge of financial modelling. The students were made to develop well-structured, robust and dynamic financial models to project the future financial performance and valuation model for company valuation.



IPR CELL

Guest Lecture on “Rudiments of IPR”

The Centre for PG Studies in association with IPR Cell organised a guest lecture on “Rudiments of IPR” on 18th October 2022. Dr. N Sandhya, Professor, Sindhi Institute of Management was the resource person. 25 students from 2nd semester M.Com and M.Com(FA) attended the program. Dr. Sandhya started her talk with the history of IPR in India, explained about the basic concept of Intellectual Property (IP) and Intellectual Property Rights (IPR). The lecture ended with an interactive session.



RESEARCH CELL

Workshop on “Data Analysis”

On 25th August 2022, a Workshop on “Data Analysis” was organised by the Centre for PG Studies, Sindhi College in association with Research Cell, Sindhi College for M.Com, M.Com(FA) and BBA students. The resource person was Dr. Madhu S, Professor, Tumkur University. A total of 55 students from 1st and 2nd year M.Com and M.Com (FA) and 60 students from II Year BBA attended the program. Dr. Madhu S started the session with the basics of data analysis (Theory Part) that is what are the components in SPSS. The session was all about practical aspects of how to do data analysis in SPSS and steps to perform different tests like correlation, one way and two way anova, one sample T-Test, paired T-Test, Independent T-Test, Chi Square Test and Regression analysis. The session was very informative and enhanced the students’ knowledge on Research and Data Analysis as it is being studied in the current semester.



CAREER GUIDANCE & PLACEMENT CELL

Guest Lecture on “Resume Building”

The Department of Commerce organised a career guidance program in association with the Career Guidance & Placement Cell on 07th December 2021. The Session was organised as an in-house Training Programme for Final Year B.com B & C Section students. The Resource person for the day was Mr. Sri Hari, Placement Co-ordinator & Asst. Professor. The Session started with a talk on contents in a resume to attract employers. The question-answer session made the program more interactive, knowledgeable and informative. The samples of resumes of various successful personalities in corporate world made students to get the inputs to make their CV more attractive. 150 students attended the session.

Guest Lecture on “Career Guidance”

The Department of Commerce organised a career guidance program in association with the Career Guidance & Placement Cell on 16th December 2021. The Session was organised as an in-house training Programme for Final Year B.Com A Section, BBA & BBA Aviation Management students. The Resource person for the day was Mr. Sri Hari, Placement Co-ordinator & Asst. Professor. The question-answer session made the program more interactive, knowledgeable and informative. The samples of resumes of various successful personalities in corporate world made students to get the inputs to make their CV more attractive. 150 students attended the session.



Guest Lecture on “Resume Building”

The Department of commerce organised an in-house training program on Resume Building for Final year B.Com students on 4th July 2022. There were around 180 students, registered and attended the program. The session gave inputs as to how to source the information to know about vacancy positions in various companies. The students also made an attempt to write a sample resume to know if there were any flaws. The questions & answers made the session even more interactive and informative. The samples of resumes of various successful personalities in corporate world was shown to make their CV's more content full.



WOMEN EMPOWERMENT CELL AND ANTI-SEXUAL HARASSMENT CELL

Guest Lecture on “Healthy Lifestyle and Mental Health for Youngsters”

Women Empowerment Cell and Anti Sexual Harassment Cell organised a guest lecture on “Healthy Lifestyle and Mental Health for Youngsters” on Thursday, 7th July 2022 at 12:00 noon. The Chief Guest of the session was Dr. Priti Shankar, Consultant Physician and Diabetologist, at Apollo Clinic. 959 students attended the program. The main objective of the program was to create awareness on Healthy Lifestyles and Mental Health and provide an understanding of the recommended amount of exercise which improves cognitive function. The students understood the significance of Mental health which leads to better well being.



International Women’s Day

International Women’s Day is an occasion to celebrate and review the progress made towards achieving gender equality and women empowerment. The review critically reflects on the accomplishments and motivate to strive for a greater momentum towards gender equality. To honour womanhood, Sindhi College celebrated International Women’s Day on Tuesday, 8th March 2022 at 1:30 pm. The chief guest Smt. Satya, Homemaker, guest of honour, Smt. Vandhana, an Entrepreneur and Smt. Sadhana, a Lawyer graced the occasion. The main objective was to create awareness on gender equality for a healthy society. The key factors addressed were related to gender equality today for a sustainable tomorrow and understanding the significance of girls’ education. 47 members were a part of this grand event.



ECO CLUB

Poster Making and Slogan Writing Competition

On 14th March 2022, the Eco Club of the college conducted slogan writing and poster-making competitions on the theme "GREEN INDIA". 13 Students participated enthusiastically, and these competitions instilled a sense of responsibility regarding environmental conservation and preservation. Prizes were given away on the same day. These competitions were conducted for M. Com and M. Com (FA) students.



Creative Writing Competition



A creative writing competition was organized by the Eco Club on 17th June 2022. This competition was organized in connection with the occasion of World Ocean Day which is celebrated all over the world on 8th June. 15 students participated in the competition. The judges for the competition were Prof. Vijitha & Prof. Raji. Prizes were given to the best 3 writers.

Exhibition

An exhibition was organized by Eco Club on the occasion of World Ozone Day which is celebrated all over the world on 16th of September every year. The theme of the competition was "Importance of Ozone". The students participated with enthusiasm in this competition. Students made different types of models and charts. Undergraduate and postgraduate-level students participated in this competition. First, second and third prizes were given to the students.



INNOVATION & INCUBATION CELL

Seminar on “How to Build a Career in Entrepreneurship?”

The Innovation & Incubation Cell hosted a seminar on “How to build a Career in Entrepreneurship?” on 16th June 2022. Mr. Rahul Reddy, Business Head, Career Launch, Bengaluru was the resource person. The session started with a positive note on entrepreneurship. Mr. Rahul stressed on skills required for an entrepreneur. With live examples of successful entrepreneurs and their skills, the session was made interesting & interactive. 30 students from II year BBA attended the session.



Seminar on “Resources to Establish E-Cell”

The Innovation & Incubation Cell organized a seminar on “Resources to Establish E-Cell” in association with “TIME” on 15th July 2022. Mr. Bhaskar, HR, from TIME was the resource person. The objective of the session was to gain direct exposure to create an entrepreneurial eco-system in the institute where students get motivated to take up entrepreneurship over a job. The resource person elucidated how to grow their business idea, how to cultivate, and learn business skills like time management, leadership, financial planning, research etc., in a professional way. 44 Students from first year B.Com. attended the session.



EDP SERIES

EDP Series 1, Episode-01 "Ideas to Business"

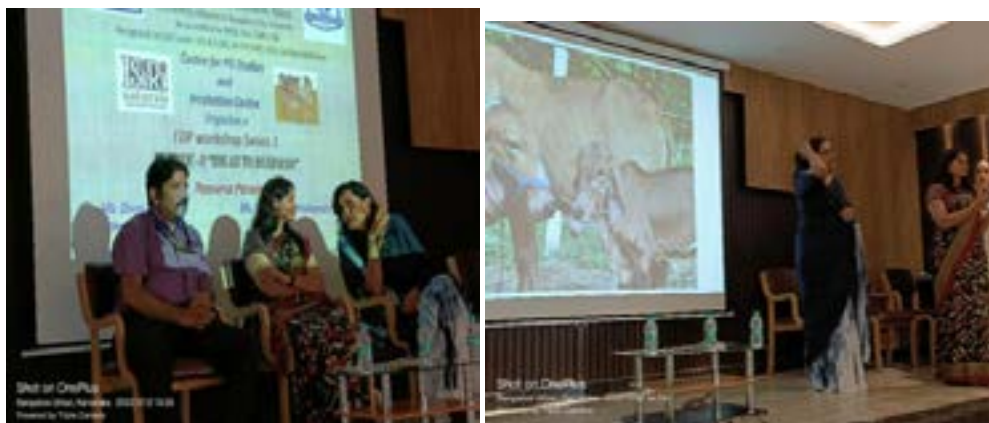
The Centre for PG Studies organized an Entrepreneur Development Programme (EDP) Series-1, Episode-01 workshop on "Ideas to Business" for the students of I year M.Com, M.Com (FA) and II year M.Com and M.com (FA) in seminar hall, on 25th February, 2022. The speaker for the session was Ms. Kavitha Prashanth, Founder of Tots and Moms Foods, Bengaluru. She said that she started the company in 2014 with minimal investment. She started her business with a motive of making healthy and nutritious foods available for kids and moms. It was made very clear to the students that marketing strategy and quality of products are the key factors for the success in today's competitive scenario.



EDP Series 1 – Episode 02 "Ideas to Business"

The Centre for PG Studies organized an Entrepreneur Development Programme (EDP) Series-1, Episode-02 workshop on "Ideas to Business" for the students of I and II year M.Com, M.Com(FA) in Seminar hall, on 12th July 2022 at 1.30 pm. The speakers for the session were Ms. Divya Venkatesh and Ms. Shwetha Ravindranath, Directors of ISIRI Farms, Bengaluru.

Isiri is a dream of 5 friends who wanted to provide fresh unadulterated milk to their children. The joy of watching their children drink pure milk encouraged the two mothers Divya Venkatesh and Shwetha Ravindranath to venture into buying their own cows and gradually expanding into other essentials. 47 students attended and benefited from the program.

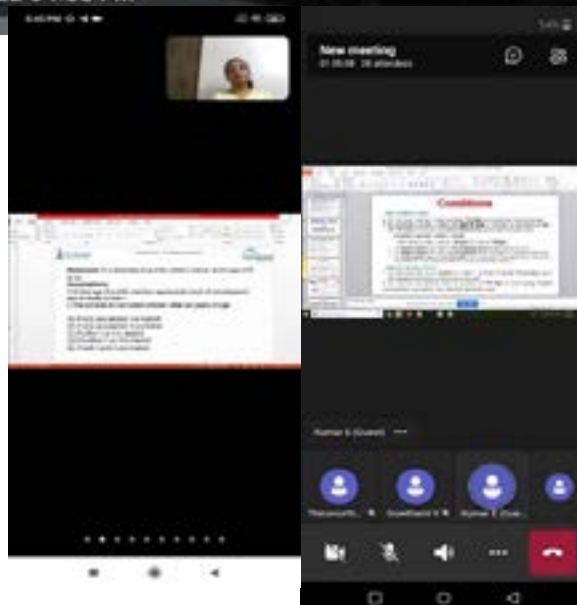


UGC NET/SET COACHING CLASSES

The NTA UGC National Eligibility Test determines the eligibility of an individual for the post of an Assistant Professor or Junior Research Fellowship (JRF) in all Indian Colleges and Universities. The Centre for PG Studies in collaboration with MLA Academy of Higher Learning, Malleshwaram, Bengaluru conducted online NET coaching classes for the students of 2nd year M. Com and M. Com (FA) from 11/05/2022 to 03/08/2022.

Paper 1 – General and Paper II – Commerce syllabus was covered. A detailed discussion of the various subjects was done by 14 faculty (in-house and outside) from the respective domain. Classes were conducted for 66.5 hours.

28 students from 2nd year M. Com and M. Com (FA) of Sindhi College and 24 students from 2nd year M.Com of MAAHL attended the classes. The students got deep insight into the subjects and hints for writing the NET/SET examination.



ALUMNI MEET 2022

The Alumni Association of Sindhi College organized “MILANA – 2022” – a program to reconnect with the alumni and to celebrate their achievements and success on 28th May 2022. Many enthusiastic alumni occupying prestigious positions in companies such as WIPRO, HCL technology, HP, CISCO system Inc, Cognizant Technology Solutions and Tata Consultancy Services (TCS) attended the session. Alumni were awarded with the titles like Best HR Professional, Best Politician, Best IT professional, Best Sportsman, Best Entrepreneur, Best Academician, Best Government Servant etc.



GRADUATION DAY 2022

Graduation Day was held on 10th September 2022. Prof. K Siddappa, Former Vice Chancellor, Bangalore University, President, Karnataka Association for Advancement of Science, Bengaluru was the chief guest. He called upon the graduating students to imbibe good qualities and grow as good citizens of the country.



INDUSTRIAL VISITS



PG Students visited Kodai Chocolate Factory, Kodaikanal, Tamil Nadu on 18.05.2022

B.Com Students visited Adobe SP Grid Pvt. Ltd., Peenya II Stage, Bengaluru on 30, 31st May and 1st June 2022.



BBA Students visited ATOP Products Pvt. Ltd., Faridabad, Haryana and Namdhari Shawl Factory, Manali during 11/06/2022 to 21/06/2022

BCA Students visited Sri Ganesh Cashew Industries, Bhatkal, Uttara Kannada, Karnataka on 25.6.2022





BA Psychology Students visited Dept of Clinical Psychology- Isolation Ward on 01.07.2022

BA Journalism Students visited Jana Dhvani Community Radio Station at Saraguru Taluk, Mysuru on 01.07.2022



PG Students visited BEML, New Thippasandra, Rail and Metro Division, Bengaluru on 01.09.2022

BA Journalism Students visited Radiowala Radio Station, Vasanth Nagar Bengaluru on 13.09.2022



NSS ACTIVITIES

Gandhi Jayanthi Celebrations

The NSS unit celebrated Gandhi Jayanthi on 02/10/2021 at Gandhi Bhavan with an objective to celebrate and learn more about Gandhiji & his contribution towards the Indian Freedom Struggle. The celebrations of Gandhi Jayanthi was carried out with a galore of enthusiasm and patriotism as for his immense contribution in bringing Independence to our nation in a non – violent way. His teachings for life that inculcates precious values such as truth, non-violence, sarvodaya, satyagraha, trusteeship were common points in all the speeches delivered on that day. The event began with the offering of flowers (Pushpanjali) by the Hon'ble Chief Minister, Shri Basavaraj Bommai and other ministers and dignitaries present on the occasion. All the invitees and speakers mentioned about Gandhian philosophy. The Hon'ble CM during his speech elaborated on the reason for establishing several Gandhi Bhavans across the state. He said that through Gandhi Bhavans, efforts are being made to spread teachings of Gandhiji and also to inculcate human values amongst youngsters and the public. He also mentioned that these bhavans stand as a points of inspiration for the youth in the state as well as the nation. All the participants were given certificates of participation.



Blood Donation

Blood Donation camp was organised in our college by NCC Unit to donate blood specially to a poor girl undergoing a major operation at Jayadeva Institute of Cardiology. She was undergoing a major operation at Jayadeva Institute of Cardiology, and this blood donation helped her to recover. Two donors donated blood to save the life of young girl. Mohammed Yaseen and Raju both studying I year BCA agreed to donate blood. The donors received Blood Donation Certificate and the same was appreciated by the Institution.

Swacha Bharath Abhiyan Programme

On the occasion of 75th year of Independence - AZADI KA AMRIT MAHOTSAV, the NSS volunteers undertook the task of site cleaning at Palace grounds, Bengaluru, to spread the awareness about hygiene and cleanliness amongst the public. The guests and speakers for the program included the area Corporator and the MLA of the constituency. The program helped in spreading awareness about cleanliness and hygiene. By the end of this session, the volunteers got to understand various advantages of keeping one's surroundings clean & also understood the extended importance of a clean nation. A total of 47 students took part in the programme.



NAAC Office Visit

On 10th November 2021, 30 NSS Volunteers visited NAAC Office located at Nagarbhavi to learn about the New Education Policy 2020. The advisors at NAAC gave a detailed presentation on some of the highlights of the policy. There was also a briefing about the same topic by the former Chief Minister of Karnataka, Shri. B. S. Yediyurappa. The participants were enlightened about the policy. By the end of this session the participants gained adequate knowledge about the changes happening in the field of higher education.



Paying Homage to Gen. Bipin Rawat



On 11th Dec 2021, 20 NSS volunteers & other students of the college in the remembrance of India's first ever Chief of Defense Staff, Gen. Bipin Rawat - PVSM, AVSM, UVSM, PSM, VSM, YSM, SM observed mourning. The members of the Management of Sindhi College who were present on the occasion, also paid tributes to the memory of Gen. Bipin Rawat. The CDS and a few other army men succumbed to an unfortunate helicopter accident near the regions of Coimbatore and Willington of Tamil Nadu. Candles were lit by the dignitaries, NSS volunteers and others in front of the late General's garlanded photograph.

SSSAK Survey Camp

The NSS unit along with 5 staff members of the college organised SSSAK Survey camp to carry out a survey to assess the no. of SSSAK-health card holders in the village of Bhumenahalli on 26th Dec 2021. The volunteers were guided and instructed concerning the procedure of data collection from the villagers. The volunteers were also instructed to make a brief note in the data sheets given to them, regarding the health conditions, financial status and a few more aspects of the village families. The volunteers were expected to make sure that every house belonging to the village would get a SSSAK health card enabling access to cheap/free medical services rendered by SSSAK. The volunteers successfully completed the targeted number of houses on that day's survey and in addition to this; the volunteers also got to know about the living conditions of people in remote voillages. They also had exposure to many of the health problems faced by the villagers due to the lack of modern medical facilities and problems of connectivity. This survey done by SSSAK, in collaboration with the NSS wing of Sindhi College helped the villagers to access medical services at a very minimal or for free of cost.



National Youth festival – Online Program

All the enrolled NSS volunteers took active part in the National Youth Festival through online medium organised by the NSS unit of the college. This program was aimed at providing necessary information regarding government jobs and other skill training activities that are accessible to the youth of the nation through government schemes. This online festival had its unveiling done by the Hon'ble. Prime Minister, Shri. Narendra Modi virtually. This online workshop offered information which benefited the students of different departments like – Arts, Science, Sports and Commerce.

Republic Day Celebrations

NSS unit of the college celebrated 73rd Republic Day. Because of the Pandemic situation, there was no involvement of the student fraternity and the entire teaching staff. The hoisting of National flag was carried out by the college staff which included the NSS & the NCC officers of college, along with physical education directors and facility manager. Hoisting of national flag was done & this important event concluded with the singing of National Anthem.



PFMS Workshop

On 15th February 2022, NSS Programme officers of various Institutions underwent one-day training programme in Public Finance Management System (PFMS) organised by the NSS Cell of BCU. The training programme was organized at the BCU premises. The training programme benefited the NSS Programme Officers in maintaining the accounts of NSS and its funding in an organized way. The initiative of holding the training programme was to ensure transparency in financial matters which is of paramount importance for people handling public money. The session also highlighted the procedure and the ways to handle the funds released for NSS units. There was a deliberation on the importance and features of PFMS through a PPT presentation followed by demonstration of the system through the PFMS portal.

NSS Orientation Programme

NSS unit of the college organized orientation program for all the newly enrolled volunteers', batch of 2021-22, on 24th Feb 2022 to inform the students about the overall functioning and tasks undertaken by NSS. Elaborate presentation was made on volunteers' duties, responsibilities & their roles. The NSS Program Officer of the college, Prof. M. A. Vaidyesh gave an insightful brief about how a volunteer's journey must be throughout his tenure as an NSS volunteer and other information about various activities that are undertaken by NSS. Dr. B.S. Srikanta, Director of the college motivated the students through his personal experience of being a volunteer of National College during early 70s. Prof. N. Asha, Principal of the institute too, shared her valuable inputs on the functioning of NSS and its importance to the society. NSS badges were distributed to all the newly enrolled volunteers.



Nehru Yuva Kendra Programme

The NSS Unit of the college participated in the Nehru Yuva Kendra Programme organized at S E A College, K R Puram on 26/02/2022, by the University. The objective of the programme was to create awareness among the youth about their roles and responsibilities as the budding citizen of the new age India. A total of 12 participants took part in the programme. The Members of National Skill Development Training gave a brief insight on the responsibilities of the youth of this nation. They elaborated on the time wasted by the youth on social media and internet. The speakers also highlighted that the youth of a nation play pivotal role in the national development and can bring in lot of changes in the society by collective efforts. The event concluded with the Ceremony of Award Distribution to the young achievers in various fields such as Education, Sports, Literature, Performing Arts & Entertainment etc.



BCU Convocation Volunteering

On 11th April 2022, 9 NSS volunteers were deployed by the NSS Cell, Sindhi College to Bengaluru City University to help in the smooth conduction of the 1st Convocation Ceremony at BCU, Bengaluru. The NSS volunteers rendered service as per the instructions of NSS Coordinator, BCU.

They got an opportunity to witness the ceremonial procedure of University Convocation. Sri Thavar Chand Gehlot, Hon'ble Governor of the state who is also the Chancellor of the University issued the convocation certificates. Dr. Lingaraja Gandhi, Vice Chancellor was accompanied by Dr. Ramesh. B, Registrar (Evaluation), Sri. Sridhar C.N, Registrar (Administration), members of the Academic Council and the Syndicate. Through this participation, NSS volunteers learnt event management skills.



SSSAK Medical Survey Camp



To carry out a survey to assess the number of SSSAK-health card holders in the village of Balakuntahalli, all the volunteers of NSS Unit along with 6 trust members of SSSAK organised a camp at Balakuntahalli, Chikkaballapur district on 8th May 2022. The volunteers were guided and instructed about the procedure of data collection. The volunteers were instructed to make a brief note in the data sheets given to them, regarding the health conditions, financial status and a few more relevant information. The volunteers successfully completed the targeted number of that day's survey and in addition to this; the volunteers also got to experience village life. They also had exposure to many of the health problems faced by the villagers. This survey done by SSSAK in collaboration with the NSS wing of Sindhi College has helped the villagers' access to medical services at a very minimal or for free of cost.

Felicitation of Covid Frontline Warriors and Vaccination drive

On 5th May 2022, the NSS unit of the college organised a felicitation programme to recognize & felicitate the covid frontline warriors and also carried out a free vaccination drive in the college premises. Doctors, nurses from the UPHC Primary Healthcare Centre, Amruthahalli ward, Bengaluru and many more health workers were recognized and felicitated for their immense and selfless service towards humanity. This event also included the felicitation of ASHA workers, SWAB Collectors, BBMP Link Workers, DEOs and the Helping Staff of the UPHC Amruthahalli branch healthcare centres, ward No. 07. The Director and the Principal too shared their appreciation about frontline warriors. After the felicitation, there was a free VACCINATION DRIVE that was set up in GJ HALL in the ground floor.



Shramadaan

To create awareness about the cleanliness and hygiene, shramadaan programme was carried out at BBMP park in Coffee board layout. 21 NSS volunteers were deployed to the Coffee Board layout park for shramadaan. Several plastic and inorganic wastes were handpicked and cleaned across the park, thus eliminating almost all the wastes visible in the park. This task of cleaning the park was done to create awareness amongst the public about keeping our environment clean for sustainable urban greenery and also to avoid the health hazards resulting out of poor hygiene.



Traffic Awareness Programme in association with Bengaluru City Traffic Police

The NSS unit in association with Bengaluru City Traffic Police organized a traffic awareness programme on 9th and 14th June 2022 at the college auditorium. 27 NSS volunteers & students of the college participated in the program. The objective of the program was to create awareness on traffic rules among the students and youth who generally take pleasure in breaking the rules. Officers highlighted the importance of adherence to traffic rules and also shared information about mandatory and cautionary signals. Mr. Vasantha Kumar, Police Inspector, Bengaluru City Traffic Police also had a few important points that were educative of the session's topic. He concluded the session leaving the floor open for a question-and-answer session with the audience.



SSSAK Survey Camp

NSS unit of the college joined hands with SSSAK to carry out a survey to assess the no. of SSSAK-health card holders in the village of Balakuntahalli on 19th June 2022. All the volunteers along with 7 trust members of SSSAK were present in the camp. The volunteers were guided and instructed about the procedure of data collection from the villagers. The volunteers were instructed to make a brief note in the data sheets given to them, regarding the health conditions and financial status. Every house belonging to the village would get an SSSAK health card to avail cheap/free medical services assisted by SSSAK.



International Day for Yoga in Association with Decathlon

In collaboration with Decathlon, a sports and fitness line-up, Yoga Day was exquisitely organized in the indoor Stadium of the college, where the yoga session was guided and led by Ms. Sushma Shankar, a noted yoga instructor in the country. The objective of this session was to promote yoga by performing it and spreading the message of health benefits of doing yoga on a regular basis and not just on International Yoga Day. The event then proceeded with the Yoga instructor teaching various asanas and pranayama techniques to all the participants. All the staff members also participated enthusiastically in the programme. All the NSS volunteers and other students of the college took part in the International Yoga Day programme. The event successfully concluded after the volunteers, teachers & participants learnt about many asanas in yoga and performed them to the best of their abilities.



Leo Orientation Programme

On 22nd June 2022, the NSS unit of the college organised a Leo Orientation Programme at the college auditorium. All the NSS volunteers & Leo club members actively took part in the programme. The objective of the programme was to motivate the participants to join LEO CLUB and make them understand and bring awareness about the different philanthropic ventures and activities undertaken by the Leo club and its overall functioning. The participants were first informed about the formation, purpose and history of the Leo Club which played a key role in the students' enrolment

for the club. Then the audience were informed about different social activities that had been taken up by the club for noble causes around the world. The Hon'ble President, Sindhi Seva Samiti, Lion Shri Madan Doulatram, shared valuable points in his speech about the Leo Club and the benefits that one get by serving in such clubs. Management Committee, Sindhi College/ Sindhi Seva Samiti members too shared their experiences of being a Lion and the way one can develop leadership qualities from such services to the society. Many students got inspired to join the LEO Club.



Drug Awareness Programme Organised by the Govt. of Karnataka

The objective of the programme was to develop the sense of awareness about the Hard Drugs usage and its negative influence on humanity. 30 NSS Volunteers of the College participated in the Drug Awareness programme organised by the Govt. Of Karnataka on 26th June 2022 at Shri Kanteerava Stadium, Bengaluru. This event was an initiative of the Excise Department, National Service Scheme and the Sports & Youth Affairs Department of the Govt. of Karnataka.

The event began with the unfurling of the theme poster by the Hon'ble Chief Minister, Govt. of Karnataka – Shri. Basavaraj Bommai along with the officials of Excise Department. An Awareness Rally which conveyed the harmful and ill effects of Drug Abuse were carried out. Later, the sports minister and few other excise department officials delivered speeches to urge the students to abstain from tobacco, alcohol and drugs. They emphasised on maintaining ethical code of conduct to build a strong nation. It was also mentioned that the role of youth in this process is very significant. A pledge was administered to stay away from narcotic drugs.



SSSAK Medical Camp

The college NSS volunteers were invited by SSSAK to attend the medical camp at Tapasipura village, Kolar District on 2nd July 2022. 20 NSS volunteers of the college along with 9 staff members of SSSAK organised the Camp. The volunteers were instructed to obtain information concerning the health status. The volunteers were successful in assisting the SSSAK Staff and doctors. This survey done by SSSAK, in collaboration with the NSS wing of Sindhi College has helped the villagers' access to medical services at a very minimal or for free of cost.



College Annual Sports Meet

The NSS Unit of the college joined hands with the Department of Sports in organising Annual Sports Meet held on 08th July 2022. The objective was to make sure of the smooth conduction of the Annual Sports Day. The Annual Sports Meet commenced after the Cauldron Flame Torch was lit preceded by a relay, holding the Cauldron torch. This symbolizes the commencement of the Grand Sports Event which is a usual ritual at every Annual Sports Meet. Competitions consisting of 12 different sporting events were held. Field events for teachers were also conducted. The Individual Overall Championships for Men and Women were won by Badal Singh of 2nd year B.Com and Shrusti of 1st year BBA respectively. The overall house championship was won by the Red Storms House. The Annual Sports Day was carried out in an organized manner with the help of NSS volunteers and concluded with the prize distribution ceremony.



Leo Club Nomination of Office Bearers

The NSS Unit of the college organised Leo club event for appointing newly nominated Office Bearers. The event commenced with the introduction of all the aspects that every office bearer of the club must be aware of. The contestants were educated about the different roles and responsibilities of each post present in the LEO Cabinet, by the Lion's Club Coordinator, Ln. Neha Bhatija. The event concluded after nominating and selecting individuals for different posts in the LEO Cabinet through general voting system carried out by other students and Leo members in presence of the Committee, Member of Sindhi Seva Samiti- Ln Dr. Mahesh Kukreja and College Coordinator - LEO Club, Prof. Subrahmanya Bhat (HOD, Dept. of Sanskrit).



Independence Day “Azaadi ka Amrith Mahotsav”

On 15th Aug 2022, NSS unit of the college celebrated the Independence Day program on the occasion of “Azaadi ka Amrith Mahotsav”. The event commenced with the arrival of the Chief Guest, Lt. Col Amitab, A.O – 8 KAR BN NCC. The Guard of Honour was given to the Chief guest, followed by hoisting of the National Flag and the march-past by NSS and the NCC contingent of the college. The event was also graced by the Chairman and other Management Members, Sindhi College. In his address, the Chief Guest urged the youth of the nation in general and the students’ of the college in particular to develop patriotism. He remembered the sacrifices made by millions of people for getting independence of the country. A few cultural performances based on theme of patriotism doubled the glut and gaiety of the occasion. The event’s proceedings were well coordinated by the NSS volunteers. The program concluded with the vote of thanks.



Naming the Trees

On 19th Aug 2021, the NSS unit of the college organised a unique programme of naming the trees in the Coffee Board Layout BBMP Park. The objective of the programme was to create awareness amongst the public about the importance of trees in protecting environment and their medicinal uses. The name boards depicting the common name, botanical name and medicinal uses were nailed on the trees. The volunteers were accompanied by the Director of the college Dr. B.S. Srikanta and the Principal Prof. N. Asha along with the



NSS Program Officer, Prof. M. A. Vaidesh and the Facility Manager Mr. Srinivas. The programme aimed at maintaining continuity as far as providing information about the medicinal uses of the trees in the park. Due to withering, some of the boards nailed to the trees were worn out and the information was not visible. It is for this reason periodically nailing the name plates with botanical name, local name and the medicinal properties of the trees were provided to the users of the park.

SSSAK Medical Camp



The NSS unit of the college joined hands with SSSAK in organising a medical camp on 28th Aug 2022 at Tapasipura Village, Kolar Dist. 08 NSS Volunteers had participated in the camp. The volunteers were guided and instructed concerning the procedure assisting the villagers in their Health Check-up. The volunteers learned the art of interacting with villagers. They also acquired qualities like empathising, organising, problem solving, planning etc.

Ekalavya Award Ceremony

On 29th Aug 2022, the Sports & Youth Affairs Dept – Govt. of Karnataka, had organized a ceremony for honoring the achievers in the field of sports from the state. 17 NSS volunteers from Sindhi College volunteered in organising the function.

This Award Ceremony had the presence of dignitaries like the Hon'ble Chief minister, the state sports /youth affairs minister and other officials of sports department of the state. The Hon'ble CM, in his speech, mentioned the rapid development and growth of Athletics and other sports in Karnataka and also highlighted the Government aids which are provided to the budding sportspersons. The event concluded after the distribution of the prestigious "EKALAVYA AWARD" to the nominated achievers in various fields of sports like Athletics, Hockey, Table Tennis, Cricket, Badminton, etc. by the Hon'ble CM of Karnataka and other dignitaries present in the ceremony.



Adventure Camp, Himachal Pradesh

A 10 days adventure camp was organised at High Altitude Trekking and Skiing Centre, Narkanda from 12th to 21st Sept 2022. Ms. Chandana K from 2nd year BCA 'A' section from our college along with 39 other volunteers got selected to go for an adventure camp from the NSS cell -Bengaluru City University. This 10 day-camp included several adventurous activities like Rock Climbing, Rappelling, Valley Crossing, Trekking & Jumaring that also included the Casual Evacuation and stretcher making (Long & Short distance) trainings. Each event comprised a lecture workshop, equipment training and execution planning sessions. One of the interesting activities that the NSS volunteers of this camp learnt is the process of KNOT TIEING and its various kinds, which is an essential element for all the above adventure activities.



NCC ACTIVITIES

All India Trekking Camp, Karnataka & Goa DTE (BELAGAVI)

Cadet Suraj Singh from the college 75/A COY takes pride in representing 8 KAR BN in All India trekking camp which was held in Belagavi from 14th to 21st Dec 2021 and he uplifted his potential in engaging himself in the adventurous journey. Following was the itinerary of the expedition. 1st DAY= Allotment, 2nd day= Belgundi, Blue route, 3rd day= Vill Basurti, Mahipatgrah, Black route, 4th day= Vill Belgundi, Hangirge, Green route, 5th day= Majra Devarvadi, Konevadi, Red route 6th day= Para Commanding Center, 7th day= Maratha Visiting



World Environment Day

On account of World Environment Day, the NCC and NSS wings joined hands to promote the awareness towards the environmental protection. As a part of the celebration saplings were planted in and around Kempapura. An awareness rally was also organized on the theme "Save Soil, Save Water" on 5th June 2022 under the leadership of Physical education Director Mrs. Pramila accompanied by Lt. Shankara B P. 32 Cadets participated in the programme.



All India Thal Sainik Camp (Group Team Selection)

Junior Under Officer Kavya Gopal was selected for the All India Thal Sainik Camp (Group Team Selection) and she represented 8 KAR Battalion. The camp which was held at Christ University, Kengeri campus and the camp was hosted by 9KAR Battalion. The duration of the camp was 10 days from 9th June to 18th June.



Awareness Program on Traffic Rules and Regulations in association with Hebbal Traffic Police

An awareness program on "Traffic rules & Regulations" was organised in association with the National Cadet Corps and National Service Scheme on 9th June 2022. The main purpose of this program was to familiarise the students with the traffic rules. The Guest of Honour DCP Savita, Traffic Police Inspector Vasanth Kumar and Smt. Nayana, Sub-inspector graced the occasion. The speakers spoke at length on the traffic rules and regulations with a power point presentation and live examples.



Traffic Awareness Program in association with Traffic Training And Road Safety Institute, Thanisandra Main Road, Bengaluru

Traffic Awareness programme was conducted at Training and Road Safety Institute on 14th June 2022. 20 NCC Cadets and 20 NSS Volunteers participated in the programme. The programme was sponsored by Honda Motor Service Private Ltd. with the intention of creating awareness on traffic rules and regulations amongst the youngsters. The tag line was "Safety-India". The highlight of the programme was to sharpen the risk sensitivity of the public towards traffic. Mr. Sujay was the lead speaker in the programme. The other speakers included traffic police inspector K Abdul Rasheed and officials from Honda Motor Service.



Yoga Day 2022 - Manekshaw Parade Ground

The 7th International Yoga Day was celebrated by the NCC cadets of Karnataka and Goa Directorate on 21st June 2022. The Dignitaries who graced the occasion were DG, Karnataka and Goa, Air Cmde. B.S. Kanwar, Group Commanders of different groups across Karnataka and Goa Directorate, AO, 8 Karnataka Battalion, Lieutenant Col. Amitabh Kumar and CO, 8 Karnataka Battalion, Col. Vishal Gautam.

The cadets had access to the live recording from Mysuru where our Prime Minister, Shri Narendra Modi was performing Yoga. He first spoke about the importance of yoga and felt proud that he was performing Yoga on the land of its origin. He also expressed his happiness for performing yoga in front of Mysore Palace. All the Cadets followed our Prime Minister in performing yogasanas. The staff from Himalayan School of Traditional Yoga explained in detail about the importance of yoga. The series of asanas performed included Vrikshasana, Setubandhasana, Shavasana, Bhujangasana, Anantasana, Tadasana, Vajrasana, Ushtrasana and Trikonasana.



Combined Annual Training Camp (CATC)

Eighteen cadets from the college 8KAR BN NCC 75/A COY, attended the CATC-1 camp at Brindavan Group of Institutions Bagalur Main Rd, Yelahanka, Bengaluru. The camp was held from 11th to 20th July 2022. The cadets participated actively in the camp and it had a positive impact on the cadets. Practical experience for the cadets in Kholna jodna of 7.62mm Self Loading Rifle (SLR) were given to the cadets. Prize Distribution for achievement in sports was also held in the camp site.



Ek Bharat Shreshtha Bharat Camp-I (EBSB-I)

Junior Under Officer Krithik Kumar P from the college 75/A COY takes pride in representing 8KAR BN in EK BHARAT SHRESHTHA BHARAT CAMP-I (EBSB-I) held at Mysore. Other cadets representing 8 KAR BN were JUO Prajwal, CSM Jayanth and CPL Kshama. All the 4 were selected for the national camp which was held from 12th July to 23rd July 2022. The Group Commander Col. RR Menon addressed the cadets and motivated them. Camp Commandant Col RK Mishra also spoke and gave a call to the youth to be optimistic in their approach. The cadets were also taken to important tourist places in Mysore. The following locations were covered during the sightseeing in Mysore: Krishnaraja Sagara Dam (KRS), Sri Ranganathaaswami Gudi (Pancharanga Kshetra), Gumbaz, Srirangapatna – Tipu Sultan's Mausoleum, St. Philomena's Cathedral, Mysuru Rail Museum, Sri Chamundeshwari Tayi Gudi.



SPORTS & CULTURAL ACTIVITIES

Sindhi Basketball Cup

Department of Physical Education and Sports organised 'Sindhi Basketball Cup' on 19/02/2022. Mr.Sachin S Belvadi, National Medallist Basketball Coach & Player was the chief guest.



Hunar-E- Sindh

'Hunar-E- Sindh' programme was organized by Sindhi Degree College on 8th February 2022 for the students of Sindhi PU College, Sindhi PU Evening College and Sindhi School. Hunar-E- Sindh was a platform created for showcasing students' creative talents. Many students showcased their talents in various events including cultural events and sports. Around 400 students participated enthusiastically.



Cultural Extravaganza – “Carnival”

Cultural Extravaganza an inter-house competitions themed “Carnival” was organised on 2nd and 3rd March 2022.



Inter-House Tournaments



Bengaluru, Karnataka, India
 No 5, Ground Floor, Amurth Hall Group Panchayath, Kempapura Main Rd, Pampa Extension, Hebbal Kempapura, Bengaluru, Karnataka 560024, India
 Lat N 13° 3' 2.484"
 Long E 77° 35' 54.2613"
 25/11/21 04:07 PM



Bengaluru, Karnataka, India
 No 5, Ground Floor, Amurth Hall Group Panchayath, Kempapura Main Rd, Pampa Extension, Hebbal Kempapura, Bengaluru, Karnataka 560024, India
 Lat N 13° 3' 2.484"
 Long E 77° 35' 54.2613"
 24/11/21 02:55 PM



Bengaluru, Karnataka, India
 26, 2nd Cross Rd, near Presidency PU College Hebbal, Pampa Extension, Hebbal Kempapura, Bengaluru, Karnataka 560024, India
 Lat N 13° 3' 2.828"
 Long E 77° 35' 53.2932"
 25/11/21 02:34 PM



Bengaluru, Karnataka, India
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 Lat N 13° 3' 2.484"
 Long E 77° 35' 54.2613"
 24/11/21 02:18 PM



Bengaluru, Karnataka, India
 No 5, Ground Floor, Amurth Hall Group Panchayath, Kempapura Main Rd, Pampa Extension, Hebbal Kempapura, Bengaluru, Karnataka 560024, India
 Lat N 13° 3' 2.942"
 Long E 77° 35' 53.0892"
 25/11/21 02:33 PM



Bengaluru, Karnataka, India
 No 5, Ground Floor, Amurth Hall Group Panchayath, Kempapura Main Rd, Pampa Extension, Hebbal Kempapura, Bengaluru, Karnataka 560024, India
 Lat N 13° 3' 2.9484"
 Long E 77° 35' 53.582"
 23/11/21 08:18 PM

Cresindo 2K22

The college organized a mega inter-collegiate cultural fest "CRESINDO" themed "Ecstasy" on 20, 21 and 22 July 2022, with approximately 1500+ registered participants from around 250+ colleges across Bengaluru. 'Cresindo 2022' was inaugurated by the Chief Guest Smt. Manjamma Jogati, a recipient of Padmashree Award, and President of Karnataka Jaanapada Academy, and the Guest of Honour Sri. Umapathi, Film Producer, Sandalwood and Sri. Madan Doulatram, President, Sindhi Seva Samithi.

The event had the presence of the Executives of the Sindhi Board of Management such as Sri. Prakash R Narang, Chairman, Sri Kishore L. Achpal, Hon. Secretary, Sri. Navin K Nichani, Hon. Treasurer, Sri. Suraj S Chawla, Hon. Jt. Secretary, Dr. B S Srikanta, Director, Prof. Asha N, Principal, the teaching staff, non-teaching staff, and a plethora of students for whom the platform was set open to stage their skills and talents for the day.

Seshadripuram Law College was awarded the overall championship.



SPORTS ACHIEVERS



Mr. Harish of I MCOM participated in BCU Inter Collegiate Annual Athletic meet 2021-22 held at Vidyanagar Sports Club, Yelahanka. The event was held on 21st and 22nd Dec 2021. Mr. Harish won Silver medal in 110mtrs Hurdles.

In inter-college Under-21 Volleyball Tournament held on 18th & 19th Dec 2021 at Chikkanayakanahalli, Tumakuru, Sindhi College secured Runners-up position.



In Kabbadi Tournament conducted by St. Paul College on 29 & 30 June 22, Sindhi College secured 2nd Runner up position.

In inter-collegiate Kabbadi Tournament conducted by St. Francis College on 23 & 24 June 2022, Sindhi College secured 1st Place.





Mr. Pranav V of IIIBCOM 'B' participated in South Zone University Basketball Tournament held on 30th and 31st December 2021 at Christ University, Bengaluru.

Mr. Prashanth Chandara of 1st BA secured Gold Medal in 36th National Taekwondo Championship held from 21st to 23rd Jan 2022 at Campal Indoor Stadium, Panjima, Goa.



Mr. Prashant Chandra of I BA secured Gold Medal in 20th State level Taekwondo ITF Championship held on 21st November 2021 at Devin International School, Sahakaranagara



Mr. Shashank M of IBCOM secured Bronze Medal in Spartans Cup Open National Open Karate Championship held on 27th December 2021 at Jain University Campus, Bengaluru.

Mr. Shashank M of IBCOM secured Bronze Medal in Senior State Level Karate Championship held on 25th & 26th September 2021 at Indoor Stadium Gadag.



Mr. Koushik M D of IIBA, Mr. Karthik Kumar of IBCOM & Mr. Dev Dutt Hangal of IBCOM participated in South Zone University Badminton Tournament held from 6th to 10th December 2021 at KLE University, Guntur, Andhra Pradesh.

Mr. Shivaprasada of IIBBA participated in South Zone University Taekwondo Tournament held from 21st to 24th March 2022 at Thiruvananthapuram, Kerala





PENNING PERSPECTIVES



A Note of Gratitude to the helping hand

Prof. Shiny Wesley
(Asst Prof. Department of PG Studies)

Almighty seemed to stand hand folded. Quarantine, social distancing and Slogans of Stay home stay safe, Namaste saves your life- Shake hand, shakes your life were accustomed. Fear of Death, Loss of the loved ones, Anxiety, Grief, sorrow, pain and Misery was all Ordinary in the traumatic Covid Epochs. Immune system had an extreme task to fight back and Good Nourishment for a better health was highly Demanded. Curtail of Job, money, resources and above all couldn't afford even for a single meal. But then, the Supreme- Omnip-

otent pardoned the planet with his everlasting Grace and Mercy. God's helping hands relies on Sindhi Seva Samiti and his excellent team of hard-working volunteers in providing fresh meals for the Covid Positive people. In everything they did, showed the kind drive in helping the weak and remembering the words which said 'It is more blessed to give than to receive'. A note of Gratitude to the Triple-S for serving humanity, for standing and extending a helping hand when they needed the most. YOU are precious in the sight of God;

HE thinks for you and You have survived. And now all that matters is to be grateful to still what we have.

AUGMENTED REALITY Vs VIRTUAL REALITY

Prof. Radhika E K
HOD, Department of Computer Science)

AUGMENTED REALITY

Augmented reality (AR) is the real-time use of information in the form of text, graphics, audio and other virtual enhancements integrated with real-world objects. It is this “real world” element that differentiates AR from virtual reality.

Augmented reality technology presents users with virtual objects in their natural environment. Users, who are either wearing VR goggles or looking at a smartphone/tablet screen, see information about the things they are looking at.

Games aside, there are as many uses for AR in our everyday lives. Here are just a few examples:

- Enhanced navigation systems use augmented reality to superimpose a route over the live view of the road.
- During football games, broadcasters use AR to draw lines on the field to illustrate and analyse plays.
- Furniture and housewares giant IKEA offer an AR app (called IKEA Place) that lets you see how a piece of furniture will look and fit in your space.
- Military fighter pilots see an AR projection of their altitude, speed, and other data on their helmet visor, which means they don't need to waste focus by glancing down to see them.
- Neurosurgeons sometimes use an AR projection of a 3-D brain to aid them in surgeries.
- At historical sites like Pompeii in Italy, AR can project views of ancient civilizations over today's ruins, bringing the past to life.
- Ground crew at Singapore's airport wear AR glasses to see information about cargo containers, speeding up loading times



AUGMENTED REALITY Vs VIRTUAL REALITY

VIRTUAL REALITY

Virtual reality (VR) is a simulated experience that employs pose tracking and 3D near-eye displays to give the user an immersive feel of a virtual world.

VR technology creates a virtual environment. The user wears a helmet or goggles and interacts in the pretend environment, simulation, or virtual reality. In some cases, the user may wear special gloves with sensors, or even a suit.

Virtual reality is a computer-generated simulation of an environment or three-dimensional image where people can interact in a physical or seemingly real way.

With virtual reality, you feel like you are somewhere else. But that other place is a pretend place – a simulation or virtual world. Most people refer to this other place as the ‘environment.’

VR systems can vary significantly from one to the next, depending on their purpose and the technology used, although they generally fall into one of the following three categories:

- Non-immersive.

This type of VR typically refers to a 3D simulated environment that’s accessed through a computer screen. The environment might also generate sound, depending on the program. The user has some control over the virtual environment using a keyboard, mouse or other device, but the environment does not directly interact with the user. A video game is a good example of non-immersive VR, as is a website that enables a user to design a room’s decor.

- Semi-immersive.

This type of VR offers a partial virtual experience that’s accessed through a computer screen or some type of glasses or headset. It focuses primarily on the visual 3D aspect of virtual reality and does not incorporate physical movement in the way that full immersion does. A common example of semi-immersive VR is the flight simulator, which is used by airlines and militaries to train their pilots.

- Fully immersive.

This type of VR delivers the greatest level of virtual reality, completely immersing the user in the simulated 3D world. It incorporates sight, sound and, in some cases, touch. There have even been some experiments with the addition of smell. Users wear special equipment such as helmets, goggles or gloves and are able to fully interact with the environment.



Dopamine and Social Media

First, before starting the topic, let's understand what dopamine really is. Dopamine is a compound present in the body as a neurotransmitter and a precursor of other substances, including adrenaline. Dopamine is responsible for allowing you to feel pleasure, satisfaction, and motivation. When you feel good that you have achieved something, it's because you have a surge of dopamine in the brain.

Now, you might be wondering how this is related to social media. Well, let's start it simple. The most trending app right now is Instagram because of its "reels" feature, where we people spend hours watching it. This is because they are short videos within one minute and are fun to watch. When we start watching reels, we keep on scrolling until we feel tired or get bored of it. While watching, we see many funny videos, which spark joy in us, lifestyle videos, motivational videos, promotional videos, etc., where most of our time is wasted. Once we are done watching, we start to think about it, but in our place or character, which leads to overthinking. Overthinking leads to excess release of dopamine in our brain, which is harmful and may lead a human being to depression or stress. Excess of anything is dangerous. We feel good at first, but when it's high time, we realize that it's a trap.

Social media is very much needed in today's world, but to a limit. All social media apps like Instagram, Facebook, Twitter, Snapchat, or even YouTube use this strategy of giving contents that are interesting, one after the other, to attract the users. We use social media for fun, but it leads to excess release of dopamine, which is harmful to our body and the brain.

I am not saying social media is useless. Billions of people around the world use social media to share information and make connections. On a personal level, social media allows you to communicate with your friends and family, learn new things, develop your interests and be entertained.

Dhruva V M
1st sem
Bcom- B





The Dream

An eight-year-old, wandered in the forest,
When there out- broke an explosion
With cacophony of sounds and bright lights,
That coloured all that she surrounds.

She peculiarly walked closer, and was astonished,
To see an alien landing up on earth.
And smilingly they spoke the next three forth.[of the day]

‘Away!’ retorted the sun, ‘Let go of him’ clamored the moon.
But she avoided them thinking he was a boon.
It all happened the next morning,
When she was tremulous due to the cold.

She requested him to revitalise her,
Being oblivion of her state,
Quirky he denied,
Leaving her to death.

‘Hurry!’ said the sun, ‘Quick’ said the moon,
Portraying her condition to the rest.
The Sun gave her Warmth,
And the Moon gave her Peace.
[Both in the verge of tears]

In no time she woke up,
Inadvertently leaving all that happened as a ‘Dream’.

Sree Varshini
(I Year BA, Student)

The place you saw. the place you were

S.R. Nitesh Kumar.

The poem is all about the modern generation where the appearance of a woman is judged by lewd persons and this may change their thoughts when they realise.

I remembered my past
where a stranger asked me
what do you think about people with double entendre mind set where only the flesh
is seen by the
six sensed lions.it was strange! I replied
Their thoughts might change when they look beyond the flesh where the purity of
love is hidden in
side .

Where do you see “the place where you were fed for the first time there”
Where else do you see “the place where you were kept and brought to the world”.
The place you were is the place you saw what is the need of search.

- This generation can only change when they realise the person owned to them and the rights of relationship.....

Reflections

*Often when solitary confines,
The stranger creeps
Not on the spasm of defining whispers,
But in the cacophonies of pigs tress passing
Lapped in hues of midnight,
And bloodmoon arraying as her halo.
Her gaze incarnates medusa,
With iris enticed in cackles of lunacy,
And a feverish smirk daunting through her pale muslin
They see beyond you,
Where timid reflections chants the lullaby,
And hyenas bells the chain of loyalty.
Yet you fear on your limited wanderings.
Of glorified deities and cliché certitudes.
An impending feast on a bleak winter.
Will soon shower in rain of Ruby dyes.
Pray you catch me,
Before she knocks on your door.
For I've rolled the dice and landed a two
Coz the world where he reside,
She reigns.*

Harry Yangfo

II Year BA Student

MY LIFE, MY HEALTH

In literal terms, health is the absence of diseases and illness but according to me it is that and so much more. Health is the state of complete physical, mental and social well being of a person.

Would you not like to climb stairs without panting? Would you not like to look in the mirror and say ‘wow’ every morning? Would you not want to have a very positive mindset every day? Of course you would, who wouldn’t. Hence, staying healthy is very important.

Now the real question is, ‘ How do we get healthier?’. The secret lies in our lifestyle.

Lifestyle in simple words is nothing but the way in which a person lives. In this modern age, where technology has made our lives so much easier, it has also made us equally lazy. People sit on their desks the entire day working on their laptops and binge eating some unhealthy snacks. Most people just order food and groceries online. ‘ Just Swiggy it’ is a very common saying in this age. But no one realizes how much this affects our physical and mental health. This is one of the biggest reasons for diabetes, obesity, depression and many other diseases that we probably haven’t even heard of.

Well, it’s never too late. We can still improve our lifestyles. Here are some of the major lifestyle changes that we can implement in our lives such as-

- Replacing sugary snacks with fruits.
- Walking to the supermarkets
- Any form of exercise on a daily basis
- Meditating regularly
- Switching off the phone 1 hour before sleeping
- Focusing on quality sleep over quantity
- Eat healthier home made food rather than eating out

Just one small step every day can change your life deeply.

Hence this proves the saying-

“HEALTH IS TRULY WEALTH”

- Harshitha Sahitya (HR – Assistant)

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

Dopamine Makes You Addicted to Seeking Information

-Do you find it impossible to ignore your WhatsApp/Instagram if you see that there are messages/notifications in your Inbox?

-Do you ever feel like you are addicted to Whatsapp or Instagram or Facebook?

-Have you ever gone to Google to look up for some information but after sometime later you realize that you have been reading, and linking, and searching around for a long time and your now searching for something totally different than before?

*Now, If u said “YES” for all these, then you must be thankful that your **Dopamine** system is working perfectly fine.*

Myth:

You may have heard that dopamine controls the “**pleasure**” systems of the brain; that dopamine makes you feel enjoyment, pleasure, and therefore motivates you to seek out certain behaviors, such as *food, sex, and drugs*.

Reality:

The latest research, though is changing this view. Instead of dopamine causing us to experience pleasure, the latest research shows that dopamine causes **seeking behavior**. Dopamine causes us to **want, desire, seek out, and search**. It increases our general level of arousal and our goal-directed behavior. Dopamine is what makes us curious about ideas and fuels our searching for information. The latest research shows that it is the **opoid system** (separate from dopamine) that makes us feel pleasure.


A dopamine-induced loop

Do you wonder why It becomes harder and harder to stop looking at instagram, stop texting, stop checking our cell phones to see if we have a message or a new notification.

Answer:

With the internet, google, and texting we now have almost instant gratification of our desire to seek. Want to talk to someone right away? Send a text and they respond in a few seconds. Want to look up some information? Just type it into Google. Want to see what your friends are up to? Go to Instagram or Whatsapp status. We get into a dopamine induced loop... dopamine starts us seeking, then we get rewarded for the seeking which makes us seek more. This system of making us seek more is the reason why it's harder for us to stop checking our phones to see if we have a message etc...

Anticipation is better than getting — Brain scan research shows that our brains show more stimulation and activity when we ANTICIPATE a reward than when we get one.



Time management: Many students struggle with managing their time effectively, and they may put off tasks because they feel overwhelmed by the amount of work they need to do.

Poor study habits: Poor study habits, such as not taking good notes, not reading texts thoroughly, or not reviewing material regularly, can contribute to procrastination.

Losing Academic Interest

Procrastination can lead to a loss of academic interest, as students become disengaged from their studies and their motivation wanes. This can result in decreased academic performance, as students struggle to keep up with their work and miss deadlines. Additionally, students who lose academic interest may not feel as passionate about their chosen field of study and may even consider changing majors or dropping out of school altogether.

Strategies for Overcoming Student Procrastination and Losing Academic Interest

Fortunately, there are effective strategies that students can use to overcome procrastination and losing academic interest. Some of these strategies include:

Setting goals: Students should set clear, realistic goals for themselves, and break down larger tasks into smaller, more manageable ones. This can help them feel more in control of their workload and prevent procrastination.

Staying organized: Students should use a planner or calendar to keep track of their assignments and deadlines, and make sure to prioritize their work. This can help them stay on top of their studies and prevent procrastination.

Staying focused: Students should avoid distractions, such as social media and video games, while they are studying. They should also create a study environment that is free of distractions and conducive to learning.

Engaging in active learning: Students should take an active approach to their studies, by asking questions, participating in class discussions, and seeking out additional resources. This can help them stay engaged and motivated, and prevent losing academic interest.

Seeking support: Students who are struggling with procrastination or losing academic interest should seek support from their teachers, peers, or a counselor. Talking to someone about their concerns can help them work through their problems and find solutions.

Sandesh Zephaniah

Asst. Professor

Head, dept of Psychology

ಸಾಹಿತ್ಯನಿಧಿ

‘ನೆನಪುಗಳೇ ಉಳಿವುದು ಕೊನೆಗೆ’

ನೂರಾರು ಸಮಸ್ಯೆಗಳು ಜೀವನವೆಂಬ ದಾರಿಗೆ
ಬೇರೆಯವರ ನಗಿಸಿರಿ ಸಿಗುವುದು ತೃಪ್ತಿ ಮನಸ್ಸಿಗೆ
ನಿಮ್ಮ ನಡತೆಯೇ, ನಿಮ್ಮ ಆತ್ಮದ ಬೆರಳಚ್ಚಿನ ಹಾಗೆ
ನಿಮ್ಮ ಜೊತೆಗಿನ ನೆನಪುಗಳೇ ಉಳಿವುದು ಕೊನೆಗೆ

‘ಇರಬೇಕು ಸುಂದರವಾದ ಅಂತ್ಯ’

ಪ್ರಕೃತಿಗೆ ಇದೆ ಮನೋಹರವಾದ ಸಾಹಿತ್ಯ
ಕೇಳುತ್ತಿದ್ದರೆ ಮಾಡಬೇಕು ಅನಿಸುತ್ತೆ ನೃತ್ಯ
ಆತ್ಮಸ್ಥೈರ್ಯ ಮಾಡಲೇಬೇಕು ಕರ್ತವ್ಯಕ್ಕೆ ದಿನನಿತ್ಯ
ಸೂರ್ಯನಿಗೆ ಪ್ರತಿದಿನವೂ ಇದೆ ವಾರಾಂತ್ಯ
ಅವನು ತಿಳಿಸುತ್ತಾನೆ ಎಲ್ಲರಿಗೂ ಬೆಳಕಿನ ಸತ್ಯ
ಸೂರ್ಯ ಮುಳುಗುವುದೊಂದೆ ಇರಬೇಕು ಸುಂದರವಾದ ಅಂತ್ಯ

ಮದುರ.....

ಜೀವನವೆಂಬ ದೋಣಿಯಲ್ಲಿ

ನಾವಿಕ ನಾನಾಗಿದ್ದು.

ಸಾಗುವಾಗ ಸಿಗುವ

ಯಾಂತ್ರಿಕರ ಜೊತೆಗಿನ ಸಿಹಿ ನೆನಪುಗಳೇ

ಮದುರ...

ಅಂಬಾರಿ ಮೇಲೆ ಕೂತು ಮೆರವಣಿಗೆ

ಗೊತ್ತಿದ್ದು ಗೀಚಿ ಬಿಡುವೆ ನಾಚುವ ಹಾಗೆ

ನೀ ನಾಚುವಾಗ ನೋಡಿದೆ ಆ ನಿನ್ನ ಮೆಲ್ಲಗೆ

ನೀ ನಾಚುವುದ ನೆನೆಯುತ್ತಾ ಹತ್ತಿದೆ ನಾನು ಆರು ಚಕ್ರಕದ ಬಸ್ಸಿಗೆ

ಹೊರಟಂತಾಯಿತು ಅಂಬಾರಿ ಮೇಲೆ ಕೂತು ಮೆರವಣಿಗೆ

ಮೇಘನ. ಯು 3ನೇ ವರ್ಷ, 5ನೇ ಸೆಮಿಸ್ಟರ್ ಬಿ.ಬಿ.ಎ

ಫಲವತ್ತಾದ ಮಣ್ಣು

ಒಳ್ಳೆ ಮಳೆ ಒಳ್ಳೆ ಬೆಳಕು, ಫಲವತ್ತಾದ ಮಣ್ಣು
ಇದನೇ ಪ್ರೀತಿ ಅನ್ನೋ ಬೆಳೆ ತೆಗೆಯೋಕೆ ಆಗೋದು
ಒಳ್ಳೆ ಮಳೆ - ಗಂಡು
ಒಳ್ಳೆ ಬೆಳೆ - ಹೆಣ್ಣು
ಫಲವತ್ತಾದ ಮಣ್ಣು - ಒಳ್ಳೆ ಹೃದಯ (ಮನಸ್ಸು)

ಅನ್ಯೂನ್ಯವಾದ ಬದುಕು ಸುಂದರ

ವಾಹನ, ಬೆಟ್ಟ ಗುಡ್ಡ ರಸ್ತೆ ಮೇಲೆ ಹೋಗಬಹುದು ಆದರೆ ನೀರಿನ ಮೇಲಲ್ಲ
ನೀರಲ್ಲಿ ಹೋಗಬಹುದು ಹಡಗು ಆದರೆ ರಸ್ತೆ ಮೇಲಲ್ಲ
ಎರಡೂ ವಾಹನಗಳ ಪ್ರಯಾಣ ಅನ್ಯೂನ್ಯವಾಗಿದ್ದರೆ ಸುಮದುರ ನಮಗೆಲ್ಲ
ಅನ್ಯೂನ್ಯವಾದ ಗಂಡ ಹೆಂಡಿರ ದಾಂಪತ್ಯ ಜೀವನವೇ ಆನಂದ ನಮಗೆಲ್ಲ
ಗಂಡ ಹೆಂಡಿರ ಅನ್ಯೂನ್ಯವನ್ನು ಸೋಲಿಸಲು ಯಾರಿಂದಲೂ ಸಾಧ್ಯವಾಗಿಲ್ಲ
ಇದುವೆ ಜೀವನದ ರಹಸ್ಯದ ಗುಟ್ಟು ನಮಗೆಲ್ಲ

ಬರೆದವರೇ ಕುವೆಂಪು

ಅಲ್ಲಿ ನೋಡು ಪುಸ್ತಕಗಳ ಗುಂಪು
ಅದರಲ್ಲಿ ಇರುವ ಹಾಡು ಇಂಪು
ಅದನ್ನು ಓದಿದರೆ ತಂಪು
ಇದನ್ನು ಬರೆದವರೇ ಕುವೆಂಪು

ಲಿಖಿತ ಜಿ ಡಿ 3ನೇ ವರ್ಷ, 5ನೇ ಸೆಮಿಸ್ಟರ್ ಬಿ.ಬಿ.ಎ

ಇಂತ ಕಾಲೇಜನ್ನು ಎಲ್ಲ ನಾ ಕಾಣೆ...

ಸೂರ್ಯನಂತೆ ಸೂಬಗಿನ ಸಿಂಧಿ ಕಾಲೇಜ್
ಸೂರ್ಯನಂತೆ ಪ್ರಕಾಶಿಸುವ ಪ್ರಾಂಶುಪಾಲರು
ನಕ್ಷತ್ರಗಳಂತೆ ಹೊಳೆಯುವ ಶಿಕ್ಷಕರು
ಇಂತ ಕಾಲೇಜನ್ನು ಎಲ್ಲ ನಾ ಕಾಣೆ.....

ಮೇಘಶ್ರೀ.ಜಿ.ಎಂ ಬಿ.ಬಿ.ಎಂ 5ನೇ ಸೆಮಿಸ್ಟರ್

ವಿದ್ಯೆ ಇರುವುದು ಸಿಂಧಿ ಕಾಲೇಜಿನಲ್ಲಿ

ಹಸಿರು ಇರುವುದು ಗಿಳಿಯಲ್ಲಿ
ಗಿಳಿ ಇರುವುದು ಪಂಜರದಲ್ಲಿ
ಪಂಜರ ಇರುವುದು ಅರಮನೆಯಲ್ಲಿ
ಅರಮನೆ ಇರುವುದು ಮೈಸೂರಿನಲ್ಲಿನ
ಆದರೆ ವಿದ್ಯೆ ಇರುವುದು ಸಿಂಧಿ ಕಾಲೇಜಿನಲ್ಲಿ
ವರುಷಕ್ಕೊಂದು ಜಾತ್ರೆ
ಅಡಿಗಿಗೆ ಬೇಕು ಪಾತ್ರೆ
ನೆಗಡಿಗಿಗೆ ಬೇಕು ಮಾತ್ರೆ
ಆದರೆ ನನ್ನ ಕಾಲೇಜ್ ಮಂದಿರದ
ಸ್ನೇಹ ಪ್ರೀತಿ ಮರೆಯಲಾಗದ ಯಾತ್ರೆ.

ಸಮಯದ ಮೌಲ್ಯ

- 1 ಸೆಕೆಂಡಿನ ಮೌಲ್ಯ: ಅಪಘಾತದಿಂದ ಪಾರಾದ ವ್ಯಕ್ತಿಯನ್ನು ಕೇಳಿ
- 1 ನಿಮಿಷದ ಮೌಲ್ಯ: ರೈಲು ಅಥವಾ ಬಸ್ ಮಿಸ್ ಮಾಡಿಕೊಂಡ ವ್ಯಕ್ತಿಯನ್ನು ಕೇಳಿ.
- 1 ಗಂಟೆಯ ಮೌಲ್ಯ: ಯಾರಿಗಾದರೂ ಕಾಯುತ್ತಿರುವ ವ್ಯಕ್ತಿಯನ್ನು ಕೇಳಿ
- 1 ದಿನದ ಮೌಲ್ಯ : ಇಡೀದಿನ ಹಸಿವಿನಿಂದ ಬಳಲಿದವನನ್ನು ಕೇಳಿ
- 1 ವಾರದ ಮೌಲ್ಯ : ಒಂದು ವಾರದಿಂದ ಆಸ್ಪತ್ರೆಗೆ ಸೇರಿದ ವ್ಯಕ್ತಿಯನ್ನು ಕೇಳಿ
- 1 ತಿಂಗಳ ಮೌಲ್ಯ : ತಿಂಗಳ ಸಂಬಳ ಇನ್ನೂ ಸಿಗದವರನ್ನು ಕೇಳಿ
- 1 ವರ್ಷದ ಮೌಲ್ಯ : ವಿಫಲರಾದವರ ದೂರನ್ನಾದರೂ ಕೇಳಿ.

ನನ್ನ ಮನದಾಳದ ಕವಿತೆ

ಬೇಡ ಈ ಮೌನ
ಬೇಗ ಮಾಡು ಒಂದು ತೀರ್ಮಾನ
ನನ್ನ ಮನ ಎಂದೆಂದಿಗೂ ನಿನ್ನದೇ
ಇದೇ ನನ್ನ ಪ್ರಮಾಣ

ಸುದೀಪ್ ಓ 5ನೇ ಸೆಮಿಸ್ಟರ್ ಬಿ. ಕಾಂ

ಚಿರ ಋಣಿ ಎಂದೆದಿಗೂ

ಸುಜ್ಞಾನದ ದೀವಿಗೆಯು ಕಂಗೊಳಿಸುತ್ತಿರಲು
ಕೈ ಬೀಸಿತು ಬೆಳಕು ತನ್ನಯ ಹೊಸಲಿಗೆ ಬರಲು
ಶಿರವ ತಗ್ಗಿಸಿ, ಕರವ ಜೋಡಿಸಿ
ಜ್ಞಾನವ ಅರಸಿ ಬಂದ ಯಾತ್ರಿಕರು ನಾವು!
ನೂರಾರು ಕನಸಿನ ಪುಸ್ತಕವ ಹೆಗಲೇರಿಸಿ
ಆತ್ಮವಿಶ್ವಾಸದ ಸಮವಸ್ತ್ರ ಧರಿಸಿ
ನವ ಗೆಳೆತನದ ಜಡೆಯ ಹೆಣಸಿ
ಹೊಸದೊಂದು ಚೇತನದೊಂದಿಗೆ ಪುಟ್ಟ ನಗುವಿನೊಂದಿಗೆ
ವಿದ್ಯೆಯ ಧಾರೆಯೆರೆದ ಶಿಕ್ಷಕರ ನೆನೆದು
ಜೊತೆ ಜೊತೆಯಾದ ಸಹಪಾಠಿಗಳ ಮಂದಿಸಿ
ನೆನಪುಗಳ ಹೊತ್ತು ತಂದ ಯಾತ್ರಿಕರು ನಾವು
ಕಲಿತ ವಿದ್ಯಾಲಯಕ್ಕೆ ಚಿರೈವಿ ಎಂದೆಂದೂ

ಸೌಜನ್ಯ..ಜಿ 5ನೇ ಸೆಮಿಸ್ಟರ್ ಬಿ. ಕಾಂ 'ಬಿ'

ಕವಿತೆ -ನನ್ನವ್ವ

ಎಷ್ಟು ಜನುಮದ ಪುಣ್ಯವೋ, ಪಡೆದವು ನಿನ್ನ ತಾಯಿಯಾಗಿ
ಅದೆಷ್ಟು ಕಷ್ಟಗಳನ್ನು ಅನುಭವಿಸಿದೆ ನೀ, ನಮ್ಮನ್ನು ವಿದ್ಯಾವಂತರನ್ನಾಗಿಸಲು
ಅದ್ದೇಗೆ ತೀರಿಸುವೆವು ನಿನ್ನ ಋಣವ ನನ್ನವ್ವ!
ಜೀವನ ಒಡ್ಡಿದ ಯಾವ ಸಂಕಷ್ಟಗಳಿಗೂ ಧೃತಿಗೆಡಲಿಲ್ಲ ನೀ
ಹರ ಬಿಡದೆ ಪದವಿ ಶಿಕ್ಷಣ ದೊರಕಿಸಿದೆ ನೀ
ಅದ್ದೇಗೆ ತೀರಿಸುವೆವು ನಿನ್ನ ಋಣವ ನನ್ನವ್ವ!
ನಮಗೆ ಒಳ್ಳೆಯ ಜೀವನ ದೊರಕಿಸಿಕೊಡಲು ಮಾಡಿದ ತ್ಯಾಗಗಳೆಷ್ಟೋ
ನಮ್ಮ ಹೊಟ್ಟೆ ತುಂಬಿಸಲು ನೀ ಅರ್ಥ ಉಟ ಮಾಡಿದ ದಿನಗಳೆಷ್ಟೋ
ಅದ್ದೇಗೆ ತೀರಿಸುವೆವು ನಿನ್ನ ಋಣವ ನನ್ನವ್ವ!
ದೇವರಲ್ಲಿ ಕೋರುವೆವು ಎಲ್ಲಾ ಜನುಮದಲ್ಲೂ ನೀನೆ ನಮ್ಮ ತಾಯಿಯಾಗಬೇಕೆಂದು
ನೆಮ್ಮದಿಯ ಜೀವನ ಸದಾ ನಿನ್ನದಾಗಿರಲೆಂದು
ಬಯಸುವೆವು ನಗು ಎಂದೂ ನಿನ್ನ ಮೊಗದಿಂದ ಮಾಯವಾಗದಿರಲೆಂದು!

ದಿವ್ಯ .ಆರ್ 5ನೇ ಸೆಮಿಸ್ಟರ್ ಬಿ.ಕಾಂ 'ಎ' ವಿಭಾಗ



ನೆರಳು

ಮುಗಿಲೆತ್ತರದ ವೃಕ್ಷದ ನೆರಳಿನಲಿ
ಆಶ್ರಯ ಪಡೆದ ಜೀವಗಳೆಷ್ಟೋ?
ಮುಚ್ಚಟ್ಟ ಸಾಗರ ತೀರದಲಿ
ಬಚ್ಚಿಟ್ಟ ಮುತ್ತುನ ಚಿವುಗಳೆಷ್ಟೋ?
ಭಾವನೆಯ ಹೆಜ್ಜೆ ಗುರುತಿನಲ್ಲಿ
ನೆರಳಿಗೆ ನೆರಳಾದ ಕಥನವಿದು.
ಪಾವನ ತೀರ್ಥ ಗಂಗಾಜಲದಿ
ಮಿಂದು ಹೋದ ಪಾಪಗಳೆಷ್ಟೋ?
ಹನಗೂಡಿದ ಮಳೆ ಇಬ್ಬನಿಯಲ್ಲಿ
ಹರಿದು ಹೋದ ಭಾಗಗಳೆಷ್ಟೋ?
ನಿಶಾಚರವದ ಮಾಯಾ ಜಗತ್ತಿನಲ್ಲಿ
ನೆರಳಿಗೆ ನೆರಳಾದ ಕಥನವಿದು!
ಸ್ವಂತಿಕೆಯ ಬಿಟ್ಟು ತನ್ನತನವ ಮರೆತು
ಜೊತೆಗೂಡಿದ ಜೀವ ಚೈತನ್ಯದ ಎದುರು
ನಮ್ಮ ನೋವಿಗೆ ನೆರಳಾದವರೆಷ್ಟೋ?
ನಾವು ಇತರರಿಗೆ ನೆರಳಾದೆವೆಂದು

ಸುವಲಕ್ಷ್ಮಿ ಪಿ

ಬಿ.ಕಾಂ 'ಬಿ' 5ನೇ ಸೆಮಿಸ್ಟರ

‘ತಾಯಿ ನನಗಾಗಿ ಬೇಡಿದ ಪ್ರಾರ್ಥನೆ’

ಗುರು ಹಿರಿಯರ ಆಶೀರ್ವಾದ ನಿನಗಿರಲಿ ಮಗನೆ
ಔದಾರ್ಯ, ಸಹನೆ, ತಾಳ್ಮೆಯಲಿ ಬುದ್ಧನಿಗಿಂತ ಮಿಗಿಲಾಗಿರು ಮಗನೆ
ದಾನ ವೀರ ಶೂರ ನಂತೆ ನೀನಾಗಿರು ಮಗನೆ
ಸೆಜ್ಜನರ ಸಂಗವ ಮಾಡು ಮಗನೆ, ದುರ್ಜನ ಸಂಗವ ಮಾಡಲೂಬೇಡ ಮಗನೆ
ಸಮಾಜದ ನಿಂದನೆಗೆ ನೀ ಒಳಗಾಗ ಬೇಡ ಮಗನೆ
ನಾನಾ ರೀತಿ ಅಭಿರುಚಿವುಳ್ಳ ಈ ಲೋಕವು ಮಗನೆ
ಎಲ್ಲರನ್ನೂ ಸಮಾನ ದೃಷ್ಟಿಯಿಂದ ನೋಡು ಮಗನೆ
ಸಮಾಜವು ನೋಡುವುದು ನಿನ್ನ ಮನಸ್ಸಿನ ಆಳ ಮಗನೆ
ನೆರೆಹೊರೆಯವರನು ಪ್ರೀತಿಸು ಮಗನೆ
ಸಹಾಯ ಮಾಡಿದವರನು ಗೌರವದಿಂದ ಕಾಣು ಮಗನೆ
ಅಂತರಾತ್ಮದಿಂದ ನಿನಗೇ ನೀನೇ ಶುದ್ಧಿಯಾಗು ಮಗನೆ
ಅತಿಥಿಗಳನ್ನು ರಕ್ತಸಂಬಂಧಿಗಳಂತೆ ತಿಳಿದು ಸತ್ಕರಿಸು ಮಗನೆ
ರಾಧಸ್ವಾಮಿ ಸದ್ಗತಿ ಕೊಡು ನನ್ನ ಮಗನಿಗೆ ನೀ ಎನ್ನಾ ಕರುಣಾ ಮಯಿ.

ಡಾ. ಕರಿಯಣ್ಣ.ಎಸ್

ಮುಖ್ಯಸ್ಥರು

ಕನ್ನಡ ವಿಭಾಗ

संस्कृत विभागः

Department of Sanskrit

शिक्षावल्ली

Shikshavalli

शं नो मित्रः शं वरुणः। शं नो भवत्वयमा।

शं न इन्द्रो बृहस्पतिः।

शं नो विष्णुरुक्रमः। नमो ब्रह्मणे। नमस्ते वायो। त्वमेव प्रत्यक्षं ब्रह्मासि।

त्वमेव प्रत्यक्षं ब्रह्म वदिष्यामि। ऋतं वदिष्यामि। सत्यं वदिष्यामि। तन्मामवतु।
तद्वक्तारमवतु।

अवतु माम्। अवतु वक्तारम्। ओं शान्तिः शान्तिः शान्तिः।

Then comes the final instruction which students in those days received when they completed their study under the teacher. The following is the full text of that instruction, which corresponds to the Convocation addresses of modern times delivered at the Universities to students who are given their degrees at the end of their studies.

वेदमनूच्याचार्योऽन्तेवासिनमनुशास्ति।

सत्यं वद। धर्मं चर।

स्वाध्यायान्मा प्रमदः। आचार्याय प्रियं धनमाहृत्य प्रजातन्तुं मा व्यवच्छेत्सीः।

After expounding the Veda, the teacher enjoins the disciple thus; speak the truth. Practice virtue. Do not neglect the Veda that has been studied. Having brought to the teacher the wealth that is pleasing to him, do not cut off the line of progeny.

सत्यान्न प्रमदितव्यम्। धर्मान्न प्रमदितव्यम्। कुशलान्न प्रमदितव्यम्।

भूत्यै न प्रमदितव्यम्।

स्वाध्याय प्रवचानाभ्यां न प्रमदितव्यम्।

Let there be no neglect of truth. Let there be no neglect of Virtue. Let there be no neglect of welfare. Let there be no neglect of prosperity. Let there be no neglect of the Veda that has been studied and its teaching.

देवपितृकार्याभ्यां न प्रमदितव्यम्।

मातृदेवो भव। पितृदेवो भव।

आचार्यदेवो भव। अतिथिदेवो भव।

Let there be no neglect of what is due to gods and to departed forefathers. Be one to whom mother is a god; be one to whom father is a god; be one to whom teacher is a god; be one to whom guest is a god.

यान्यनवद्वानि कर्माणि। तानि सेवितव्यानि।

नो इतराणि।

यान्यस्माकं सुचरितानि। तानि त्वयोपास्यानि।

नो इतराणि।

Whatever deeds are blameless, be devoted to them; not to others. Whatever good customs there are among us, they have to be adopted by you, not others.

ये के चास्मच्छ्रेयांसो ब्राह्मणाः।

तेषां त्वयासने न प्रश्वसितव्यम्।

श्रद्धया देयम्। अश्रद्धयाऽदेयम्। श्रिया देयम्।

ह्रिया देयम्। भिया देयम्। संविदा देयम्।

Whatever Brahmanas there may be who are superior to us, they should be comforted by you by giving them a seat. Gifts should be given with faith; should not be given without faith; should be given in plenty; should be given with modesty; should be given with fear; should be given with sympathy.

अथ यदि ते कर्मविचिकित्सा वा वृत्तविचिकित्सा वा स्यात्।

ये तत्र ब्राह्मणाः सम्मर्शिनः। युक्ता आयुक्ताः। अलूक्षा धर्मकामाः स्युः।

यथा ते तत्र वर्तेरन्। तथा तत्र वर्तेथाः।

Then, if there is in you any doubt regarding rites and any doubt regarding conduct, you should conduct yourself in those cases in such a way in which those Brahmanas who may be living there, who are competent to judge, dedicated (to good deeds), not led by others, not cruel and are lovers of virtue, conduct themselves in those cases.

अथाभ्याख्यातेषु। ये तत्र ब्राह्मणाः सम्मर्शिनः। युक्ता आयुक्ताः

अलूक्षा धर्मकामाः स्युः। यथा ते तेषु वर्तेरन्। तथा तेषु वर्तेथाः।

Then is respect of persons who are accused (of sin), you should conduct yourself in such a way in which those Brahmanas who may be living there, who are competent to judge, dedicated (to good deeds), not led by others, not cruel and are lovers of Virtue, conduct themselves in respect of such persons.

एष आदेशः। एष उपदेशः। एषा वेदोपनिषत्।

एतदनुशासनम्। एवपुपासितव्यम्। एवमुचैतदुपास्यम्।

This is the command. This is the teaching. This is the secret meaning of the Vedas. This is the instruction. Thus should one worship; thus indeed should one worship.

शं नो मित्रः शं वरुणः। शं नो भवत्वयमा।

शं न इन्द्रो बृहस्पतिः।

शं नो विष्णुरुक्रमः। नमो ब्रह्मणे। नमस्ते वायो। त्वमेव प्रत्यक्षं ब्रह्मासि।

त्वामेव प्रत्यक्षं ब्रह्मावादिषम्। ऋतमवादिषम् । सत्यमवादिषम्। तन्मामावीत्।
तद्वक्तारमावीत्।

आवीन्माम्। आवीद्वक्तारम्। ओं शान्तिः शान्तिः शान्तिः।

एन्.आर्. सुब्रह्मण्य भट्ट

संस्कृत प्राध्यापकः

ಸಂಸ್ಕೃತದ ಭವ್ಯತೆ :

ಕಳೆದ ವರ್ಷ ಅಮೇರಿಕಾದಲ್ಲಿ 'ವಿಕಿಲೀಕ್ಸ್' ಎಂಬ ವೆಬ್‌ಸೈಟ್ ಜಗತ್ತಿನ ಹಲವು ಪ್ರಮುಖ ರಾಷ್ಟ್ರಗಳ ದಾಖಲೆಗಳನ್ನು ಬಹಿರಂಗಗೊಳಿಸಿತು. ಅದರಲ್ಲಿ ಭಾರತದ ವಿಷಯದಲ್ಲಿ ಅದು ಹೇಳಿದ್ದೇನೆಂದರೆ ಜಗತ್ತಿನ ಎಲ್ಲಾ ದೇಶಗಳಿಗಿಂತಲೂ ಅತಿ ವಿಶ್ವಾಸನೀಯ ದೇಶವೆಂದರೆ 'ಭಾರತ' ಎಂದು. ಇದು ನಿಜಕ್ಕೂ ಭಾರತೀಯರಿಗೆ ಹೆಮ್ಮೆ ಪಡುವ ವಿಷಯವಾಗಿದೆ. ಈ ಗೌರವಕ್ಕೆ ಭಾರತ ಪಾತ್ರವಾಗಲು ಕಾರಣವೇನು ಎಂದು ನಾವು ಯೋಚಿಸಿದರೆ ಅದಕ್ಕೆ ಸಿಗುವ ಉತ್ತರ 'ಭಾರತಸ್ಯ ಪ್ರತಿಷ್ಠೆ ದ್ವೇ ಸಂಸ್ಕೃತಂ ಸಂಸ್ಕೃತಿಸ್ತಥಾ' ಅಂದರೆ ಭಾರತಕ್ಕೆ ಜಗತ್ತಿನಲ್ಲೇ ಒಂದು ಗೌರವಯುತ ಸ್ಥಾನ ಇದೆ ಎಂದರೆ ಅದಕ್ಕೆ ಕಾರಣ ಒಂದು ಪ್ರಾಚೀನ ಭಾಷೆ ಸಂಸ್ಕೃತ ಇನ್ನೊಂದು ಭಾರತೀಯ ಸಂಸ್ಕೃತಿ.

ವೇದೋಪನಿಷತ್, ರಾಮಾಯಣ ಮಹಾಭಾರತದಲ್ಲಿ ಹುದುಗಿರುವಂತಹ ನೀತಿಯೇ ಭಾರತೀಯ ಸಂಸ್ಕೃತಿ ಎಂದರೆ ಅತಿಶಯೋಕ್ತಿಯಲ್ಲ. ಹೀಗೆ ನೋಡಿದಾಗ ಇಂದಿಗೂ ಜಗತ್ತಿನ ಶ್ರೇಷ್ಠ ದೇಶಗಳಲ್ಲೊಂದಾದ ಭಾರತಕ್ಕೆ ಆ ಸ್ಥಾನ ಕಲ್ಪಿಸಿದ್ದ ಸಂಸ್ಕೃತ ಭಾಷೆಯೇ ಎನ್ನುವುದು ಕರತಲಾಮಲಕದಂತೆ ಸತ್ಯವಾಗಿದೆ. ಏಕೆಂದರೆ ವೇದೋಪನಿಷತ್ ರಾಮಾಯಣ, ಭಾರತಾದಿಗಳು ಸಂಸ್ಕೃತದಲ್ಲೇ ಬರೆಯಲ್ಪಟ್ಟಿವೆ. ಈ ಒಂದೇ ಕಾರಣ ಸಂಸ್ಕೃತದ ಮಹತ್ವ, ಅಧ್ಯಯನ ಅಧ್ಯಾಪನದ ಅನಿವಾರ್ಯತೆಯನ್ನು ತಿಳಿಸುತ್ತದೆಯಾದರೂ ಇದಕ್ಕೆ ಇನ್ನೂ ಹತ್ತು ಹಲವು ಕಾರಣಗಳನ್ನು ಸೇರಿಸಬಹುದು.

'ಸಂಸ್ಕೃತ' ಕೇವಲ ಒಂದು ಭಾಷೆಯಲ್ಲ! ಇದು ಒಂದು ಜ್ಞಾನದ ಕಣಜ, ಇದರಲ್ಲಿರುವ ವಿಷಯಗಳು, ಶಾಸ್ತ್ರಗಳು, ಸ್ಮೃತಿ-ಪುರಾಣಗಳು, ಯೋಗ ಆಯುರ್ವೇದಾದಿ ಮಾನವೋಪಕಾರಕ ಚಿಕಿತ್ಸೆಗಳು ಜಗತ್ತಿನ ಬೇರಾವ ಭಾಷೆಯಲ್ಲಿಯೂ ಕಾಣಿಸಿಗುವುದಿಲ್ಲ. ಯೋಗ-ಆಯುರ್ವೇದಗಳು ಪ್ರಾಚೀನ ಕಾಲದಿಂದಿದೆಯಾದರೂ ಹಿಂದಿಗಿಂತ ಇಂದದರ ಅವಶ್ಯಕತೆ ಹೆಚ್ಚಾಗಿದೆ. ಅಂತೆಯೇ ಅದರಲ್ಲಿ ಹೆಚ್ಚಿನ ಪ್ರಯೋಗ ಮಾಡಲು ಅದರ ಪ್ರಗತಿಗೆ ಇದು ಸಕಾಲವಾಗಿದೆ.

ವೇದ-ಸ್ಮೃತಿ-ಪುರಾಣಗಳು

ವೇದ ಪುರಾಣಾದಿಗಳು ಪ್ರಾಚೀನ ಕಾಲದ ವಿಷಯ ಬೋಧಕ ಗ್ರಂಥಗಳಾದರೂ ಇಂದಿಗೂ ಅವು ಅನುಕರಣೀಯವಾಗಿದೆ. ವೇದದಲ್ಲಿ ಬೋಧಿಸಲ್ಪಟ್ಟ ಆಧ್ಯಾತ್ಮ ವಿಷಯವೂ ಇಂದಿನ ವ್ಯಸ್ತ ಜೀವನದಲ್ಲಿ ಸುಸ್ತಾದ ಮಾನವನಿಗೆ ರಸವತ್ತಾದ ಔಷಧವಾಗಿದೆ. ಹಾಗೆಯೇ ಪುರಾಣಗಳಲ್ಲಿ ಮಹಾಭಾರತದಲ್ಲಿ ಹೇಳಲ್ಪಟ್ಟ ವಿಷಯಗಳು. ವಿಶೇಷವಾಗಿ ಜಗತ್ತಿನಲ್ಲೆ ಭಗವದ್ಗೀತೆಯಲ್ಲಿ ಗೀತಾಚಾರ್ಯರ ಬೋಧನೆಯು ಸಾರ್ವಕಾಲಿಕವೂ, ಸಾರ್ವದೇಶಿಕವೂ ಸಾರ್ವಜನಿಕವೂ ಸರ್ವೋಪಕಾರಕವೂ ಆಗಿದೆ. ಮಹಾಭಾರತದಲ್ಲಿ

ಉಪದೇಶಿಸಲ್ಪಟ್ಟ ವಿದುರನೀತಿ, ಭೀಷ್ಮೋಪದೇಶಾದಿಗಳು ಇಂದಿನ ಯಾವುದೇ ಮನಃಶಾಸ್ತ್ರಗ್ರಂಥಗಳಿಗೆ ಕಡಿಮೆಯಿಲ್ಲ.

ಗ್ರಂಥಗಳು:

ಸಂಸ್ಕೃತ ಗ್ರಂಥಗಳಲ್ಲಿ ಹುದುಗಿರುವ ವಿಷಯಗಳು ಪ್ರತಿಯೊಬ್ಬ ಮನುಷ್ಯನಿಗೂ ಜೀವನ ಸಾಫಲತೆಗೆ ದಾರಿತೋರುವ ದಾರಿದೀಪಗಳಂತಿವೆ. ಕೌಟಿಲನ ನೀತಿಶಾಸ್ತ್ರವಿರಬಹುದು. ಸುಭಾಷಿತ ಸಾಹಿತ್ಯವಿರಬಹುದು, ನೀತಿಬೋಧಕ ಕಥಾಗ್ರಂಥಗಳಿರಬಹುದು ಎಲ್ಲವೂ ಸಜ್ಜೀವನಕ್ಕೆ ಸುಜೀವನಕ್ಕೆ ಮಾರ್ಗವನ್ನು ತೋರಿಸುತ್ತವೆ.

ಕೌಟಿಲನ ಅರ್ಥಶಾಸ್ತ್ರವಂತೂ ವರ್ತಮಾನ ಕಾಲದ ಎಂ.ಬಿ.ಎ ಗಳಿಗೆ ಹೇಳಿ ಮಾಡಿಸಿದಂತಹ ಪಠ್ಯವನ್ನೊದಗಿಸುತ್ತದೆ. ಭರದ್ವಾಜರ ಪೈಮಾನಿಕಶಾಸ್ತ್ರ ಗ್ರಂಥವೂ ಕೂಡ ವಿಮಾನ ರಚನಾ ಕೌಶಲ್ಯಗಳ ಬಗ್ಗೆ ಮಾಹಿತಿಯನ್ನು ನೀಡುತ್ತದೆ. ಗೌತಮರ ನ್ಯಾಯಶಾಸ್ತ್ರವೂ ಕೂಡ ಸೃಷ್ಟಿಯ ಬಗ್ಗೆ ವೈಜ್ಞಾನಿಕವಾಗಿ ಮಾಹಿತಿಯನ್ನು ನೀಡುತ್ತದೆ. ಇನ್ನೂ ಎಷ್ಟೋ ವಿಷಯಗಳು ಪ್ರಕಟವಾಗದೆ ತಾಳೆಗರಿಯಲ್ಲೇ ಅಡಗಿವೆ. ಈ ಎಲ್ಲದರ ಸದುಪಯೋಗವನ್ನು ಪಡೆಯಲು, ಜಗದೋದ್ಧಾರಕ್ಕಾಗಿಯೂ ಸಂಸ್ಕೃತದ ಪ್ರಸಾರ ಅವಶ್ಯಕವಾಗಿದೆ.

ಇಂದು ಜಗತ್ತಿನಲ್ಲಿ ಮಾನವರಲ್ಲಿ ಹಣದ ಆಸೆ ಅತಿಯಾಗಿದೆ. ಆ ಆಸೆಗೆ ಕಡಿವಾಣ ಹಾಕಲು ಅದರ ಸದ್ಭಳಕೆಗೆ ಸಂಸ್ಕೃತವು ಸನ್ಮಾರ್ಗವನ್ನು ತೋರಿಸುತ್ತದೆ. ಏಕೆಂದರೆ ಸಂಸ್ಕೃತವೂ ಪ್ರಾಚೀನ ಕಾಲದಿಂದಲೇ ಪುರುಷಾರ್ಥಚತುಷ್ಟಯಗಳನ್ನು ಹೇಳಿ ಮೋಕ್ಷಕ್ಕೆ ಹೆಚ್ಚಿನ ಪ್ರಾಮುಖ್ಯತೆಯನ್ನು ಕೊಟ್ಟಿದೆ.

ಧರ್ಮಾರ್ಥಕಾಮಮೋಕ್ಷಗಳಲ್ಲಿ ಧರ್ಮಾರ್ಥಕಾಮಗಳು ಮನುಷ್ಯನಿಗೆ ಅವಶ್ಯಕವಾದರೂ ಮನುಷ್ಯ ಜನ್ಮ ಮೋಕ್ಷಾರ್ಥವಾಗಿಯೇ ಲಭಿಸಿದೆಯೆಂದು ಪ್ರಾಚೀನ ಸಂಸ್ಕೃತ ಗ್ರಂಥಗಳು ಪುನಃ ಪುನಃ ಹೇಳುತ್ತಿವೆ. ಆದ್ದರಿಂದ ಸಂಸ್ಕೃತದ ಆಧ್ಯಾತ್ಮಿಕ ವಿಚಾರ ಪ್ರಸಾರದಿಂದ ಮನುಷ್ಯನ ಲೋಲುಪತೆ ಕಡಿಮೆಯಾಗಿ ಜಗತ್ತಿನಲ್ಲಿ ಶಾಂತಿ, ಸಹಬಾಳ್ವೆ ಖಂಡಿತವಾಗಿಯೂ ಸಾಧ್ಯವಾಗುತ್ತದೆ. “ವಸುಧೈವ ಕುಟುಂಬಕಂ” ಎಂಬ ಸಂಸ್ಕೃತೋಕ್ತಿಯೂ ಜಗತ್ತಿನ ಏಕತೆಗೆ ನಾಂದಿಯಾಗುತ್ತದೆ. ಜಗತ್ತು ಪುನಃ ಶಾಂತಿಮಯ, ಹಿರಣ್ಮಯ ಗುಣಾಕಾರವಾಗುತ್ತದೆ. ಎಲ್ಲಾ ಜನರೂ ಸಜ್ಜನರಾಗುತ್ತಾರೆ. ಎಲ್ಲಾ ಸಜ್ಜನರೂ ಸನ್ಮುಕ್ತಿಯನ್ನು ಪಡೆಯುತ್ತಾರೆ.

—ಪೂರ್ಣಿಮಾ ದಿವಿಟೆ

ಸಂಸ್ಕೃತ ಉಪನ್ಯಾಸಕರು

ರಾಮಾಶ್ವಮೇಧ

ಶ್ರೀ ರಾಮನು ಅಯೋಧ್ಯಾ ನಗರದಲ್ಲಿ ಉತ್ತಮವಾದ ರಾಜ್ಯವನ್ನು ಪರಿಪಾಲನೆ ಮಾಡುತ್ತಾ ಕೀರ್ತಿಯನ್ನು ಪಡೆದನು. ರಾಮರಾಜ್ಯವು ಸಮೃದ್ಧವಾಗಿತ್ತು. ಪ್ರಜೆಗಳು ದುಃಖ ಮತ್ತು ರೋಗಾಧಿಗಳಿಂದ ಮುಕ್ತರಾಗಿದ್ದರು. ಕಾಲಕ್ಕನುಗುಣವಾಗಿ ಉತ್ತಮವಾಗಿ ಮಳೆ ಬೆಳೆಗಳು ಆಗುತ್ತಿದ್ದವು. ಶ್ರೀ ರಾಮನು ಪತ್ನಿಯಾದ ಸೀತೆಯೊಡನೆ ಸಂತೋಷದಿಂದ ಸುಖ ಸಂಸಾರವನ್ನು ನಡೆಸುತ್ತಿದ್ದನು.

ಸೀತೆ : ಸ್ವಾಮೀ, ನನಗೆ ಮತ್ತೊಮ್ಮೆ ಕಾಡನ್ನು ನೋಡಬೇಕೆಂಬ ಬಯಕೆಯಾಗಿದೆ.

ರಾಮ : ಪ್ರಿಯಳೇ, ನೀನು ಈಗ ಗರ್ಭಿಣಿ ಈ ಬಯಕೆಯು ನಿನಗೆ ಸಹಜವಾದದ್ದು. ಹಾಗೇ ಆಗಲಿ ನೋಡೋಣ. (ಸೀತೆಯು ತೆರಳುತ್ತಾಳೆ)

ಅಗಸನೊಬ್ಬನು ತನ್ನ ಪತ್ನಿಯನ್ನು ಬಯ್ಯುತ್ತ ಶ್ರೀ ರಾಮನು ತನ್ನ ಹೆಂಡತಿಯಾದ ಸೀತೆಯನ್ನು ರಾವಣನಿಂದ ಬಿಡಿಸಿ, ಕರೆತಂದು ಜೊತೆಯಲ್ಲಿ ಇರಿಸಿಕೊಂಡಂತೆ ನಾನು ನಿನ್ನನ್ನು ಸ್ವೀಕರಿಸುವುದಿಲ್ಲ ಎನ್ನುತ್ತಾನೆ. ಈ ವಿಷಯವನ್ನು ಚಾರರು ಶ್ರೀರಾಮನಿಗೆ ಅರುಹುತ್ತಾರೆ.

ರಾಮ : ನನಗೆ ಅಪವಾದವು ಬಂದಿದೆ. ಸೀತೆಯನ್ನು ತ್ಯಜಿಸಲೇ ಅಥವಾ ಲೋಕಾಪವಾದವನ್ನು ತಿರಸ್ಕರಿಸಲೇ? ಇಲ್ಲ ಸೀತೆಯನ್ನು ಬಿಡುವುದೇ ಒಳಿತು. ಹೇಗೂ ಅವಳು ಕಾಡಿಗೆ ಹೋಗುವ ಬಯಕೆಯನ್ನು ತೋರಿಸಿದ್ದಾಳೆ. (ಲಕ್ಷ್ಮಣನು ಬರುತ್ತಾನೆ)

ಲಕ್ಷ್ಮಣ : ಅಗ್ರಜ ವಂದಿಸುತ್ತೇನೆ.

ರಾಮ : ಏಳು ಲಕ್ಷ್ಮಣ, ಸೀತೆಯನ್ನು ಕಾಡಿಗೆ ಬಿಟ್ಟು ಬಾ.

ಲಕ್ಷ್ಮಣ : ಹಿರಿಯರ ಆಜ್ಞೆಯನ್ನು ವಿಚಾರಣೆ ಮಾಡಬಾರದು. ಆಗಲಿ,

ಯಾರಲ್ಲಿ ರಥವನ್ನು ಸಿದ್ಧಗೊಳಿಸಿ. (ಸೀತೆ ಬರುತ್ತಾಳೆ.)

ಸೀತೆಯ ಬಳಿ ಬಂದು, 'ಅತ್ತಿಗೆ, ಕಾಡಿನ ಕಡೆಗೆ ಹೊರಡೋಣ ನಡೆಯಿರಿ'.

(ಸೀತೆಯು ವನದ ಸೌಂದರ್ಯವನ್ನು ಸವಿಯುತ್ತಾಳೆ)

ಸೀತೆ : ಲಕ್ಷ್ಮಣ ರಥವನ್ನು ನಿಲ್ಲಿಸು. ಈ ನದಿಯು ಎಷ್ಟು ಸುಂದರವಾಗಿದೆ. ಋಷಿಗಳ ಆಶ್ರಮವು ಇರುವಂತಿದೆ.

ಲಕ್ಷ್ಮಣ : ಅತ್ತಿಗೆ, ಲೋಕಾಪವಾದವನ್ನು ಕಳೆದುಕೊಳ್ಳಲು ತಮ್ಮನ್ನು ಕಾಡಿನಲ್ಲಿ ಬಿಟ್ಟು ಬರುವಂತೆ ಅಣ್ಣನ ಆಜ್ಞೆಯಾಗಿದೆ. ನಾನಿನ್ನು ಹೊರಡುತ್ತೇನೆ.

(ಸೀತೆಯು ದುಃಖಿಸುತ್ತಾ ಕುಳಿತಿರುತ್ತಾಳೆ) ಆಶ್ರಮ ವಾಸಿಗಳು ಅವಳನ್ನು ಮಹರ್ಷಿ ವಾಲ್ಮೀಕಿಗಳ ಆಶ್ರಮಕ್ಕೆ ಕರೆತರುತ್ತಾರೆ. ಮಹರ್ಷಿ ವಾಲ್ಮೀಕಿಗಳ ಆಶ್ರಮದಲ್ಲಿ ಕೆಲವು ತಿಂಗಳುಗಳು ಕಳೆದ ನಂತರ ಸೀತೆಯು ಅವಳಿ ಪುತ್ರರಿಗೆ ಜನ್ಮವನ್ನು ನೀಡುತ್ತಾಳೆ. ಮಹರ್ಷಿಗಳು ಆ ಮಕ್ಕಳಿಗೆ ಲವ-ಕುಶರೆಂದು ನಾಮಕರಣ ಮಾಡುತ್ತಾರೆ. ಲವ-ಕುಶರು ಆಶ್ರಮದಲ್ಲಿ ಬೆಳೆಯುತ್ತಾ ಆಟ-ಪಾಠಗಳಲ್ಲಿ ನಿರತರಾಗಿರುತ್ತಾರೆ. ಅಯೋಧ್ಯೆಯಲ್ಲಿ ಶ್ರೀರಾಮನು ಪ್ರಜೆಗಳ ಕ್ಷೇಮಕ್ಕಾಗಿ ಎಲ್ಲರ ಪಾಪ ಪರಿಹಾರಕ್ಕಾಗಿ, ದೇಶದ ಸುಭಿಕ್ಷೆಗಾಗಿ, ಅಶ್ವಮೇಧ ಎಂಬ ಯಾಗವನ್ನು ಮಾಡಲುಬಯಸುತ್ತಾನೆ.

ರಾಮ : ಸಹೋದರರೇ, ನಾನು ಅಶ್ವಮೇಧ ಎಂಬ ಯಾಗವನ್ನು ಮಾಡಬೇಕೆಂದು ನಿರ್ಧರಿಸಿದ್ದೇನೆ. ತಮ್ಮಂದಿರು : ಅಣ್ಣ, ಹಾಗೇ ಆಗಲಿ.

ರಾಮ : ಶತ್ರುಘ್ನ, ಪತಾಕೆ ಮೊದಲಾದವುಗಳಿಂದ ಅಲಂಕೃತವಾದ ಈ ಕುದುರೆಯನ್ನು ನೀನು ಅನುಸರಿಸು. ಅದು ಯಾವ ಪ್ರದೇಶವನ್ನು ತಲುಪುವುದೋ ಅಲ್ಲಿಯ ರಾಜರು ಅದನ್ನು ಗೌರವಿಸಿ, ಕಪ್ಪ ಕಾಣಿಕೆಗಳನ್ನು ಸಲ್ಲಿಸಬೇಕು. ಇಲ್ಲದಿದ್ದರೇ ಯುದ್ಧದಲ್ಲಿ ನೀನು ಅವರನ್ನು ಜಯಿಸಬೇಕು. ಎಲ್ಲಾ ದಿಕ್ಕುಗಳನ್ನು ನೀನು ಗೆದ್ದು ಬಾ.

ಶತ್ರುಘ್ನನು ಅನೇಕ ರಾಜರನ್ನು ಗೆದ್ದು ಅಪಾರವಾದ ಸಂಪತ್ತನ್ನು ಗಳಿಸುತ್ತಾನೆ. ಯಜ್ಞಾಶ್ವವು ವಾಲ್ಮೀಕಿ ಮಹರ್ಷಿಗಳ ಆಶ್ರಮವನ್ನು ಪ್ರವೇಶಿಸುತ್ತದೆ. ಲವ-ಕುಶರು ಆಶ್ರಮದ ಗಿಡಗಳನ್ನು ನಾಶಗೊಳಿಸುತ್ತದೆ. ಇದರಿಂದ ಲವ-ಕುಶರು ಕೋಪಗೊಂಡು, ಕುದುರೆಯನ್ನು ಕಟ್ಟಿಹಾಕುತ್ತಾರೆ.

ಶತ್ರುಘ್ನ : ನಮ್ಮ ಕುದುರೆ ಈ ಆಶ್ರಮದಲ್ಲಿ ಇರುವುದಲ್ಲಾ? ಓಹೋ....ಬಾಲಕರಿಬ್ಬರು ಇಲ್ಲಿದ್ದಾರೆ. ಅವರನ್ನೇ ಕೇಳೋಣ. ಬಾಲಕರೇ ಕುದುರೆಯನ್ನು ಬಿಟ್ಟುಬಿಡಿ.

ಲವ-ಕುಶ : ಇಲ್ಲ. ಆಗದು. ಈ ಅಶ್ವವು ಆಶ್ರಮಕ್ಕೆ ತೊಂದರೆ ಮಾಡಿದೆ.

ಶತ್ರುಘ್ನ : ನಿಮ್ಮನ್ನು ದಂಡಿಸಬೇಕಾಗುತ್ತದೆ.

ಲವ-ಕುಶ : ನಾವು ಯುದ್ಧಕ್ಕೆ ಸಿದ್ಧರಿದ್ದೇವೆ.

(ಲವ-ಕುಶರೊಡನೆ ಯುದ್ಧ, ಶತ್ರುಘ್ನನು ಸೋತು ಮೂರ್ಛಿತನಾಗುತ್ತಾನೆ.)

ಲಕ್ಷ್ಮಣ : ತಮ್ಮನಾದ ಶತ್ರುಘ್ನನನ್ನು ಯಾರೋ ಇಬ್ಬರು ಬಾಲಕರು ಸೋಲಿಸಿದ್ದಾರೆ. ಇರಲಿ, ನಾನೇ ಹೋಗುವೆನು. (ಲವ-ಕುಶರೊಡನೆ ಲಕ್ಷ್ಮಣನ ಯುದ್ಧ)

ಲವ: ಸೋದರ ಇವನೂ ಸೋತ. ಇನ್ನಾರು ಬರುವರೋ ನೋಡೋಣ.

(ಶ್ರೀರಾಮನ ಆಗಮನ)

ರಾಮ : ಈ ಮುನಿ ಕುಮಾರರು ಎಷ್ಟೊಂದು ತೇಜಸ್ವಿಗಳೂ, ರೂಪವಂತರೂ ಆಗಿದ್ದಾರೆ. ಇವರೊಂದಿಗೆ ಯುದ್ಧವು ಸಲ್ಲದು. ಇವರನ್ನು ಸ್ವಲ್ಪ ಸಮಾಧಾನ ಪಡಿಸೋಣ.

ಬಾಲಕರೇ ನಿಮಗೇಕೆ ಈ ಕುದುರೆ ಬಿಟ್ಟು ಬಿಡಿ.

ಕುಶ : ಇದು ನಮ್ಮ ಆಶ್ರಮಕ್ಕೆ ತೊಂದರೆಯುಂಟು ಮಾಡಿದೆ.

ರಾಮ : ನಿಮಗೆ ಬೇಕಾದುದನ್ನು ಕೊಡುತ್ತೇನೆ?

ಲವ-ಕುಶ : ನಮಗೇನೂ ಬೇಡ? ಆದರೆ ನಿಮ್ಮೊಂದಿಗೆ ಯುದ್ಧ ಮಾಡಲು ನಮ್ಮ ಮನಸ್ಸು ಒಪ್ಪುತ್ತಿಲ್ಲ.

(ಸೀತೆಯ ಪ್ರವೇಶ)

ಸೀತೆ : ಮಕ್ಕಳೇ, ಪೂಜ್ಯರಿಗೆ ವಂದಿಸಿರಿ.

ಲವ-ಕುಶ : ಅಮ್ಮ, ಇವರು ನಮ್ಮ ವಿರುದ್ಧ ಹೋರಾಡಲು ಬಂದಿದ್ದಾರೆ.

ಸೀತೆ : ಇವರು ನನಗೂ, ನಿಮಗೂ ಪೂಜನೀಯರು. ಆರ್ಯ ವಂದಿಸುತ್ತೇನೆ. ಮಕ್ಕಳೇ, ಇವರೇ ನಿಮ್ಮ ತಂದೆ. ನಮಸ್ಕರಿಸಿರಿ. (ಎಲ್ಲರೂ ವಂದಿಸುವರು)

ರಾಮ : ಏಳಿ, ಎದ್ದೇಳಿ, ನಾನೀಗ ಅಶ್ವಮೇಧ ಯಾಗ ಮಾಡಬೇಕಾಗಿದೆ. ಅಯೋಧ್ಯೆಗೆ ಹೋಗೋಣ.

ಸೀತೆ : ಸ್ವಾಮೀ, ನಾನು ಬರಲಾರೆ.

ರಾಮ : ನೀನು ಬರಲೇ ಬೇಕು?

ಸೀತೆ : ಇಲ್ಲ, ಮತ್ತೊಮ್ಮೆ ಲೋಕಾಪವಾದವು ಬಂದರೆ ಪುನಃ ಕಾಡಿಗೆ ಬರಬೇಕಾದೀತು. ಅದಕ್ಕಿಂತ ಶರೀರ ತ್ಯಾಗವೇ ಒಳಿತು. ಅಮ್ಮಾ, ಭೂಮಾತೇ, ನನ್ನನ್ನು ಪರಿಗ್ರಹಿಸು. ನನಗೆ ಆಶ್ರಯ ನೀಡು.

ಭೂಮಿ ಬಾಯಿ ತೆರೆಯುವುದು. ಸೀತೆಯು ಒಳಹೋಗುವಳು.

ರಾಮ : ಅಯ್ಯೋ, ವಿಧಿಯೇ? ಇದೇಕೆ ಹೀಗೆ? (ಕೋಪದಿಂದ ಪರಿತಪಿಸುವನು)

ವಾಲ್ಮೀಕಿಗಳ ಪ್ರವೇಶ (ರಾಮನು ವಂದಿಸುತ್ತಾನೆ)

ವಾಲ್ಮೀಕಿ : ಶ್ರೀ ರಾಮಚಂದ್ರ ನೀನು ದುಃಖಿಸಬಾರದು. ಸೀತೆಯ ಪ್ರತಿಮೆಯನ್ನು ಸಮೀಪದಲ್ಲಿ ಇರಿಸಿ, ಲೋಕ ಕಲ್ಯಾಣಕ್ಕಾಗಿ ಅಶ್ವಮೇಧ ಯಾಗವನ್ನು ಪೂರ್ಣಗೊಳಿಸು.

ರಾಮ : ಮಹರ್ಷಿಗಳೇ ಹಾಗೆಯೇ ಆಗಲಿ.

ಯಾಗದ ಸನ್ನಿವೇಶ – ಯಾಗ ಸಮಾಪ್ತಿ

ಎಲ್ಲರೂ (ಸರ್ವೇ ಜನಾಃ ಸುಖಿನೋ ಭವಂತು)

-ಸಂಗ್ರಹ : ಲೋಕೇಶ್, ದ್ವಿತೀಯ ಬಿ.ಕಾಂ

सुभाषितानि

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 ? तक्रं शक्रस्य दुर्लभम् ॥

ಊಟದ ಕೊನೆಯಲ್ಲಿ 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 ॥

ಸಂಪತ್ತಿನನಾಶ, ಮನಸ್ತಾಪ, ಮನೆಯಕಲಹ, ಮೋಸ, ಅವಮಾನ ಈ ರೀತಿಯ ವಿಚಾರಗಳನ್ನು
ಬುದ್ಧಿವಂತನಾದವನು ಎಲ್ಲರೊಡನೆ ಹೇಳಬಾರದು.

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

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 जिह्वाग्रे जिह्वाग्रे मित्रबान्धवाः ।

जिह्वाग्रे बन्धनं प्राप्तं जिह्वाग्रे मरणं ध्रुवम् ॥

(ಮಾತಿನಲ್ಲಿ) ನಾಲಿಗೆಯ ತುದಿಯಲ್ಲಿ ಸಂಪತ್ತಿದೆ. ನಾಲಿಗೆಯತುದಿಯಲ್ಲಿ 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 ನಿರ್ಜೀವಶರೀರವನ್ನು 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.

Seethalakshmi

2nd Year B.Com

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प्रार्थना

विश्वं दर्पणदृश्यमाननगरी तुल्यं निजान्तर्गतम् ।
पश्यन्नात्मनि मायया बहिरिवोद्भूतं यथा निद्रया ॥
यः साक्षी कुरुते प्रबोधसमये स्वात्मानमेवाव्ययम् ।
तस्मै श्री गुरुमूर्तये नम इदं श्री दक्षिणामूर्तये ॥

गजवदनमचिन्त्यं तीक्ष्णदंष्ट्रं त्रिनेत्रम् ।
बृहदुदरमशेषं भूतिराजं पुराणम् ॥
अमरवरसुपूज्यं रक्तवर्णं सुरेशम् ।
पशुपतिसुतमीशं विघ्नराजं नमामि ॥

शिवः शक्त्या युक्तो यदि भवति शक्तः प्रभवितुम् ।
न चेदेवं देवो न खलु कुशलः स्पन्दितुमपि ॥
अतस्त्वामाराध्यां हरिहरविरिञ्चादिभिरपि ।
प्रणन्तुं स्तोतुं वा कथमकृतपुण्यः प्रभवति ॥

Arpita

1st Year B.B.A

श्रीशङ्कराचार्यः

जगद्गुरुः श्रीशङ्कराचार्यः केरलेषु पूर्णानद्याः तटे विद्यमानं कालटिनामकं जनपदं स्वजन्मना व्यभूषयत् । तस्य पिता परमभागवतः शिवगुरुः, माता च धर्मशीला आर्याम्बा । सोऽयमाचार्यः अष्टाशीत्युत्तरसप्तशततमे (क्रि.श. 788) क्रिस्ताब्दे नन्दनसंवत्सरे वैशाखमासे शुक्लपञ्चम्यां तिथौ पुनर्वसुनक्षत्रेऽभिजिन्मुहूर्ते भुवमवातरत् ।

स यदा पञ्चहायनोऽभूत् तदा तस्य पिता शिवगुरुर्देवदुर्विपाकात् कालधर्मं गतः । आर्याम्बा च पत्युर्वियोगेन खिन्नाऽपि सुतस्य भाविकमनुध्यायन्ती तस्थौ । बालकस्य च विद्याग्रहणे निरतिशयं पाटवं वीक्ष्य सा तस्मिन्नेव वत्सरे बन्धुभिस्तस्योपनयनं कारयामास । अनुपदमेव गुरुकुलमुपनीतः स बालको द्वित्रैरेव वर्षैः सर्वान् वेदान् वेदाङ्गानि त्रिविधाः भाषाश्चाध्यगीष्ट ।

अधीत्य च सर्वाणि शास्त्राण्यष्टहायनः कुमारः जगदिदं मृगतृष्णिकायास्तुल्यमाकलयन् संन्यासग्रहणे मतिं बबन्ध । तदेकपुत्रा माता च तस्येच्छां नान्वमन्यत । अथापि स एकस्मिन्नहनि आत्मानं नक्रगृहीतम् अभिनयन्, संन्यासस्वीकरणे नक्राद्विमुक्तिं बेधयन् कथञ्चित् तां सान्त्वयन्नन्ततस्तयाऽनुमतो गृहात् प्रस्थितः संन्यासस्य दातारं गुरुमन्विष्यन् नर्मादातीरमगच्छत् । तत्र च गोविन्दभगवत्पादं नामानं महासंयमिनं शरणमुपेत्य तस्मात् संन्यासदीक्षादातारं तस्यैव सविधे वेदान्तमध्यैत ।

गोविन्दभगवत्पादाचार्यस्तं कञ्चित् कालमध्यापयन् तस्य प्रतिभाशक्त्या विस्मितस्तं साक्षाच्चराचरगुरोः शङ्करस्यावतारममन्यत । आदिशङ्करेण पाखण्डैरभिभूयमानस्य सनातनस्य सद्धर्मस्य परिपालनाय ।

शिरसा वहन् गुरोराज्ञां श्रीशङ्कराचार्यः सर्वत्र पुण्यक्षेत्रेषु सञ्चरन्नुपनिषद्भिरुपदिश्यमानमद्वैतं लोके प्रचारयामास । आवर्जयामास मधुरमधुरया वाग्धोरण्या जनतायाश्चेतांसि । खण्डयामास नास्तिकानां मतानि ।

स्थापयामास सर्वत्रास्तिकानां सम्मतं सद्धर्मम् । रचयामास हृद्यया शैल्या सूत्रभाष्यादिकान् परः शतान् ग्रन्थान् विविधानि स्तोत्ररत्नानि च । अध्यापयामास च नानादिग्भ्यः समागतान् परःसहस्रान् शिष्यान् । तेषु प्रधानभूता – पद्मपादाचार्यः, सुरेश्वराचार्यः, हस्तामलकाचार्यः, तोटकाचार्यः इति चत्वारः शिष्याः ।

तदनु श्रीशङ्कराचार्यः महता यत्नेनोज्जीवितस्य सद्धर्मस्य स्थिरप्रतिष्ठार्थं बदर्यां ज्योतिष्पीठे तोटकाचार्यं, पूर्वस्यां जगन्नाथे गोवर्धनपीठे पद्मपादं, प्रतीच्यां कालिकापीठे हस्तामलकं, दक्षिणस्यां शृङ्गेर्यां शारदापीठे सुरेश्वराचार्यं च सनातनधर्मोज्जीवनाय न्ययुङ्क्त।

श्रीशङ्कराचार्योऽयमल्पीयसैव कालेन आसेतुहिमाचलं स्वीयं नित्यशुद्धं यशो विस्तार्य द्वात्रिंशे वयसि केदारनाथक्षेत्रे समाधिमास्थाय परं धाम प्रपेदे । तेन प्रतिष्ठापितो मतधर्मश्चाद्य यावत् समुल्लसति सर्वत्र भारते वर्षे । तत्राप्ययं दक्षिणापथे सविशेषः प्रचरति ; यत्र हि परमकारुणिकाः श्रीशृङ्गगिरिशारदापीठाधिपतयः धर्मसंस्थापनार्थाय देशाद्देशं व्रजन्तः शिष्यानुपदिशन्तः अधर्ममुच्चाटयन्तश्चाद्वैतमतं श्रद्धाया परिपालयन्तः प्रचारयन्तश्च चकासति।

अष्टवर्षे चतुर्वेदी द्वादशे सर्वशास्त्रवित् ।

षोडशे कृतवान् भाष्यं द्वात्रिंशे मुनिरभ्यगात् ॥

॥नमो गुरुभ्यः ॥

N.R. Subrahmanya Bhat

योगायुर्वेदपरिचयः-सम्भाषणात्मकः

-सङ्ग्रह : वाणी and श्वेता, 4th Sem. B.B.A

कदाचित् भूतपूर्वसहाध्यायिनौ रामश्यामनामधेयौ द्वौ वयस्यौ सम्मिलितौ समागतौ च दशासमानन्तरं पाठशालां प्रति, यत्र च उभयोरपि प्रौढस्तरशिक्षणं सुसम्पन्नम् । तत्र च गुरोर्दर्शनमात्रेण पुलकितौ द्वावपि तेन समं सम्भाषमाणौ आस्ताम् । यथा -

नमस्ते गुरुवर्य ! अपि कुशलिनः भवन्तः? भवद्दर्शनेनैव धन्यतां भजावहे । आवामुभावपि भवत्सकाशात् संस्कृतं संस्कृतिञ्च समधिगतवन्तौ भाग्यशालिनौ ।

नमस्ते ! साधु संवृत्तम् । भवतोरगमनेन अहमपि तुष्टः । कोप्यस्ति मया साकं वार्तालापः करणीयः? ततः पूर्वं कथ्यतां भवतोः अध्ययनाध्यापनव्यवसायादिकविषये ।

अहमस्मि रामः । साहित्ये स्नातकोत्तरशिक्षणं समाप्य कुत्रचित् अध्यापकवृत्तिं कुर्वन्नधुना योगविषये संशोधनं कर्तुमिच्छन्नत्र समागतोऽस्मि । तद्विषये कृपया मह्यं मार्गदर्शनं कुर्वन्तु ।

बाढम् । महान्मे प्रमोदस्सञ्जातः अध्ययने समुत्साहिनं भवन्तं दृष्ट्वा ।

भरतखण्डेस्मिन् अस्मात्प्राजीनैः महर्षिभिः, मन्त्रद्रष्टृभिः, ज्ञानचक्षुभिः, प्राज्ञैः कविभिः, विद्वत्तल्लजैः धर्मार्थकाममोक्षाख्य -चतुर्विधपुरुषार्थेषु परमपुरुषार्थभूतमोक्षप्राप्त्यर्थं नैकानि शास्त्रादीनि साधनानि स्वानुभवसिद्धानि उपदिष्टानि प्रतिपादितानि च । तेषामन्यतमं योगशास्त्रम्।

आचार्य! अस्य पातञ्जलदर्शनमित्यपि नामास्तीति श्रुतम् । किञ्चिद्विप्रियतां कृपया ।

भवतु । दृश्यते (आत्मा) अनेन इति दर्शनम् इति व्युत्पत्त्या तत्त्वज्ञानसाधनं शास्त्रं दर्शनमित्युच्यते । भगवता पतञ्जलिमुनिना प्रणीतमिति योगशास्त्रस्यास्य पातञ्जलदर्शनमिति नामधेयमुपपन्नम्।

गुरुवर्य ! एतस्मात्प्राक् केनापि योगविषये नोक्तं वा? पतञ्जलिमहर्षिभिरत्र ग्रन्थे किमुपदिष्टमिति संक्षेपेण वक्तव्यमिति सप्रश्रयं पृच्छ्यते ।

अस्तु श्रुणुत । यद्यपि पतञ्जलेः प्रागोव हिरण्यगर्भेण याज्ञवल्क्येन च योगशास्त्रं प्रणीतं तथापि जिज्ञासूनां सम्यगवबोधनार्थं पञ्चनवत्यधिकशतसूत्रैः समाधिपाद-साधनपाद-विभूतिपाद-कैवल्यपादेति पादचतुष्टयात्मकं दर्शनं प्रणीतमनेन अहिपतिना ।

अत्रारम्भे प्रथमे पादे 'अथ योगानुशासनम्'" इत्यनेन प्रथम सूत्रेण योगशास्त्रारम्भप्रतिज्ञां विधाय "योगश्चित्तवृत्तिनिरोधः"इति द्वितीयेन सूत्रेण योगशब्दार्थः प्रतिपादितः । चित्तस्य (मनसः) यः निरोधः निवर्तनं स योगः इत्यर्थः । चित्तनिग्रहरूपः अतीन्द्रियः कश्चन यत्नविशेषः योगः । द्वितीये पादे तपःस्वाध्यायेश्वरप्रणिधानानि क्रियायोगः (सू. २/१) इत्यादिना अष्टसु योगाङ्गेषु एतानि यमनिय मासनप्राणायामप्रत्याहाररूपाणि पञ्च बहिरङ्गाणि साधनानि निरूप्य तृतीये देशबन्धश्चित्तस्य धारणा (सू.३/१) इत्यादिना धारणाध्यानसमाधित्रयमन्तरङ्गसाधनं निरूपितम् । चतुर्थे तु जन्मौषधिमन्त्रतपः समाधिजाः सिद्धयः (सू.४/१) इत्यादिना सिद्धिपञ्चकं प्रपञ्चितम् ।

आचार्यवर्य ! योगसम्बद्धविषयाः अन्यत्र ग्रन्थेषु कुत्रचित् प्रतिपादिताः वा?

उत्तमः प्रश्नः । वेदेषु, उपनिषत्सु, पुराणादिषु महाभारते, अन्येषु काव्येषु च योगसम्बन्धिनः बहवोऽशाः तत्र तत्र प्रस्तुताः विवृताश्च भवन्ति । कठोपनिषदि तावत् ।

तां योगमिति मन्यन्ते स्थिरामिन्द्रियधारणाम् ।

अप्रमत्तस्तदा भवति योगो हि प्रभवाप्ययौ ॥

इति योगः आत्मदर्शनसाधनमिति उक्तम् ।

भगवद्गीतासु द्वितीयेध्याये सिद्धयसिद्धयोः समो भूत्वा समत्वं योग उच्यते (२-४८) इत्यनेन योगपदार्थः प्रपञ्चितः । षष्ठेऽध्याये योगस्य भोगारूढस्य च विषये भगवता नारायणेन अनेकेऽशाः उपदिष्टाः वर्तन्ते । अन्ते च

तपस्विभ्योधिको योगी ज्ञानिभ्योपि मतोधिकः ।

कर्मिभ्यश्चाधिको योगी तस्माद्योगी भवार्जुन ॥

इत्यनेन योगिनां सर्वश्रेष्ठतमत्वं प्रतिपादितम् ।

गुरुवर्य ! अयं श्यामेत्यभिधेयः मम मित्रम् । एषोऽपि भवदन्तेवासी आसीत् । अस्य तु आयुर्वेदाध्ययने मतिर्वर्तते । कृपया तद्विषये मार्गदर्शनं कुर्वन्तु ।

शोभनम् । तद्विषयेपि किञ्चिदुच्यते श्रुणुत । इदमायुर्वेदशास्त्रं भारतीयं प्राचीनतमं वैद्यकं शास्त्रं भवति । रोगः रोगहेतुः, आरोग्यं भेषजमिति चतुर्व्यूहं चिकित्साशास्त्रम् । अत्राध्येतुं बहवो विषयाः अपि वर्तन्ते ।

भोः गुरुवर्यः ! आयुर्वेद इत्यस्य कोऽर्थः?

अस्य शास्त्रस्य प्रतिपादकाः के?

भोः श्याम! श्रुणु !

हिताहितं सुखं दुःखमायुस्तस्य हिताहितम् ।

मानं च तच्च यत्रोक्तमायुर्वेद स उच्यते ॥ (चरकसंहिता)

इत्यस्मिन् श्लोके आयुर्वेदपदार्थः वर्णितः । आयुः वेत्ति विन्दति वा यस्मिन् इत्यनया व्युत्पत्त्या यत्र सुखदुःखात्मकस्य जीविनः जीवितावधेः हितमहितं मानञ्च प्रतिपाद्यते तत् आयुर्वेदशास्त्रमित्यर्थः उपलभ्यते ।

चरकः सुश्रुतश्चैव वाग्भटश्च तथाऽपरः ।

मुख्याश्च संहिता वाच्यास्तिस्त्र एव युगे युगे ॥

अत्रिः कृतयुगे वैद्यो द्वापरे सुश्रुतः स्मृतः ।

कलौ वाग्भटनामा च गरिमात्रं प्रदिश्यते ॥ (हारीतसंहिता)

चरकादयः वैद्यवरेण्याः तेषां संहिताश्च त्रिष्वपि युगेषु प्रसिद्धाः।

भोः आचार्य! तर्हि अस्योद्देशस्तु शरीरस्वास्थ्यं खलु?

आम् । शरीरमाद्यं खलु धर्मसाधनम् इत्युक्त्यनुसारेण मानवस्य चतुर्विधपुरुषार्थाप्राप्त्यर्थं शरीरमेव प्रथमं साधनं भवति। तत्र च शारीरमानसाभ्यां रोगाभ्यां निवारणद्वारा लौकिका लौकिकसुखप्राप्तिरेव अस्य परमोद्देशः । अत एव अस्मिन् वैद्यके शास्त्रे रोगाणां निदानं, लक्षणं चिकित्सा इत्यादयोः विषयाः प्रतिपाद्यन्ते ।

गुरुवर्यः ! आयुर्वेदे अष्टौ अङ्गानि सन्तीति श्रुतं मया । कानि तानि?

श्रुणु ।

तस्यायुर्वेदस्याङ्गान्यष्टौ, तद्यथा, कायचिकित्सा, शालाकयं, शाल्यापहर्तकं, विषगरविरोधिकप्रशमनं, भूतविद्या, कौमारभृत्यकं रसायनं वाजीकरणमिति । (चरकसंहिता)

भोः आचार्यवर्य ! अत्रागमनेन भवता सह संवादेन च आवौ सन्तुष्टौ। अनेन अध्ययनेच्छा संवर्धिता ।

भोः रामश्यामौ ! इदमवधार्यताम् । अद्यावधौ शास्त्रद्वयमपि न केवलं भारतेषु कृत्स्नेपि जगति प्रख्यातं भवति । इमौ श्लोकौ सर्वदा मनसि स्थापयन्तु ।

योगेन चित्तस्य पदेन वाचां मलं शरीरस्य च वैद्यकेन ।

योपाकरोत्तं प्रवरं मुनीनां पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥

यो व्याधितो व्याधिमवैति सम्यक् व्याधेर्निदानं च तदौषधं च ।

आरोग्यमाप्नोति हि सोऽचिरेण मित्रैरभिज्ञैरुपचर्यमाणः ॥

भोः आचार्यवर्य! साधयावः पुनर्दर्शनाय ।

भोः ! शुभास्ते पन्थानः । मङ्गलं भवतु ॥

कर्ण

जन्म से ही था मैं अभागा, सूर्य पुत्र होकर भी मैं सदैव सूत पुत्र कहलाता था, जसि उसकी माता ने जन्म होते ही त्यागा था।

इस छल से भारी दुनियाँ में मुझ सा किसी का तेज न था, न देव, न गंधर, न कन्धिनर कोई मेरे समक्ष कुछ न था, मैं सूर्य का पुत्र अभिमानी था, मैं आजीवन लड़ा सम्मान को था। मैंने ली सक्षि, चारों वैद का ज्ञान था, मेरे समक्ष ऐसा कौन था जो मुझसे बड़ा धनुधारी था।

वक्त

वक्त वक्त की बात है
जुनून में जतिना जलते हुए खाक होते गए
वक्त के साथ उतने ही बेबाक होते गए
वो तो आता ही है, चले जाने को
देखते ही देखते जदिगियाँ बदल जाने को
व्यक्त जो चला गया उसकी क्या बात करे
संभाल के रखना अपने वक्त को
कही बीत ना जाए
अगर किसी और ने संभाल लिया तो काही वो जीत ना जाए

यादों का कसिसा

में यादों का कसिसा खोलऊ तो कुछ दोस्त याद आते हैं,
जनिके साथ बतिए हर पल को सोच कर दलि के सारे फूल खलि जाते हैं।
कुछ दोस्त ऐसे थे, जो सरिफ मेरे थे,
में रोऊँ तो हसाते, में रूँ तो मनाते,
में यादों का कसिसा खोलूँ तो कुछ दोस्त याद आते हैं।

अजनबी थे मगर अब जान बन गए,
इस मतलबी दुनयिाँ में अपने खास बन गए।
उनके जैसे ना कोई था, ना ही मलिगा कोई,
बनि मतलब के हसाते, उनकी वजह ना थी कोई।
ना होगा कोई उन जैसा और ना मलिगा कोई वैसा
में यादों का कसिसा खोलूँ तो कुछ दोस्त याद आते हैं,
जनिके साथ बतिए हर पल को सोच कर दलि के सारे फूल खलि जाते हैं।

सनोबयिा समरैन
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सूर्य की करिणे सबको जागा रही,
सुंदर बाग अंगड़ाई ले रहे,
पीला गगन रोशन हो उठा,
हँसीन वादियों महक उठी,
ये मधुर धारा सबको जगा रही,
प्रकृति अपना प्रेम दिखा रही।

लज्जति शंखला छपि रही,
सुंदर बादल छपि रही,
गंभीर मुद्रा में कह रहा,
मुझसे प्यार कोई रह रहा।

प्रज्वलति नीलाम्बरी अपने रंग दिखा रही,
धारा अपने मोती तराश रही,
भरा बादल बरस उठा,
ओस प्यारी जग उठी,
ये बरसात अपने गीत गा रही,
प्रकृति अपना प्रेम दिखा रही।

सूर्य की करिणे लपिट रही,
चाँदनी पैर फैला रही,
अम्बर नीला पड रहा,
बाग आश्रय ले रहा,
स्वर्ग परभिषा अपनी दे रहा,
प्रकृति में अपना प्रेम दिखा रहा

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COLLEGE TEAMS

Kabbadi Team



Volleyball Team



Football Team



Badminton Team



Culturals:



CRESINDO - 2K22



शायरी

ईश्वर तुमने राहे है बनाई
सही राह चुनना हमे दिखाई
इस प्रकार अपनी कृपया बरसा
सही राह चुनना आसान हो जाए।

इस तरह दिलि टूटा मेरा
न सह पाया जुदा तेरा
तू है सीने में गहरा समाया
जो संग ले गया मरिजा मेरा।

कहती जदिगी को दास्तान है
आज भी वही आसमान है
कल थी कली खली हुई
आज है फूल मुरझाए हुए।

जाहीर है दुनिया में
टूटा दिलि शायर है
हम तो है बैठे इंतजार में
कब हो हाजरि तेरे दरबार में।

बहुत समझाया दुनिया ने
न गरि तेरे जाल मे
ये दिलि इतना साफ बेचारा
फस गया तेरे प्यार के जाल में।

घूम आया दुनिया सारा
न पाया कोई तुझसा प्यारा
थोड़ा सुनलों इस दिलि की पुकार
ये शायर है आशकि तुम्हारा।

है घायल दिल कह रहा मेरा
है कातलिना अदाएं तेरी
है शकियत की मण ने मेरे
यह आँख नहीं कतार है तेरी।

गुमसुम रहता हूँ आज कल
सोचता रहता हूँ आज कल
ये क्या जादू चलाया तुमने मुझपर
ये दिल हार बैठा है तुझपर।

आँख है मस्तयों से भरी
जुबान है सुरीली तेरी
महकती है जुलफ़े तेरी
दिल बेचारा नन्ही सी जान है
जरा दखिादे इसे दया तेरी।

कहते हो तुम बेवफ़ा मुझे
आज भी बैठी हूँ तेरे इंतजार में
हुज़ूर, वो तो बस हालात थे
जसिने बनाया वफ़ा से बेवफ़ा मुझे।

समय जैसे रुक स गया
लम्हा जैसे थम सा गया
जग उठी है आग दिल मे मेरे
हैं इश्क तेरा बढ़ सा गया।

बछी हुई है चादर मेरी
चोट लगी है गहरी मेरे दिल पर
जरा इस चादर को हटाकर तो देखो
है नाम लिखा तेरा मेरे दिल पर

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लौटरी का खेल

रोज़ की तरह जुटी हुई है सुषमा घर गृहस्ती संभालने में, उसके दोनों बच्चे तैयार हुए, मेज पर बैठकर माँ, नाशता चिल्ला रहे हैं। सुषमा तेजी से नाशता परोसती हुई, टफ़िन बंद करते हुए, ताले में दोनों बच्चों की पानी की बोतले लटकाए उनकी तरफ बढ़ रही थी। हड़बड़ी में उसने उनके बस्ते पैक करके उन्हें नाशता करवाके उन्हें स्कूल के लिए वढ़ा कर लिया। एक पल की सांस न लिए बनिा अपने पति राकेश के लिए चाय बनाने लगी। राकेश रोज की तरह अपने शर्ट का बटन लगाता हुआ अपने कमरे से बाहर निकला। चाय की एक चुस्की लेने के बाद उसने दाबी आवाज़ में उससे कहा, आज जलदी जाता हूँ, क्या पता आज कुछ काम मलि जाए। दुखन का नुकसान उठाने के लिए कम से कम कुछ कपड़े ही बेच दुं। सुषमा अपने पति के कंधे पर हाथ रखकर उसका हौसला भढाते हुए कहती है आज आपका दनि जरूर अच्छा जाएगा। आप बस हमिमत रखिए।

सुषमा उत्तराखंड के रुद्रप्रयाग गाँव में रहती है। केदारनाथ के 2013 में आई बाढ़ से गाँव में बहुत प्रभाव पड़ा। सुषमा का घर रुद्रप्रयाग जो अलकनंद और मंदागिनी का दविय संगम है, उस मंदाकनिनी की घाट पर उनका घर था। उनका दो मंजिली घर संगम से लगभग एक किलोमीटर ऊपर की और था। दो वर्ष पहले आई बाढ़ ने उनके परिवार की आर्थिक स्थिति को बगिड़कर रख दिया। सुषमा और रकीश की

बड़ी कोशिश के बाद किसी तरह अप घर चला रहे थे। राकेश क् मार्केट के कपड़ों की दुकान थी जिसके ठीक बगल मई उसके प्रिय मतिर राजू के करिने की दुकान थी। अपनी आर्थिक, स्थितिको बचाने के लिए राकेश ने घर के खर्चों में कटौती कर दी। बच्चों को छोटी स्कूल भेज और अपना रहन सहन बदल दिया।

राकेश ने उस दनि एक ही ग्राहक पाया, वह बस दनि का हजार रुपये कमा पाया। शाम के समय जब दोनों मतिर साथ घर जा रहे थे तब राजू ने अपने जेब से एक लौटरी का टिकट णकाल दिया। राकेश के पूछने पर उसने बताया की उसने एक लाख की लौटरी जीती है। राकेश ने उत्सुकता से उसे पूछा की लौटरी कौन बाँट रहा है, राजू ने उत्तर में कहा की वह लौटरी शहर की एक बड़ी कंपनी और सरकार ने मलिकर गाँव वालों की सहायता के लिए नयिकृत किया है।

राकेश गहरी सोच में पद गया, सुषमा को पता न चले इसीलिए उसने शंका का एक भी वाक्य या भाव न दखियाया। राकेश पूरी रात सोचता रहा, उसने अगले दनि वही दनिचर्या के साथ अपने काम पर गया। राजू को देखते ही राकेश ने बड़ी पुकार सुनाई राजू...। राजू मुसकुराता हुआ राकेश के सामने खडा होगया और कहा क्या हुआ, चले टिकट खरीदने? मानो जैसे राजू राकेश का प्रश्न जान चुका था। दोनों मतिर रकिशा पकड़ कर लौटरी दफ्तर पहुँच गए। राजू ने अपने पास बचे पाँच सौ रुपए से चार लाख की लौटरी का टिकट

खरीदा था। लौटरी के वजियता को अगले दो दनि में घोषति किया जाना था। अब उसके के पास पूरा दनि बचा था नकालने के लिए और हाथ में एक रुपए न था। बाजार में चलिा- चलिा कर जंग लड़ते हुए राकेश ने जैसे जैसे चार ग्राहक जुटा दिए और दो हजार की बकिरी की।

रजिल्ट को अगले दनि नकालना था। अब तक राकेश ने घर में एक शंका न होने दी। बस उस रात मणो जैसे उसके भीतर की रूह ने उसे पुकार लगाई। न जाने किस खयाल में उसने अपनी पत्नी को अपने पास बैठा दिया। उसने लौटरी के टिकट की बात बताई। सुषमा सुनते ही रूठ गयी। एक कठोर स्वर में उसने राकेश से कहा खबरदार जो तुमने अगली बार से यह जूह खेला तो। घर में एक फूटी कोइडी भी नहीं है और तुम बचे कूचे पैसे लुटाने लग गए हो, यह बात सुनकर राकेश के मन में लत लग जाने का दर बैठ गया। उसने मण ही मण प्राण ले लिया की यह आखरी बार था जब यह जूआ खेला था।

अगले दनि राकेश खुशी के मारे सुषमा को पीछे से गले लगाकर उसे मानो उसकी नाराज़गी दूर करते हुए उसे खुश कर दिया। उसने लौटरी जीत ली थी। देखते ही देखते उनके अच्छे दनि आने लगे। घर साज गया। बच्चे बड़ी स्कूल जाने लगे। सुखहाल घर बन गया। राकेश अपने प्रण पर अदा रहा और कभी भी उस दफ्तर की ओर नहीं चला।

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Artistic Impressions



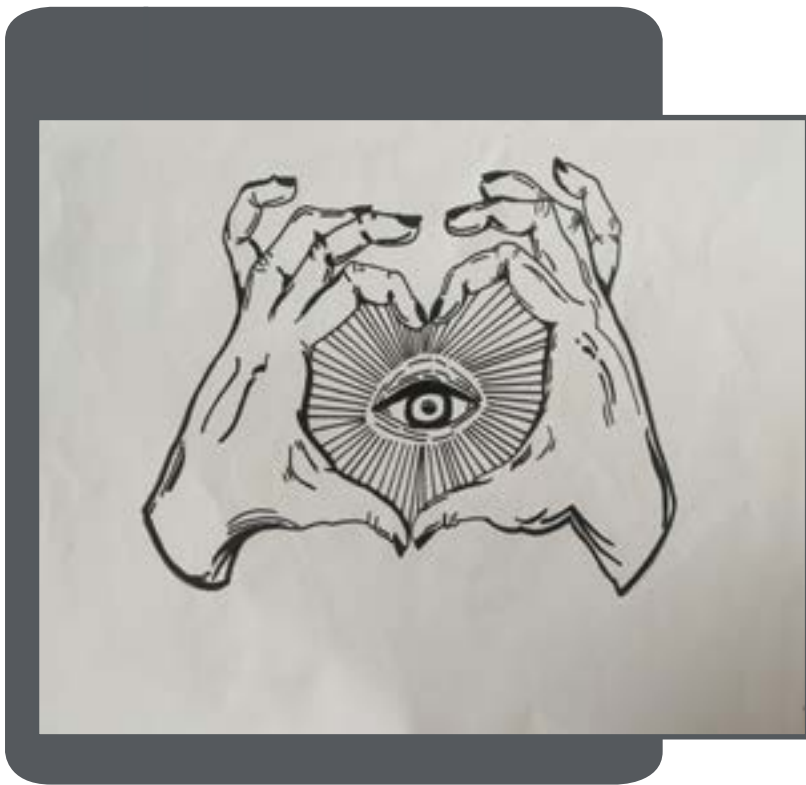
**Art by
Guruprasad D
6th Sem B.com**



Art by Chethan P



**Art by
Ramya Krishna
M.com Final Year**



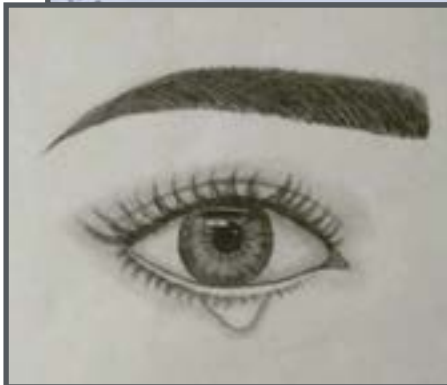
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Mihir Varma
B.com First Year**



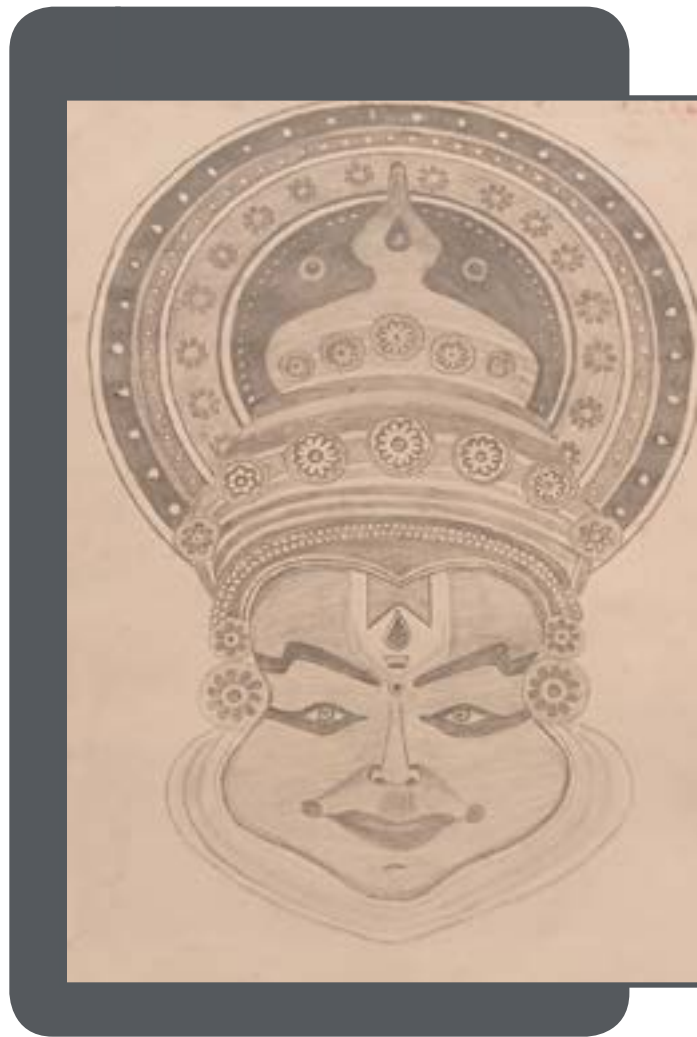
**Art by
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Ramya Revanna
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Art by
Nabeela Sainab
II year BCA



**Art by
Sahana M
VI SEM BCA**





**Art by
Dhanush Balaji V
II B.Com**





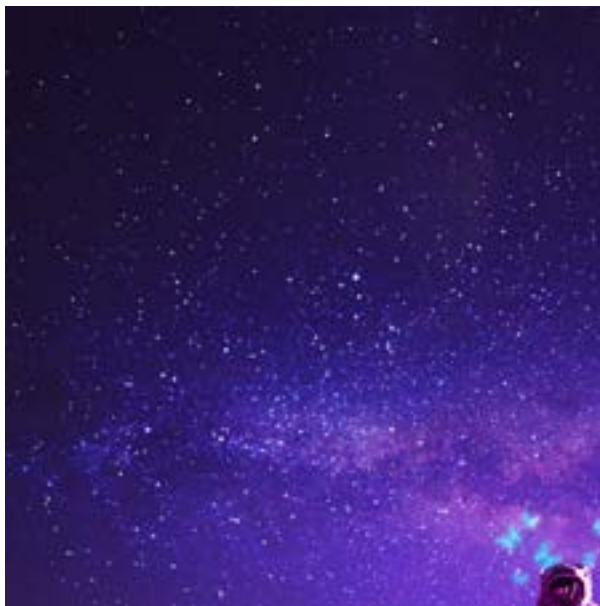
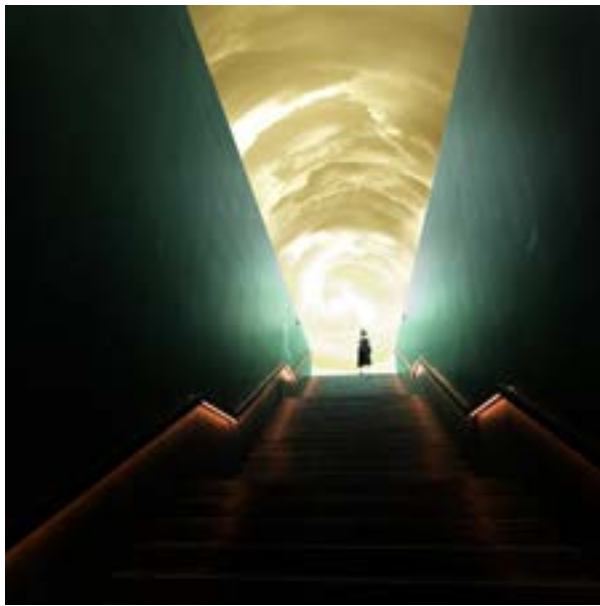
**Art by
Jenifer Stefi**



**Aer by
Hari Haran
B.com II year**



**Art by
Sahana B
BCA II year**

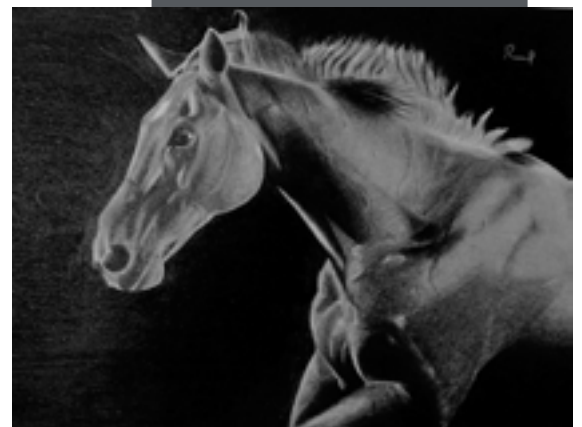


**Digital Art by
Jewswin Johnson
III BA**



**Art by
Farzeen Banu
BCA II year**





**Art by
Rohit R
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Sindhi Evening Degree College

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Sindhi PU College

PCMB/C/E, C/M/H/SEBA, SMBA

Sindhi Evening PU College

HEBA

Sindhi Institute of Management

MBA

Sindhi High School, Hebbal

CBSE Syllabus

Sindhi High School, KK Road

CBSE Syllabus

Sindhi Seva School

NIOS Syllabus

Sindhi Academy of Skills



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