



POORNAPRAJNA COLLEGE & POSTGRADUATE CENTRE UDUPI

NAAC Re-accredited "A" (3.19 CGPA)

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Poornaprajna Postgraduate Centre



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Poornaprajna Campus, Udupi



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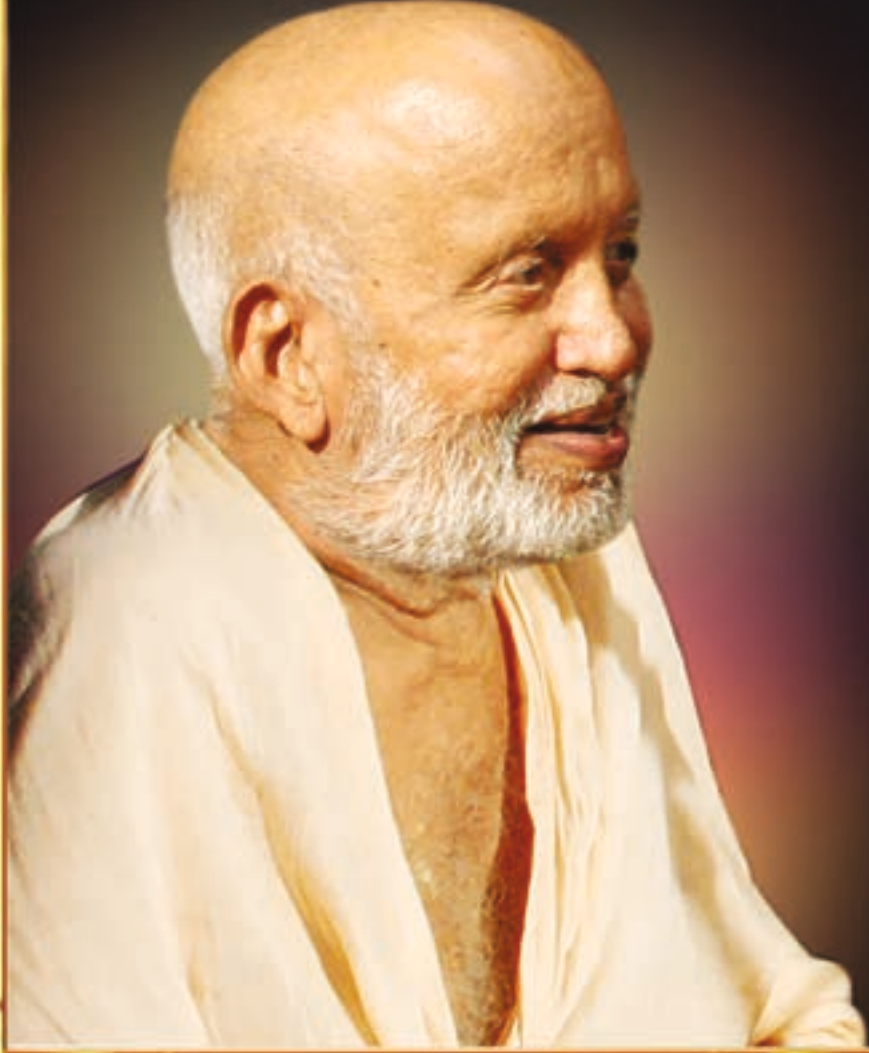
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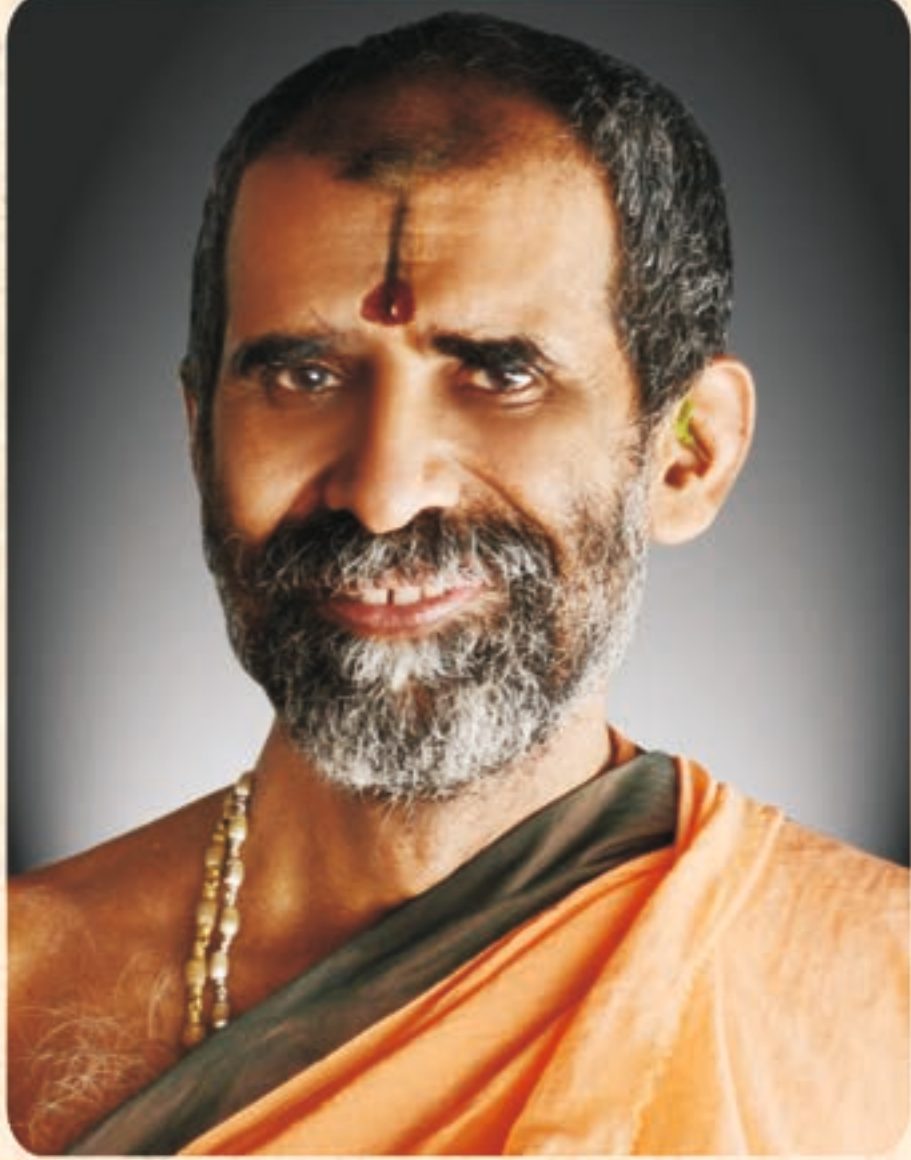
Indoor Stadium



Auditorium



ಶ್ರೀ ಶ್ರೀ ವಿಬುಧೇಶತೀರ್ಥ ಶ್ರೀಪಾದರು
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SHREE NARAHARI TEERTHA PEETHAM
PARYAYA SHREE ADAMARU MATHA
SHREE KRISHNA MATHA, UDUPI

Car Street,
Udupi - 576101
Karnataka, India

Phone : 0820-2520598, 2520592
paryayaseva@adamaru.com
www.adamarumatha.com

ಅನುಗ್ರಹ ಸಂದೇಶ

ನ ಪ್ರಹ್ಲಾದೇಶ್ವರಿಯಂ ಪ್ರಾಪ್ಯ ನೋದ್ವಿಜೇತ್ಯಾಪ್ಯ ಚಾಪ್ರಿಯಮ್
ಸ್ವಿರಬುದ್ಧಿರಸಂಮೂರ್ಛೋ ಬ್ರಹ್ಮವಿದ್ ಬ್ರಹ್ಮಣಿ ಸ್ವತಃ |

ಪ್ರಿಯವಾದದನ್ನು ಪಡೆದಾಗ ಹಿಗ್ಗದೆ, ಅಪ್ರಿಯವಾದ ವಿಷಯವನ್ನು ಪಡೆದು ಗೊಂದಲಗೊಳ್ಳದೆ, ಭಗವಂತ ರಕ್ಷಕನಿದ್ದಾನೆ ಎಂಬ ಸ್ಮಿರವಾದ ಬುದ್ಧಿಯನ್ನು ಹೊಂದಿದವನಾಗಿ ಶಾಂತಚಿತ್ತನಾಗಿದ್ದು ಜೀವನಾನುಭವದಿಂದ ಪಾಠವನ್ನು ಕಲಿಯುತ್ತಾ ಮನಸ್ಸನ್ನು ಏಕರೀತಿಯಲ್ಲಿಟ್ಟುಕೊಂಡು, ಅಶಾಶ್ವತವಾದ ಪ್ರಾಪಂಚಿಕ ವಿಷಯಗಳ ಬಗ್ಗೆ ಮೋಹಿತನಾಗದೆ ಇದ್ದು, ಭಗವಂತನ ಅರಿವನ್ನು ಕೊಡುವ ವಿಷಯದಲ್ಲಿ, ಗ್ರಂಥಗಳಲ್ಲಿ ಮಗ್ನನಾಗಿರುವವನು ಸೃಷ್ಟಿಕರ್ತನಾದ ಪರಮಾತ್ಮನನ್ನು ಯಥಾಶಕ್ತಿ ತಿಳಿದವನಾಗುತ್ತಾನೆ. ಅಂತಹ ತಿಳುವಳಿಕೆಯನ್ನು ಪಡೆಯಲು ಭಗವಂತನು ನಮಗೆ ಈ ದೇಹವನ್ನು ಕೊಟ್ಟಿದ್ದಾನೆ. ಸಾರ್ಥಕಪಡಿಸಿಕೊಳ್ಳಲು ಯತ್ನಿಸೋಣ ಎಂಬ ಅರಿವಿನೊಂದಿಗೆ ಜೀವನ ಸಾಗಲಿ.

ಇತ್ಯನೇಕ ನಾರಾಯಣ ಸ್ಮರಣೆಗಳು,

ಶ್ರೀ ಶ್ರೀ ಈಶಪ್ರಿಯತೀರ್ಥ ಶ್ರೀಪಾದಂಗಳವರು
ಪರ್ಯಾಯ ಶ್ರೀ ಅದಮಾರು ಮಠ
ಶ್ರೀಕೃಷ್ಣ ಮಠ, ಉಡುಪಿ

Editorial



“Perfecting the instrument and getting complete mastery of our own mind is the ideal of education”-Swami Vivekananda. Idealising the thoughts of Swami Vivekananda, it is needless to say

that excelling in curricular and co-curricular activities is a pathway to attain the ideal of education. A college magazine is a platform to showcase one’s writing skills and artistry in drawing and photography. It also provides a kaleidoscopic picture of the annual activities in a condensed form to the preview of readers. I am proud to proclaim that ‘Prajna’ the annual magazine of Poornaprajna College of the year 2020-21, corelates ultimate understanding of the true nature of existence and reality. The magazine covers topics of several fields and also comprises articles written by students in languages such as Tamil, Oriya, Gujarati, Khasi and its translation in English.

The vision of His Holiness Sri Vibudsha Theerta Swamiji to empower the young students in and around Udupi was manifested in establishing Poornaprajna College way back in 1960s. Swamiji always wished that the students of Poornaprajna College should be able to participate in Olympic games. Ever since the college has been established, it has proven to be achieving excellence and today it is one of the leading colleges in Karnataka. We carry the vision of the founder and facilitate the students to develop their overall personality. His Holiness Sri Sri Vishwapriya Theertha Swamiji, President, Poornaprajna Managing Committee and Sri Sri Eeshapriya Theertha Swamiji, the Vice President of the Managing Committee always bless and support us in all our endeavours. We seek their blessings to administer the mission and vision of the founder of this college successfully.

I acknowledge the tireless effort of the members of the editorial board to bring out this issue amidst the pandemic situation we had faced, during the academic year 2020-21.

It requires an ardent effort to showcase one’s skill in writing and artistry. Any aspirant student can give a thought to write and publish an article in the college magazine. One has to start somewhere to develop writing skills. We need to walk an extra mile to become achievers. I wish more students to contribute to the college magazine in the coming years. I heartily congratulate the teaching faculty and students who have contributed to this magazine.

As hardship can enrich us to the point of enlightenment, let the spirit of hardship glow brightly and brighten ‘Prajna’ more and more in the years to come.

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ANNUAL REPORT 2020-21

My humble pranamas to the President of Admar Mutt Educational Council most Revered H.H.Sri Sri Vishwapriya Theertha Swamiji, Hon. Secretary, Dr. G.S Chandrashekar, Members of Management, well wishers, learned colleagues, all stake holders, parents and my dear students.

The academic year 2020-21 has been cataclysmic. The impact of pandemic on education is a worldwide problem. The College has adopted online teaching methods to ensure uninterrupted learning in this period. Due to the closure of college and academic activities we could not have College Day and other cultural events, so this report is informally placed here.

It is my privilege to place before you a brief report of the activities in for the year 2020-21.

Poornaprajna College is one of the pioneer educational institutions of this region. It was established in the year 1960, as an inventiveness of H.H Sri Sri Vibudhesha Theertha Swamiji to cater the

requirements of the society. The college has rendered 61 years of fruitful service in the field of higher education.

Presently the college is functioning with the blessings H.H. Sri Vishwapriya Theertha Swamiji, President of Udupi Sri Admar Mutt Education Council, and Sri Sri Eeshapriya Theertha Swamiji, Vice President of Udupi Sri Admar Mutt Education Council.

TEACHING STAFF:

The teaching staff of the college consists of 75 full time and 11 part time lecturers. The administrative staff of the college consists of 31 members. Among the faculty members 17 members possess Ph.D., 8 have M. Phil degree and 6 are pursuing Ph.D.

STUDENT STRENGTH:

In 1960, the College made a modest beginning with 64 students, and now has on rolls 1579 of which the strength of girls is 1068. Stream wise students' strength is as follows: BA 108, B.Sc. 462, B.Com. 740 & BBM 182, M.Sc. 19 and M.Com. 68.



COURSE WISE STRENGTH IS AS FOLLOWS

Sl No.	Class	Boys	Girls	Total	
1	I B.A	21	25	46	
	II B.A	12	26	38	
	III B.A	10	14	24	
	Total	43	65	108	
2	I B.Sc	42	81	123	
	II B.Sc	46	112	158	
	III B.Sc.	46	135	181	
	Total	134	328	462	
3	I B.Com	78	170	248	
	II B.Com	80	168	248	
	III Bcom	93	151	244	
	Total	251	489	740	
4	I B.B.A.	16	44	60	
	II B.B.A.	29	36	65	
	III B.B.A.	21	36	57	
	Total	66	116	182	
Grand Total of U.G		494	998	1492	
1	I M.SC	2	9	11	
	2	I M.COM	8	30	38
	3	II M.SC	1	7	8
	4	II M.COM	6	24	30
	Total	17	70	87	

RESULTS

Our students have performed extremely well in the University examinations. Our Final Year results are as follows.

Class	Total appeared	Total Pass	First Class with Distinction	I Class	II Class	III Class	(Percentage)
III B.A.	25	19	4	11	3	1	76.0%
III B.Com	180	166	126	33	7	0	92.2%
III B.Sc	251	239	156	57	26	0	95.2%
III BBM	56	54	21	16	11	5	96.4%

I am happy to state that the college has maintained its high place among the colleges affiliated to Mangalore University.

RANKS :

1. This year the College bagged three Ranks. Ms. Pooja Ravindra Kamath III B.Com secured I Rank, Ms. N Aishwarya Nayak III B.Sc secured II Rank and Ms. Coleen Anthonitha Lobo III BA secured V Rank. The college is proud of our rank holders. Let me congratulate them for their excellent performance.

FOUNDERS DAY :

In memory of our Founder H.H. Sri Vibudhesha Theertha Swamiji, first Thursday of July is celebrated as Founders day. This year too this programme was celebrated by all the Poornaprajna Institutions in the campus on 1st July 2021.

LIBRARY :

Poornaprajna College has an Independent library building thriving with a collection of 58,369 books. The library subscribes to 61 journals, 26 magazines, including 12 dailies. During the current Academic year, 627 Volumes worth of Rs.

1,08,997/- were added to the library's collection. The Library also has 573 CDs. It offers remote access to N-List consortium which is a bundle of 6,000 E-Journals and 31, 35,000 E-Books. The resources are now accessible to the staff and students of our College through the college website.

The library also offers electronic Newspaper Clipping Service to the staff members of the college. Apart from the Central Library, each department has a departmental library and books are issued to students from both the central and departmental libraries. A separate section has been established for the Post-Graduate students.

The library is automated with EASYLIB Software and books are bar-coded.

CERTIFICATE COURSES :

In order to provide additional knowledge to students along with the syllabus prescribed by Mangalore University, we offer 35 certificate courses. All these certificate courses are provided free of cost and classes are conducted after college hours. More than 1000 students have been benefitted.



RESEARCH ACTIVITIES :

Our College is one among the few colleges of Mangalore University to provide a few unique facilities. Our main objective is to develop research culture among the students. In this endeavour, we are guided and supported by Dr. K.G. Bhat, former Professor of Botany of our College and a scholar of International fame. He still guides our Botany department in its research oriented activities under the guidance of Dr. Vijayalakshmi C Bhat. Dr. Vijayalakshmi C Bhat has undertaken 'Peoples' Biodiversity Register Project of Chantaru and Alevoor Grama Panchayats of Udupi District' and submitted to Division of Social Forestry, Government of Karnataka. A Crystal lab in the Department of Physics is functioning under the guidance of Mrs. Prathibha C Acharya. The Melacology Research Centre of our college, established under the guidance of Dr. N.A. Madhyastha a well known scientist, is now supervised by Dr. Santhosh Kumar, HoD of Zoology.

DEPARTMENTAL ACTIVITIES :

DEPARTMENT OF ENGLISH :

- Conducted A Two Day International Webinar on the topic 'The Changing Spirit of Education' on 24th and 25th July, 2020

- Conducted 3 certificate courses of 30 hours duration each: 1) Effective use of grammar skills in English for impeccable communication 2) Basic grammar for effective communication 3) Background of the study of English Literature

- Conducted online aptitude test for the first year students on Friday, 16th October on Google Platform

- Conducted a Virtual Talk on 'Career Prospects by studying English Literature and avenues for preparation of NET exams for the benefit of BA optional English students on Saturday, September 5th by Mr Vikyat Shetty, Post graduate scholar, Mangalore University.

- A virtual talk on An Introduction to Massive Open Online Courses(MOOC) and ICT/Computing skills' was held on Wednesday, 9th September on Google Platform. The resource person was Shri Sooryanarayana Bhat P, Assistant Prof. Department of English, SDM College, Ujire

- A virtual lecture on 'The Origin of Idioms' was conducted on 29th August, 2020. The resource person was Mrs. Clarine Nicholas, lecturer in English at Silas Mahesh PU College



- An online interview was conducted on 15th October, 2020. Mr. Suhas Rao , a research scholar in Mathematics and an alumnus of Poornaprajna College was interviewed by Ms. Vindhya Acharya a 2nd BA Optional English student.

- A National level E-Quiz on Indian Writing in English was conducted on 16th October, 2021

- A Talk on the topic Effective Communication Skills was held on 11th December, 2020. The guest speaker was Mr.Udayan Gan Chowdhury, Senior Manager, Accenture, Melbourne

- An International level E-Quiz on ‘English Literature- Films and Awards’ was conducted on 9th January, 2021

- A Workshop on the topic ‘English-Key to unlock a Brilliant Future’ was held on February 3rd 2021. The resource person was Mr. Rajath R, freelance writer.

- A lecture on the topic ‘Victorian literature’ was held as a part of activities of Literary Club on 17th February, 2021. The resource person was Prof. Namita Tholpadi, retired Prof. of English, SMS College, Brahmawar

- A Workshop on the topic “Causes and Crisis in Cognitive and Behavioural

State of Adolescents- Solution through Communication’ was conducted on 10th March, 2021. The resource person was Ms. Amberina- Post Graduate student of MPSW- Medical Psychiatry and Counselling in social work at Roshni Nilaya, School of Social Work, Mangalore.

DEPARTMENT OF KANNADA :

- Organised A talk on ‘Shri Krishna from the perspective of the poets in the art of Yakshagana’ On 08- Sep-2021 by Sri Shashikanth Shetty Yakshagana Artist

- A Book ‘KannadadaGudu’ written by Kannada Optional Student Sri. Shivaraj kumar was released on 07-10-2020 by H.H. Sri Vishwapriya Theertha Swamiji

- Two Books named ‘Ajji matu Mommagalu’, ‘Munnecharikeye Modala Maddu’ written by Dr.Srikanth Rao was released on 07-10-2020 by H.H. Sri Vishwapriya Theertha Swamiji

- Two Books named ‘Devasena Parinaya’, ‘Dandaka Damana’ written by Sri Shivakumara Alagodu was released on 12-10-2020 by H.H. Sri Vishwapriya Theertha Swamiji, on that occasion, organised Yakshagana Songs programme Performed by Smt. Kavyashree Ajeru.



DEPARTMENT OF HINDI :

❖ Introduced Certificate Course on “Hindi Kahani Sahitya” on 4th August 2020 .The program was inaugurated by Dr. Mukund Prabhu, St Aloysius College, inaugurated by online mode.

❖ A talk was organised on the topic ‘Jayshankar prasad ka kahani Sahitya’ on August 29th 2020

❖ A talk on Trutiya ling vimarsh on 9th December 15th, December 2020

❖ A One day workshop was conducted by Kannada Sahitya Parishat, Udupi District,- ‘Story-Poetry-Drama’ on 24th February 2021. Hindi students actively participated in this workshop & won many prizes .

❖ Various competitions were conducted by the department such as Elocution competition, Bhajans competition, Quiz competition, PPT Presentation on Historical places in Karnataka.

❖ Hindi Diwas was celebrated on 22nd September 2021. Dr. Madhavi Bhandari, Retired Principal of Shri Poornaprajna Evening College.

❖ I B. Com Hindi students taught 10th std. students of Shantiniketan School,

Alevoor, Hindi lesson as a part of Outreach Program on 8th October 2021.

DEPARTMENT OF SANSKRIT :

• National level Sanskrit E-Quiz Competition was conducted on 8th August 2020. 145 students from all over the country participated in the online quiz.

• New textbooks for the 3rd semester UG programme were released on 4th September 2020 by H. H. Vishwapriya Theertha Swamiji, President, Adamar Mutt Education Council at Sri Adamar Mutt, Udupi. The chief guest was Sri Pradeep Kumar, Honorary Treasurer, Poornaprajna College Managing Committee, Udupi. Five books were released on this occasion.

• A national-level webinar on “Yogadarshanam” was conducted in collaboration with Mangalore University Sanskrit Teachers’ Association on 7th September 2020 by Dr. N. Lakshminarayana Bhat, Principal, SMSP Samskruta College, Udupi. The webinar was inaugurated by H H Sri Sri Vishwapriya Theertha Swamiji, President, Adamar Mutt Education Council and presided over by Dr Raghavendra A, Principal, Poornaprajna College, Udupi. 470 participants from across the country took part in the webinar.



• New textbooks for the 4th semester UG programme were released on 21st June 2021 by H H Sri Sri Vishwapriya Theertha Swamiji, President, Adamar Mutt Education Council at Sri Adamar Mutt, Udupi. The chief guest was Sri Pradeep Kumar, Honorary Treasurer, Poornaprajna College Managing Committee, Udupi. Five books were released on this occasion.

• A National Level Webinar on “Koutileeyarthasangraha” was conducted in collaboration with Mangalore University Sanskrit Teachers’ Association on 19th July 2021 by Dr. Amrutesha Acharya, Professor, Alankara Shastra, SMSP Samsrutha College, Udupi. The webinar was inaugurated by H H Sri Sri Vishwapriya Theertha Swamiji, President, Adamar Mutt Education Council and presided over by Dr Raghavendra A, Principal, Poornaprajna College, Udupi. 362 participants from across the country took part in the webinar.

• The Sahitya Certificate Course held by Sanskrit University (Sanskrita Nirdeshanalaya) of one year duration is being conducted. The Bhagavadgeeta Certificate Course is also being conducted.

DEPARTMENT OF HISTORY :

1) Organised a National Webinar on ‘India-China Dispute ‘on,18\1\2021 . Imminent scholar, Dr Venkataraman was the resource person.

DEPARTMENT OF ECONOMICS

➤ Virtual seminar on ‘Employability Skills and Trends Post Pandemic’ was organized on 23rd June 2020. Mr. Imran Ahamed, Director, Infinite Edge Training and HR Solutions Coimbatore, Tamil Nadu was the resource person and 245 Participants have actively participated.

➤ Two day Teachers Training Programme on the topic ‘Growth Mindset for Educator’ & ‘Effective Teaching Skill’ was organised for the staff members of the college on 7th and 8th October 2020. Sri Praveen Gudi, Motivator & Life Coach was the Resource Person. 60 Staff members have participated.

➤ Talk on Career Opportunity in Defence by Col.F.P Dubash, Recruiting Officer ARO Mangaluru, was organised by the Department of Economics in collaboration with NCC Army on 21st September 2021.

Students’ Achievements outside the College :

➤ Ms. Smruthi of II BA secured I place in State level Painting Competition



organized on the occasion of World Soil Day 2020 by the Government First Grade College Siddakatte.

➤ Ms Vindhya Acharya of II BA has successfully completed NPTL Online Certification course on ‘Brief Introduction to Psychology’ by Indian Institute of Technology Kanpur funded by Ministry of HRD &GoI

DEPARTMENT OF SOCIOLOGY :

➤ Organized National webinar on ‘Ek Bharat Shreshtha Bharat’ in association with Field Outreach Bureau, Mangaluru on 20th August, 2020

➤ Certificate course on “Sociology for competitive examinations” for the students of all streams.

DEPARTMENT OF COMMERCE AND MANAGEMENT :

Under the guidance of Internal Quality Assurance Cell, The Commerce and Management Department has organized, 1 International Webinar, 1 National Webinar, 5 Guest lectures, 3 Training programs, 3 workshops, 7 Awareness and education programs, 8 Surveys and 6 Certificate Courses in association with Commerce and Management Association in the academic year 2020-21 under the

able leadership of Prof. Shiva Kumar, Head of the Department of Commerce and Management.

- Organized a One day Webinar on “Role of Technology in Research Projects” for final year BCOM and Final BBA students on 12th June 2020. Prof. Sahana Raviprasad Coordinator of BAF and BBI, S. M. Shetty College of Science, Commerce and Management studies, Powai, Mumbai was the Resource person.

- Organized a One day International Webinar on “Investment strategy – A Global Perspective” for Researchers, Academicians, Industrialists, Businessmen and PG Students on 8th August 2020. Dr. Prashant Rastoge, Associate Professor, Gulf College, Muscat, Oman. Dr. Anand S. Postgraduate Studies and Research Department, College of Banking and Financial Studies, Muscat, Sultanate of Oman were the Resource persons.

The following programs were organised in association with Career Guidance Cell of the college.

- Virtual Lecture on “Career Opportunities in Event Management” for the students who have enrolled for



Certificate course “Event Management” on 14th August 2020. Mr. Avinash Kamath, Freelancer and Entrepreneur, Udupi was the Resource Person

- A Virtual Lecture on “Social media – A Stepping Stone for E-Business” organised by Commerce and Management association in association with IQAC & Career Guidance Cell on 26th August 2020. Mr Vishnu Umesh Poojary, an Assistant Professor in Acharya Institute of Graduate studies, Bangalore,

- Extension program with Old Students’ Association and with the support of DDPI Udupi District, has organized a Virtual Workshop on “Introduction to Income Tax” Monday, September 07, 2020. Resource person CA Vineet Shetty, Partner at Shetty & Bhat, Chartered Accountants, Udupi and CA M Sridhar Kamath, Partner of Kamath &Co, Chartered Accountants, Udupi,

- Virtual Training Program On “THE PATH FINDER - CAMPUS TO CORPORATE” Webinar Series for UG and PG Students from 22nd September 2020 to 27th September 2020. Mr. Praveen Gudi, CEO, MY Life, Hubli was the Resource Person. The following sessions were organised. Motivation,

Study Skills,; Campus to Corporate Resume Building, Group Discussion, Interview Skills.

- Virtual training program with Prajna Ranger Unit on “First Aid” for the rovers and rangers, BCOM and BBA Students on 27th November 2020 . Mr. Vinish V. Assistant Professor, Manipal College of Nursing, MAHE, Manipal, was the Resource Person.

- A Virtual Lecture on “Business Continuity Management” for BCOM and BBA Students on 2nd December 2020. Mr. Venkatesh, Associate Director, Department of Business Continuity Management Practices, Cognizant Technology Solutions was the Resource Person.

- Virtual Session on “Event management – Challenges and opportunities” for BCOM and BBA Students on 4th December 2020. Mr. Jerald Fernandez, Vice President, Moodubelle Church Parish Council was the Resource Person.

- Virtual Interactive Session on “Youth Crime- Reasons and Solutions” for all the Students on 15th December 2020. Mrs. ASI Muktha Bai, Assistant Sub



inspector of police, Kota Police Station was the Resource Person.

- Virtual lecture on “Brand Management” for BCOM and BBA Students on 17th December 2020 . Dr. Krishna Kothai, Coordinator, Poornaprajna Center for Research and Development, Udupi was the Resource Person.

- Organised a workshop on “Emotional Intelligence” on 13th January 2021. Dr. Sandhya R. Assistant Professor, DOC, MAHE, Manipal was the Resource Person. Two sessions were organised on topics: Dealing with Emotions and Emotion Management

- Training Programme on “What Got Us Here, Will Not Take There” - How to be prepared for real world outside the college” was organized in association with Career Guidance Cell. On Tuesday, 2nd March 2021. Mr. Praveen Gudi. Motivator & Life Coach, CEO , My Life, Hubli was the Resource Person.

- Campus placement Drive organized on 4th March 2021 for the final year students of all streams. 6 students were selected by Kotak Mahindra Insurance Company

- 2 day’ Workshop on “Positive Psychology and Life Skill” try to know you better - being known rather than validated”. Resource person Ms. Sriraksha, Alumna on 22/5/2021 and 24/5/2021. Two sessions were organized on topics – Converting Negativity to positivity, Areas of interest, Courses and choices, Spending Lockdown with free online courses, and Being professional.

- Investor Education Program on “Introduction to Mutual Fund and Financial Planning” on Wednesday, 26/5/2021. B. Udaya Bhaskara Ganesh Investor & Teacher was the Resource person,

- Organised an awareness program on “Vedic Wisdom” on 04/06/2021 Sri. Prashanth Kannadaguli, Technical Trainer & Freelancer, Dhaarini Academy of Technical Education, Bengaluru. was the Resource person. Organised a Corona Wellness Program on “Positive Psychology among students” in association with Rovers and Rangers Unit of the college on 12th June 2021. Dr. Virupaksha Devarumane, Psychiatrist, Dr. A.V. Baliga Memorial Hospital Udupi was the Resource Person.

- Organized an Interactive session on “Intellectual Property Rights” in



association with Anti Women Harassment Cell on 17th June 2021. Adv. Sooryanarayana Bhat, Alumnus, Senior Legal Executive, M/s Law Veritas, Bangalore was the Resource Person.

- An orientation Program for CPBFI Certificate Course organized in association with Bajaj Finserv on 29th June 2021.

Department of Commerce and Management has conducted 6 Certificate Courses on various subjects: Strategic Leadership, Basics of Cost Accounting, Digital marketing, Brand Management, Event Management, and Disaster Management, our students have conducted 8 surveys on different topics.

“Impact of Social Media Advertisements on buying decisions of teenagers” by Diya Bangera of 3rd BBA, “Pandemic on Mental Health of Students of Udupi.” by Allen, Delicia & Vaishnavi 3rd Bcom B2, “Impact of pandemic induced lockdown on Undergraduate Students in Udupi City” Arpitha 3rd B.Com A, Varsha Prabhu 1st B.Com B2, “Study on Student perception on the effectiveness of Online Teaching tools” by Mayuri, Deeksha, Madhavi 3rd

Bcom A, “Customer Preference towards UPI Payments in Udupi City” by Tanya, Renisha, Aneesha of 3rd Bcom B2, “Awareness of Jan Aushadi Kendra for medicines among the population in the area” by Deeksha Y, Alisha Banu of 2nd B.Com A, “Awareness about Sustainable alternatives to Plastic products”: “A Study among the population of Udupi City” by Kevin, Pavan, Yashas Vittal of 1 B .Com B2, “Perception of teachers about online teaching” by Vaishali V Pai, Raksha G.G of 2nd B.Com A

Students’ Achievements:

Ms Pooja Ravindranath Kamath of Final Bcom secured First Rank in BCom degree examinations conducted by the Mangalore University for the academic year 2019-20.

Campus Placement Drive was organised by the college on 4th March 2021 and Akash Final BBA, Prathviraj Final BBA, Yajnesh Final BBA, Allen Final BCom, were selected by Kotak Mahindra Insurance Company.

Shravan and Yajnesh Shetty of III BBA secured First Place in Business Event in an intercollegiate competition held by St. Aloysius College Mangalore.



DEPARTMENT OF P.G. STUDIES IN COMMERCE

1. A virtual talk on “Impact of Covid – 19 on Global Tourism and Plan for Revival” by Sri Ashok Somayaji H, General Manager Thomas Cook India Ltd. was observed on 2nd November 2020.

2. A virtual talk on “Understanding and Developing Corporate Culture” by B P Sadananda, Ex- Senior vice president, Thermal power plant unit, Ultra tech cement, was held in association with Poornaprajna Institute of Management, on 25th November 2020.

3. A virtual talk on “Gandhian Concept of Sarvodaya” by Sri Prashanth Neelavara, Assistant professor, G.F.G.C Kota Padukare was held on 5th October 2020 in association with IQAC of our College.

4. A virtual talk on “Investors Awareness Programme” in association with Axis Bank was held on 12th September 2020, K Thangaraj was the resource person.

5. A virtual talk on “Sustainable Development Goal -4 and National Education Policy -2020” by Dr. Shreesha Bhatt, founder and director, Akanksha charitable trust Puttur, on 27th October

2020 under the guidance of IQAC of our college.

6. A virtual talk on “My Waste, My Responsibility” by Sri Ranjan Bellarpady, Chief Coordinator Swaccha Manas, Ramakrishna mission Mangalore. The programme was observed on 25th September 2020 in association with the National Service Scheme unit of our College.

7. Financial Literacy Drive-2021 under the slogan of ‘Inspiring Young India’ a drive to make students to become empowered investors, was inaugurated by Mr. Ramachandra Bhatt, Assistant Professor MGM College Udupi on 14th May 2021.

8. A virtual power Seminar on “Campus to Corporate” in association with ICT academy was organised on 18th November 2020. S Durai Babu, Senior Manager , Learning and Development Kone Elevator India Ltd.

9. Virtual workshop on “Research Methodology” was organised for the students of M.com to gain new insights into the field of research. Two sessions were held on research -

a. “Research Data Collection and Sampling” by Mr. Amare Abawa ,



Research Scholar, Ethiopia, on 9th October 2020.

b. “Ethics in Research and Publication” by Dr. Prasanna Poojary, Assistant Professor in Post Graduate Department of Mathematics, Poornaprajna College Udupi, on 4th September 2020.

10. 30 Hours Training Programme on Preparation for UGC NET/KSET exams (Paper I and Paper II) was organised by the department to the students, alumni and faculty members of Poornaprajna Group of Institutions.

11. Pramathi Knowledge Series (A series of Virtual talks by Students and Proud Alumni of the Department) -

A. “Be The Brand”, by Mrs. Ankitha Prabhu, proud alumna of 2015-17 batch was held on 12th October 2020.

B. “Insights to Stock Exchange Trading” by Sri Mayur Simha, student of II M.com was held on 29th August 2020.

C. “Role of Small Finance Banks in the Inclusive Growth of Indian Economy” by Sri Chakrapani Adiga, Student of II M.com was held on 5th September 2020.

12. Under the guidance of IQAC ‘A Panel Discussion on Central Budget’ was held on 05th February, 2021. Prof.

Sadashiva Rao, CA. Sridhar Kamath and CA.Bhargav Tantri were the Panellists.

13. Book release of “Cost and Management Accounting I ” written by Mr. Nagaraj, faculty of P.G Department of Commerce was held on 3rd November at Admar Mutt Udupi. H.H. Sri Sri Vishwapriyatheertha Swamiji, President Admar Mutt Educational Council released the book.

DEPARTMENT OF PHYSICS

- A National level E-quiz was organized by the department on 20th July 2020. Nearly 580 participants from all over India participated in the quiz and certificate of participation was issued to them. The certificate of excellence was issued to top 5% participants.

- The department along with PAAC organised Two day National level Workshop on Astronomy and Cosmology on 18th and 19th June 2020. Around 321 participants all over India attended the workshop.

- The department in association with PAAC organized a webinar on “Opportunities in Astronomy and Space Science” on 23rd July 2020

- The department organized a national level webinar on “NMR Spectroscopy and



Applications” on 17th October 2020. Dr. Nitin P Lobo Scientist, Assistant Professor –AcSIR, CSIR- CLRI Chennai was the resource person, who is an alumnus of the department. About 487 registered participants from all over India actively participated in the webinar.

- Indian Association of Physics Teachers (IAPT) conducts National Graduate Physics Examination (NGPE) every year. Our department is one of the centres for this exam. This year the examination was held on January 24, 2021 and 30 students took part in this examination.

- The department through PAAC organized a sky watch programme named “Great Conjunction of Saturn and Jupiter” one of the rarest observable astronomical event. About 200 people including public have observed this great conjunction. Dr. A. P. Bhat was the Chief Guest for this programme who showed several constellations to the public along with this programme.

- In collaboration with ‘Old students’ Association’ of the college the department organized Four days student interaction programme “My Journey of Physics from PPC” from 14th July to 17th July 2021. Eight alumni shared their experience of

being in Poornaprajna college and spoke about their journey to the field of research. Dr. B. M. Somayaaji, Dr. A.P. Bhat were Chief Guests for this interaction session.

- The department in association with IQAC arranged “Mobile Photography Contest” during the lockdown where students enthusiastically took part in this and captured different phenomenon in and around their house and explained the physics behind the phenomenon. Namratha K and Chaithra M. of II B.Sc. won first and second place respectively.

- “Boutha Chitthara”- A physics drawing competition was organised by the department in the month of February where students came out with good paintings with explanation written to the phenomenon. Chaithra M of 2nd B.Sc. won the first place and Roshni S Shetty of 2nd B.Sc. won the second place.

- The department conducted collage competition, Revthi and Akash D of first B.Sc. won the first place and Clarida and Varsha won the second place.

- The department along with students of final B.Sc. organised GravitoPhycon 2.0, a Physics skill competition for students of I and II B.Sc. Students took parts in various events like physics story writing,



a quick presentation of phenomenon in and around and treasure hunt etc. Chyavan Hegde of II B.Sc. and Clarida of I B.Sc. won the first place.

- The department offered two certificate courses- Mathematical methods in Physics and Optics.

Student Achievements 2020-2021

1. Shubhashri Shenoy from II BSc participated in Physics Training and Talent Search (PTTS 2021), a 3-week online programme for BSc/Integrated MSc Physics students hosted online by Ahmedabad University, Ahmedabad, Gujarat from July 05-25, 2021
2. 3 of our students Chyawan Hegade, Samruddhi Kanjarpane and Sannidhi Hoblidar from II BSc have emerged as the centre toppers in the National Graduate Physics Examination (NGPE-2021) conducted by Indian Association Of Physics Teachers (IAPT).
3. Akanksh and Shihas from II BSc participated and won second place in the model exhibition competition at Alosyan Annual Fest, University Level Intercollegiate Competition, held on 23/03/2021

4. Chyawan Hegade from II Bsc has been selected for Summer Research Fellowship through Indian Academy Of Science in Observational Astronomy. He will be working under Dr.Yogesh C Joshi at the Aryabhata Research Institute of Observational Sciences (ARIES), Nainital for two months.

DEPARTMENT OF CHEMISTRY

- Conducted a certificate course on Chromatography Techniques, Household chemicals, and JAM Exam Comprehensive Chemistry Classes (JECCC)

- Conducted KVPY mock test for PUC and I B.Sc. students on 11-10-2020

- Organised International webinar “Recent Trends in Chemical Science: Development & Application (RTCSDA – 2020)” on 9th September 2020. The following were the talks given.

- Talk on ‘Two dimensional materials: Characterizations and Applications’ by Dr. Dhananjay Kekuda, Manipal Institute of Technology MAHE, Manipal

- Talk on ‘Metal – free Approach for the oxidative C – H Functionalizations: Development of C – X and C – S bonds



on electron – rich systems’ by Dr. Mahagundappa Rachappa Maddani, Mangalore University, Mangalagangothri

➤ Talk on ‘Organometallics in Catalytic Conversions: Synthesis of High Value Fuels and Commonly Chemicals’ by Dr. Akshai Kumar Alape Seetharam, IIT Guwahati

➤ Talk on ‘Emerging Membrane Based Seawater Desalination Technologies: The Role of Chemistry’ by Dr. Rajesh Kumar, Kuwait Institute for scientific Research Safat, Kuwait

➤ Talk on ‘Seeing is believing: The evolution and revolution microscopic imaging’ by Dr. Nonappa, Aalto University, Finland

- Arranged a student scientist interaction on “Application of NMR Spectroscopy in Structural Chemistry and Structural Biology” by Mr. Kiran Kumar, Research Scholar, University of Quebec at Montreal, Canada on 22nd September 2020

- Arranged a virtual talk on “The Invisible Reality: A Bizarre World of Particles” by Dr. Purandara H, Assistant Professor, PG Dept of Chemistry, SDM College, Ujire on 9th June 2021

- Arranged a virtual talk on “Nanoscience and Future Perspectives” by Dr. Vishwanath T, Assistant Professor, Dept. of Material Science, Mangalore University, Mangalagangothri on 22nd July 2021

Students Achievements

- Ashritha A Udupa of II B. Sc., Shubhashree S Shenoy of II B. Sc., Dheeraj of II B. Sc., Chyawan Hegde G A of II B. Sc. and Krishna Prasad of II B. Sc. are selected for INSPIRE scholarship.

- K Deepthi Nayak of III B. Sc has been selected for the Project Oriented Chemistry Education (POCE) which is conducted by JNCASR, Bengaluru. She is one among the top 10 students in all over India. She has completed the project on the topic “Energy and Electrolysis” from 14th June 2021 to 14th August 2021 under the guidance of Prof. M Eswaramoorthy, Nanomaterials and Catalysis Lab, JNCASR Bangalore

DEPARTMENT OF MATHEMATICS

- Department of mathematics has extended its service to the Career guidance cell of our college by offering academic support for the coaching of IBPS aspirants.

- Department of mathematics has extended its service to the Commerce



department of our college by offering academic support for the coaching of CA aspirants.

- A certificate course “Mathematics for competitive examination was conducted.

- One-week bridge course was conducted for I year MSc Mathematics students before beginning of the academic year.

- A certificate course in Software in Mathematics was conducted.

- A Mock KVPY test was organised for students of Udupi district on 11th Aug 2020.

- Organised a National level webinar on “Applications of Euclidean Division Theorem $b=aq+r$ “ by Dr. A. Satyanarayana Reddy , Assistant Professor, Shiv Nadar University , New Delhi on 25th Aug,2020.

- Organised a Webinar on “Future in Msc Mathematics” on 14th October 2020.

- Organized a talk on the topic “Opportunities during College life and Beyond” by Mr. Sudhanva Bhat, Research Scholar, Indian Institute of science (IISC), Bangalore on 4/12/2020.

- Organized a talk on the topic “What is after BSC?” by Mr.Rakesh, Lecturer & HOD of Mathematics, on 9/12/2020.

- Department has organized an Orientation programme for 1st year MSC students on 15/12/2020.

- In association with Pilikula Regional science center , Mangalore and science association, Mathematics department has organised a talk on “Mathematical concept through examples and puzzles” for High school students and teachers on 11/1/2021 by Dr. Pradeep CR, Former scientist,IISC,Professor, Emeritus,Dept. of Mathematics, CIT, Gubbi, Thumkur.

- Conducted a competition “LIMIT BREAKERS” in 5 innovative rounds

- Organised A Two day International Virtual Conference on “Discrete Mathematics and Combinatorics 2021 “ from July 22nd to 23rd, 2021, in which 8 resource persons from all around the country, some seven hundred registered guests participated in the event. 40 people presented a summary of research articles.

Students’ achievements 2020-21

- Ms. Aishwarya Nayak of outgoing batch participated in level ‘1’ of ‘Mathematics Training and Talent Search (MTTS)’ programme, funded by NBHM held in online mode via ZOOM during 27th May 2020 to 21st June 2020.



- Mr. Dheeraj of II B.Sc. attended “Online foundation Course in Mathematics (OFCM 2020)” organized by MTTTS Trust and funded by NBHM, from 4th Oct to 24th Oct 2020 held in online mode via Zoom.

- Our students Ms. Prajna, Ms Shreya Adiga of 3rd B.Sc. , Mr. PramodhBhagavath, Mr. Krishna Prasad, Mr. Anirudh of 2nd B.Sc. participated in UG level math fest “ MATH FIESTA 2020” held in online mode organized by St.Aloysius college , Mangalore in the month of October 2020 and won the following individual prizes.

1. First prize in Math doodle competition - Mr. Anirudh (2nd B.Sc.)

2. First prize in Mathematics Vedio Making on the topic “Mathematics around us”

- Mr. Pramodh & Mr. Krishna Prasadh(2ndB.Sc.)

3. Second Prize in Mathematics Seminar – Ms. Prajna, 3rd B.Sc.

- Ms. Vasuki of III BSC has secured second place in National level Seminar competition organized by Canara College of Mangalore, on 11/11/2020.

- Ms. Suma has cleared Jam exam in Mathematics with all India ranking 2222

- Mr. Poornachandra (2018-20 batch)has cleared KSET 2020

DEPARTMENT OF STATISTICS

Organized a state level webinar on the theme Statistics in Data Science for Pre-University Statistics teachers on 5th November, 2020

1. Conducted 3 online Certificate courses through Genomic Site.

- i) Data Visualization using R Software.

- ii) “Quantitative Aptitude” for B Com and BBA Students.

- iii) “Quantitative Aptitude” for B Sc Students

DEPARTMENT OF BOTANY

- Conducted two certificate courses on ‘Plants, environment and their uses’ and ‘Nursery Techniques in plant propagation’.

- Conducted national level webinar on ‘Invasive Species and their Management’ by Dr.Saraswathi, Madurai University.

- Conducted National level E-Quiz on ‘Basics of Plant Science’.

- Conducted Guest lecture on ‘Medicinal home yard plants’ by Dr. T. Shridhara Bairy.

- Organised special talk on ‘Preliminary study of Mangrove



Ecosystem and conservation of Mangroves’ by Ms. Pratheeksha, Lecturer in Botany, PPC.

- Conducted programme on ‘Indoor gardening’.
- Conducted intracollegiate level competitions like photography, poster making, painting and power point presentation.

DEPARTMENT OF ZOOLOGY

- The department has completed major projects on

- Biodiversity inventory (The PEW charitable trusts grant).

- Biodiversity monitoring (Department of Biotechnology).

- Molluscan taxonomy (Ministry of Forests and Environment).

- The department worked in collaboration with Social Forestry division, Govt. of Karnataka, on project to prepare PBR of different grama panchayat of Udupi district.

- Four students got selected and completed the summer research fellowship programme of Indian academy of sciences.

- Two students got selected and completed the Innovation in Science

Pursuit for Inspired Research (INSPIRE) fellowship programme of department of science and technology.

- Two students were selected to participate in international level conference on the basis of their project work.

- 4 students have cleared SLET in Life science.

- The renowned resource persons in the field of biology have visited the department and addressed the students.

DEPARTMENT OF COMPUTER SCIENCE

1. Organized National level online quiz programme on “Artificial Intelligence and Robotics” on 31th August 2020.

2. To check the computer knowledge of the students, Aptitude test was conducted for I B.Sc. students on 12/10/2020

3. IT-Quiz competition was conducted on 12-1-2021 for BSc students.

4. Conducted video lecture on various topics from 18/1/2021 to 22/1/2021

5. A “Python programming” certificate course was conducted by the department for BSc students from 30-7-2020.



6. Certificate course “Web Development” was conducted by the department for 2nd BSc students from 28-7-2020.
7. “Mobile App Development” certificate course was conducted by the department for BSc students from 27-10-2020.
8. “The Internet of Things” certificate course was conducted by the department for I BSc students from 18-2-2021.
9. Conducted workshop on “Frames by you – Photoshop” from 5/7/2021 to 16/7/2021
10. “What next once you join the Corporate World?” a technical talk by Ms. Anjana, Associate analyst (Quality Engineer), Deloitte Consulting USI was held on 26/6/2021.
11. “Fundamentals of Data Science and why it is important? Technical talk by Ms. Deekshitha, MCA, Manipal Institute of Technology, Manipal.
2. 39 students participated “AI and Robotics “Webinar conducted by IIT Mumbai.
3. 28 students participated “Java Script in Kannada” programme conducted by Micro Degree Bangalore
4. 10 students participated in webinar on “How to get placement in multinational companies” on 4/4/2021 conducted by IIT Mumbai.
5. Akanksh and Shihas of III B.Sc. secured second prize in Science model competition held at St Aloysius College, Mangalore on 23/3/2021

Student activities

Student achievements

1. Mr. Virendra, Final year B.Sc. Student has made “Automatic hand Sanitizer machine” and he was felicitated by Swamiji
1. Department level competition “Web page creation” was conducted on 29-1-2021. 15 teams completed mini projects on “Web page design and development”
2. Conducted Computer quiz competition for B.Sc. students on 29/5/2021
3. Conducted video play competition “COVID-19 and Technology trends” for B.Sc. students on 1/6/2021
4. Conducted poster making competition on the theme “HOLOGRAPHIC TECH” for B.Sc. students on 5/6/2021



Conducted Collage competition on the topic “Artificial Intelligence and Machine learning” for BSc students on 23/7/2021

STAFF ACHIVEMENTS :

Prof. Sumana Rajendra, HoD, English

- Took up 22 classes for C.A foundation course students
- Took up 10 classes for students of Higher Primary School of the Academy, Manipal as part of Extension program
- Took up grammar classes for a student of Final BCom year as coaching to appear for MAT Exams
- Took up regular online classes for students of C.A Foundation Course in Communicative English
- Participated in a webinar on the IV semester BCom text ‘Indira Bai: The Triumph of Truth and Virtue’ organised by AET Mangalore on 18th June 2021
- Participated in a program organized by the Association of Journalists (Bangalore) on the topic ‘Save the Aided Schools’ on 13th March 2021
- Was a member of L.M.S program team initiated by the Govt. of India through the Mangalore University for III Semester Optional English

- Attended an RTN H.N.S.Rao Memorial lecture on 15th July 2021 on the topic ‘Communication – The Life Line’

Prof. Vasantha Raviprakash:

- Presented a paper in an international webinar on the topic “Language Literature and Cultural Studies in the 21st Century” organized by the department of English Crescent Institute of Science & Technology in association with Anna University Chennai on May 21st 2021.
- Published a paper in a UGC Approved Care Listed Journal Shodh Sarita on the topic Reinventing The Self in Sandra Cisneros’ The House on Mango Street (Vol. 8, Issue 29, Jan)
- Published a paper on UGC Care Listed Journal Shodh Sanchar on the topic ‘Bharathi Mukherjee’s Jasmine: An Epitome of Empowerment’ (Vol.11, Issue 41) January- March, 2021 issue
- Published a paper in a Refereed and Peer Reviewed Open Access e-journal- ‘Galaxy: International Multidisciplinary Research Journal’ Vol x, Issue -2 (March2021) on the topic ‘Reconsidering the Novel Jasmine’ by Bharathi Mukherjee
- Attended a five - day FDP on Effective Online Teaching in Literature and Language’ from 19th to 23rd April 2021



- Was a member of L.M.S program team initiated by the Govt. of India through the Mangalore University for III Semester Optional English

- Participated in a webinar on the IV semester B.ScText ‘Karruku’ organised by AET Mangalore on 21st June 2021

- Participated in a webinar on the IV semester BA Text ‘Dweepa’ organised by AET Mangalore on 29th June 2021

- Took up online classes for CA foundation course

- Conducted a certificate course for 30 hours on the ‘Background of Indian Literature’ for BA optional English students

Mrs. Harinakshi Shetty:

- Participated in ‘In Depth’, an international 5day online E-learning workshop in Language, Literature and Theory conducted by Dept. of English and Cultural Studies Punjab University from June 6 to June 11, 2020.

- Participated in a One - day FDP on Creative Teaching Techniques conducted by MGM College, Udupi on 15 June, 2020.

- Participated in online session on Improving the skill Set and Changing the Attitude by ICT Academy on 5th June, 2020.

- Participated in online FDP on Adapting Ourselves to the Online Academic Activities by Carmel College, Bantwal on 16th June, 2020.

- Participated in an online session on Future of Higher Education 9 mega trends on 30th June, 2020 by ICT Academy.

- Participated in an FDP on ‘An Introduction to Literary Theories for Young Brains’ by Dept of English, Milagres College, Kallianpur on 12th July 2020

- Participated in Comprehensive Analysis of English Language and Literature in the Contemporary World on 15th September 2020 by Sacred Heart College, Madanthyar.

- Participated in a webinar organized on BBA English text book Nampally Road on 24th June,2021 by the Association of English Teachers’ Mangalore University.

- Invited as a judge for an international Elocution Competition conducted by MGM College on 6th September 2021.

Ms. Namrata Achar:

- Participated in an International E-Learning Workshop in ‘Language, Literature and Theory’ from 6th June to 11th June 2020



- Participated in a 3day national level webinar on ‘English Poetry, Our Educator’ organised by Philomena’s College, Mysuru from 10th June to June 12, 2020

- Participated in a National webinar on ‘Creative Teaching Techniques’ organised by MGM College on 15th June 2020

- Participated in a national level FDP on ‘Adapting Ourselves to the Online Academic Activities’ organised by Caramel College, Modankap, Bantwal in association with Sahyadri College of Engineering and Management, Mangalore on 16th June 2020

- Participated in an online session on Future of Higher Education 9 mega trends on 30th June, 2020 by ICT Academy.

- Participated in an FDP on ‘An Introduction to Literary Theories for Young Brains’ organised by Milagres College, Kallianpur from 6th to 12th July 2020

- Participated in a national level FDP on ‘Importance of Communication in the Teaching- Learning Process’ organised by Sheshadripuram Degree College on 17th July 2020

- Participated in a webinar on the IV semester BCom text ‘Indira Bai: The

Triumph of Truth and Virtue’ organised by AET Mangalore on 18th June 2021

- Participated in an International webinar on ‘The Integration of Employability skills into English Language Program’ organised by Kumaraguru College of Liberal Arts & Science, Tamil Nadu on 24th June 2021.

Dr. Srikanth Rao : HoD Kannada

- Published Two Books

- ‘Ajjimattu Mommagalu’,

- ‘Munneccharikeye Modala Maddu’

Dr. Manjunatha Karaba :

- Awarded PhD Degree, Topic ‘Karnatakada Karavaliya Parashurama Parapare: Adhunika Sankathanagalu’, By Tumukur University in March 2021

- Gave a lecture on Topic ‘Kundapura Kannada Bhashemattu Sahithya’ organised by ‘Kuvepu Bhasha Bharathi Pradhikara’ Bengaluru – Online series and published Paper on that Topic.

Sri Shivakumara Alagodu

- Attended Five Day National Level Workshop (NTS) – 05-10-2020 to 09-10-2020

- Published Three Books 1) Devasena Parinaya with ISBN 978-81-935529-5-7 2) Dandaka Damana 3) Banad Sethve



- Published Two Research Articles with ISSN, ISBN numbers

- Pursuing PhD Degree From Kannada University Hampi

Dr. Sathish :

- Attended Five Days National Level Workshop (NTS) – 05-10-2020 to 09-10-2020

Mr. Anand Raymane : HoD Hindi

- Pursuing Phd from Karnatak University (Harpal Singh ‘Arush’ ke katha sahitaya me in Bharateey samaj)

- Participated as a Resource person for National level webinar – “ Covid-19 ka Shiksha par Prabhav” at Shri S.R. Kanthi Arts, Commerce & Science College, Mudhol, on 29th July2020.

- Participated & Presented a paper on “SamkaleenRachnaakar ka samajiksarokar :Deepdan- Rashtrapremevambalidan ki gatha ” (published in VIHAS-MANGALAwith ISBN No. 978-81-931885-4-5) in the Ond Day National Seminar. Organized by Besant Mahila College, Mangalore.

- Participated and successfully completed with A+, 4-Week Orientation Programmeorganized by Teaching Learning center, Ramanujan College,

University of Delhi from September 1st – September 30th , 2020.

- Participated and successfully completed withA+,Two-Week Inter-disciplinary Refresher course organized by Teaching Learning center, Ramanujan College, University of Delhi from 30th January,2021 - 14th – January,2021.

Mrs. Bhairavi R Pandya :

- Pursuing Ph-D from Mangalore University (Mamta Kalia aur Varsha Adalaja ki kahaniyo ka tulnatmakanushilan)

- Participated & Presented a paper on “Samkaleen Rachnaakar ka samajiksarokar : “Sapno ki home delivery – ShahariJivan (published in VIHAS-MANGALA with ISBN No. 978-81-931885-4-5) in the Ond Day National Seminar. Organized by Besant Mahila College, Mangalore.

- Participated as a resource person at Canara Bank, Regional Branch, Udupi on account of Hindi Diwas on 14th September 2021.

- Participated as a resource person at Milagres College, Kallianpur, Udupi on account of Hindi Diwas on 15th September.



Dr. Mamtashri K :

- Awarded PhD -Topic :Jaynandan ka SamajikSarokar.

Dr. Ramesh T S HoD Sanskrit :

- Delivered a Guest Lecture on ‘Gayathri Mantrada Mahatva’ at Mandarti on the occasion of Varshika Mahasabha and Pratibha Puraskara organized by Mandarthi Valaya Brahmana Mahasabha on 27th December, 2020.

- Chief Editor of 10 Sanskrit textbooks for the 3rd and 4th semester UG programmes of Mangalore University.

- BOS member of Mangalore University

- BOS member of St Aloysius College (Autonomous)

- BOE member of Mangalore University (UG).

- BOE member of Karnataka State Open University (KSOU)

- Student Welfare Officer.

- President of ‘Mangalore University Sanskrit Teachers Association’ since 2009.

- Participated in the International Faculty Development Programme on “Excellence in Creative Teaching and Research” conducted from 12 Oct – 17 Oct 2020 by Karnataka Samskrit University, Bangalore.

- Participated in the National level online certificate course by ICT Academy on the topic “Digital Teaching Techniques” conducted from 29 June – 4 July 2020.

DR. Ananda Acharya U.V. :

- Participated in the International Faculty Development Programme on “Excellence in Creative Teaching and Research” conducted from 12 Oct – 17 Oct 2020 by Karnataka Samskrit University, Bangalore.

- Participated in the 5 days National Level Faculty Development Programme on “History, Culture and Indian Philosophy” by South Asian Institute for Advanced Research and Development conducted from 16 Aug – 20 Aug 2020.

- Coordinator of Career Guidance Cell and Placement Officer.

Mr. Chandrakanth Bhat HoD History:

- Was a resource person at National Skill Development Corporation , Manipal and gave talk on ‘Soft Skill’ on 4\10\2021

Ms Abhijna Upadhyaya :

- Gave a talk on ‘Importance of Sanskrit Language at SDM ,PU Collge Ujire on 3\4\21.

- Ms Abhijna Upadhyaya gave a talk on ‘Historians of Tulunadu’ at



Government pre-University college Karkala on 23/10/2021.

- Ms. Abhijna Upadhyaya has written a book titled as “Mangalagangothri Parisarada Shraddhakendragalu” and it was published on 29-1-2021 by Dr. D Veerendra Heggade sir at Dharmasthala.

- Recognized as the best MC by Navaparva Foundation at Moodabidri on 21-9-2021.

Dr. Prakash Rao A, HoD., Economics

- Awarded prestigious Chief Minister’s Commendation Card (2019-20 & 2020-21)

- Successfully completed NPTEL Online Certification course on Business Ethics from Savitribai Phule Pune University, Pune funded by Ministry of HRD & GoI

- Successfully completed NPTEL Online Certification course on Introduction to Retail Management from Indian Institute of Management Bangalore (IIMB) funded by Ministry of HRD & GoI.

- Authored International Trade text book for IV semester B.Com

- Participated in the International Virtual Webinar on “Digitalization Strategy for the Higher Education Sector

during Covid -19 Pandemic” organised by Tumkur University, Tumkur, Karnataka, India on 18th June 2021.

- Attended National Level Virtual FDP on “Creativity and Innovation in Teaching” organized by SDM College Ujire on 12th July 2021.

- Participated in FDP on Emotional Intelligence (live online FDP) conducted by ICT Academy on 19th May 2020.

- Participated in Online super session on Future of Education, expert session by Prof D.P Singh conducted by ICT Academy on 18th June 2020.

- Participated in ICT Academy virtual book launch of “Future of Higher Education- Nine Mega Trends” and expert talks held online on 30th June 2020.

- Participated in Online Super Session on Improving the Skill Set & Changing the Attitude, expert session by Dr. Ramesh Prabha conducted by ICT Academy on 5th June 2020.

- Participated in Insightful Fridays of Skycampus Digital Knowledge Webinar Series, Expert talks and panel discussions on 19th June 2020.

- Successfully completed one week online certificate course on Digital



Teaching Techniques organised by ICT Academy from 29th June to 4th July and awarded with Digital Teacher batch.

➤ Participated in ICT Academy Convergence 2020 (Annual members meeting) organized by ICT Academy on 15th July 2020.

➤ Attended National Level Virtual FDP on “Creativity and Innovation in Teaching” organized by SDM College Ujire on 12th July 2021.

Dr. Sowjanya S Shetty M

➤ Awarded PhD From Tumkur University on the topic ‘The Role of Higher Education in Economic Empowerment of Women- A Case Study in Udupi District’ under the Guidance of Dr.Ramesh Salian, Department of Economics University College of Arts, Tumkur University

➤ Participated in one day Virtual Workshop on Choice Based Credit System (CBCS) of IV Semester BBA of Mangalore University on 26th June 2021 held at Govindadasa College Surathkal

➤ Successfully completed NPTL Online Certification course on Introduction to Retail Management from Indian Institute of Management Bangalore (IIMB) funded by Ministry of HRD &GoI

➤ Successfully completed NPTL Online Certification course on Business Ethics from Savitribai Phule Pune University, Pune funded by Ministry of HRD &GoI

➤ Authored 3 text books- Principles of Economics for I Semester BBA, International Trade for IV semester B.Com and Banking Practices, Open elective book for IV Semester students.

➤ Participated in the International Virtual Webinar on “Digitalization Strategy for the Higher Education Sector during Covid -19 Pandemic” organised by Tumkur University, Tumkur, Karnataka, India on 18th June 2021.

➤ Attended National Level Virtual FDP on “Creativity and Innovation in Teaching” organized by SDM College Ujire on 12th July 2021.

➤ Participated in 5 days (90 mins) Expert Sessions on The Future of Education Employment & Entrepreneurship from 4th May to 8th May 2020.

➤ Participated in ICT Academy virtual book launch of “Future of Higher Education- Nine Mega Trends” and expert talks held online on 30th June 2020.



- Participated in Online Super Session on Improving the Skill Set & Changing the Attitude, expert session by Dr. Ramesh Prabha conducted by ICT Academy on 5th June 2020.
- Participated in Insightful Fridays of Skycampus Digital Knowledge Webinar Series, Expert talks and panel discussions on 19th June 2020.
- Successfully completed one week online certificate course on Digital Teaching Techniques organised by ICT Academy from 29th June to 4th July and awarded with Digital Teacher batch.
- Successfully completed Online Live FDP on the topic Stress Management from 08 December 2020 to 12 December 2020 organised by ICT Academy.

Ms. Meenakshi P

- Successfully completed one week online certificate course on Digital Teaching Techniques organised by ICT Academy from 29th June to 4th July and awarded with Digital Teacher batch.
- Successfully completed NPTL Online Certification course on Introduction to Retail Management from Indian Institute of Management Bangalore (IIMB) funded by Ministry of HRD & GoI.

Ms. Mahalakshmi Mayya

- Cleared KSET In 2020
- Participated in one day Virtual Workshop on Choice Based Credit System (CBCS) of IV Semester BBA of Mangalore University on 26th June 2021 held at Govindadasa College Surathkal.
- Successfully completed NPTL Online Certification course on Business Statistics from University of Mysore, Mysuru funded by Ministry of HRD & GoI.
- Completed ICT Academy Certificate Course on “Digital Teaching Techniques” conducted between 7/12/2020 to 12/12/2020.
- Attended National Level Virtual FDP on “Creativity and Innovation in Teaching” organized by SDM College Ujire on 12th July 2021.

Attended in 7 days International Virtual Faculty Development Programme on “Contemporary Research Methodologies in Humanities” organized by Govt First Grade College Vijyanagra between 30th June and 7th July.

Dr. Raghavendra L : HoD Sociology

- Participated in seven days FDP on “Paradigm shift in Indian higher education -Challenges and opportunities “ organized



by KLE society's Arts and Commerce college, Gadag held on 7 to 13th June, 2021.

- Participated in the international FDP on "Moodle" organized by SJR college for women on 7th to 9th June, 2021

Mrs. Shalini (from 8/7/2021) :

- Participated in seven days FDP on "Transformation in Indian Education through New Education Policy- Challenges and opportunities" Organized by Govt. First grade college for women, Balmata, Mangalore. In association with St. Aloysius College (Autonomous) Mangalore. Held from 5th July 2021 to 11 July 2021.

- Participated in seven days FDP on a "Research Methodology in Social sciences" Organized by Dr. G. Shankar Govt. Women's First grade college and PG Study centre, Ajjarkadu, Udupi, held from 22 September 2021 to 28 September 2021.

Mrs. Madhulika V Bhat :

- Completed ICT workshop and got a "Digital Badge" awarded as a digital teacher.
- Published paper in National conference on "Business Trends in new Normal- challenges and opportunities on Aug. 19th 2021.

- Registered for P.hd on the topic "Work Life Integration Among unaided faculty members- A study with special reference to Udupi, From OPJS University, Rajasthan on 28th Feb 2021.

- Completed 5 day workshop on "creating Dynamic Dashboard" from Skill Nation by Microsoft Trainer.

Mr. Sandeep Shetty :

- Attended 10 days national level online FDP on Recent trends in education, technology and management from 30-7-2021 to 08-08-2021.

- Attended one week national level FDP on Transformation in Indian education through new education policy - challenges and opportunities from 05-07-2021 to 11-07-2021

- Attended 9 day national level FDP on Foregrounding the spectrum of character building in modern human life from 25-06-2021 to 03-07-2021

- Attended one week FDP on effective educator for professional and institutional excellence from 08 June to 13th June 2020.

- Attended international FDP Hands on MOODLE from 07th to 09th June 2021.



Ms. Apoorva Osta :

- Completed ARPIT Course in Financial Markets and Emerging Business Models.
- 5 days FDP on The Future of Skills-Education, Employment & Entrepreneurship organized by ICT Sky Campus (Virtual Mode) (11-15th May,2020)
- FDP on “Analytics for Teachers” organized by Sahyadri College, Dept of Business Administration, Mangalore (19th September, 2020)
- ‘The Scenario of Management Education in Future’ organized by Dr. NSAM First Grade College, Nitte (6th August 2020)
- The Future of Skills- Education, Employment & Entrepreneurship organized by Skycampus, ICT Academy (11th – 15th July 2020)
- Insightful Fridays- Digital Knowledge Webinar series organized by Skycampus, ICT Academy (19th June 2020)
- ‘Future Tech 2020’ – 5G as an Enabler in Digital Transformation organized by Skycampus, ICT Academy (18th May 2020)
- Digital Teaching Techniques organized by Skycampus, ICT Academy (29th June – 4th July 2020)
- Improving the Skill Set & Changing the Attitude organized by Skycampus, ICT Academy (5th June 2020)
- Future of Education (Online super session) organized by Skycampus, ICT Academy (18th June 2020)
- International Webinar on ‘Monetizing Digital Skills- a way to become self-reliant organized by Canara College, Mangaluru (28th October 2020)
- International Webinar on ‘Preparedness and Challenges of College Teachers in the Post Covid Era’ organized by GFGC for Women, Balmatta, Mangalore (18th June 2020)
- National Webinar on ‘NEP-2020: An Overview’ organized by St. Aloysius College, Mangalore (7th August 2020)
- Two Day National Workshop ‘Learning Google Apps and Moodle for Online Education organized by Christ Church College, Kanpur & IEEE-PSIT Student Branch (29th & 30th July 2020)
- Webinar on ‘Asynchronous Mode of Teaching’ organized by MGM College, Udupi (17th August 2020)



- Webinar on ‘Explore your Mind during Pandemic Crisis’ organized by Besant Women’s College, Mangalore (10th June 2020)

- Short term Training Programme for Faculty on ‘Innovative Approaches in Teaching Pedagogy’ sponsored by AICTE (Phase III) organized by Sahyadri College of Engineering & Management, Mangalore (24th - 30th 2021)

- Webinar on ‘Banking- The Battle for Customer’ organized by Canara College, Mangalore (7th June 2021)

- One Week National level FDP on ‘Transformation in Indian Education through New Education Policy- Challenges & Opportunities’ organized by St. Aloysius College, Mangalore & GFGC for Women, Balmatta (5th- 11th July 2021)

- International level FDP on Global Vision for Academic Excellence organized by School of Social Work, Roshni Nilaya, Mangalore (5th -11th July 2021)

- International webinar on ‘Impact of Covid 19 on Health System’ organized by MPM Government First Grade College, Karkala (14th July 2021)

- International level Webinar on Economics of Intellectual Property Rights organized by MGM College, Udupi (16th July 2021)

- 10 days National Level Online FDP on ‘Recent trends in Education, Technology and Management’ organized by Milagres College, Kallianpur & GFGC Kavoor, Mangalore (30th July - 8th August 2021)

- International Webinar on ‘Corporate Ethics and Sustainable Growth- A Post Pandemic Perspective’ organized by University College, Mangalore (31st August 2021)

Mrs. Jayalaxmi :

- Paper titled “ASSESSING THE LEVEL OF AWARENESS AND KNOWLEDGE OF COVID 19 PANDEMIC - A study in Udupi” presented in an International Conference organized by Puducherry Academic Researchers Academy (PARA) on Awareness of Post Covid -19 held on 11th June 2020 . This paper is published in a UGC CARE GROUP 1 Journal with ISSN 2347-7180 with Impact Factor 7.12.

- Paper titled “A STUDY ON AWARENESS REGARDING INTELLECTUAL PROPERTY RIGHTS



AMONG THE STUDENTS” presented in an INTERNATIONAL E-CONFERENCE ON INTELLECTUAL PROPERTY RIGHT, Patents, Copyrights, Research Articles, Importance And Drafting Skills organized by CHINTAMANI MAHAVIDYALAYA GHUGUS, Chandrapur, Maharashtra, India on 15 July 2020. This paper is published in a Peer Reviewed Refereed and UGC Listed Journal with ISSN No. 2277-5730 with Impact Factor 6.399

- A paper titled “POST PANDEMIC OFFICE LIFE – EMPLOYEES VIEWS” presented in A Two Days Interdisciplinary International e-Conference on Impact of COVID-19 on Various Areas of Global Economy, Science & Humanities Gondwana University, Gadchiroli, MS, India Chintamani College of Commerce, Pombhurna, Dist- Chandrapur, on 24th & 25th June 2020. Paper is published in International Peer reviewed open access journal named “International Journal of Research in Social Science and Information Studies with e-ISSN 2347-8268 and 2347-8209

- A paper published in an Edited Book titled “Rural Marketing” published by WIZCRAFT publications and Distribution with ISBN No.978-93-

89488-41-8. Edition 1- Volume 1 in November 2020.

- Presented a paper entitled ‘Application of ICT in Agricultural Sector — A Study of The use of ICT Among Rural Farmers’ in the International Conference on ICT, Cyber Security & Forensic (ICONICYSEC-2021), held on 16th and 17th May, 2021 Organized in Online Mode by College of CS&IS, Srinivas University, Karnataka, India in Association with ICCRD-CUICI (Delaware, USA & Santacruz, Argentina) and Sponsored by: DataSpace Security Pvt. Ltd.

- Presented a paper entitled ‘Indian Women in The Cyber Space—A Study of The Need and Impact of Cyberspace and Reasons for Victimization’ at The International Conference on ICT, Cyber Security & Forensic (ICONICYSEC2021), held on 16th and 17th May, 2021 Organized in Online Mode by College of CS&IS, Srinivas University, Karnataka, India in Association with ICCRD-CUICI (Delaware, USA & Santacruz, Argentina) and Sponsored by: DataSpace Security Pvt. Ltd.



- Presented a paper entitled ‘Customer Satisfaction in Retail Outlets -A Study of Big Bazar, UDUPI’ at MANEGMA-2021- A National Conference on Resilience. Innovation. Reinvention—Coping with Turbulent Times held on 16th June, 2021 Organized by College of Management and Commerce, Srinivas University, Karnataka, India in Association with ISMASI, Azteca University, Mexico, North America.

- Presented a paper entitled ‘Students’ Perception Towards Swayam -A Study in UDUPI’ at MANEGMA-2021-A National Conference on Resilience. Innovation. Reinvention—Coping with Turbulent Times held on 16th June, 2021 Organized by College of Management and Commerce, Srinivas University, Karnataka, India in Association with ISMASI, Azteca University, Mexico, North America.

- Invited as a Resource person in a Training Program organised by Sri Dharmasthala Grama Vikasa Trust under its Jnanavikasa Program at Manchi Kodi School on 5th September 2021 and conducted a Debate on “Education is more important to the Boys? Or Girls?”

- Invited as a Resource Person and Trainer in a Program organised by

National Institute of SHG Training Centre(NIST) Udupi and conducted Training on “ Job oriented Education System and opportunities in Job oriented Vocational courses” on 26-10-2021

- Attended Faculty Development Program Sky Campus Series - “The Future of Education, Employment & Entrepreneurship” from 04.05.2020 - 08-05-2020

- Attended Online Faculty Development Program on examinations in wake of Covid 19 on 08.05.2020

- Attended International FDP on Innovative Teaching and Research Practices on 07.05.2020 and 08.05.2020

- Attended 7 days online course on Research Methodology from 05.05.2020 to 11.05.2020

- Attended National Level online FDP on “Adapting Ourselves to the Online Academic Activities 16-6-2-20

Ms. Jyothi Acharya :

- Participated in the National Level Webinar on “Higher Education Under New Education Policy” On 10/08/2020 Organized by Dr. NSAM College, Nitte.

- Participated in National Webinar on “ An Insight into Capital Market during



Covid -19 Pandemic” organized by SDM College, Mangalore on 2nd July 2020.

- Participated in International Webinar on “Tech for Good- Using Technology to make a Better World” organized by SDM College, Mangalore on 4th July 2020.

- Participated in International webinar on “Approaches on Online Teaching and its Assessment Methods” organized by Patrician College of Art and Science, Chennai, 4th July 2020.

- Participated in One Day National Level Web Shop on “Confidence and Technology Enabled Teacher – Part I” organized by MUCTA, Mangalore held on 21st July 2020.

- Participated in Two Days International webinar on “The Changing Spirit of Education “organized by PPC, Udupi on 24th and 25th July 2020.

- Participated in One Day National Level Web Shop on “Confidence and Technology Enabled Teacher – Part II” held on 27th July 2020 Organized by MUCTA, Mangaluru.

- Participated in one-day International Webinar on “INVESTMENT STRATEGY- A GLOBAL PERSPECTIVE” on 8th August 2020 Organized by Department of Commerce

& Management Poornaprajna College, Udupi.

- Participated in National Level Online FDP on “Adapting Ourselves to the Online Academic Activities” organized by Carmel College, Bantaval on 16th June 2020.

- Attended International E-FDP on Research Indicators, Resources, plagiarism and Academic Integrity organized by Partician College of Art and Science, Chennai on 22nd- 26th June 2020.

- Participated in 10 days FDP on “Methodology of Research in social Sciences” organized by Seshadripuram Academy of Business Studies from 3rd to 12th March 2021.

- Attended Seven days online FDP on “Empowering Commerce Teachers for NEP 2020” held from 18th -24th October 2021.

- Participated in seven days national level virtual Faculty Development Program on ICT tools -the THE EMERGING TRENDS OF TEACHING from August 24th to 30 th 2021 organised by Besant Womens College Mangalore.

- Completed 15 weeks certificate course on direct tax law and practice



conducted by SWAYAM on 25th March 2021 and secured 62%.

- Completed 13 weeks certificate course on business research method conducted by SWAYAM on 24th March 2021 and secured 81%.

- Participated as Delegate in the 7 days National FDP On “Research Methodology in Social Sciences” organised by Dr. G. Shankar Government Women First Grade College & P.G. Study Centre Ajjarakadu, Udupi. held from 22nd September, 2021 to 28th September, 2021.

Mrs. Preetha Maipady :

- Participated in the Webinar on National Education Policy-2020 organised by Field Outreach Bureau, Mangaluru in association with the Department of Physics, Poornaprajna College, Udupi on 10th August 2020.

- Participated in three days State level virtual training programme on “Disaster Management” held at Poornaprajna College, Udupi, from 08/12/2020 to 10/12/2020.

- Participated in seven days state level Faculty Development Program on “Research Trends in Physical Sciences” organised by NIE First Grade College, Mysore from 15/01/2021 to 22/01/2021.

- Participated in an awareness webinar on the topic “Prospects and Challenges of Crypto currency in India” held on 3 June 2021 organised by the Department of Business Administration and Entrepreneurship Development Forms, St Agnes College (Autonomous), Mangaluru.

- Participated in the webinar on “Banking-The Battle For Customer” held on Monday, 7th June, 2021

- Participated in “National Webinar on Career Opportunities in Armed Forces of India” on 28th June, 2021 Monday organised by Placement and Training Cell in Association with IQAC

- Participated in the International Webinar on Economics of the Intellectual Property Rights jointly organised by Department of Commerce in association with IQAC on 16th July 2021

- Participated in the international webinar on “Impact of the Pandemic on Economy” Jointly organised by MPM Government First Grade College, Karkala in association with Department of English, Poornaprajna College, Udupi, held on 23rd July 2021

- Attended a webinar on Research Methodology “Research Design and



Application of Research Tools” jointly organised by the Department of Commerce, Commerce Association and Consumer Club, University College, Mangalore on 29th July, 2021

- Participated in the international Webinar on the topic: Literature and Pandemics-A Correlation and Societal Impact of the Pandemic organised by the department of English in association with IQAC held on 31st July, 2021

- Participated as Delegate in the 7 days National FDP On “Research Methodology in Social Sciences” organised by Dr. G. Shankar Government Women First Grade College & P.G. Study Centre Ajjarakadu, Udupi. held from 22nd September, 2021 to 28th September, 2021

Mrs. Sumalathas P J :

- Has attended three days National level E-learning workshop on “Structural Equation Modelling for researchers” organised by research committee St. Agnes College Mangalore from 18th to 20th May 2020

- Attended MultiDisciplinary FDP on “ Moocs E-Content Development and OER Organised by Government First Grade College Hungund - Bagalkot – Karnataka from 8th may to 3rd June 2020

- Attended National level Virtual FDP on “Adapting Ourselves to the online Academy Activities” organized by Carmel College Modankapu in association with Srinivas College of Engineering and Management , Mangalore on 16th June 2020.

- Completed Certificate Course on Digital Teaching Techniques” organized by ICT Academy on 29th June to 4th July 2020

- Completed certificate course on “Digital teaching techniques” conducted by ICT Academy from 7th December 2020 to 12th December 2020.

- Completed 15 weeks Certificate course on “Direct Tax law and practice” securing 61% conducted by Swayam on 25th March 2021

- Completed 7 days online FDP on Empowering Commerce teachers for NEP 2020 held from 18th October to 24th 2021

- Completed 10 days Faculty Development Program on “Methodology of Research in Social science “ from 3rd march 2021 to 12th march 2021 conducted by Seshadripuram Academy of Business Studies .



Mrs. Prathibha S Bhat :

- Attended Two -day teacher training programme on 7th and 8th October 2020 at Poornaprajna college, Udupi.

- Participated in a Six days Certificate course on Digital Teaching Techniques from ICT Academy from 7th December to 12th December 2020.

- Seven Days State Level Faculty Development Program on Research Trends in Physical Sciences organized by NIE First Grade College, Mysore from 15th January to 22nd January 2021.

- Five days FDP on Tax computation, Planning & Filing of ITR from 19th July to 23rd July 2021.

- Attended Seven days online FDP on “ Empowering Commerce Teachers for NEP 2020” held from 18th -24th October 2021.

- Participated as Delegate in the 7 days National FDP On “Research Methodology in Social Sciences” organised by Dr. G. Shankar Government Women First Grade College & P.G. Study Centre Ajjarakadu, Udupi. held from 22nd September, 2021 to 28th September, 2021.

Mr. Chakrapani :

- Participated in an awareness webinar on the topic “Prospects and

Challenges of Crypto currency in India” held on 3 June 2021 organised by the Department of Business Administration and Entrepreneurship Development Forms, St Agnes College (Autonomous), Mangaluru.

- Participated in the webinar on “Banking-The Battle For Customer” held on Monday, 7th June, 2021

- Participated in FDP “Adapting Ourselves to the Online Academic Activities” conducted on 16th June, 2020

- Participated in three days State level virtual training programme on “Disaster Management” held at Poornaprajna College, Udupi, from 08/12/2020 to 10/12/2020

Ms. Vagdevi Madhyastha :

- Successfully completed SWAYAM course on “Business Ethics” held in month of March 2021, conducted by Savitribai Phule Pune University

- Participated in FDP “Adapting Ourselves to the Online Academic Activities” conducted on 16th June, 2020

- Participated in FDP on “ Digital Teaching Techniques” conducted from 29th June to 4th July, 2020

- Participated in FDP “Engaging Minds and Empowering Success in



modern Research Era’ conducted from 26th to 28th August 2020

- Participated in Two days Teacher’s Training Program conducted by Poornaprajna College, Uudpi on 7&8th October 2020

- Participated in One-week Short Term Training Programme (STTP)- ‘Innovative Approaches in Teaching Pedology’ from 24th June to 30th June, 2021

- Participated in Virtual FDP on Stress Management conducted by ICT Academy conducted on 28th June- 2nd July, 2021

- Participated in FDP on Transformation in Indian Education through New Education Policy- Challenges and Opportunities conducted on 5th July to 7th July, 2021

- Participated as a Delegate in the 7 Days National FDP on “Research Methodology in Social Sciences” conducted by Dr. G. Shankar Government Women’s First Grade College & P.G. Centre, Ajjarakadu held from 22nd September to 28th September 2020

- Participated in International level Webinar on ‘Preparedness and Challenges of College Teachers in Post Covid Era’ held on 21th June 2020

- Participated in International level Webinar on ‘Investment Strategy- A Global Perspective’ 8th August 2020

- Participated in International level Web Com- ‘Enhancing Happiness Quotient in the age of Technology’ 23rd and 24th June, 2020

- Participated in International level International E- conference on ‘REVAMP EDUCOM 2021’ 23rd and 24th July, 2021

Mrs. Dhanyashree :

- Participated in the International Webinar on Economics of the Intellectual Property Rights Jointly organised by the Department of Commerce in association with IQAC on 16th July 2021 .

- Attended a Webinar Session on “ Preparing Your Students for a Digitalized Future” on 24 July 2020.

- Participated as a delegate in the International E-Conference Revamp Educom 2021 “Mutation Challenges in Commerce & Management Education “ on 23rd & 24th July 2021.

- Participated in Seven Days National level Virtual Faculty development Programme on ICT Tools - The Emerging Trends of Teaching from 24 August to 30 August 2021.



- Attended the International Webinar on Research Methodology Jointly organized by the Department of Computer Science with IQAC on 4th September 2021.

Ms. Anusha K :

- Participated in one-week State Level Online FDP on “Information and Communication Technology Usage in Teaching”. (30th May to 12th June 2020)

- Digital Teaching Techniques organized by Skycampus, ICT Academy (29th June – 4th July 2020)

- Participated in 6-days Short term Training Programme for Faculty on ‘Innovative Approaches in Teaching Pedagogy’ sponsored by AICTE (Phase II) and organized by Sahyadri College of Engineering & Management, Mangalore from 14th June to 19th June 2021.

- Participated in one-week National Level FDP on “Intellectual Property rights & Plagiarism” (29th June to 4th July 2021)

- Participated in one-week National Level FDP on “Transformation in Indian Education through New Education Policy- Challenges and Opportunities” (5th July to 11th July 2021)

- Participated in two-week National Level FDP on Refresher course on “Teaching Learning and research pedagogy for excellence in education” (31st May to 14th June 2021)

- Participated in National Level FDP on, “Information Security and Data Privacy Awareness” (27-07-2020)

- Participated in National Level FDP on, “Research Methodology” (27-07-2020 to 29-07-2020)

- Participated in International FDP on “Engaging minds and Empowering Success in modern Research Era” (26-08-2020 to 28-08-2020)

- Participated in International Webinar on, “Preparedness and Challenges of College Teachers in the Post Covid Era” (21-06-2020)

- Participated in Two days International WebCon on “Enhancing Happiness Quotient in the age of Technology” (23rd June to 24th June 2020)

- Participated in International Webinar on “Financial Crisis and its impact on sustainable eco-tourism. (30-06-2020)

- Participated in International e-Conference on “Shift on Text to e-Content in Higher Education” (16-07-2020).



- Participated in International Conference on “The role of Bank and other Financial Institutions in Funding Support for the Sustainability of Start-ups” (28-05-2021).

- Participated in National Level Webinar on, “An sight into Capital Market During Covid-19 Pandemic” (02-07-2020).

- Participated in National Level Webinar on “Inclusive Banking & Finance: Emerging Market Scenario” (06-07-2020)

- Participated in National Level Webinar on, “Impact of Pandemic on Indian Laws” (03-08-2020)

- Participated in NATIONAL Level Webinar on Technology and Accounting Interface Opportunities and Challenges among Accounting Educator” (25-05-2021)

- Participated in National Level FDP on “Filling of Income Tax returns and applicable income tax forms” (03-06-2021).

- Participated in National Level FDP on “Adapting Ourselves to the Online Academic Activities” (16-06-2020)

Ms Deeksha S :

- Participated in one-week FDP conducted by ICT Academy on ‘Digital Teaching Techniques’ from 29th June 2020 to 04th July 2020.

- Participated in one-day training program on Google Apps organized by Poornaprajna College

- Participated in 10-days FDP (Online Certificate Course) conducted by Dept. of English, Pioneer Kumaraswamy College, Nagercoil, Tamilnadu on ‘Soft Skills’ from 27th July to 4th August 2020.

- Participated in one-day International Webinar on ‘Investment Strategy - A Global Perspective’ organized by Poornaprajna College, Udupi on 8th August 2020.

- Participated in 2-days Teachers’ Training Program conducted by Poornaprajna College, Udupi on 7th & 8th October 2020.

- Participated in 6-days Short term Training Programme for Faculty on ‘Innovative Approaches in Teaching Pedagogy’ sponsored by AICTE (Phase II) and organized by Sahyadri College of Engineering & Management, Mangalore from 14th June to 19th June, 2021.



- Participated in International level Webinar on ‘Economics of Intellectual Property Rights’ on 16th July 2021.

- Participated in 10-days National Level Online FDP on ‘Recent trends in Education, Technology and Management’ conducted by Milagres College, Kallianpur & GFGC Kavour, Mangalore from 30th July - 8th August 2021.

- Completed ARPIT Course in ‘Financial Markets and Emerging Business Models’ through SWAYAM.

- Participated in one-week FDP on NEP conducted by MUCTA from Oct 4th to 10th 2021.

- Participated in the National Level Workshop on Online Teaching Tools from Oct 10th to 30th 2021 conducted by ESSGEE DIGISKILLS Learning Centre.

Ms. Deekshitha :

- Participated in an awareness webinar on the topic “Prospects and Challenges of crypto currency in India” held on 3 June 2021 organized by Department of Business Administration and Entrepreneurship Development Forum, St Agnes College (autonomous), Mangalore.

- Attended AICTE sponsored short term training program on “ Innovative Approaches in Teaching Pedagogy “held from 24th June 2021 – 30th June 2021 organized by Sahyadri College of Engineering & Management, Mangalore, and Karnataka.

- Attended 7 days National FDP on “Research Methodology in Social Sciences “ held from 22nd September 2021 to 28th September 2021 organized Dr G Shankar Government Women’s First grade college and PG Study Centre, Ajjarakadu, Udupi.

- Cleared KSET examination in the year 2020.

Mrs. Sriraksha U :

- Attended two days national workshop organized by Christ church college Kanpur on “learning Google apps and Moodle for online education” held on July 29th and 30th, 2020

- Participated in national level webinar on ‘Higher education under new education policy’ held on 10/08/2020 organized by Nitte NSAM first Grade College.

- Attended international webinar on “advertising – the future causalities” on



6th august 2020, organized by Sri Dhavala College, Moodbidri.

- Participated in the national level webinar on “the secret of successful investment” organized by Mulki Sunder Ram Shetty College Shirva on 6/08/2020.

- Attended the national level webinar on “intellectual property rights” organized by Dr G Shankar Government First Grade College Ajjarkadu Udupi on 26/08/2020.

- Participated in the national level webinar on “Impact of pandemic on Indian laws” organized by Cauvery college Vidyanagar Gonikoppal On 6/08/2020.

- Cleared KSET examination in the year 2020

MS. Krithika Rao :

- Attended AICTE Sponsored Short Term Training Programme (STTP) on “Innovative Approaches in Teaching Pedagogy” held during 24 June - 30 June 2021 organized by Sahyadri College of Engineering & Management, Mangaluru.

- Attended one week online Certificate Course on “Digital Teaching Techniques” organised by ICT Academy from 7th June to 11th June 2021.

- Participated in the International Webinar on the topic : Literature and

Pandemics - A Correlation and Societal Impact of the Pandemic organized by The Department of English in association with IQAC held on 31st July, 2021

- Attended 5 webinars related to Research

- Cleared NET in the year 2020.

Mrs. Prathibha C Acharya : HoD Physics

- Organised a National level webinar on “NMR Spectroscopy- Basic Principal and Applications” on held on 17th October 2020 as a co-ordinator.

- Gave a talk in Yuvavaani - ‘Bhavishyakkagi paata-Covid -19’ on 2-2-2021 organised by Akashavaani Mangalore.

- Organised 4 Days Old student interaction session - “My Journey of Physics from PPC” held from 14th June to 17th June 2021 as a Co-ordinator.

- Completed 5 days FDP on “Creative Thinking” organised by ICT Academy.

- Attended 3 days online workshop on “For the Love of Physics” in the month of June (6th, 9th and 13th June) 2021 organised by TEAM EQUINOX- An Astronomy Club C/o AGAS 360.

- Attended a webinar titled “NEP2020-Implementation in Karnataka,



Opportunities and Challenges” organised on 29th June 2021.

Mrs. Divya Vasanthkumar :

- Attended five days online faculty development programme on “Research Skills and Techniques” organised by REVA University from May **24-28, 2021**

- Participated in the State Level Webinar on “Evolution of Quantum Mechanics “ Organised by Department of Physics , Sri Adichunchanagiri First Grade College, Channarayapatna on July 23,2021

- Participated in the National Conference on Condensed Matter Physics and Applications (CMPA-2021) (Online mode) held at Manipal Institute of Technology, Manipal Academy of Higher Education, Manipal, during September 16-17, 2021

Ms. Meghana J V :

- Invited to conduct a Sky Watch under PAAC at S.V.S Higher primary school, Katpadi on 16th February 2021.

- Invited to conduct a Sky watch under PAAC at Al-Ihsan Academy, Muloor on 18th March 2021

- Organized “My Journey of Physics from PPC”, a 4 day interaction programme

of Old Students who have reached a prominent position in the field of physics with the current students of Physics.

- Completed an online course on “ Introduction to Astrophysics” offered by Udemy

Mr. Atul Bhat :

- Attended Online Certificate Course on Introduction to Rocket and Satellite Engineering held from April 12-17th 2020 organized by Russian Science Festival, MSU.

- As a co-ordinator, organized a two-day online workshop of Astronomy & Cosmology in June 2020 as Co-ordinator, attended by over 300 students and faculty members, nation-wide. Certificates were issued to all participants.

- As a co-ordinator, organized a webinar in Opportunities in Space Science and Astronomy in July 2020 as co-ordinator and interaction with Prof. Sreekumar, Satish Dhawan Professor, ISRO as the resource person attended by over 700 students and faculty members, nation-wide with a few participants outside India. Certificates were provided to all participants.

- Invited as resource person for



- Co-ordinated a Live stream of the Great Conjunction in December 2020 on YouTube along with conjunction-sky-watch program program at PPC with an Interaction with Dr. B.S Shylaja, Taralaya Bangalore, which was viewed by 7000 people during the live stream.

- Invited as resource person for Skywatch program at Oakwood School, Kundapura on 10th January 2021.

- Invited as resource person for Skywatch program at MPUC Manipal on 11th January 2021.

- Invited as Chief guest for the inauguration of ‘Abdul Kalam Space Club’ at T.M.A Pai High School, Kallianpur on 21st January 2021.

- Invited as Chief guest for the inauguration of ‘Abdul Kalam Space Club’ at S.V.S Higher Primary School, Katpadi on 16th February 2021.

- Invited as Chief guest for inauguration of ‘Abdul kalam Space Club’ at Al-Ihsan Academy, Muloor on 18th March 2021

- Invited as resource person for A webinar organized by Karnataka Rajya Vignana Parishat on the topic “Khagola” on 14th March 2021.

- Invited as a resource person for the teachers training program organized by Dr. K.S. Nagalotimath Science Center, Belagavi for the teachers of Belagavi district, on 31st March 2021.

- Invited as resource person for the webinar on Astronomy Calendar organized by Dharwad Regional Science Center, Dharwad on 24th May 2021.

- Organized Sky-watch for 8 sky-watch programs at schools and locations in and around Udupi.

- Co-Authored the Text-Book for 4th Semester Open-Elective Physics Paper: Basic Electronics and Astronomy.

Ms. Chaithra :

- NSS officer for the academic year 2020-21.

- Attended one week NSS officers training programme from 8/03/2021 to 14/03/2021 at NSS- Empanelled training institution for Karnataka, Mysore.

- As a NSS officer participated in “Hadilu Bhoomi Krishi “ taken up by the Kedarotthana trust, Udupi at Kadekar and Kutpady on 18th and 21st of July respectively.

- Participated in International webinar titled “Coping with COVID-19



with perfect and balanced mind” organized by Department of Secretarial practice and computer science, Besant Women’s college, Mangalore on July 3, 2020.

- Participated in National level webinar on “ Higher Education under New Education Policy” organized by Dr.NSAM first grade college, Nitte on 10th August, 2020.

- Attended two day National level workshop on “ Learning Google apps and moodle for online education” organized by IQAC, Christ church college, Kanpur and IEEE-PSIT student branch on July 29 and 30, 2020.

- Participated in a two day National conference on “Nano materials and characterization techniques in Physics and material research” organized by Dept. of Physics, Dr.A.V.Baliga college of Arts and Science, Kumta on 1st and 2nd August,2020.

- Organized “My Journey of Physics from PPC”, a 4 day interaction programme of Old Students who have reached a prominent position in the field of physics with the current students of Physics.

Dr. B Lakshmeesha Rao :

Papers Published in Conference Proceedings

- G. Rajesha Shetty, B. Lakshmeesha Rao, Structural, mechanical and thermal properties of gamma irradiated SF_HPMC blend films, Abstracts of International Conferences & Meetings (AICM), Vol 1(3), pp 24, 2021, DOI: <https://doi.org/10.5281/zenodo.5051398>

- B. Lakshmeesha Rao, G. Parameshwara Gouda and C. S. Shivananda, Green Synthesis of Silver Nanoparticles Using Hibiscus Rosa Sinensis Flower Extract, AIP Conference Proceedings, Vol 2220, pp 020103 (1-4), 2020, <https://doi.org/10.1063/5.0002996>

- C. S. Shivananda, B. Lakshmeesha Rao, K. Nagi Reddy, and Y. Sangappa, UV – Radiation induced nucleation and growth of colloidal silver nanoparticles: Characterization and their antibacterial properties, AIP Conference Proceedings, Vol 2220, pp 020024 (1-4), 2020, <https://doi.org/10.1063/5.0001148>

Papers presented in Conferences/ Symposium etc.,

- G. Rajesha Shetty, B. Lakshmeesha Rao, Preparation and Characterization of Silk Fibroin-Polyvinyl Alcohol (PVA) Blend Films for Food Packaging Materials, CMPA 2021, Organized by MIT, Manipal, 16-17th September, 2021.



• G. Rajesha Shetty, B. Lakshmeesha Rao, Structural, mechanical and thermal properties of gamma irradiated SF_HPMC blend films, Fifth International Conference on Reuse and Recycling of Materials (ICRM-2020), at Mahatma Gandhi University, Kerala, 11th to 13th December, 2020.

• Meghan Pandey, K. Purushothama Mallya, Dheeraj, Sumanth Joishy, B. V. Rajendra, B. Lakshmeesha Rao, Synthesis of Lanthanum doped ZnO thin films by chemical spray technique, International e-Conference on Applied Materials and Technology AMT-2020, Organised by KLE's S Nijalingappa College, Bangalore, 9-10th October, 2020.

• P. K. Athira Varma, V. S. Kiran, B. Lakshmeesha Rao, A review on Sisal fibre reinforces epoxy composites, International e-Conference on Applied Materials and Technology AMT-2020, Organised by KLE's S Nijalingappa College, Bangalore, 9-10th October, 2020.

• T. N. Megharaj, D. Harsha Kulkarni, Y. Sangappa, B. Lakshmeesha Rao, Effect of UV irradiation on LLDPE and LLDPE-ZnO nanocomposite films, International e-Conference on Applied Materials and Technology AMT-2020, Organised by

KLE's S Nijalingappa College, Bangalore, 9-10th October, 2020.

• B. Kalpitha, Parameshwar G. Gouda, C. S. Shivanand, B. Lakshmeesha Rao, Green synthesis and characterization of silver nanoparticles using tulsi (*Ocimum sanctum*) leaf extract, International e-Conference on Applied Materials and Technology AMT-2020, Organised by KLE's S Nijalingappa College, Bangalore, 9-10th October, 2020.

• G. Parameshwara Gowda, C. S. Shivananda, B. Lakshmeesha Rao, Green route synthesis of silver nano spheres using Hibiscus Rosa Sinensis flower, International e-Conference on Applied Materials and Technology AMT-2020, Organised by KLE's S Nijalingappa College, Bangalore, 9-10th October, 2020.

• C. S. Shivananda, B. Lakshmeesha Rao, Size Tuning of Silver Nanoparticles under the Influence of UV Radiation for Bacterial Resistance, International e-Conference on Applied Materials and Technology AMT-2020, Organised by KLE's S Nijalingappa College, Bangalore, 9-10th October, 2020.

Workshop/Orientation programs/ Seminars Attended

• National Level Workshop for Higher Educational Institutions on Transformation



Through NAAC Accreditation Process, held by “Institute for Academic Excellence, Hyderabad” in collaboration with “Collegiate Education & Technical Education Department, Telangana State, on 21st to 22nd June, 2021.

- Two day International e-Conference Applied Materials and Technology – 2020, held by S. Nijalingappa College, Bangalore, on 9th to 10th October, 2020

- College Level Two Day Teacher Training Programme, organised by IQAC, Poornaprajna College, on 7th to 8th October, 2020.

Other Achievements

- Session chair for oral presentation of International e-Conference on Applied Materials and Technology AMT-2020, Organised by KLE’s S Nijalingappa College, Bangalore, 9-10th October, 2020.

Dr. Ramu L :

1. Participated in IQAC initiated One Day Webinar on “Theoretical and Practical Aspects of X-Ray Diffraction”, Organized by Department of Physics [PG Section], KLE Society’s S. Nijalingappa College – 2021
2. Nuclear Quadrupole Resonance (NQR), Hand Book First Edition 2021,

Published by: Tamil Nadu Scientific Research Organisation. India

3. The Philosophy Humane Physics First Edition 2021, Published by: Tamil Nadu Scientific Research Organisation. India

4. Study on Bio Physical Parameters of soil from different part of Tamil Nadu First Edition 2021, Published by: Tamil Nadu Scientific Research Organisation. India

5. Completed ONLINE TWO - WEEK REFRESHER COURSE IN “**PHYSICS**” from 27 October – 10 to 10 November, 2021 and obtained Grade A+. Teaching Learning Centre, Ramanujan College University of Delhi in Collaboration with DEPARTMENT OF PHYSICS Harish Chandra Post Graduate College, Varanasi, Uttar Pradesh and DEPARTMENT OF PHYSICS, Hemvati Nandan Bahuguna Garhwal University, Srinagar, Garhwal, Uttarakhand under the aegis of MINISTRY OF EDUCATION PANDIT MADAN MOHAN MALAVIYA NATIONAL MISSION ON TEACHERS AND TEACHING.



Dr. Sudarshana Shetty : HoD Chemistry

- Participated in one day International webinar on “Role of Nanoscience and Prostate Cancer” held at Alva’s College, Moodubidire on 3rd July 2020
- Participated in two day International virtual conference on “Modern Instrumental and Characterization Techniques in Applied Sciences – 2020” held at Uttarakand Science and Research Centre on 5th & 6th July 2020
- Participated in one day National webinar on “Pharmaceutical Research & Innovation in Pharma Industry” held at St. Aloysius College Mangaluru on 7th July 2020
- Participated in one day International webinar on “Advanced Materials and Technologies” held at St. Agnes College, Mangaluru on 9th July 2020
- Participated in one day National webinar on “Frontiers of Pericyclic Reactions” held at P. C. Jobin Science College, Hubballi on 11th July 2020
- Participated in one day National webinar on “Applications of Cyclic Voltammetry in Research” held at Reva University, Bengaluru on 12th July 2020
- Participated in one day International webinar on “Trends in Future Research

in Chemistry” held at St. Aloysius College Mangaluru on 13th July 2020

- Participated in a Two day National webinar on “Industrial Applications of Electrochemistry” at PES Institute of Technology and Management on 13th & 14th July 2020
- Participated in one day International webinar on “Energy and Environment” held at Govt. Maharani Laxmi Bai Girls P. G. College Indore on 13th & 14th July 2020
- Participated in one day National webinar on “Nano Materials for Biomedical Applications” held at KPR Institute of Engineering and Technology, Coimbatore on 15th July 2020
- Participated in one day National webinar on “Frontiers in Chemistry” held at Jagadguru Tontadarya Arts, Science and Commerce College, Gadag on 15th July 2020
- Participated in one day National webinar on “Nanoworld and Soft Matter: Science & Technology without Boundaries” held at Shri Kadasiddheshwar Arts College and H. S. Kotambbi Science Institute, Hubballi on 16th July 2020



- Participated in one day National webinar on “Choosing Nanotechnology Career” held at Karunya Institute of Technology and Sciences on 22nd July 2020

- Participated in one day National webinar on “Material Chemistry” held at G. I. Bagewadi Arts, Science and Commerce College, Nipani on 28th July 2020

- Participated in one day National webinar on “Chemical Ecology” held at St. Aloysius College Mangaluru on 4th August 2020

- Participated in one day National webinar on “Drug Design - is it really that easy” held at St. Aloysius College Mangaluru on 7th August 2020

- Participated in one day International conference on “Recent Trends in Material Science” held at Shree Shivaji Arts, Commerce & Science College, Rajura on 10th August 2020

- Participated in one day International webinar on “Advanced Functional Materials Via Chemical Vapor Deposition: Process Development and Application” held at Sri Bhuvanendra College, Karkala on 11th August 2020

- Participated in one day National webinar on “Overview of IPRs - Strategies for Protection (Patenting)” held at Reva University, Bengaluru on 29th August 2020

- Participated in one day International webinar on “Recent trends in chemical science: development and Application’ on 9th September 2020

- Participated in one day National webinar on “Drug Addiction & Youth” held at Bhandarkars’ Arts & Science College, Kundapura on 16th September 2020

- Participated in one day National webinar on “Nanoparticles Self-Assembly” held at Reva University, Bengaluru on 3rd October 2020

- Participated in one day National webinar on “Supramolecular Polymers” held at University College Mangalore on 6th October 2020

Ms. Suparna :

- Participated in National webinar on “Navigating through stress and anxiety during the pandemic’ organized by Mangala alumni association, Mangalore university on 28th May 2020



- Participated in National webinar on “Post covid scenario-role of teachers in building future generation” organized by the department of commerce and IQAC Mahatma Gandhi memorial college Udupi on 1st June 2020

- Participated in National webinar on “DVV and PTV ,NAAC” organized by IQAC of Mahathma Phule Mahavidyalaya, Kingaon on 15th June 2020

- Participated in five day FDP on “Revised assessment and accreditation framework of NAAC” organized by IQAC, Smt.Kasturbhi Walchand College Sangli on 21th June 2020

- Participated in National webinar on “Techniques of acquiring API scores and submitting PBAS for university and college teachers” organized by IQAC of lokamanya Mahavidyalaya, Warora on 24th June 2020

- Participated in National webinar on “Emerging trends in Chemistry education and research” organized by Department of Chemistry ,Wilson college Mumbai on 25/06/2020 and 26th June 2020

- Participated in National webinar on “impact of polymer based bio materials on Human Health” organized by

department of Chemistry, Smt Kasturbai Walchand College,sanglion 27/06/2020

- Participated in one day National conference on “Recent trends in Chemistry” organized by department of Chemistry ,Rayat Shikshan Santha’s college Ramanandnagar on 28/06/2020

- Participated in International E-conference on “importance of physical and mental health for carving self-reliant personality” organized by Narayanarao Rana Mahavidyalaya ,Amravati on 29/06/2020

- Completed one week pedagogical training for teachers on “online teaching learning and Evaluation” organized by Swami Ramanand Teerth Marathwada University from 01/07/2020 to 06/07/2021

- Participated in International webinar on “role of nanomedicine in prostate cancer” organized by P.G department of Biotechnology ,Alva’s College Moodubidire 03/07/2020

- Participated in International virtual conference on “Modern instrumental and characterisation techniques applied science” organized by department of chemistry R.H. Govt. P.G. College ,



kashipur, Uttarkand on 05/07/2020 and 06/07/202

- Participated in International webinar on “Advanced materials and technology” organized by department of P.G studies and research in chemistry ,St.Agnes College, Mangaluru on 09/07/2020

- Participated in International webinar on “energy and environment” organized by department of chemistry Govt.Maharani laxmi bai Girls P.G College on 13/07/2020 and 14/07/2020

- Completed online short term course term course on “research methodology” organized by Shri R.L.T college of science, Akhola from 13/07/2020 to 16/07/2020

- Attended UGC sponsored “30th orientation course” organised by HRDC, Mizoram University held from 28/07/2020 to 17/07/2020.

- Participated in International webinar on “recent trends in chemical science: development and Application” organized by department of chemistry Poornaprajna college and post Graduate centre Udupi on 09/09/2020

- Participated in National workshop on “research proposal writing” organized by department of chemistry MMEC Mullana on 30/06/2021.

- Participated in National workshop on “Transformation through NAAC Accreditation process organized by institute of academic excellence on 21/06/2021 and 22/06/2021.

Dr. Mahesh Bhat :

- Published paper entitled ‘Synthesis and SAR Evaluation of Mercapto Triazolobenzothiazole Derivatives as Anti-tuberculosis Agents’ in the Journal of Anti-Infective Agents, 2020, 18, 15-213

- Published paper entitled ‘Design, synthesis and SAR bioevaluation of benzophenone-mercaptooxadiazole analogs’ in the Journal of Medicine in Drug Discovery, 3, 2020, 1-9

- Published paper entitled ‘Synthesis, characterization and evolution of oxadiazole as promising anticancer agent’ in the Journal of SN Applied sciences, 2020, 2: 882-896

- Published paper entitled ‘Design and Synthesis of Novel Coumarin Conjugated Acetamides as Promising Anticancer Agents: An In Silico and In Vitro Approach’ in the Journal of Anti-Cancer Agents in Medicinal Chemistry, 2020, 20: 1-10.

- Published paper entitled ‘Synthesis, characterization, and biological



evaluation of some 4-((thiophen-2-ylmethylene) amino)benzenesulfonamide metal complexes' in the Journal of Basic and Applied Sciences (2021) 10:28, 1-9

- Book chapter entitled 'Design, Synthesis of Sulfadiazine and Sulfoxazole Guanidine Derivatives as Promising Anti-TB agents: An in-silico and in-vitro Approach' in Current Perspectives on Chemical Sciences Vol. 5, pp 29-38. Book Publisher International, 2021, ISBN-978-93-90516-13-1

- Book chapter entitled "Importance of Quinazoline and Quinazolinone derivatives" published in Studies in Natural Chemistry, Elsevier book series, Chemistry of natural products (Accepted)

- E book edited entitled 'In-Silico and In-Vitro Approaches to Screen the Anti-tuberculosis Activity of Benzothiazole Analogs' Published by Bentham Science Publishers Pvt. Ltd. Singapore, 2021, ISBN: 978-981-14-9463-5

- Participated in one day webinar on "Multi-functional Materials for Energy Applications" organized by Vidyavardhaka College of Engineering, Mysuru, Karnataka on 14 July 2020

- Participated in one day webinar on Metallic Corrosion and Graphene Based

Anti-Corrosion Coating Materials, organized by Vidyavardhaka College of Engineering, Mysuru, Karnataka on 17th July 2021

- Participated in one day webinar on, "Recent Advances in Porphyrinoid Chemistry" organized by Bapuji institute of Engineering and Technology, Davanagere, Karnataka, on 21st July 2021.

- Participated in one day webinar on, "Combating Covid -19 Pandemic" organized by Department of Microbiology, JSS College for Women, Mysore on 22nd July 2021.

- Participated in webinar on "Informatics in Drug Discovery : Advances" organized by Department of PG Chemistry, JSS College for Women, Mysore on 04th August 2021

- Participated in webinar on "Interplay between gut microbiota and dietary Fibre in liver cancer the dark side of Fermentation" organized by Department of Biochemistry, JSS College for Women, Mysore on 05th August 2021

- Participated in webinar on "Epoxides in Synthetic Chemistry" organized by Department of Chemistry, KLE College, Bangalore on 6th August 2020



- Participated in webinar on “Chemistry behind Biocomposting and Biogasification”-A Sustainable Way of Managing Organic Waste” Department of Chemistry, JSS College for Women, Mysore on 10th August 2020.

- Participated in webinar on “Advance water treatment” organized by Vidyavardhaka College of Engineering, Mysore, Karnataka on 17th August 2020

- Participated in webinar on “Sweet Chemistry” organized by University College of Engineering - Thirukkuvalai, Nagapattinam, Tamil Nadu, India on 28th August 2020.

- Participated in webinar on “Prerana Pravaha” Yuva Brigade in association with Cambridge Institute of Technology, North Campus, Bangalore on 05th September 2020.

- Participated in webinar on “Computer Aided Drug Discovery”, organized by DOS in Chemistry, University of Mysore on 14th September 2020

- Participated in webinar on “Software solution for Routine R&D, Virtual activities & Knowledge management-ACD Labs” organized by DOS in Organic

Chemistry, University of Mysore on 15th September 2020

- Participated in webinar on “Ozone layer depletion - the current scenario” organized by SMVITM, Bantakal, Udupi on 16th September 2020.

- Participated in webinar on “NMR Spectroscopy- A golden Analytical tool for chemical, Biomedical and Environmental Research” organized by DOS in Chemistry, University of Mysore on 18th September 2020

- Participated in webinar on “A Journey through the different facets of NMR spectroscopy” organized by DOS in Chemistry, University of Mysore on 19th September 2020

- Participated in webinar on “Adventure with Heterocycles” organized by DOS in Chemistry, University of Mysore on 21st September 2020

- Participated in webinar on “New Opportunities in Sustainable Materials”, Indian Plastic Institute and SJCE, Mysore on 21st October 2021.

- Participated in the one day Webinar on “Best practices in online teaching” organized by JSS College of arts, Science and Commerce, B.N. Road, Mysore on 16th June 2021



- Participated in a Two day national webinar on “Nurturing Leadership”, organized by JSS College for Women, Mysore on 30th June and 1st July 2021.

- Participated in the National Webinar on ‘New Horizon of Bioinspired Nano-chemistry’ conducted by Department of Chemistry, P C Jabin Science College, Hubli-580031 on 23rd July 2021.

Dr. RANGASWAMY J :

- Kariyappa N Ankali, Rangaswamy J, Mallappa Shalavadi and Nagaraja Naik. Synthesis, molecular docking and in vivo biological evaluation of iminostilbene linked 1,2,3-triazole pharmacophores as promising anti-anxiety and anti-inflammatory agents. Medicinal Chemistry (Accepted 2021 [10.2174/1573406417666210608141746](https://doi.org/10.2174/1573406417666210608141746))

- Kariyappa N Ankali, Rangaswamy J, Mallappa Shalavadi, Nagaraja Naik, Ganga naik Krishnamurthy. Synthesis and Molecular Docking of novel 1,3-Thiazole Derived 1,2,3-Triazoles and In vivo Biological Evaluation for their Anti anxiety and Anti inflammatory Activity. Journal of Molecular Structure 2021, [1236](https://doi.org/10.1016/j.molstruc.2021.1236), 130357.

- E. Vijaya Sekhar, Subhas S. Karki, Rangaswamy J, Mahesh Bhat, Sujeet

Kumar. Synthesis, characterization, and biological evaluation of some 4-((thiophen-2-ylmethylene)amino)benzenesulfonamide metal complexes. Beni-Suef University Journal of Basic and Applied Sciences, 2021, 10:28

- Participated in 3 day International Webinar conducted by Department of Studies on Chemistry, University of Mysore, Manasagangotri, Mysore held on 18th, 19th and 20th September 2020.

- Participated in National Webinar on “Computer Aided Drug Discovery” organized by Department of Studies on Chemistry, University of Mysore, Manasagangotri, Mysore held on 14th September 2020.

- Participated in National Webinar on “H-Cardonol-Synthesis and Applications” organized by Department of Studies on Chemistry, University of Mysore, Manasagangotri, Mysore held on 10th September 2020.

- Participated in “E-Quiz on “COVID-19 Pandemic Awareness” conducted by JSS College for Women, Saraswathipuram, Mysuru, Karnataka, held on 24th July 2020.



Ms. Prashanthi :

- Participated in two day National webinar on “Astronomy and Cosmology” held at Poornaprajna College, Udupi on 18th & 19th June 2020

- Participated in one day National webinar on “3D Electron Microscopy for Structural Nano Technology” held at St. Aloysius College, Mangalore on 25th June 2020.

- Participated in one day National webinar on “Chemists for 27th century” held at St. Aloysius college, Mangalore on 25th June 2020.

- Participated in one day National webinar on “Impact of polymer based biomaterials on human health” held at Smt. Kasturbai walchand college, Sangli on 27th June 2020.

- Participated in one day National webinar on “Post COVID Scenario” held at MGM College, Udupi on 1st July 2020.

- Participated in one day National webinar on “Role of medicine in prostate cancer” held at Alva’s college, Moodubidire on 3rd July 2020.

- Participated in two days National webinar on “Modern instrumental and characterization techniques in applied

sciences” held at Uttarakhand science education and research centre on 5th & 6th July 2020.

- Participated in one day National webinar on “Advanced materials and technologies” held at St. Agnes College, Mangalore on 9th July 2020.

- Participated in one day National webinar on “Recent trends in chemical science” held at Poornaprajna College, Udupi on 9th September 2020.

Dr. Raghavendra A : Principal

- Delivered a talk on “Mathematics – We Experience” on the occasion of National Mathematics Day celebration organized by Shri MadhwaVadiraja Institute of Technology and Management, Vishwothama Nagar, Udupi on 23rd December 2020.

- Took part in preparation of study material (Video recording) for the benefit of CET aspirant students of Karnataka on 23rd and 26th April 2021.

- Was a resource person for the mathematics session in a two day workshop for High School Teachers of Dakshina Kannada District on 25th and 26th of February 2021 organized by Pilikula Regional Science Centre.

- Participated in the National Level Mathematics Webinar Series conducted by the Department of Mathematics, Mangalore University, during September 9 – 12, 2020

- Delivered a talk on “JanapriyaGanita” in the webinar conducted by the Department of Mathematics of Sri Bhuvanendra College, Karkala on 31st January 2021.

- Participated in the Second International Conference on Algebra and Discrete Mathematics – ICADM 2020 organized by Department of Mathematics - DDE, MadhuraiKamaraj University, Madhurai – 625021 during June 24 – 26, 2020.

- Participated in the International Conference on “Discrete Mathematics and Combinatorics” conducted by Department of Mathematics, Poornaprajna College and PG Center, Udupi – 576101

Mr. Rakesha :

- Participated in the Five days National level virtual Online Faculty Development Program on “Graph Theory”, during 29th June to 3rd July 2021 organised by Department of science in collaboration with IQAC.

- Participated in the International Conference on “Discrete Mathematics and Combinatorics” conducted by Department of Mathematics, Poornaprajna College and PG Center, Udupi – 576101

- Presented a paper in the International Conference on “Discrete Mathematics -2020” conducted by Department of Mathematics, Mangalore University and Academy of Discrete Mathematics and Applications(ADMA) during 8th to 10th Feb 2021.

- Participated in the National Level Mathematics Webinar Series during 9th to 12th September 2020 organised by Dept. of Mathematics, Mangalore University.

- Attended One Day Webinar on “Vedic Mathematics and its Application”, on 6th July 2020 organised by St. Joseph Engineering College, Mangaluru.

- Attended One Day Webinar on “Applications of Mathematics in Technology and Real Life”, on 5th July 2020 organised by Rajarambapu Institute of Technology, Rajaramnagar.

- Attended One Day Webinar on “GeoGebra: An effective Tool for Mathematics Teaching”, on 3rd July 2020 organised by Loyola College, Manvi...



- Participated in the One-Week Online Workshop on “CSIR NET Preparation Tools and Techniques”, during 25th to 29th May 2020 organised by The Standard Fireworks Rajaratnam College for Women, Sivakasi.

- Participated in a National Webinar on Janapriya Ganitha, held on 31/01/2021, organized by Department of Mathematics, IQAC, Sri Bhuvanendra College, Karkala in association with Pilikula Regional Science Centre Mangalore.

- Participated in a national level webinar on “Number Theory and Cryptography” held on July 3rd 2020 organised by UG department of Mathematics St. Aloysius college Mangalore.

Mr. Dhanaraj :

- Presented a paper in the International Conference on “Discrete Mathematics and Combinatorics” conducted by Department of Mathematics, Poornaprajna College and PG Center, Udupi – 576101.

- Participated in the International Conference on “Discrete Mathematics and Combinatorics” conducted by Department of Mathematics, Poornaprajna College and PG Center, Udupi – 576101

- Participated in the One-Week Online Faculty Development Program on “Recent research developments in Mathematics, Statistics and their applications”, during 20th to 26th May 2021 organised by GMR Institute of Technology, Kakinada.

- Participated in the National Level Mathematics Webinar Series during 9th to 12th September 2020 organised by Dept. of Mathematics, Mangalore University.

- Attended One Day National Webinar on “Technology-driven Higher Education in India: Issues and Challenges”, on 2nd September 2020 organised jointly by MHRD and SJCB Memorial College, Sringeri.

- Attended One Day Webinar on “Vedic Mathematics and its Application”, on 6th July 2020 organised by St. Joseph Engineering College, Mangaluru.

- Attended One Day Webinar on “Applications of Mathematics in Technology and Real Life”, on 5th July 2020 organised by Rajarambapu Institute of Technology, Rajaramnagar.

- Attended One Day Webinar on “GeoGebra: An effective Tool for Mathematics Teaching”, on 3rd July 2020 organised by Loyola College, Manvi.

- Participated in the One-Week Online Faculty Development Program on “Pure and Applied Mathematics”, during 11th to 17th June 2020 organised by Jamal Mohamed College, Tiruchirapalli.

- Attended One Day Webinar on “Applications of Differential Equations”, on 4th June 2020 organised by Kongunadu Arts and Science College, Coimbatore.

- Attended One Day National Webinar on “Research Advances in Graph Theory”, on 28th May 2020 organised by Justice Basheer Ahmed Sayeed College for Women, Chennai.

- Participated in the One-Week Online Workshop on “CSIR NET Preparation Tools and Techniques”, during 25th to 29th May 2020 organised by The Standard Fireworks Rajaratnam College for Women, Sivakasi.

- Participated in the One-Week Online Faculty Development Program on “SCILAB – An open-source substitute for MATLAB”, during 25th to 30th May 2020 organised by JNTUH College of Engineering Sultanpur and Spoken Tutorial Project IIT Bombay.

Ms. Rachana :

- Participated in the webinar on “Applications of Differential Equations”

conducted by KONGUNADU ARTS AND SCIENCE COLLEGE COIMBATORE held on 4th June 2020.

- Participated in National E-Quiz on “Discrete Mathematics” conducted by CMRIT Bangalore held on 9th June 2020.

- Participated in National level online Quiz on “Mathematical Sciences CSIR NET/SET” organized by ST. ANNES ARTS AND SCIENCE COLLEGE CHENNAI held on 27th June 2020.

- Participated in E-Quiz on “Elementary Graph Theory” conducted by Dr. P. Dayananda Pai – P SathishPai Government First Grade College, Mangalore held on 27th June 2020.

- Participated in the webinar on the topic “The Number Theory – Purest of Pure Mathematics when applied” organized by SMVITM Bantakal held on 21st November 2020.

- Participated in a two day workshop on “Scilab / Maxima” organized by department of Mathematics Canara College, Mangalore and FORMAT held on 10-11 June 2019.

- Participated in one day workshop on IV semester lab manual conducted at University College, Mangalore held on 29 march 2021.



Ms. Amrutha :

- Participated in the State level online training on the topic “Post Pandemic Educational Revolution – Issues and Challenges” conducted by JCI, Surathkal held on 23rd May 2021.

- Participated in the webinar on “Digital Culture in Education” organized by the Department of Science and Humanities of Hindustan College of Engineering and Technology, Coimbatore held on 10th June 2020.

- Participated in the webinar on “Introduction to FEM” organized by Department of Mechanical Engineering, AKS University Satna held on 8th June 2020.

- Participated in a two day workshop on “Scilab / Maxima” organized by department of Mathematics Canara College, Mangalore and FORMAT held on 10-11 June 2019.

- Participated in one day workshop on IV semester lab manual conducted at University College, Mangalore held on 29 march 2021.

- Guide a project on the topic “Farey sequence”.

Mrs. C Deepika Bhat :

- Participated in a two day workshop on “Scilab / Maxima” organized by department of Mathematics Canara College, Mangalore and FORMAT held on 10-11 June 2019.

- Participated in one day workshop on IV semester lab manual conducted at University College, Mangalore held on 29 march 2021.

- Participated in online super session on “Personal financial management” conducted by ICT academy on 20th May 2020.

- Participated in online super session on “Future of education” conducted by ICT academy on 18th June 2020.

- One day webinar on “Applications of mathematics in technology and real life” conducted by Rajarambapu Institute of Technology, Rajaramnagar on 5th June 2020.

- One day webinar on “GeoGebra an effective tool for mathematics teaching” conducted by Loyola College, Manvi on 3rd July 2020.

- Guided Project on the topics “Mersenne numbers and Mersenne Primes” and “Semigroups”.



- Participated in the webinar on “Mathematics of Signals: Perspectives in coding and cryptography” organized by Department of mathematics dated 26 November 2020.

- Participated in one day national webinar on “Intellectual property rights and its roles in research and innovation” held on July 3rd, 2021 jointly organized by IQAC and innovation cell, Yogi Vemana University, Kadapa.

- Secured 88% in E-Quiz on “Elementary Graph Theory” conducted by Dr. P. Dayananda Pai – P SathishPai Government First Grade College, Mangalore held on 27th June 2020.

- Participated in National level online Quiz on “Mathematical Sciences CSIR NET/SET” organized by St. Annes Arts and Science College Chennai held on 27th June 2020.

- Secured 80% in E-Quiz on “Aptitude and mental ability” organized by the department of mathematics, Sivanthi arts and Science College for Women, Piraikudiyeruppu on 2nd July 2020.

- Participated in ‘Math e-Quiz’ organized by department of mathematics,

KLE College of Engineering and Technology, Chikodi on 14th June 2020.

Dr. Prasanna Poojary :

- Published a research paper on Certain topological indices and polynomials for the Isaac graphs in the Journal of Discrete Mathematical Sciences and Cryptography, 24(2), pp. 511-525.

- Published a research paper on “Algebraic construction of near bent function with application to cryptography”, in the Journal of Discrete Mathematical Sciences and Cryptography,

- Published a research paper on “Algebraic construction of semi bent function via known power function” in the journal of TWMS J. App. Eng. Math. 11(2), pp. 359-367 (2021) Indexed by SCOPUS.

- Published a research paper on “Sequences of numbers via permutation polynomials over some finite rings”, in the journal of Proyecciones (Antofagasta, Online) 39(5), pp. 1295-1313 (2020) Indexed by SCOPUS

- Published a research paper on “Some cryptographic properties of near bent functions over finite fields”, in the



Italian Journal of Pure and Applied Mathematics, 43, pp.890-898 (2020) Indexed by SCOPUS.

- Published a research paper on “Symmetric key end to end cryptosystem using plateaued functions and Hadamard matrix”, in the proceedings of the Jangjeon Mathematical Society, 23(1), pp. 99-107 (2020) Indexed by SCOPUS.

- Published a research paper on “Algebraic Construction of Near-Bent and APN Functions”, in the journal of Advances in Applied Clifford Algebras (Springer), 29(5), (2019). Indexed by Science Citation Index (SCI)

Mr. Gopal M Gokhale : HoD Statistics

- Published a paper titled Survey of Student Perceptions of Remote Online Teaching in an Undergraduate General Degree Awarding Institution in The online Journal of Distance Education and e-Learning, April 2021, volume 9 , issue 2, an International journal.

Mrs. Dhanya K :

- Delivered a guest lecturer on the topic “Data Visualization using R software” , for B Sc students in Alva’s College Moodbidri in online mode on 18th October 2021.

- Mrs Dhanya K participated in the two day international webinar on “Covid 19 Fiscal Management ways and Challenges Ahead” jointly organised by Sri M V Government Arts and Commerce College Bhadravathi Karnataka and the Indian Economic Association during 4th and 8th June 2020 and presented a paper entitled “Statistics for Research in Economics”

- Successfully completed Virtual FDP on Creative Thinking By ICT Academy on 7 to 11 June 2021.

- Attended 16 online webinars.

- Conducted a Certificate course “Quantitative Aptitude” for B Com and BBA Students.

Mrs. Madhu Bhat :

- Conducted a Certificate Course on “Quantitative Aptitude for B Sc students.

- Successfully completed a Certificate course on “Data Science with R Programming in Simplilearn Platform.

Dr. Vijayalakshmi C. Bhat H.O.D Botany

- BOE Chairman in Botany of Mangalore University

- BOS member in Botany of St.Aloysius College(Autonomous), Mangalore.



- BOS member in Botany of Mangalore University.

- Attended refresher course in Environmental studies organised by UGC-HRDC Mumbai.

- Conducted Karnataka Government Social Forestry Peoples' Biodiversity research project of Chantaru and Alevoor Grama Panchayats of Udupi.

- Participated in six National level webinars and one National level online workshop in the botanical aspects.

Ms. Pratheekha :

- Registered for PhD in DOS of Botany, Manasagangothri Mysuru 2020-2021.

- Conducted special talk on "Preliminary studies on floristic and Avian Diversity in selected mangrove ecosystem and conservation" through online platform to all the BSc (Bzc) students of Poornaprajna college Udupi

- Conducted Outreach programme on Biodiversity and conservation at Shri Siddivinayaka Residential School Hattiyangadi. on 4-8-2021.

- Participated as teacher guide in State level science model competition organised by KSTA Bangalore. on 1st&2ndMarch 2021.

- Participated in National webinar on "Biodiversity hotspot with reference to India", by KLE society's Raja Lakshmanagouda Science institute, Belagavi.14th/June/2021.

- Participated in the National webinar on "Biodiversity and Conservation: prospects and challenges" organized by post graduate department of Botany, Pocker Sahib Memorial Orphanage College, Tirurangadi, Malappuram, Kerala on 28th July 2021.

- Participated and obtained 80% in the online "Botany Quiz-Taxonomy" organized by Department of Botany, SS College Shahjahanpur, UP-21/June/2020.

Mrs. Sahana :

- Participated in National Webinar on "Biodiversity and Conservation: prospects and Challenges" organized by post graduate department of Botany, Pocker Sahib Memorial Orphanage College, Tirurangadi, Malapuram on 28-july-2021

- Participated in National Webinar on "Biodiversity Conservation" organized by National Institute of Disaster Management, Ministry of Home affairs, Govt.of India and Department of Microbiology & Botany, Dhote Bandhu Science College, Gondia on 30-july-2021.



- Participated in International webinar on “Literature and Pandemics –A Correlation and Societal Impact of the Pandemic” organized by Department of English, Poornaprajna College and Post Graduate Centre Udupi on 31-july-2021.

- Participated in the National Level Online Workshop On “Recent Developments in Research and Methodology” organized by the department of zoology, Mahathma Gandhi Memorial College, Udupi on 4/08/2021.

Dr. K. Santhosh Kumar : HOD Zoology.

Published 6 research articles in Journals with ISSN number and presented 2 papers in conferences. He participated in 1 Short-duration course, 3 National level Seminars, 4 Conference and 5 Workshops conducted by various institutes. Besides, Submitted 1 research report to Regional Centre, National Afforestation and Eco-Development Board (Ministry of Environment & Forests, Govt. of India), Bangalore. He has organized one lecture series, 4 Invited talks on topics of biology and 2 - day fieldwork based workshop at Agumbe. He has successfully guided 104 dissertation project of B.Sc. student.

DR. Karamchand Kishore : Lecturer in Zoology

Published 15 research articles in Journals with ISSN number and presented 1 poster papers in conference. He was participated in 13 Seminars and 1 Workshop conducted by various institutes. He has organized one quiz competition on origin of life for BSc students.

Mr. Srikantha M : HoD Computer Science.

- Completed “Java Programming” course work conducted by Oracle Academy on 30-09-2020

- Prepared the study material for Mangalore University second year BSc open elective paper “System Administration and Maintenance (BSCCSCE233)”

- Prepared the question bank for Mangalore University I semester BSc Computer science students.

- Participated in one week VFDP on “Flutter UI Design” organized by ICT Academy from 23-11-2020 to 28-11-2020

- Attended a two day Teacher Training Programme held on 7th & 8th October 2020, organised by the IQAC of Poornaprajna College.



- Participated webinar on “Role of teachers in implementation of National Education Policy” on 26/2/2021 conducted by CDC, Mangalore.

- Participated online live FDP on “Fundamentals of AI & ML “conducted by ICT Academy from 10/5/2021 to 14/5/2021

- Completed an online non-credit course “Introduction to Cloud Identity” conducted by coursera on July 22, 2021

- Participated in the Online Super Session on Improving the Skill Set & Changing the Attitude Expert session by Dr. Ramesh Prabbha conducted on 05 June 2020 by ICT Academy.

- Participated in the Insightful Fridays of Skycampus Digital Knowledge Webinar Series Expert Talks & Panel Discussion conducted on 05 Jun 2020 by ICT Academy

- Participated in the Insightful Fridays of Skycampus Digital Knowledge Webinar Series Expert Talks & Panel Discussion conducted on 19 Jun 2020 by ICT Academy

- AI, ML,IOT and Big Data Applications one week online FDP Gokaraju Rangaraju Institute of

Engineering & Technology from st to 6th June 2020

- One week national level online FDP on “IOT and AI” from 1st to 6th June 2020 organised by Department of computer engineering college K L Deemed University, Guntur AP

- Participated International webinar “The future of Jobs-Employment, skills and workforce strategy post COVID-19” on 13th June 2020 by Cross land college, Brahmavar. Participated in 5 Days International Seminar (Webinar Series) on “Research Methodology” organized by Srinivas University, Mangaluru from 01-06-2020 to 05-06-2020.

- Participated in Five-Day Online FDP on “ Mobile App Development and Artificial Intelligence with MIT App Inventor” from 13-7-2020 to 17-7-2020 organized by Department of MCA, NMAM Institute of Technology, Nitte.

- Completed an online non-credit course “Getting started with AWS Machine Learning” conducted by coursera on August 15, 2021

Ms. Rashmi KA :

- Participated online live FDP “Fundamentals of Machine learning” from



16-2-2021 to 20-2-2021 conducted by ICT academy

- Participated online live FDP “Apex programming Fundamentals” from 19-10-2020 to 24-10-2020 conducted by ICT academy

- Attended a Two Day Teacher Training Programme held on 7th & 8th October 2020, organized by the IQAC of Poornaprajna College.

- Participated online live FDP on “Fundamentals of AI & ML “conducted by ICT Academy from 10/5/2021 to 14/5/2021.

- Participated in Four-Day Webinar on IOT, AI & ML organized by the department of computer science Milagres College Kallianpura from 27 to 30th July 2020.

- Participated in National webinar on “Post Covid Scenario-Role of teachers in building future generation” organized by the department of commerce and IQAC MGM College Udupi on 1st June 2020.

- Participated in the International Webinar on “Stress Management” held on 03rd June 2020.

- Participated in the Online Super Session on “Improving the Skill Set &

Changing the Attitude” conducted on 05 June 2020 by ICT Academy.

- Participated in a National Level Online FDP on “Adapting ourselves to the Online Academic Activities” on 16th June 2020 organized by Sahyadri College of Engineering & Management Mangalore.

- One-week national level online FDP on “IOT and AI” from 1 to 6 June 2020 organised by Department of computer engineering college K L Deemed University, Guntur AP.

Mr. Aravind Sharma :

- Completed NPTEL certificate course Problem solving aspects and Python programming.

- Conducted “Python Programming” certificate course for BSc students from 30/7/2020.

- Attended Online Live FDP by ICT Academy on the topic “Fundamentals of Machine Learning” 12 June 2020-18 June 2020.

- Attended a Two Day Teacher Training Programme held on 7th & 8th October 2020, organised by the IQAC of Poornaprajna College.

- Attended FDP on “Building RPA Bots with Automation Anywhere



Enterprise A2019” on October 14 2020 conducted by ICT Academy. Attended National Level workshop “Fundamentals of Machine Learning” by ICT Academy on 12-18 June 2020.

- Attended Faculty Development Program “AI , Robotics and Automation Anywhere Enterprise A2019” by ICT Academy on 14-Oct 2020.

- Attended Faculty Development Program “Signals, Communication and Embedded Systems” Anywhere Enterprise A2019" by ICT Academy on 15-Oct 2020.

- Attended Faculty Development Program “IOT, High Performance and Edge Computing” Anywhere Enterprise A2019" by ICT Academy on 17-Oct 2020

- FDP By ICT Academy on “Fundamentals of AI & ML” from 10/5/2021 to 14/5/2021.

- National level webinar on “Deep Learning and Its Applications” by St. AIMIT, Mangalore on 02-07-2020.

- National Level Webinar on “Artificial Intelligence and Machine Learning” By University college, Mangalore on 03-07-2020.

- Teacher training programme by Poornaprajna College, Udupi on 7th and 8th October 2020.

- National Level webinar by St Joseph College of Engineering, Mangalore on the topic “Artificial Intelligence and Its Applications” on July 3rd 2020.

- International Webinar, organised by the Department of English, Poornaprajna College, Udupi in association with IQAC and IRYS group on 24 & 25 July 2020

- Participated in the Online Super Session on Improving the Skill Set & Changing the Attitude Expert session by Dr. Ramesh Prabbha conducted on 05 June 2020 by ICT Academy.

- Participated in the Insightful Fridays of Skycampus Digital Knowledge Webinar Series Conducted on 19 Jun 2020 by ICT Academy.



STUDENT'S COUNCIL REPORT 2020-21

The activities of the Student's Council began with the nomination of class representatives by the Principal and Student Welfare Officers. Sonali Poralu Madhusudhan of III BCom was nominated as the President of the Council, and Shonika Sohal Amin of III BBA, Shalini D Naik of III B.Sc. and Shwetha of III BA as student secretaries. Various associations and departments conducted numerous programmes and activities during the academic year.

CAREER GUIDANCE CELL :

Under the guidance of Internal Quality Assurance Cell & The Commerce and Management , The career guidance cell has organized the following programmes

1. Organized a Virtual Lecture on "Career Opportunities in Event Management" in association with Career Guidance Cell for the students who have enrolled for Certificate course "Event Management" on 14th August 2020. Mr. Avinash Kamath. Freelancer and Entrepreneur, Udupi, was the resource person.
2. A Virtual Lecture on "Social media – A Stepping Stone for E-Business" organised by Commerce and

Management association in association with IQAC & Career Guidance Cell on 26th August 2020. Mr Vishnu Umesh Poojary, Assistant Professor, Acharya Institute of Graduate studies, Bangalore, was the resource person.

3. The Department of Commerce and Management IQAC, Career Guidance Cell have jointly organized a Virtual Training Program On "THE PATH FINDER - CAMPUS TO CORPORATE" Webinar Series for UG and PG Students from 22nd September 2020 to 27th September 2020. Mr. Praveen Gudi, CEO, MY Life, Hubli was the Resource Person. The following sessions were organised.

22/9/2020: Motivation, 23/9/2020: Study Skills, 24/9/2020: Campus to Corporate 25/9/2020: Resume Building, 26/9/2020: Group Discussion, 27/9/2020: Interview Skills.

4. The Department of Commerce and Management IQAC, Career Guidance Cell, have jointly organized a Virtual Lecture on "Business Continuity Management" for BCOM and BBA Students on 2nd December 2020 . Mr.



Venkatesh, Associate Director, Department of Business Continuity Management Practices, Cognizant Technology Solutions was the resource Person.

5. The Department of Commerce and Management IQAC, Career Guidance Cell, have jointly organized a Virtual Interactive Session on “Youth Crime-Reasons and Solutions” for all the Students on 15th December 2020. Mrs. ASI Muktha Bai, Assistant Sub inspector of police, Kota Police Station was the resource Person.

6. Poornaprajna College and Postgraduate Centre, Udipi, IQAC, Career Guidance Cell, The Department of Commerce and Management have jointly organized a Virtual lecture on Brand Management” for BCOM and BBA Students on 17th December 2020. Dr. Krishna Kothai, Coordinator, Poornaprajna center for Research and Development, Udipi was the resource person.

7. Organised A workshop on “Emotional Intelligence” organised in association with Career Guidance Cell on 13th January 2021. Dr. Sandhya R. Assistant Professor, DOC, MAHE, Manipal was

the Resource Person. Two sessions were organised on the topics: Dealing with Emotions and Emotion Management

8. Training Programme on “What Got Us Here, Will Not Take There” - How to be prepared for the REAL WORLD Outside the COLLEGE was organized in association with Career Guidance Cell on Tuesday, 2nd March 2021. Mr. Praveen Gudi. Motivator & Life Coach, CEO, My Life, Hubli was the resource person.

9. Campus placement Drive was organised in association with Career Guidance Cell and IQAC on 4th March 2021 for the final year students of all streams. 6 students were selected by Kotak Mahindra Insurance Company.

10. Organized “Covid -19 (Post vaccine) awareness program” for teaching and non teaching staff of the college on 29th May 2021. Rtn. Dr K A Prahlad, consultant Physician, Apollo BGS Hospital, Mysore was the resource person.

11. Organized “Satvikam shivam” on 10th June 2021 by Krishnamoorthi kavathar.



COMMERCE AND MANAGEMENT ASSOCIATION:

Mrs. Jayalaxmi of Department of Commerce and Management is the Convener of the Commerce Association. Ms. Vagdevi Madhyastha, Mr. Chakrapani are the Staff coordinators Ms. Sakshi, Ms. Rakshitha, Ms. Shama and Mr. Prashaswin of Final Bcom are the student Secretaries. There are 63 active student members in Commerce Association. Ms. Meenakshi Acharya of Department of Commerce and Management is the Convener of Management Association. Ms. Jyothi Acharya and Ms. Anupama Nayak are the staff coordinators. Ms. Nidhi and Ms. Harshitha Alva of Final BBA are the student secretaries. There are 30 member students in Management Association.

Commerce Association has organised Guest lectures, Training programs, workshops, Awareness and education programs in association with Department of Commerce and Management under the leadership of Prof. Shivakumar, Head of the Department of Commerce and Management.

25 classes are held in each semester. Interactive sessions, Learning activities, Educational programmes, Awareness

Programmes, Role playing, Group Discussions, Spell Bee, JAM, Quiz and other competitions are organised to the member students of Commerce and Management Association. Environment Day was celebrated on 5th June 2021. Project on Planting the saplings, Presentation on the Importance of Environment protection, Quiz organised to the member students.. On June 21, International Yoga Day was celebrated. Quiz on Importance of Yoga was held for the member students of Associations. Presentation Competition on start-up venture “Money Heist” was organised. Assignments on various relevant topics were given to the students.

Mrs. Jayalaxmi has conducted the sessions on the topics “Personality Development”, “Time Management” and “Effective PowerPoint Presentations”. Ms. Vagdevi Madhyastha has conducted the sessions on “Corporate Social responsibility and Mr. Chakrapani Adiga has conducted the sessions on “How to face the Intercollegiate Competitions and “Commerce and Management Fest- How, What and Why?, Ms. Krithika has organised a session on “How to make an effective survey” to the students who have taken the initiative to conduct research and survey.



Commerce and Management Association has organised the following programs in association with Department of Commerce and Management. All the member students of both the associations have actively participated in all the programs.

1. Virtual training program on “First Aid” for the Rovers and Rangers, BCOM and BBA Students on 27th November 2020. Mr. Vinish V. Assistant Professor, Manipal College of Nursing, MAHE, Manipal, was the resource person.
2. Virtual Lecture on “Business Continuity Management” for BCOM and BBA Students on 2nd December 2020 . Mr. Venkatesh, Associate Director, Department of Business Continuity Management Practices, Cognizant Technology Solutions was the resource person.
3. Virtual Session on “Event management – Challenges and opportunities” for BCOM and BBA Students on 4th December 2020 . Mr. Jerald Fernandez, Vice President, Moodubelle Church Parish Council was the resource person.
4. Virtual Interactive Session on “Youth Crime- Reasons and Solutions” on 15th December 2020 . Mrs. ASI Muktha Bai, Assistant Sub inspector of police, Kota Police Station was the resource person.
5. Organised A workshop on “Emotional Intelligence” organised in association with Career Guidance Cell on 13th January 2021. Dr. Sandhya R. Assistant Professor, DOC, MAHE, Manipal was the resource person. Two sessions were organised on the topics: Dealing with Emotions and Emotion Management.
6. 2 days’ Workshop on “Positive Psychology and Life Skill- try to know you better – being known rather than validated” was organized on 22/5/2021 and 24/5/2021. Ms Sriraksha alumna was the resource person. Two sessions were organized on the topics – Converting Negativity to positivity, Areas of interest, Courses and choices, Spending Lockdown with free online courses, and Being professional.
7. Investor Education Program on “Introduction to Mutual Fund and Financial Planning” was organised by Department of Commerce in association with Commerce and Management Association on Wednesday, 26/5/2021. B. UdayaBhaskara Ganesh Investor &Teacher was the resource person,



8. Organised a Corona Wellness Program on “Positive Psychology among students” in association with Rovers and Rangers Unit of the college on 12th June 2021. Dr. Virupaksha Devarumane, Psychiatrist, Dr. A.V. Baliga Memorial Hospital Udupi was the resource person.

CULTURAL ASSOCIATION

The cultural association was inaugurated by Dr.Srikanth Rao, Kannada professor, PPC on 13-12-20. Dr.Prajna Marpally, Ms. Namrata Achar, Mr. Shivakumar Alagodu, Ms Deeksha S and Ms Meghana Bhat are the staff advisors of the cultural association. Madhavi of III B.Com , Bindu of III B.Com, Sudhanva of III B.Sc, Ankitha of III B.Sc, Rakshith of III B.A and Kiran of III B.B.A are the student representatives. The students of the association have actively participated in the competitions conducted by our college as well as other colleges.

- Various online competitions were conducted on the occasion of Krishna Janmashtami on 9-9-20.
- Various online competitions were conducted on the occasion of National Youth Day on 8-12-20
- Students participated in various cultural programs on 24-2-21

- An online program on ‘Different forms of Yakshagana’ was conducted on 27-5-21. Mr. Shivakumar Alagodu, Kannada lecturer, PPC was the resource person
- An online program ‘Navarasagala Samarasa’ was organized by I BSc students on 3-6-21
- A virtual program ‘Sathwikam Shivam’ was organized on 10-6-21. Mr. Krishnamoorthi Kavatharu , senior artist and actor was the resource person
- An online program ‘Prajwalitha’ was organized by I BCom and I BBA students on 17-6-21
- A virtual program was organized to celebrate International Yoga Day on 24-6-21.
Mrs. Mamatha Roopesh, Yoga teacher, Niranthara Yoga Shikshana Kendra, Udupi was the resource person
- A virtual program ‘Badhukige Baraha’ was organized on 1-7-21. Mr. Narendra Gangolli, columnist, lecturer, SV College, Gangolli was the resource person
- Five students of our college participated in the inter collegiate music competition held at SMS College, Brahmavar.



Pavithra Bhat of III BSc bagged the first place in light music. Madhumathi of II BSc bagged the first place in classical music competition. Sindhu, Varsha and Anisha of II BSc bagged the second place in group song.

- Twenty students of our college participated in the University level inter collegiate competition held at St. Aloysius College, Mangalore. The cultural team bagged the overall second place in cultural events

ECO CLUB

- Conducted virtual Vanamahostava programme on the theme “Make life beautiful with plants”.
- Conducted NPTEL video show programme on ‘Amazing Nature’.
- Conducted competition on mini project “Biodiversity around your home” and Article writing on ‘Environmental issues in India 2020-21.
- Dr. Vijayalakshmi C. Bhat, H.O.D of Botany is the staff representative.
- Mr. Prathweesh Shetty III B.Sc. BZC and Ms. Meghana Rao II .B.Sc. BZC are the student secretaries.

HERITAGE CLUB:

1) Sri Surendranath Shetty, Retd Professor of MGM College , Udupi , gave

a talk on ‘Relevance Of Tradition During The Pandemic’ on 8\1\21 through online mode.

2) Ms Abhijna Upadhyaya gave a talk on ‘Legacy of Sanskrit Language ‘ on 8\6\21 through online mode.

LADIES FORUM 2020-21

Mrs Harinakshi Shetty is the convenor of Ladies Forum for the academic year 2020-21. Mrs Bhairavi Pandhya , Dept of Hindi, Mrs Madhulika Bhat , Dept of Commerce and Management and Ms Krithika Rao are the Staff Advisors.

1. The members of Ladies Forum participated in an online awareness programme conducted by Manipal College of Nursing on the topic”Awareness on Thalassemia and willingness for carrier screening among adolescent women between the age group of 18-24 years in selected colleges of Udupi district’ on 10th November 2020.
2. A virtual lecture was organised by Ranger Unit in association with Ladies Forum on the topic “Personal Hygiene and Healthy Lifestyle” on 30th November 2020. Dr Chaithra, Dept Of Community Medicine KMC Manipal was the resource person



3. A virtual talk on Aids Awareness was held on 2nd December 2020. Dr Rajalaxmi, consultant obstetrician and Gynaecologist, Vatsalya clinic was the resource person.
4. A talk on Menstrual problems and smart remedies by Dr Indira Bai Shanbhag consultant Gynaecologist City Hospital Udupi was held on 29th January 2021.
5. Mrs Bhairavi Pandhya, Department of Hindi conducted a session on making Hair accessories using artificial flowers on 5th February 2021.
6. Mrs Harinakshi Shetty, Department of English conducted a session on 'Yoga' and created awareness about benefits of practicing Yoga every day
7. A talk on 'Kitchen Gardening: Growing Poison free Vegetables' was held on March 1st 2021. Shri Mahesh Shenoy K, Social worker, Udupi was the resource person.
8. The students participated in Janaushadi Diwas 2021 held on March 3rd 2021 by Pradhanamantri Bharathiya Janaushadi Kendra.
9. An Exhibition of Craft Pieces prepared by students was held on 5th March, 2021 in the college.
10. International Women's Day was celebrated on 8th March 2021. Dr Sukanya Mary Fernandes, Principal, Shri Poornaprajna Evening College was the resource person.
11. The students participated in an online Yoga Programme for 21 days conducted by Shri Patanjali Yoga Shikshana Samiti, Udupi Branch.
12. A Virtual talk on Eye care during Covid 19 was held on 28th May 2021. Dr Krishnaprasad Kudlu Ophthalmologist Prasad Netralaya Udupi was the resource person.
13. A Virtual talk on Covid 19 was held on 3rd June 2021. Dr Rajalaxmi, Gynaecologist, Udupi was the resource person.
14. A virtual talk and demo on Yoga for Physical and Mental Health was conducted on the occasion of International Yoga day on 21st June 2021.
15. Students actively Participated in the activities like preparing cloth bags using old cloths and making vases and garden pots using old bottles conducted with the motto 'Best Out of Waste'.
16. An awareness programme on Corona pandemic was held. Students



distributed masks to people prepared by them under the motto 'Don't Forget Your Mask and Do not Spit in Public places'

POORNAPRAJNA AMATEUR ASTRONOMERS CLUB (PAAC)

This year the Poornaprajna Amateur Astronomers' Club, introduced for the benefit of the students of the college, a global exposure through the introduction of its online Presence.

Through its online presence, PAAC now has audience all over the world, following it on various social media platform and subscribing to regular astronomy updates in the form of:

- Monthly Astronomy Calendar (English and Kannada)
- Monthly Full Moon Infographic (English and Kannada)
- Astronomy Infographics
- Guide to Night Sky : Video series in English.
- ಈ ತಿಂಗಳ ಆಕಾಶ Video series, narrated by Dr. A.P. Bhat
- Connect the Dots – Astronomy Constellations - Activity
- Astronomy Crossword in English and Kannada. Apart from this. PAAC also

Organized the following programs this year:

- Live Stream of the Partial Eclipse on 20th June 2020 on PAAC YouTube channel.
- A national-level webinar on Opportunities in Space Science and Astronomy by Prof. Sreekumar, Satish Dhawan Professor, ISRO on 23rd July 2020.
- Sky-Watch program at Shri Sharadamba High School, Bhairumbe Sirsi, on 15th November 2020.
- Launch of Planisphere by H.H. Sri Vishwapriya Theertha Swamiji at Admar Mutt, Udupi on 25th November 2020.
- Sky-Watch program of the Great Conjunction on 20th December 2020 to view the Great Conjunction of Jupiter and Saturn.
- Live Stream of the Telescopic view of the Great Conjunction on PAAC YouTube Channel with over 11k views.
- Sky-watch program at the Residence of Dr. N.V. Kamath at Doddannagudde for the students of Nittur High School, Udupi. On 27th December 2020.



- Sky-watch program at Oakwood High School, Kundapura on 10th January 2021.
- Virtual Sky-watch program at Manipal Pre-University College on 11th January 2021
- Sky-watch program at T.M.A. Pai High School, Kalliyanpura on 21st January 2021.
- Sky-Watch program at S.V.S Higher Primary School, Katpadi on 16th February 2021.
- Sky-watch program at Al-Ihsaan high school, Muloor on 18th March 2021
- Live Stream of the Lunar Occultation of Mars on 17th April 2021.
- Live Stream of Zero Shadow Day at Mangalore on 24th April 2021 on PAAC YouTube channel.
- Live Stream of Zero Shadow Day at Udupi on 25th April 2021 on PAAC Facebook page.

ROVERS AND RANGERS UNIT :

The Rangers and Rovers unit exist to assist young people in reaching their full physical, intellectual, social, and spiritual potential as individuals, responsible citizen, and members of local, national and international communities.

The report of the Unit's activities for the Academic year 2020-21 has been record of achievement and success.

Enrollment drive was conducted in the month of September and enrolled 41 students for the year.

The COVID-19 pandemic has caused the most disruption to educational system. The majority of the association's programs were delivered online. During the COVID pandemic, rangers conducted COVID Awareness Programs in their respective areas. They stitched masks and distributed them to needy people in their neighborhood.

ROVERS AND RANGERS UNIT ACTIVITIES:

On November 26th, 2020, an orientation program was organized for rovers and rangers aspirants. The resource person was Prakash B, Associate Professor, NSAM First Grade College, Nitte, who spoke about the Unit's importance, the roles and responsibilities of Rovers and Rangers, and the potential opportunities for Rangers and Rovers by joining this unit.

On November 27, 2020, the rovers and rangers unit hosted a virtual training



seminar on “first aid.” Mr. Veenish V, Assistant Professor, Manipal College of Nursing, MAHE, was the resource person.

On November 3, 2020, a webinar on “personal hygiene and healthy lifestyle” has been organised for female students. The program’s resource person was Dr. Chaithra, associate professor of Community Medicine at KMC.

The unit organized a Three-days State-Level Virtual Training program from 8th to 10th December 2020 on “Disaster Management” in collaboration with The Bharat Scouts and Guides of Karnataka. This initiative brought together 250 rovers and rangers from several districts. The resource person was Mr. Prabhath Kalkura M, consultant, Disaster Management, Udupi.

On February 22, 2021, the rovers and rangers unit organized a program to visit “Appa - Amma Anaathalaya,” an old age home, and donated groceries, vegetables, and new clothes in honour of World Thinking Day.

Nipun pre-test camp was organized for one day on 21st March 2021.

On March 23, 2021, 10 rangers took the Nipun Test, which was conducted by

The Bharat Scouts and Guides, District Association, Udupi.

The unit organised a virtual Corona Wellness Program on “Positive Psychology among Students” on 12/06/2021. DR. Virupaksha Devaramane, Psychiatrist, DR. A V Baliga Memorial Hospital, Udupi, was the resource person.

On the occasion of World Yoga Day, the Rovers and Rangers unit hosted a webinar on “Yoga for Wellbeing” on June 21, 2021, with Smt. Chethana Badekar, College of Yoga and Research, Mangalore, Karnataka, as the resource person.

On June 19, 2021, Five Rangers took part in the Rajya Puraskar examination and passed it, which was organized by The Bharat Scouts and Guides, State Association of Karnataka.

The Fit India Run 2.0 was also held to commemorate 75th year of the Independence of India on 19th August 2021 in association with department of Physical Education. Students including the sports association members, Rovers and Rangers and staff members of the college participated in the run.

20 August 2021, marks the 77th birth anniversary of India’s Former Prime



Minister late Rajiv Gandhi. This day is known as ‘Sadbhavana Diwas, with the goal of promoting national unity, peace, affection, and communal harmony among Indians of all faiths. Rangers and Rovers Unit of Poornaprajna College, Udupi observed the Sadbhavana Diwas on 19th August 2021. A pledge taking ceremony was conducted.

SPEAKERS’ CLUB :

- Ms.Apoorva Osta, Department of Commerce is the convenor, Dr.Sowjanya Shetty & Ms.Mahalakshmi, Department of Economics, Mr. Vignesh Aithal, Department of English are the staff advisors.

- Smruti [II BA], Meghana Raghunandan [II BSc] & Divya Shetty [II BCom] are the student secretaries.

- The club was inaugurated virtually on 11th December 2020 over Google Meet platform by Mr. Udayan Gan Chowdhury, Sr. Manager, Accenture, Melbourne, Australia. He gave a lecture on ‘Effective Communication Skills’. The lecture was jointly organized by the Speakers’ Club and the Department of English.

- On the occasion of Janaushadhi Diwas 2021, an awareness program on ‘Health & Hygiene of Women’ in

association with Pradhanmantri Bharathiya Janaushadhi Kendra & Sadhguru Souharda Sahakari Ltd. Udupi was organized on 3rd March,2021. Dr Vidya Ballal, Associate Professor, SDMCA, Udupi was the resource person.

- On 3rd June, 2021, an interactive session on ‘Covid Vaccine: Answers to some FAQs’ was organized in association with the Anti-Women harassment cell. Dr. Rajalakshmi, Vatsalya clinic Santhekatte, Udupi was the resource person.

- On June 5th, 2021, a series of virtual competitions were conducted on the occasion of World Environment Day. The competitions conducted were: Creative writing; Photography, Speech and Regard before you Discard. Participation of students from all streams was observed.

- On the occasion of International Women’s Day several competitions were conducted to sensitize students on the sub themes of Women health & hygiene, socio-economic development and education.

- In this academic year all the members of the club registered for Effective Business Communication - course by IIM Bangalore on SWAYAM platform



Articles Published:

The following articles and poems of our students were published

- ‘A Warrior, A Coward. A Believer’ poem by Smruti [II BA] in daijiworld.com.
- ‘Life’ an article by Divya [III Bcom] was published in daijiworld.com.
- ‘The Myth’ an article by Siri [II BSc] published in daijiworld.com.
- An article ‘Change is only constant; Adapt Positive Changes’ by Divya [III Bcom] was published in daijiworld.com
- An article ‘Know & Love yourself First’ by Divya [III Bcom] was published in daijiworld.com
- An article ‘Is your Focus too on results’ by Divya [III Bcom] was published in daijiworld.com
- An article ‘Don’t be scared to fear’ by Divya [III Bcom] was published in daijiworld.com.
- ‘Death in love’ a poem by Smruti [II BA] was published in hashtagkalakar.net

Activities conducted:

- Self Introduction with creativity
- Review Writing on short movie

- PPT competition on the following theme
- Women Health & Hygiene
- Women’s Education and Economic Development
- Women Achievers of India
- BookMark competition
- Poster Competition on ‘Suicide Prevention’
- Letter to your favourite character
- Essay on ‘take-aways from lockdown’
- Mask with a message
- Short essay on most important Application on Mobile phones



ANNUAL REPORT OF NCC ARMY COY. 2020-21

The National Cadet Corps (NCC), the largest trained youth organisation in the world was established in 1948 with a vision to mould youth as responsible citizens of our nation by imbibing characters such as discipline, leadership, spirit of adventure, selfless service to the nation, to take up leadership in all walks of life and to motivate to take up a career in the armed forces.

The training programme for the training year 2020-21 was commenced amidst the pandemic situation. The online enrolment of the cadets started in the first week of July 2020. A total of 108 cadets were recruited and online classes began in service subjects such as Health and Hygiene, Organisational Structure, Military History, Leadership Trait, National Integration so on and so forth.

Cadets who finished basic training last year were promoted to Senior cadets, and they took up their responsibilities and emerged as leaders.

CDT. Akshay Hegde was promoted to Senior Under Officer and CDT. Chaithanya, CDT. Sagarika and CDT. Mayuri were promoted to Cadet Under

Officers. CDT. Vishwa G Bhat and CDT. Shradhan were promoted to CQMS.

Highlights of the training and social service activities of 2020-21

- During the lock down period, our Cadets joined hands with district administration and rendered voluntary service of packing and distributing 4000 to 5000 food packets continuously for 28 days from 19th April 2020 onwards.
- On 10th May, 30 Cadets organised Swachatha Abhiyan and cleaned Chek Pade of Kidiyur village.
- On 30th May, 35 Cadets carried Swachatha Abhiyan at Majjige Pade.
- From 1st June to 20th June, 35 cadets participated in Arid land farming and cultivated 4 acres of land at Mattu and Kodavoor villages.
- On 21 June, International Yoga Day was observed with the theme 'Yoga at Home' where our cadets performed Yogasana with family members.
- On 15 August, 2020 Independence Day was celebrated with grandeur. Our college contingent bagged the second place in the district level March Past



competition under the command of SUO Akshay Hegde.

- As an Extension activity, from 19th August onwards a week long online awareness program- ‘Be Vocal for Local’ was organised through e- posters and slogans.
- To create awareness on physical fitness, ‘Fit India Movement’ was organised from August 20, 2020 by our cadets.
- On 11th September Cadets distributed Sri Krishna Prasadam in and around Udupi city on the occasion of Janmashtami festival.
- On the day of Gandhi Jayanthi, a Swachatha Abhiyan was held at Light House Island, Malpe.
- As a part of NCC Day celebration, on 22nd November, a voluntary blood donation camp was organised at district hospital Ajjarkad, and a tree plantation program was held at Manipal.
- A beach cleaning program was held on 10th January 2021 in Mattu beach.
- On 26 January, 2021, Republic Day was celebrated with the Flag hoisting ceremony in Poornaprajna College and

our college contingent participated and won the 1st place in district level march past competition.

- Statue cleaning program was organised on 12th March at Ajjarkad War Memorial.
- A massive voluntary blood donation camp was organised in the College in association with College Students Union on 13th March and 150 units of blood was donated.

We would like to place on record the continuous support, guidance and encouragement extended by the Commanding Officer, Administrative Officer and Staff of 21 KAR Battalion NCC and thank them. We thank our Honourable President, esteemed members of the College Managing Council, Principal and staff for their unconditional support and positive response.

Jai Hind



ANNUAL REPORT OF NCC NAVAL WING 2020-21

15th July 1948 was the red day for the youth of India, as on this day, NCC India came into existence and the naval wing was later added in 1952. In our college NCC Naval wing came into existence in 1965.

NCC focuses on molding the Youth of the country into trained citizens. It develops qualities like Leadership, commandership, discipline, Punctuality etc. among the cadets. It motivates the youth to join the armed forces of our country. In 1962 and 1965 wars NCC cadets were the 2nd line of Defense. They provided many services to the soldiers fighting in the front. They also worked hand in hand with the civil authorities for the rescue and welfare of Civilians during war time. The motto of NCC is 'Unity and Discipline'.

The training year began on 20th June, 2020 under the support and guidance of Caretaker AnandRayamane. A total of 50 cadets actively took part in various activities held mostly online. The ranks were issued on the basis of the cadets

performance in all events. L.Cdt. PrabhuShrutiSurendra was promoted as the Cadet Captain of the 4/6 Kar Naval Sub-unit, NCC, Udupi with 3 Petty officer cadets and 5 Leading Cadets.

Due to the Covid-19 pandemic, theory classes were undertaken by the senior cadets in the online mode. Several programs like Independence Day, Constitution Day, Navy Day were also conducted in the online mode.

International Yoga Day, 21st June 2021, was conducted online with cadets performing different yoga asanas and stating its health benefits.

Independence Day was celebrated in the online mode with senior cadets conducting debate and speech competition and cadets making a song-video presentation.

Cadets actively participated in the plog run near their homes which was carried out for raising awareness about cleanliness.



International Day for Disaster Management was conducted on 25th October 2020 where the cadets had presented posters and speech about the same topic. The chief guests for the program were Reserve Sub -inspector SanjuMaladinni and PSI Manjunath Marbad

NCC day was conducted on 22nd November with poster making and speeches by cadets.

Constitution Day, 26th November 2020, was conducted online with cadets making speeches, posters and presentation.

Navy Day was celebrated on 4th December through google meet platform. The chief guest of the program was Dr. Geeta H Talwar and there was a special video presentation of our ex-cadet who is serving in the Indian Navy.

‘Fit India Run 2.0’ was held on 21st August, 2021 where 34 cadets participated in the run covering over 3kms distance.

LIST OF CAMPS PARTICIPATED BY CADETS :-

Every year our cadets attend camps which are held across various parts of India. The list of the camps attended by cadets in the training year 2020-2021 are as follows:

“Ek Bharat Shreshth Bharat” was held in online mode between the Karnataka and Goa directorate and the Punjab, Haryana, Himachal Pradesh and Chandigarh directorate from 10th August 2020 to 15th August 2020 and 2 cadets from our wing participated in the camp. A total of 100 cadets from each directorate participated in the camp. Quiz, debate competitions and cultural presentations were held online.

‘Pre Republic Day Camp’ phase 1 was held at St Vincent Pallotti PU and Degree College, Bengaluru from 23rd Nov 2020 to 2nd Dec 2020 and PO cadet Vaishnavi S Puthran participated in the camp.

‘CADRE camp’ was held at 6 KAR NAVAL UNIT, Udupi from 18th January 2020 to 22nd January 2020 and 25 cadets from our naval wing attended this camp. The cadets were given training in drill and theory subjects.



‘Sagar Shakti - Ocean Sailing Expedition’ was held at 1 KAR NAVAL UNIT, Panaji from 2nd October to 11th October 2021 and 3 cadets from our wing participated in the camp.

Achievements of cadets :-

PO Cadet Vaishnavi S Puthran was part of the “Pre Republic Day Camp” phase 1 which was held at St Vincent Pallotti PU and Degree College, Bengaluru from 23rd Nov 2020 to 2nd Dec 2020 and was in the Drill team.

Cadet Sanskriti Sunil attended the ‘Ek Bharat Shreshth Bharat Online Saptha’ where she was taught about the economy, history, culture, ethics and cuisine of both the directorates. She also attended the ‘Sagar Shakti – Ocean Sailing Expedition’ and had an opportunity of pulling and Sailing in the ocean.

Cadet Divyashree K N attended the ‘Ek Bharat Shreshth Bharat Online Saptha’ where she was taught about the economy, history, culture, ethics and cuisine of both the directorates.

L. Cadet Sujnan J. Kalmady attended the Youth Exchange Programme

interviews held at the 6 Kar Naval Unit, Udupi and DDG office, Bengaluru. He also attended the ‘Sagar Shakti – Ocean Sailing Expedition’ and had an opportunity of pulling and Sailing in the ocean.

Cadet Deepak Prakash Kamath attended the ‘Sagar Shakti – Ocean Sailing Expedition’ and had an opportunity of pulling and Sailing in the ocean.

Certificate exams :

C-cert exam, written by 9 cadets of our 4/6 Kar Naval Sub-unit, Udupi, was held from 27th February 2021 to 28th February 2021, at Mahatma Gandhi Memorial College, Udupi, with Cadet Captain PrabhuShrutiSurendra, PO cadet Vaishnavi S Puthran, PO cadet DeekshaTharanath, PO cadet Saujanyaashree getting ‘A’ grade in the exam.

A total of 17 cadets appeared for the B-cert exam conducted at Poornaprajna College ground on 21st February, 2021 with 9 of our cadets getting ‘A’ grade in the exam.



The cadets were given adequate training both in online and offline modes through parades and various activities, and the training year of 2020-21 was terminated on 13th February, 2021. We would like to thank our Caretaker AnandRayamane, Ex-ANO Sub-Lieutenant Shivkumar P. T., Commanding Officer and PI staffs of 6 Kar Naval Unit and also our ex-cadets for their continuous support.

We would also like to thank our honorable President, the esteemed members of the college managing council, Principal and staff of Poornaprajna College for letting NCC be a part of our life.

Jai Hind



ANNUAL REPORT OF NSS 2020-21

At present our NSS has a strength of 236 volunteers. There are two NSS units extending their service in Poornaprajna College Udupi. There are 123 volunteers in unit 1 and 113 volunteers in unit 2.

Jnaneshwari (IIBCOM), Umesh Bhagavath (IIBCOM), Chaithra M(IIBSc) and Sudeep (IIBA) were selected as unit leaders, the former two for unit I and latter for unit II.

Under the guidance of our Principal Dr. Raghavendra A, a separate advisory council is set up, which provides time to time support.

On 1/12/2020, a virtual Orientation programme was conducted for NSS volunteers of first years by Dr.Manjunath Karaba, Lecturer, Poornaprajna PU College, Udupi. Senior volunteers were successful in motivating the students towards service and Nation building.

On 2/12/2020, National Constitution Day was celebrated to know the Importance of Constitution. Dr. Nayana

M Pakkala, Principal, MSRS College Shirva was the resource person.

On 12/01/2021, 158th birth anniversary of Swami Vivekananda (National Youth Day) was celebrated by organizing a talk on “Youth and Leadership” by Sri Amaresh Hegde, Principal, Amratha Bharathi, PU, College, Hebri. Sri Pradeep Kumar, Honorary Treasurer, Poornaprajna college, Udupi was the chief guest. Various competitions related to National Youth Day were conducted for volunteers.

In order to highlight and emphasize the need for safe roads, our volunteers participated in “National Road safety Month” campaign observed by Udupi District Police on 21/1/2021.

To foster critical thinking, teamwork, interaction and communication skills of first year volunteers, activities such as debate, quiz, pick and speak was organized by the senior volunteers on 23/01/2021.

Our volunteer Ranjith P J (IIBSc) and Madhura (IIBCOM) participated in



University level Pre RD selection camp held at University College, Mangaluru on 6/11/2020.

Among the two, Ranjith P J got selected for the State Level Pre RD selection camp held at Karnatak University, Dharwad on 10th and 11th November, 2020.

Ranjith P J succeeded in getting selected as a part of the NSS contingent to represent Karnataka at the Republic Day Parade Camp at New Delhi held during 1st Jan-31st Jan, 2021.

On 25/1/2021, NSS in association with Electoral Literacy Club celebrated National Voters' day. To promote and motivate young voters, the day was inaugurated with pledge by the Principal, NSS officers, chief guest, ELC coordinator and NSS volunteers. The resource person Sri Ashoka Kamath, Senior Lecturer, DIET , Udupi was successful in creating the awareness on voting system to the young voters.

On 30/1/2021, first year volunteers, practiced singing several NSS songs which emphasize ideas of service

movements. On the same day with the aim of "Swacchataheeseva" second year volunteers have cleaned the college campus.

On 24/3/2021, NSS in association with Youth Red Cross and NCC organized a rally to spread awareness on the second wave of COVID-19 and distributed pamphlets to the public.

On 31/5/2021 a virtual talk and interaction session on COVID-19 'Everything you need to know' was organized. Dr. Ashwini Kumar, Additional professor, Department of community medicine, KMC, Manipal was the resource person.

On 3/6/2021 a virtual talk on Life Skills was organized. Prof. Seema Prabhu, Assistant Professor and NSS officer, Canara College Mangalore was the resource person.

On 5/6/2021 World Environment Day was celebrated with the theme: Ecosystem Restoration, with the blessings of His Holiness Sri Eshapriya Theertha Swamiji, Vice President, Adamar Education



Council Bangalore. NSS volunteers celebrated the day by planting saplings with their parents at home.

On 10/6/2021, an interactive session on “Staying Safe & Making Health & Nutrition a priority during COVID-19” was organized in association with Anti-Women Harassment cell. Asst. Prof Swathi Acharya K, Dept. of Dietritics and applied nutrition, WGSHA, Mahe was the resource person.

To raise awareness about benefits of yoga in daily life, on 21/06/2021, International Yoga Day was celebrated. Yoga teacher and yoga therapist, Sri Karunakara demonstrated simple asana and explained the importance of these asana simultaneously.

On 26/6/2021, a virtual talk on “NSS- A Touch to Work Life” was held. Life skill trainer and personality development coach Lionel Dsouza, Kuwait was the resource person.

On 20/7/2021, a virtual talk on “Women Empowerment” was organized. Mrs. Soujanya Karunakara Shetty,

Administrative officer and Psychiatric counselor, Dr. A.V.Baliga Memorial Hospital, Udupi was the resource person.

About 1330 students and 98 teaching and Non-teaching staff are the beneficiaries of the three days COVID-19 vaccination drive (First dose) held in association with District Govt. Hospital on June 28, June29 and July 7, 2021.

About 60 volunteers participated in the “Hadilu Bhoomi Krishi andolana” taken up by the Kedarotthana trust, Udupi at Kadekar and Kutpady on 18th and 21st of July respectively.

On 18/8/2021, Fit India Freedom run 2.0 was held to encourage volunteers to remain fit and healthy. We observed the movement by walking 5000 steps within the college campus.

Nehru Yuva Kendra, Udupi in association with District Administration, udupi arranged Fit India Freedom Run 2.0 to NSS, NCC and Rovers and Rangers wings of College on 25/09/2021.

On 25/8/2021, a virtual talk on “Catch the Rain” was organized. Dr.Vinayaka K



S, Assistant Prof. & HOD, Department of Botany, Shri Venkataramana Swamy College, Bantwal was the resource person.

On 17/10/2021, at Malpe beach Mega Clean India programme was held in association with Nehru Yuva Kendra, Udupi and National service scheme, Mangalore University. Our volunteers participated in this event by cleaning the beach campus.

Tourism Department, Udupi in association with Moef & cc, SICOM and BMC organized “75 years of Independence” – “Azadi Ka Amrut Mahotsav” programme on 8/10/2021 at Blue Flag beach, Padubidri. Our volunteers participated in the same.

Our volunteers Sichana G Bhat (IBCOM) and Srivasa B K (IBCOM) participated in University level Pre RD selection camp held at University College, Mangaluru on 7/09/2021.

Among them, Sinchana G Bhat got selected for the State Level Pre RD selection camp held at Vishweshwarayya Technological University, Belagavi on 30/09/2021 and 01/10/2021.

Activities during lockdown1.0 (June-October, 2020):

Pipe composting units were established in the premises of college under the guidance of our Principal and was inaugurated by His Holiness Sri Sri Vishwapriya Theertha Swamiji on 15/08/2020.

On 15/08/2020, a lecture on Aatma Nirbhar Bharath (self-reliant India) was organized. Ms. Yashoda, HOD of Kannada, St. Mary’s college, Shirva was the resource person.

To promote national integration and communal harmony among people of all religions and language, we celebrated “Sadbhavana Diwas” by taking Sadbhavana pledge on 20th August 2020. NSS coordinator of Mangalore University, Dr. Nagarathna KA inaugurated the programme and Sri Manjunath, Circle Inspector, Udupi was the resource person.

On 15/09/2020, a virtual talk on “Fit India” (A step towards health awareness) was held. The resource person Sri Balaraj



D B encouraged volunteers to make fitness an integral part of their daily lives.

To create awareness and to help the District Health Workers of Udupi, our volunteers took initiative of preparing handmade reusable face mask. On 19/09/2021, around 1000 masks were handed over to Udupi District Health Officer Dr. Sudhir Chandra Suda in the gracious presence of Poojya swamiji.

On account of Gandhi Jayanthi, NSS volunteer cleaned the college campus and NSS room on 10/10/2020.

On 29/10/2020 pledge taking ceremony of Vigilance Awareness week- 2020 was held for teaching and Non-teaching staff.

Our volunteers have not been deterred by the 2nd wave of COVID-19 and lockdown and are doing their bit by spreading awareness on COVID-19 via videos at their neighborhood. There are a total of 17 awareness videos made by volunteers and are uploaded in the college website.

As per the guidelines of the college management and IQAC, our volunteers

ensured cleanliness in the college campus by distributing the duties equally throughout the week. Our volunteers also participated in various webinars conducted by other institutions.

To foster public speaking skill, a presentation activity was held during lockdown 2.0(June- July, 2021).



ANNUAL SPORTS REPORT 2020-21

The following students were nominated as the sports secretary for the academic year 2020-21

1. Prajna 3rd BA
2. Kevin S K 3rd BA
3. Ashwath 3rdBSc

The highlights of student's performance during the year as follows:

- Prajna K of 2ndBSc has won the silver medal in 400mts hurdles in national level athletic championship held in Guwahati Assam.
- Kevin S K of 3rd BA has won Gold medal in shot-put and silver medal in discus throw in state level athletic championship held in Udupi.
- Our college's women's athletic team secured 4th place in Mangalore University athletic championship held in Udupi.
- We organised the annual Sports meet on 5th March 2021.
- Our department under the guidance of IQAC conducted Fit India Freedom Run 2.0 for the students and the staff.



संस्कृतविभागः





PANCHATANTRA

*Pratheeksha K Kotian
I B.Com.*

Panchatantra is the oldest work available in its original form. On the basis of internal and external clues its time can be fixed as 300 BC. It has been largely influenced by the Arthashastra of Kautilya.

Vishnusharma is the author of Panchatantra. It was written by him to instruct the three dull Princess of King Amarashakti of Mahilaranya. (Mahilaaropya) As the name itself denotes Panchatantra. It is divided into five chapters- Tantra it means the secrets. Five secrets of good administration, Kingship and worldly wisdom have been expounded with the help of the animal fables. There is a quaint humor in these fables because the animals are made to discuss dharma, Gods, Myths, legends, Politics, economic and ethics etc.

These five tantras are Mitrabheda, Mitrasamprapti, Kaakoolukiya, Labdhapranasha and Aparikshita Karakam. Each division of Panchatantra has its main story but many other have been interwoven to prove the main one. The whole story of Panchatantra is in prose but the moral of the story has been given in the form of verses.

The language of Panchatantra is very easy and simple. The sentences are very small and easy to understand. The figure of speech used are Anuprasa, Upama, Rupaka, Utpreksha etc.

The truth of life given here is true for all places and for all times.

The Panchatantra is very popular not only in India but in other countries also as is evident from its 250 edition written in about fifty language in and outside India.



ರೋಗ ಕರ್ಮ ಲಕ್ಷಣಗಳು

ಸತ್ಯಮ್ ಬಿ. ಮಡ್ಡಿ.
ಪ್ರಥಮ ಬಿ.ಎಸ್ಸಿ.

ಕಾರ್ಯಂ ಧಾತುಸಾವ್ಯಂ ತಸ್ಯ ಲಕ್ಷಣಂ
ವಿಕಾರೋಪಶಮಃ | ಪರೀಕ್ಷಾ ತ್ವಸ್ಯ ರುಗುಪಶಮನಂ
ಸ್ವರವರ್ಣಯೋಗಃ ಶರೀರೋಪಚಯಃ ಬಲವೃದ್ಧಿಃ
ಅಭ್ಯವಹಾರ್ಯಾಭಿಲಾಷಃ ರುಚಿರಾಹಾರಕಾಲೇ
ಅಭ್ಯವಹೃತಸ್ಯ ಚಾಹಾರಸ್ಯ ಕಾಲೇ ಸಮ್ಯಗ್ ಜರಣಂ
ನಿದ್ರಾಲಾಭೋ ಯಥಾಕಾಲಂ ವೈಕರೀಣಾಂ ಚ
ಸ್ವಪ್ನಾನಾಮದರ್ಶನಂ ಸುಖೇನ ಚ ಪ್ರತಿಬೋಧನ
ವಾತಮೂತ್ರಪುರೀಷರೇತಸಾಂ ಮುಕ್ತಿಃ ಸರ್ವಾಕಾರ್ಯಃ
ಮನೋಬುದ್ಧೀಂದ್ರಿಯಾಣಾಂ ಚಾವ್ಯಾಪತ್ತಿತಿ ||

ವಿವರಣೆ: ರೋಗ ಶಮನ ಕಾರ್ಯವೆಂದರೆ ದೇಹದ
ಧಾತುಗಳಲ್ಲಿ ಸಾಮ್ಯತೆಯನ್ನು ಪುನಃ ಸ್ಥಾಪಿಸುವುದು.
ವಿಕಾರವು ಶಾಂತವಾಗುವುದೇ ಇದರ ಮುಖ್ಯ ಲಕ್ಷಣ.
ಇತರ ಲಕ್ಷಣಗಳೆಂದರೆ ರೋಗವು ನಾಶವಾಗಿರುವುದು.
ಸ್ವರ ಮತ್ತು ಶರೀರ ವರ್ಣವು ಸ್ವಸ್ಥಿತಿಗೆ ಬಂದಿರುವುದು,
ಶರೀರದ ಕ್ಷೀಣತೆಯು ಕಡಿಮೆಯಾಗಿ ತೂಕ ಹೆಚ್ಚುವುದು,
ಬಲವು ವೃದ್ಧಿಯಾಗುವುದು, ಆಹಾರ ಸೇವಿಸುವ ಕಾಲದಲ್ಲಿ
ಆಹಾರ ಸೇವನೆಯ ಬಯಕೆ ಹಾಗೂ ನಾಲಗೆಯಲ್ಲಿ
ರುಚಿ ಗೊತ್ತಾಗುವುದು. ಸೇವನೆ ಮಾಡಿದ ಆಹಾರವು
ಸರಿಯಾದ ಸಮಯದಲ್ಲಿ ಜೀರ್ಣವಾಗುವುದು, ಒಳ್ಳೆಯ
ನಿದ್ರೆ ಬರುವುದು. ಕೆಟ್ಟ ಕನಸುಗಳು ಬೀಳದಿರುವುದು,
ನಿದ್ರೆಯಿಂದ ಸುಖವಾಗಿ ಎಚ್ಚರವಾಗುವುದು, ವಾತ ಮೂತ್ರ
ಮಲ ಮತ್ತು ವೀರ್ಯಗಳು ಸರಿಯಾದ
ವಿಸರ್ಜನೆಯಾಗುವುದು. ಯಾವ ರೀತಿಯಲ್ಲೂ ಮನಸ್ಸು
ಬುದ್ಧಿ ಹಾಗೂ ಜ್ಞಾನೇಂದ್ರಿಯಗಳು, ಕರ್ಮೇಂದ್ರಿಯಗಳು
ವಿಕಾರಗೊಳ್ಳದೇ ಇರುವುದು.

ರುಚಿ ಎಂದರೆ ಆಸಕ್ತಿ ಮತ್ತು ಸ್ವಾದ. ಇಲ್ಲಿ
ಸೂಚಿಸಿರುವಂತೆ ಪೂರ್ಣವಾಗಿ ರೋಗ
ಗುಣವಾಗಿರುವುದರ ಮುಖ್ಯ ಲಕ್ಷಣವೆಂದರೆ ನಾಲಗೆಯು
ಆಹಾರದ ರುಚಿಯನ್ನು ಗುರುತಿಸುವುದು ಮತ್ತು ರೋಗಿಗೆ
ಆಹಾರ ಸೇವನೆಯ ಆಸಕ್ತಿ ಉಂಟಾಗುವುದು.

ಭೂಣ ವಿಜ್ಞಾನ

ಸತ್ಯಮ್ ಬಿ. ಮಡ್ಡಿ.
ಪ್ರಥಮ ಬಿ.ಎಸ್ಸಿ.

ಚತುರ್ಥೇ ಸರ್ವಾಂಗಪ್ರತ್ಯಂಗವಿಭಾಗಃ ಪ್ರವ್ಯಕ್ತೋ ಭವತಿ
ಗರ್ಭಹೃದಯಪ್ರವ್ಯಕ್ತಿಭಾವಾತ್ ಚೇತನಾಧಾತುರಭಿವ್ಯಕ್ತೋ
ಭವತಿ, ಕಸ್ಮಾತ್? ತತ್ ಸ್ಥಾನತ್ವಾತ್ | ತಸ್ಮಾತ್ ಗರ್ಭ
ಚತುರ್ಥೇ ಮಾಸ್ಯಭಿಪ್ರಾಯಾವಿಂದ್ರಿಯಾರ್ಥೇಷು ಕರೋತಿ |
ದ್ವಿಹೃದಯಾಂ ಚ ನಾರೀಂ ದೌಹೃದಿನೀಂ ಆಚಕ್ಷತೇ
ದೌಹೃದವಿಮಾನನಾತ್ ಕುಬ್ಜಂ ಕುಣಿಂ ಖಂಜಂ ಜಡಂ
ವಾಮನಂ ವಿಕ್ಷತಾಕ್ಷಂ ಅನಕ್ಷಂ ವಾ ನಾರೀ ಸುತಂ
ಜನಯತಿ, ತಸ್ಮಾತ್ ಸಾ ಯದ್ಯದಿಚ್ಛೇತ್ ತತ್ತತ್ಸ್ಯೈ
ದಾಪಯೇತ್ | ಲಬ್ಧ ದೌಹೃದಾ ಹಿ ವೀರ್ಯವಂತಃ
ಚಿರಾಯುಷಂ ಚ ಪುತ್ರಂ ಜನಯತಿ ||

ವಿವರಣೆ: ನಾಲ್ಕನೇ ತಿಂಗಳಲ್ಲಿ ಎಲ್ಲಾ ಪ್ರಮುಖ ಅಂಗ
ಪ್ರತ್ಯಂಗಗಳ ವಿಭಾಗಗಳು ರೂಪುಗೊಳ್ಳುತ್ತವೆ. ಗರ್ಭದ
ಹೃದಯವು ರೂಪುಗೊಳ್ಳುವುದರಿಂದ ಅದರಲ್ಲಿ ಪ್ರಜ್ಞೆಯು
ಸ್ಪಷ್ಟವಾಗಿ ವ್ಯಕ್ತವಾಗುತ್ತದೆ. ಹೇಗೆ?— ಅದರ ಸ್ಥಾನದಿಂದ
ಹಾಗಾಗಿ ನಾಲ್ಕನೇ ತಿಂಗಳಿನಿಂದ ಗರ್ಭಸ್ಥ ಶಿಶುವು
ಇಂದ್ರಿಯಾರ್ಥಗಳಲ್ಲಿ ತನ್ನ ಬಯಕೆಯನ್ನು ವ್ಯಕ್ತಪಡಿಸಲು
ಪ್ರಾರಂಭಿಸುತ್ತದೆ. ಇದು ತನ್ನ ಬಯಕೆಗಳನ್ನು ತನ್ನ
ತಾಯಿಯ ಮೂಲಕ ವ್ಯಕ್ತಪಡಿಸುತ್ತದೆ. ಈ ಆಸೆಗಳನ್ನು
ಪೂರೈಸದಿದ್ದರೆ ಗರ್ಭಿಣಿ ಸ್ತ್ರೀಯು ಗೂನು
ಬೆನ್ನುಳ್ಳವನನ್ನೋ, ಕುಂಟನನ್ನೋ, ತೆವಳುತ್ತಾ
ಸಾಗುವವನನ್ನೋ, ದುರ್ಬಲನನ್ನೋ ಗಿಡ್ಡನನ್ನೋ, ಮೆಳ್ಳ
ಕಣ್ಣುಗಳುಳ್ಳವನನ್ನೋ, ಕುರುಡನನ್ನೋ ಹೆರುತ್ತಾಳೆ.
ಹಾಗಾಗಿ ಆಕೆ ಬಯಸಿದ್ದೆಲ್ಲವನ್ನೂ ಒದಗಿಸಬೇಕು.
ಗರ್ಭಿಣಿಯ ಎಲ್ಲಾ ಆಸೆಗಳೂ ಪೂರ್ಣಗೊಂಡಲ್ಲಿ ಆಕೆ
ಶಕ್ತಿವಂತ ದೀರ್ಘಾಯುವಾದ ಮಗುವನ್ನು ಹೆರುತ್ತಾಳೆ



ಸಂಸ್ಕೃತ ಕಾವ್ಯಗಳು- ಮಹತ್ವ

ಚೈತ್ರಕಾ ಬಿ. ಎಂ.
ದ್ವಿತೀಯ ಬಿ.ಎಸ್ಸಿ.

ಕಾವ್ಯವೆಂದರೆ ಆಬಾಲವೃದ್ಧರಿಗೆ ಅಚ್ಚುಮೆಚ್ಚು. ಕಾವ್ಯವು ಸಾಮಾನ್ಯವಾಗಿ ವರ್ಣನೆಗಳಿಂದ ಕೂಡಿದ್ದು ಎಂಥಹದೇ ಕಥಾವಸ್ತುವಿದ್ದರೂ ಅದನ್ನು ಸುಂದರಗೊಳಿಸುತ್ತದೆ. ಅದರಲ್ಲಿಯೂ ಸಂಸ್ಕೃತ ಕಾವ್ಯಗಳು ಅತ್ಯಂತ ಪ್ರಾಚೀನ ಹಾಗೂ ಹೆಚ್ಚು ಪರಿಷ್ಕೃತವಾಗಿವೆ. ಪ್ರಾಚೀನ ಕಾವ್ಯಗಳಾದ ರಾಮಾಯಣ ಮತ್ತು ಮಹಾಭಾರತಗಳ ಲಕ್ಷಣಶಾಸ್ತ್ರವನ್ನೇ ವಿಸ್ತರಿಸಿಕೊಟ್ಟಿವೆ. ಅಂದರೆ ಮುಂದು ಮುಂದಿನ ಲಕ್ಷಣಕಾರರಾದ ಭಾಮಹ, ದಂಡೀ ಮೊದಲಾದವರು ತಮ್ಮ ಕಾವ್ಯಲಕ್ಷಣಾದಿಪರಂಪರೆಯನ್ನು ಪ್ರಾಚೀನ ಕಾವ್ಯವನ್ನು ನೋಡಿಯೇ ಸಿದ್ಧಪಡಿಸಿದ್ದಾರೆ.

ಕಾವ್ಯವು ಒಂದು ಕಲೆ. ಅದು ಶಾಸ್ತ್ರಕ್ಕಿಂತ ಭಿನ್ನವಾದುದು. ಶಾಸ್ತ್ರದಲ್ಲಿ ಬುದ್ಧಿಗ್ರಾಹ್ಯ ವಿಚಾರ ಪ್ರತಿಪಾದನೆ ಪ್ರಧಾನ; ಕಾವ್ಯದಲ್ಲಿ ನವೋನ್ಮೇಷದಿಂದ ಹೊಮ್ಮುವ ರಸಕ್ಕೆ ಪ್ರಾಶಸ್ತ್ಯ. ಪ್ರತಿಭಾಶಾಲಿಯಾದವನೇ ಕವಿ. ಅವನ ಕರ್ಮವೇ ಕಾವ್ಯ. ಶಾಸ್ತ್ರವನ್ನು ವಿದ್ಯಾವಂತರೆಲ್ಲರೂ ಅರಿಯಲು ಸಾಧ್ಯವಿದೆ. ಆದರೆ ಕಾವ್ಯದ ಸೌಂದರ್ಯವನ್ನು ಸಹೃದಯರಾದ ರಸಿಕರು ಮಾತ್ರ ಸವಿಯಬಲ್ಲರು; ಉಪದೇಶದಿಂದ ಶಾಸ್ತ್ರಜ್ಞಾನ ಸಾಧ್ಯ; ಕಾವ್ಯಪ್ರತಿಭೆ ಅಶಕ್ಯ. ಅದಕ್ಕೆ ಸರಸ್ವತಿಯ ಅನುಗ್ರಹವೇ ಬೇಕು.

ಗುರುಪದೇಶಧ್ಯೇತುಂ ಶಾಸ್ತ್ರಂ ಜಡಧಿಯೋಪ್ಯಲಮ್ |

ಕಾವ್ಯಂ ತು ಜಾಯತೇ ಜಾತಂ ಕಸ್ಯಚಿತ್

ಪ್ರತಿಭಾವತಃ || ಭಾಮಹ

ಹೀಗೆ ಕಾವ್ಯ-ಶಾಸ್ತ್ರಗಳಿಗೆ ಉಪಾಯದಲ್ಲಿ ಭೇದವಿದ್ದರೂ ಮುಖ್ಯ ಗುರಿಯು ಒಂದೇ. ಧರ್ಮ, ಕಾಮ, ಅರ್ಥ, ಮೋಕ್ಷಗಳೆಂಬ ನಾಲ್ಕು ಪುರುಷಾರ್ಥಗಳ ಪರಿಚಯವನ್ನು ಜನರಿಗೆ ಉಪದೇಶ ಮಾಡುವುದಾದ

ಗುರಿ ಎರಡಕ್ಕೂ ಸಮಾನವೇ. ಆದರೆ ಶಾಸ್ತ್ರ ಕಹಿಗುಳಿಗೆಯಂತಿದ್ದರೆ ಕಾವ್ಯ ಅದಕ್ಕೆ ಲೇಪಿಸಿರುವ ಸಿಹಿಪದಾರ್ಥ. ರಾಜಾನಕ ಕುಂತಕನೆಂಬ ಲಕ್ಷಣಕಾರ ಹೇಳಿರುವ ಹಾಗೆ ಶಾಸ್ತ್ರದಲ್ಲಿ ಕಾರ್ಕಶ್ಯಾದಿ ದೋಷಗಳಿಂದ ಜನರಿಗೆ ಸಹಜಪ್ರವೃತ್ತಿಯೇ ದುಷ್ಕರ; ಆದರೆ ಕಾವ್ಯ ರೋಚಕವಾಗಿದ್ದು ಎಂತಹವರನ್ನಾದರೂ ತನ್ನೆಡೆಗೆ ಆಕರ್ಷಿಸುತ್ತದೆ. ಕಾವ್ಯದ ಜಗತ್ತಿನಲ್ಲಿ ಕವಿಗೇ ಚಕ್ರವರ್ತಿಯ ಪದವಿ; ಅಲ್ಲಿ ಅವನು ತನ್ನ ಪ್ರತಿಭಾನುಸಾರ ಹೇಗೆ ಬೇಕಾದರೂ ಸ್ವತಂತ್ರವಾಗಿ ಸೃಷ್ಟಿಮಾಡಬಹುದು.

ಅಪಾರೇ ಕಾವ್ಯಸಂಸಾರೇ ಕವಿರೇಕಃ ಪ್ರಜಾಪತಿಃ |

ಯಥಾಸ್ತ್ರೈ ರೋಚತೇ ವಿಶ್ವಂ ತಥೇದಂ ಪರಿವರ್ತತೇ ||

ಸಂಸ್ಕೃತ ಕವಿಗಳು ಸಕಲಶಾಸ್ತ್ರಗಳಲ್ಲಿ ನುರಿತರಾಗಿರಬೇಕೆಂದು ಸಾಮಾನ್ಯವಾಗಿ ಹೇಳುವುದಾದರೂ, ನೇರವಾಗಿ ಅವರ ತಿಳುವಳಿಕೆಗೆ ವ್ಯಾಕರಣ, ಅಲಂಕಾರ, ಛಂದಸ್ಸು, ಕಾಮ, ಅರ್ಥ ಈ ಐದು ಶಾಸ್ತ್ರಗಳು ತುಂಬಾ ಪ್ರಯೋಜಕವಾಗಿದ್ದವು. ಆದ್ದರಿಂದ ಸಂಸ್ಕೃತದಲ್ಲಿ ಕಾವ್ಯರಚನೆ ಮಾಡಿ ಹೆಸರು ಗಳಿಸಿದವರೆಲ್ಲ ಈ ಐದು ಶಾಸ್ತ್ರಗಳ ಸೂಕ್ಷ್ಮ ಪ್ರಮೇಯಗಳನ್ನು ಬಲ್ಲವರಾಗಿರುತ್ತಿದ್ದರು. ಒಮ್ಮೊಮ್ಮೆ ಪ್ರತಿಭೆಯ ರಸದೃಷ್ಟಿಯನ್ನು ಈ ಪಾಂಡಿತ್ಯ ಪ್ರದರ್ಶನವಿವಕ್ಷೆ ಮೀರುವಂತಹ ಪ್ರಸಂಗಗಳು ಬರುತ್ತಿದ್ದವು. ಇದನ್ನು ಪಂಡಿತರು ಮೆಚ್ಚಿದರೂ ರಸಿಕರು ಇದನ್ನು ಅನುಚಿತವೆಂದು ಕಡೆಗಣಿಸುತ್ತಿದ್ದರು. ರಸದೃಷ್ಟಿಯ ಏಕೈಕ ಪ್ರತಿನಿಧಿಯಾಗಿ ಮಹಾಕವಿ ಕಾಳಿದಾಸ ಮೆರೆಯುವಂತಾದುದೇ ಭಾರತೀಯರ ಉತ್ತಮ ಅಭಿರುಚಿಗೆ ದ್ಯೋತಕವಾಗಿದೆ.

ಕಾವ್ಯದ ವಸ್ತು ಅಥವಾ ಕಥಾಶರೀರ ಪ್ರಸಿದ್ಧವೇ ಆಗಿರಬೇಕೆಂದು ಕವಿಗಳು ಕಡ್ಡಾಯವಾಗಿ ಮಾಡಿಕೊಂಡು,



ಹರ್ಷ, ಆರನೆಯ ವಿಕ್ರಮಾದಿತ್ಯ ಮುಂತಾದ ಐತಿಹಾಸಿಕ ಮಹಾರಾಜನನ್ನು ನಾಯಕರನ್ನಾಗಿಟ್ಟುಕೊಂಡು ಕಾವ್ಯರಚನೆಯನ್ನು ಮಾಡಿ ಬಾಣ, ಬಿಲ್ಹಣಾದಿ ಕವೀಶ್ವರರು ಕೂಡ ರಾಮ, ಧರ್ಮರಾಜಾದಿ ಮಹಾಪುರುಷರ ಗುಣಗಳನ್ನೇ ಇತಿಹಾಸ ಪುರುಷರಿಗೂ ಅನ್ವಯಿಸಿ ತಮ್ಮ ಕಾವ್ಯಗಳನ್ನು ಬರೆದಿದ್ದಾರೆ. ರಾಜರ ಮಹಿಮೆ ಲೋಕದಲ್ಲಿ ಉಳಿಯಲು ಕಾರಣವೇ ಕವಿಗಳ ವರ್ಣನೆ ಎಂಬ ಭಾವನೆ ಅವರೆಲ್ಲರದ್ದಾದ್ದರಿಂದ ಸಾವಾನ್ಯ ಜನರ ಲೋಪದೋಷಗಳನ್ನು ಎಲ್ಲಿಯೂ ತೋರಲು ವಾಸ್ತವದ ವಿಧಾನದಿಂದ ಬಿಡಲಿಲ್ಲ. ಸಂಸ್ಕೃತ ಕವಿಗಳು ಗಿಡಮರಗಳೂ, ಪಶುಪಕ್ಷಿಗಳೂ, ಲತಾಕುಸುಮಗಳಿಗೂ ನವಚೇತನವನ್ನು ಧಾರೆಯೆರೆದು. ತಮ್ಮದೇ ಆದ ಒಂದು ಮಾಯಾಲೋಕವನ್ನು ಸೃಷ್ಟಿಸಿಕೊಳ್ಳುತ್ತಾರೆ. ಇದಕ್ಕೆ ಅನುಸಾರವಾಗಿ ಸಾಗುವ ಅವರ ಕಲ್ಪನಾಸೃಷ್ಟಿಗೆ ಯಾವ ವಾಸ್ತವಿಕ ಸತ್ಯವೂ ಸಂವಾದಿಯಾಗಿರಬೇಕಾಗಿಲ್ಲ.

ಉತ್ತಮ ಜೀವನದ ಸೋಪಾನ !

ಜಾನಾಮಿ ಧರ್ಮಂ; ನ ಚ ಮೇ ಪ್ರವೃತ್ತಿಃ |
 ಜಾನಾಮಿ ಅಧರ್ಮಂ; ನ ಚ ಮೇ ನಿವೃತ್ತಿಃ |
 ಕೇನಾಪಿ ದೈವೇನ ಹೃದಿ ಸ್ಥಿತೇನ |
 ಯಥಾ ನಿಯುಕ್ತೋಽಸ್ಮಿ ತಥಾ ಕರೋಮಿ ||

ಶ್ರೀಕೃಷ್ಣನು ಸಂಧಾನಕ್ಕಾಗಿ ಬಂದು ಪಾಂಡವರಿಗೆ ಅರ್ಧರಾಜ್ಯದ ಬದಲು ಐದು ಗ್ರಾಮಗಳನ್ನಾದರೂ ಕೊಡು. ಯುದ್ಧದಲ್ಲಿ ಸಾಯುವ ಯೋಚನೆ ಮಾಡಬೇಡ. ನಿನ್ನನ್ನು ಕೊಲ್ಲಿಸಲಾರೆ ಎಂದು ಹೇಳಿ ಮರುಳುವಾಗ ಕೌರವನು ಆಡಿದ ಮಾತಿದು.

ಶ್ರೀ ಕೃಷ್ಣ ! ನನಗೆ ಧರ್ಮ ಯಾವುದೆಂದು ಗೊತ್ತು. ಆದರೆ ಹಾಗೆ ನಡೆಯುವಲ್ಲಿ ಆಸಕ್ತಿಯಿಲ್ಲ. ಹಾಗೆಯೇ ಅಧರ್ಮ ಯಾವುದೆಂದೂ ಗೊತ್ತು. ಆದರೆ ಅದನ್ನು ಬಿಡಲೂ ಮನಸ್ಸಿಲ್ಲ. ನನ್ನ ಹೃದಯದಲ್ಲಿರುವ ಯಾವುದೇ

ವಾಸ್ತವ ಜೀವನದ ಯಥಾವತ್ತಾದ ಅನುಕರಣದಿಂದ ಉತ್ತಮ ಸಾಹಿತ್ಯವೆಂಬುದು ಪಾಶ್ಚಾತ್ಯರ ಹೊಸತಾದ ಕಲ್ಪನೆ; ಆದರ್ಶವಾದ, ಉದಾತ್ತವಾದ ಜೀವನದ ಒಂದು ಚಮತ್ಕಾರ ಮತ್ತು ರಸಪೂರ್ಣವಾದ ವರ್ಣನೆಯೇ ಉತ್ತಮ ಕಾವ್ಯವೆಂಬುದು ನಮ್ಮ ಪ್ರಾಚೀನ ಕವಿ, ವಿಮರ್ಶಕರ ಸಿದ್ಧಾಂತ. ಹಾಗಾಗಿ ಅಂದಿನ ಅವರ ಕಾವ್ಯವನ್ನಳೆಯಲು ಅವರ ಮಾನದಂಡಗಳನ್ನೇ ನಾವು ಎಂದೆಂದಿಗೂ ಅನುಸರಿಸಬೇಕು.

ಒಟ್ಟಿನಲ್ಲಿ ಭಾರತೀಯ ಕಾವ್ಯಪರಂಪರೆಯು ಬದುಕಿಗೆ ಬೇಕಾದ ಉತ್ತಮ ನಡತೆಗಳನ್ನು ಕಲಿಸುವ ಉಪದೇಶಿಸುವ ಆಕರಗ್ರಂಥಗಳಾಗಿವೆ. ಆದುದರಿಂದಲೇ ಇಂದಿಗೂ ಕೂಡ ಭಾರತೀಯ ಸಂಸ್ಕೃತಿಯಲ್ಲಿ ಕಾವ್ಯಾಧಾರಿತ ಉತ್ತಮ ಜೀವನ ಪದ್ಧತಿಯನ್ನು ಕಾಣಬಹುದು.

ಸ್ನೇಹ

ಪ್ರಥಮ ಬಿ.ಕಾಂ.

ದೈವ, ಹೇಗೆ ನಡೆಯಬೇಕೆಂದು ಪ್ರೇರಣೆ ನೀಡುವುದೋ ಹಾಗೆಯೇ ನಡೆಯುತ್ತೇನೆ.

ಇಂದು ನಮ್ಮ ಸಮಾಜದಲ್ಲಿ ಕೌರವನನ್ನು ಪ್ರತಿನಿಧಿಸುವ ಕೋಟಿಗಟ್ಟಲೆ ಜನರನ್ನು ಕಾಣಬಹುದು. ಅದೆಷ್ಟೋ ಮಂತ್ರಿಗಳು, ಅಧಿಕಾರಿಗಳು ಅಧರ್ಮ ಮಾಡಿ ಭ್ರಷ್ಟಾಚಾರದಲ್ಲಿ ತೊಡಗಿ, ಬಡವರನ್ನು ಲೂಟಿ ಮಾಡಿ ಹಣ ಗಳಿಸುತ್ತಿದ್ದಾರೆ. ಇಲ್ಲಿ ಆಶ್ಚರ್ಯ ಪಡುವ ಸಂಗತಿ ಏನೆಂದರೆ ಅವರಿಗೆ ತಾವು ಮಾಡಿದ್ದು ತಪ್ಪು ಎನ್ನುವ ಅರಿವಿರುತ್ತದೆ ಆದರೆ ಅದನ್ನು ಮಾಡದೆ ಇರಲು ಸಾಧ್ಯವಿಲ್ಲ. ಸಾಮಾನ್ಯವಾಗಿ ಅವರು ಕೌರವನ ಸ್ಥಿತಿಯಲ್ಲೇ ಇರುತ್ತಾರೆ. ಕೌರವನಂತೆ ಆಶೆಯಿಂದಲೋ, ಲೋಭದಿಂದಲೋ, ಛಲದಿಂದಲೋ, ಅಧರ್ಮ ಮಾರ್ಗದಲ್ಲಿ ನಡೆಯುತ್ತಾರೆ. ಮನುಷ್ಯ ಇವತ್ತು ಕೆಟ್ಟ



ಕೆಲಸಗಳಲ್ಲಿ ತೊಡಗಿದ್ದಾನೆ ಎಂದರೆ ಅದಕ್ಕೆ ಮುಖ್ಯ ಕಾರಣ ಹಣ, ಅತಿಯಾದ ಆಸೆ. ನಮ್ಮನ್ನು ಕೆಟ್ಟ ಕೆಲಸಕ್ಕೆ ಪ್ರೇರೇಪಿಸುತ್ತದೆ. ಮನುಷ್ಯನು ಹಣಕ್ಕೆ ದಾಸ; ಹಣವು ಯಾರ ದಾಸನೂ ಆಗಲಾರದು. ಮಹಾಭಾರತದಲ್ಲಿ ಭೀಷ್ಮರು ಆಡುವ ಮಾತಿದು. ಕುರು ಸಿಂಹಾಸನ ರಕ್ಷಕನಾದ ಅವರಿಗೇ ಅನ್ನದ ಋಣ ಕಾಡಿತು. ಅನ್ನದ ಋಣಕ್ಕೆ ಕಟ್ಟಬಿದ್ದು, ಅನ್ಯಾಯವೆಂದು ಗೊತ್ತಿದ್ದರೂ, ಅವರು ಕೌರವನ ಕಡೆಗೆ ನಿಂತು ತಮ್ಮ ಜೀವನವನ್ನೇ ತೆತ್ತರು. ಈ ವಿಚಾರವನ್ನು ಏಕೆ ತಿಳಿಸಿದನೆಂದರೆ ಕೆಲವೊಮ್ಮೆ ಹಣದ ಮದವೇರಿರುವರು ಸಾಮಾನ್ಯ ಜನರ ಕೈಯಲ್ಲಿಕೆಟ್ಟ ಕೆಲಸ ಮಾಡಿಸಿಬಿಡುತ್ತಾರೆ. ತಮ್ಮ ಲಾಭಕ್ಕಾಗಿ ತಾವು ಕೆಟ್ಟ ಕೆಲಸ ಮಾಡುವುದಲ್ಲದೇ ಇನ್ನೊಬ್ಬರ ಕೈಯಲ್ಲಿ ಅಪರಾಧ ಮಾಡಿಸುವವರಿಗೆ ಕೌರವನಂತೆ ಶಿಕ್ಷೆ ತಪ್ಪಿದ್ದಲ್ಲ ಎಂಬುವುದು ಮಾತ್ರ ಸತ್ಯ.

ವೇದೋಖಿಲೋ ಧರ್ಮಮೂಲಂ ಸ್ತುತಿ-ಶೀಲೇ ಚ ತದ್ವಿದಾಂ |

ಆಚಾರಶ್ಚೈವ ಸಾಧೂನಾಂ ಆತ್ಮನಃ ತುಷ್ಟಿರೇವ ಚ ||

ವೇದಗಳು ಧರ್ಮದ ಮೂಲ. ಅದನ್ನು ಅರಿತು ಆಚರಿಸುವವರ ಜೀವನ ವಿಧಾನ, ಸಚ್ಚಾರಿತ್ರ್ಯ ಹಾಗೂ ಸಂದೇಶಗಳು, ಸಾಧುಸಂತರ ಆಚಾರ ವಿಚಾರಗಳು ಹಾಗೂ ಅದರ ಆಚರಣೆಯಿಂದ ಬರುವ ಸಂತೋಷಗಳು ನಮ್ಮನ್ನು ಧರ್ಮಮಾರ್ಗದಲ್ಲಿ ನಡೆಯುವಂತೆ ಪ್ರೇರೇಪಿಸುತ್ತದೆ ಹೀಗೆ ಮೇಲಿನ ಶ್ಲೋಕದಲ್ಲಿ ಮನು ಧರ್ಮಸೂತ್ರವನ್ನು ವಿವರಿಸಿದ್ದಾನೆ. ಈ ನಮ್ಮ ಜೀವನದಲ್ಲಿ ಯಾವುದೂ ಶಾಶ್ವತವಲ್ಲ. ಆದ್ದರಿಂದ ಆದಷ್ಟೂ ಧರ್ಮ ಮಾರ್ಗದಲ್ಲಿ ನಡೆಯಬೇಕು. ಧರ್ಮ ಒಂದೇ ನಮ್ಮನ್ನು ಅಳಿಸದೇ, ಉಳಿಸಿ ಬಾಳಿಸಬಲ್ಲದು. ಶೂರನಾದ ಕರ್ಣನು ದಾನ ಧರ್ಮದಲ್ಲಿ ತೊಡಗಿದ್ದರೂ, ಕೌರವನ ಅಧರ್ಮ ಪಕ್ಷಕ್ಕೆ ಸೇರಿದ್ದರಿಂದ ಅವನ ಅವನತಿಯಾಯಿತು. ಹಾಗೆ ರಾಜ ಹರಿಶ್ಚಂದ್ರ ಎಷ್ಟೇ ಕಷ್ಟ ಬಂದರೂ ತನ್ನ ಸತ್ಯದ

ಧರ್ಮದ ಮಾರ್ಗವನ್ನು ಬಿಡಲಿಲ್ಲ. ಕೊನೆಗೆ ಅವನ ಧರ್ಮ ಮಾರ್ಗವೇ ಅವನನ್ನು ಸತ್ಯ ಹರಿಶ್ಚಂದ್ರ ಎಂದು ಪ್ರಸಿದ್ಧಿ ಪಡೆಯಲು ಸಹಕರಿಸಿತು. ಹಾಗಾಗಿ ಧರ್ಮದ ಮಾರ್ಗ ನಮ್ಮನ್ನು ಯಾವಾಗಲೂ ರಕ್ಷಿಸುತ್ತವೆ. ಪರಿಸ್ಥಿತಿ ಎಷ್ಟೇ ಕಠಿಣವಾದರೂ, ಪರಿಸ್ಥಿತಿಯ ವಿರುದ್ಧ ಹೋರಾಡಬೇಕು ವಿನಾ ಅಧರ್ಮ ಮಾರ್ಗ ಹಿಡಿಯಬಾರದು ಯಶಸ್ಸು ಎಲ್ಲರೂ ಬಯಸುವಂತಹುದು. ಧರ್ಮಮಾರ್ಗದಿಂದ ಗಳಿಸಿದ ಯಶಸ್ಸಿಗೆ ಬೆಲೆ ಜಾಸ್ತಿ. ನಾವು ಎಷ್ಟು ದಿನ ಬದುಕಿದ್ದೇವೆಂಬುದು ಮುಖ್ಯವಲ್ಲ. ಬದುಕಿದಷ್ಟು ದಿನ ಹೇಗೆ ಬದುಕಿದ್ದೇವೆ? ಎಂಬುವುದು ಮುಖ್ಯ. ಅನೇಕ ಹುಳುಗಳು ನೊರಜುಗಳು ಹುಟ್ಟಿ ಸಾಯುತ್ತವೆ. ನಾವು ಹಾಗೆ ಬದುಕಿದರೆ ಬದುಕಿಗೊಂದು ಅರ್ಥವುಂಟೆ? ಆದ್ದರಿಂದ ಬದುಕಿದಷ್ಟು ದಿನ ಪರೋಪಕಾರ. ಒಳ್ಳೆಯ ಕೆಲಸಗಳನ್ನು ಮಾಡುತ್ತಾ ನಗುವ-ನಗಿಸುವ, ನಗಿಸಿ ನಗುವ ಬಾಳುವ ಕಲೆ ಅಳವಡಿಸಿಕೊಂಡು-ಸಿದ್ಧಿ, ಪ್ರಸಿದ್ಧಿಗಳನ್ನು ಪಡೆಯುವಂಥ ಜೀವನ ನಡೆಸಬೇಕು. ಆವಾಗ ಮಾತ್ರ ಬದುಕಿಗೊಂದು ಬೆಲೆ.

ಹೀಗೆ ಧರ್ಮ, ಯಶಸ್ಸು ನೀತಿ, ಮನಸ್ಸನ್ನು ಗೆಲ್ಲಬಲ್ಲ ಉತ್ತಮನುಡಿಗಳು ಇವೆಲ್ಲ ಅನರ್ಘ್ಯ ರತ್ನಗಳು, ನಾವು ಜೀವನದಲ್ಲಿ ಆದಷ್ಟೂ ಇವುಗಳನ್ನು ಸಂಗ್ರಹಿಸಬೇಕು. ಅಂಥವನೇ ಅಳಿವಿಲ್ಲದೆ ಉಳಿಯಬಲ್ಲ ಹಾಗೂ ಬೆಳೆಯಬಲ್ಲ. ಕೆಸರಿನಲ್ಲಿ ಕಾಲಿಟ್ಟು ನಂತರ ತೊಳೆದುಕೊಳ್ಳುವುದಕ್ಕಿಂತ ಎಲ್ಲ ಕೆಸರಿದೆ ಎಂದು ನೋಡಿ ಹೆಜ್ಜೆ ಇಡುವುದು ಜಾಣತನ. ಇದು ನಮಗೆ ಜೀವನ ಮಾರ್ಗ ಸೂಚಿಸುವ ವಾಕ್ಯವು ಹೌದು. ಯಾವುದೇ ಕಾರ್ಯಕ್ಕೆಗೊಳ್ಳುವಾಗ ಸರಿಯಾಗಿ ಯೋಚಿಸಬೇಕು. ಅಲ್ಲಿ ಅನ್ಯಾಯ, ಅಧರ್ಮವಿದೆ ಎಂದು ತಿಳಿದರೆ ಆ ಕಾರ್ಯವನ್ನು ಮಾಡಬಾರದು. ಅನೃತಪುತ್ರರಾಗದೆ ಅಮೃತ ಪುತ್ರರಾಗಲು ಹವಣಿಸುವುದು. ಅದೇ ಉತ್ತಮ ಜೀವನದ ಸೋಪಾನ ಎಂಬುದನ್ನು ಅರಿಯಬೇಕು.



निष्ठुरा कोरोना

सङ्ग्रहः सुहानः
प्रथम बिस्सी

बन्धो! सत्यं शृणु
आगता राक्षसी महामारी
भयानकी विभीषिकामयी
विषाणुस्फुरन्ती महाभौतिकी
मुण्डप्रिया श्मशानाकर्षिणी
अतीव चञ्चला
निष्ठुरा कोरोना
असह्या दुर्भेद्या दुसाध्या कदाचित् ।

कालपाशात् विभिहि
हुंकारं त्यज
सर्वकारवचनं बुध्यस्व
कर्णो कुरु चिकित्सकनिर्देशम्
जन- संघाहूरं व्रज
झटिति पिधेहि मुख- नासिके
वारम्वारं हस्तौ प्रक्षालय
मा कुरु बर्हिर्गमनम् ।

पिशाचिनीव ग्रासयति
शिवज्वरवत्रासयति
न पितरं न मातरं न सुतं न कन्यां
न जायां न बान्धवान्
कामापि न त्यजति सा
न पश्यति प्रियाप्रियं
सर्वान् क्लिश्यते
सपरिवारं गृह्णाति
अन्तकालयं प्रेषयति शीघ्रम् ।

टीकां गृहाण
स्व- तथ्यं प्रदेहि सर्वकाराय
आत्मानं रक्ष परिवारं रक्ष
स्वगेहे तिष्ठ सुखी भव सुस्थो भव
एष आदेश एष उपदेशः
एतदनुशासनम् ॥

श्रुतवान् खलु
स्वजन त्यक्तानां करुण- विलापम् ?
दृष्टं वा अश्रुपूर्णनेत्राणि?
त्यक्तास्त्वया परिवार सदस्याः?
पश्य, विधिरहिता- शवदाहोऽत्र प्रचलति
न मुखाग्निः नान्तेष्टिक्रिया वैदिकी ।
कस्मात् वावाञ्छिषि श्मशानम्
अनुशोचनात्तेषामदूरदर्शिनाम् ।
मास्तु सर्वं अनुरून्धे प्रिय !



दीपावली प्रबन्धम्

– के. गौरी नायक
प्रथम बी.काम्

दीपावल्युत्सवो भारतस्य सर्वप्रसिद्धः उत्सवः
अस्ति । सर्वे देशवासिनः सर्वेषु, प्रदेशेषु,
दीपावल्युत्सवं दीपमालाः प्रज्वाल्य सम्भावयन्ति
। विदेशेष्वपि भारतवंशजाः इममुत्सवं न विस्मृतवन्तः
। अयमुत्सवः कार्तिकमासस्यामावस्यायां वर्तते ।
प्रमुखतयाऽस्य सम्बन्धः रामकथया सह वर्तते ।

चतुर्दशवर्षवनवासानन्तरम् अयोध्यां प्रत्यागते
रामे नगरवासिनः प्रमुदिताः स्वगृहेषु, दीपान् प्रज्वाल्य
अपारं मोदं प्रकटितवन्तः । तदा प्रभृत्येव
प्रतिवर्षमयमुत्सवो मन्यते । बहुषु स्थानेषु,
नववर्षोत्सवरूपेण आचरणेन दीपावल्याः महत्वं
प्रकटयन्ति । व्यापारिणो वार्षिकलेखमस्मादेव
दिनादारभन्ते ।

जैनसम्प्रदायसंस्थापकस्य भगवतो महावीरस्य,
आर्यसमाजसंस्थापकस्य स्वामी दयानन्दस्य च
निशिदिवसोऽप्ययनम् । पौराणिक कथा वर्तते यत्
प्रथम-आयुर्वेदाचार्यो धन्वन्तरिरपि लोकेभ्यः
संजीवनौषधं दातुमस्मद्दिनात् दिनद्वयपूर्वं प्रकटितवान् ।

दिनमेतत् समृद्धिदिवसरूपेण मन्यते । गृहाणि
संशोध्यन्ते नानाविधचित्रपताकातोरणदिभिश्च
विभूष्यन्ते । पुण्यवीथीना कान्दविकानां च समृद्धिः
नयनगोचरतां भजति । रात्रौ सुमनोहरपरिधानालंकृता
जनाः परस्परं सभाजयन्ति, गृहेषु, लाजैः मिष्टानैः
च यज्ञादिकं लक्ष्मीगणेशपूजनं च भवति ।
बालयुवकाः विविधैरग्निक्रीडनकैः क्रीडन्ति । नगरे
नगरे विविधेषु, प्राङ्गणेषु, दीपावलीमेलकान्या योज्यन्ते ।

परम्परयात्रैको दोषोऽपि समाजे समुद्भूतः । केचन
जनाः द्यूतमप्यस्मिन् दिने धर्म इति आचरन्ति ।
परन्तु वयं जानीमः यत् द्यूतं न तु समृद्धेरपि तु
विनाशस्य कारणमेव । लक्ष्मीस्तेन न प्रसीदति,
रुष्टैव भवति ।

वस्तुत उत्सवोऽयं सर्वेभ्यो नवजीवनस्य संमृद्धैः
परिशुद्धेश्च सन्देशं ददाति । प्रकृतिरपि सर्वत्र
प्रसन्ना विमला च दृश्यते । अन्धकारे प्रकाशस्य,
अज्ञाने च ज्ञानस्य विजयरूपोऽयमुत्सवः सर्वानस्मान्
धर्माचरणाय ज्ञानोपार्जनाय च प्रेरयति ।

धेनुः

– वारूणि भट्ट
प्रथम बी.बी.ए.

समग्रप्रपञ्चे धेनुं को वा न जानाति? अतीव
साध्वी धेनुः मातेव अस्मान् रक्षतीति विवेकिनः
सर्वे बोधन्ति । स चतुष्पाज्जन्तुः । चत्वारः पादाः

द्वे श्रुङ्गे, लोमयुक्तं लाङ्गलं लम्बमाना सास्ना,
धवलादयः वर्णाः एते गोः साधारणाः विशेषाश्च
अंशाः । धेनवः अम्बारवं कुर्वन्ति । सः ध्वनिः



श्रोतुं मधुरतरः ।

धेनोः आहारः अल्पमूल्यः सुलभश्च । सा शाल्वे हरित- तृणानि भक्षयति । कासाराणां मधुरं जलं पिबति । गृहे गोपालः शुष्कतृणं, पिण्याकं, बुसं च तस्यै यच्छति । दोहनसमये तस्याः पुरः बुसादिकं खाद्यां स्थापयति गोपालः । तद् भक्षयन्ती सा मधुरं क्षीरं यच्छति । वत्सः प्रथमं धेनोः स्तनात् दुग्धं पिबति । ततः गोपालः भूमौ उपविश्य वामहस्ते, जानुनोः मध्ये, भूमौ वा पात्रं स्थापयित्वा दक्षिणहस्तेन पात्रे गां क्षीरं दोग्धि । दोहनानन्तरं पुनरेकवारं वत्सं क्षीरपानाय मुञ्चति ।

प्रभातकालः सायङ्कालश्चेति द्वौ दोहनसमयौ ।

गोपालः उत्तमं आहारं दत्वा गां पोषयेत् । धेनूनां पालनेन न केवलं जीविका, किन्तु मानववर्गस्यैव महानुपकारो भवति । गोः दुग्धं अतीव मधुरं पथ्यं च भवति । तप्तं दुग्धं कवोष्णा कृत्वा पिबन्ति । आतञ्चनेन क्षीरं दधि भवति । दधि पुष्टिकरमिति सर्वे वदन्ति । दध्नः मथनेन नवनीतं तक्रं च लभ्यते । तापनेन नवनीतं घृतं भवति । घृतेन वर्धते बुद्धिः । एतानि सर्वाणि वस्तूनि मनुष्यस्य आहाररूपाणि । गोमयेन पवित्रं भवति ।

गावः विश्वास्य मातरः । वयं सर्वेऽपि गोसेवां करवाम । दिलीपदयः चक्रवर्तिनोऽपि गोसेवामकुर्वन् । गोभ्यः स्वस्ति ।

संस्कृतम्

संस्कृतं जगतः अतिप्राचीना समृद्धा शास्त्रीया च भाषा वर्तते । एषा संस्कृतभाषा गीर्वाणवाणी, सुरभारती, अमरभारती, अमरवाणी, सुरवाणी, देववाणी, देवभाषा इत्यादिभिः नामाभिः प्रसिद्धा ।

भारतीयभाषासु बाहुल्येन संस्कृतशब्दाः उपयुक्ताः । संस्कृतात् एव अधिका भारतीयभाषा उद्भूताः । तावदेव भारत- युरोपिय-भाषावर्गीयाः अनेकाः भाषाः संस्कृतप्रभावं संस्कृतशब्दप्राचुर्यं च प्रदर्शयति । प्राचीनभारतीयेतिहासस्य भूगोलस्य

च समीचीनं चित्रं संस्कृताध्ययनं विना असम्भवम् । अष्टाध्यायी इति नाम्नि पाणिनेः विरचना जगतः सर्वासां भाषाणाम् व्याकरणग्रन्थेषु अन्यतमा, वैयाकरणानां भाषाविदां भाषाविज्ञानिनां च प्रेरणास्थानं इवास्ति ।

संस्कृतवाङ्मयं विश्ववाङ्मये अद्वितीयं स्थानम् अलङ्करोति । वेद-शास्त्र-पुराण- इतिहास-काव्य-नाटक-दर्शनादिभिः विलसन्ती अस्ति एषा दैववाक् ।



संस्कृतसाहित्यम् अतिसमृद्धं विविधज्ञानमयं च वर्तते । अत्र वैदिकं ज्ञानमुपलभ्यते यस्य क्वचिदपि साम्यं नास्ति । महाभारतं विश्वकोशरूपमस्ति । रामायण कथा दिक्षु दिक्षु प्रसृतावर्तते । उपनिषद्भिः वैदेशिकैरपि विद्वद्भिः शान्तिः प्राप्ता । कालिदासादीनां काव्यानाम् उत्कर्षस्य तु कथैव का ।

चरकसुश्रुतयोरायुर्वेदाः, भारद्वाजस्य विमानशास्त्रम्, कणादस्य परमाणुविज्ञानम्, गौतमस्य

तर्कविद्या, शुल्बसूत्राणां ज्यामितिविज्ञानम्, आर्यभट्टस्य खगोलशास्त्रम् इत्येवमादीनि वर्तन्ते । अद्यापि राजनीतिविषये च कौटिल्यस्य अर्थशास्त्रं मनुस्मृतिश्च मार्गप्रदर्शकौ स्तः ।

एवं इयं भाषा प्राचीनतमा इति निर्विवादम् । संस्कृतभाषाः न केवलं उच्चारणे सर्वेत्कृष्टा अपितु मधुरा दिव्या च । संस्कृतस्य प्रचारः प्रसारः अस्माभिः करणीयः।

श्रीमन्महाभारततात्पर्यनिर्णयः

सन्देशः
प्रथम बि.एस्सि.

वेदार्थज्ञानं प्रति इतिहासपुराणानाम् आवश्यकता अस्ति । अत्रैव विचारः यदि इतिहास पुराणेष्वेव संशयः तदा किं करणीयम् ? इतिहास पुराणेषु अस्माकं अनेकाः समस्याः आसन् । परस्परविरोध विचारः तत्र तत्र भासमाना आसन् । भगवतः भगवद् भक्तानां महापुरुषाणाञ्च अनेकानि चरितानि लोकनीतेः व्यतीरितानि भासन्ते स्म । तस्मात् कारणात् तद्विषये यद् गौरवः आसीत्, तच्च न्यूनं जातः । परस्परविरुद्धविषयप्रतिपादनात् इतिहासपुराणविषये विज्ञातारः अपि मन्दाः अभवन् । भगवान् बादरायणः एतेषां समस्यानां परिहारं यद्यपि लक्षणग्रन्थे तदानीमेव रचितवान् । अस्माकं

दुरादृष्टवशात् स च लक्षणग्रन्थोऽपि लुप्तः । अतः पुराणानां अर्थदर्शकमार्गदर्शी एव नासीत् ।

अपिच केचन पण्डितमन्यमानाः जनाः तदानीं पुराणवाक्यानां काञ्चन अंशान् त्यक्तवन्तः, क्वचित् स्थले स्वीयवाक्यानि संयोजिनवन्तः । अनेन पुराण-इतिहासानां मूलस्वरूपमेव विस्मृतप्रायम् । अनेन महाभारतादि इतिहासग्रन्थानां पुराणानाञ्च नैजं अर्थस्वरूपं प्राप्तुं दुःसाध्यमभवत् ।

अस्यां सन्दिग्धपरिस्थितौ इतिहासपुराणानां नैजार्थप्रतिपादकग्रन्थैकस्य अनिवार्यता सम्पन्ना । तदा भगवता वेदव्यासमहर्षिणा एतत् महत्कार्यं



प्रति श्रीमध्वाचार्याः समादिष्टाः । भगवतो
बादरायणस्य आदेशानुसारेण श्रीमदाचार्यैः
इतिहासपुराणसमस्यापरिहारकः अपूर्वः ग्रन्थः
श्रीमन्महाभारततात्पर्यानिर्णयः विरचितः।

देशस्य कोणेषु कोणेषु अन्विष्य, पुराणग्रन्थानां
समस्तपाठान् परिशील्य, श्रीवेदव्यासविरचितमूलग्रन्थानां
अनुरूपाणि पदानि संशोध्य, अधिकृतं महाभारतम्
प्रति अनुरूपव्याख्यानग्रन्थः अयं
श्रीमन्महाभारततात्पर्यानिर्णयः विरचितः ।

अस्माकं जनपदे ऐतिहासिकः प्रथमः
संशोधनग्रन्थः श्रीमन्महाभारततात्पर्यानिर्णयः
विरचितः ।

किमर्थं एतद् ग्रन्थं पठनीयम् इत्यस्मिन् विचारे
किञ्चित् अवलोकनं करणीयम् ।

कुतो वा वाली पिहितो हतः ? सीतपरित्यागः
समुचितः वा? भीष्मशब्दार्थता भीष्मे कथम् ?
सत्यधर्मादिमौल्यानां नैजं स्वरूपं किम्? युद्धे किं
पुण्यं पापम् नास्ति? इत्यादि संशयास्पदस्थलेषु
बहुविचारेषु सप्रमाणं उत्तरं दत्तवन्तः ।

भगवतः महाविष्णोः, सर्वोत्तमतत्त्वस्य विषयेऽपि
सम्पूर्णकारणम् दत्तवन्तः । भगवतः गुणवर्णितम्
अस्ति । भगवति आपाततः दृष्टा दोषस्तु दोष एव
न । सर्वोऽपि गुणः एव इति सकारणम् दत्वा

प्रतिपदितवन्तः ।

अस्मात् कारणात् वयं सर्वेऽपि मोक्षप्रदं एतद्ग्रन्थं
सम्यग् आमूलग्रं विमर्शपूर्वकम् अध्ययनं कृत्वा,
अनुग्रहं प्राप्नुमः इति मम आशयः । श्रीकृष्णार्पणम्
अस्तु ।

आपादमौलिपर्यन्तां गुरूणां आकृतिं स्मरेत् ।
तेन विघ्नाः प्रणश्यन्ति सिध्यन्ति च मनोरथाः ॥
ब्रह्मचर्य-हरिप्रीति-सुविद्यावादशालिनः । इष्टदान्
कष्टहर्तृन् नः विद्यामान्यान् मुनीन्नुमः ॥



रक्षाबन्धनम्

– प्रिया

प्रथम बी.काम्. ए.

रक्षाबन्धनं श्रावणमासस्य शुक्लपूर्णिमायाम् आचर्यते । भ्रातृभगिन्योः पवित्रसम्बन्धस्य सम्मानाय एतत् पर्व भारतीयः आचरन्ति । निर्बलतन्तुना बद्धः भ्रातृभगिन्योः सबलसम्बन्धः भारतीयसंस्कृतेः गहनतायाः प्रतीकः । मानवसभ्यतायां विकसिताः सर्वाः संस्कृतयः प्रार्थनायाः माहात्म्यं भूरिशः उपस्थापयन्ति । भारतीयसंस्कृतेः विचारानुगुणं भ्रातुः रक्षायै भगिन्या ईश्वराय कृता प्रार्थना एव रक्षाबन्धनम् । भगिनी ईश्वराय प्रार्थनां करोति यत्, “हे ईश्वर ! मम भ्रातुः रक्षणं करोतु” इति । एतां प्रार्थनां कुर्वती भगिनी भ्रातुः हस्ते रक्षासूत्रं बध्नाति । भगिन्याः हृदि स्वं प्रति निःस्वार्थं प्रेम दृष्ट्वा भ्राता भगिन्यै वचनं ददाति यत् “अहं तव रक्षां करिष्यामि” इति । ततः उभौ परस्परं मधुरं भोजयतः भगिन्या ईश्वराय स्वरक्षणस्य या प्रार्थना कृता, तस्याः प्रार्थनायाः कृते भगिनीं प्रति कृतज्ञतां प्रकटयितुं भ्राता भगिन्यै उपहारम् अपि यच्छति । भ्रातृभगिन्योः सम्बन्धस्य एतत् आदानप्रदानम् अमूल्यं वर्तते । सूत्रबन्धनस्य पृष्ठे रक्षायाः भावत्वात् रक्षाबन्धनम् इति उच्यते । आपद्भ्यः रोगेभ्यः दूषणेभ्यः च भ्रातुः रक्षणं भवतु इति भगिनी प्रार्थनां करोति । ततः भ्राता अपि भगिन्यैः रक्षणस्य वचनं यच्छति । अतः रक्षाबन्धनम् इति । भारतीयसंस्कृतौः रक्षाबन्धनं न केवलं भ्रातृभगिन्योः सम्बन्धे सीमितम्

आसीत्, अपि तु अन्यसम्बन्धेषु अपि रक्षाबन्धनस्य व्यवहारः आसीत् । यतो हि सूत्रं अविच्छिन्नतायाः प्रतीकत्वेनापि परिगण्यते । मौक्तिकमालायाः, पुष्पमालायाः च आधारः यथा सूत्रं भवति, तथैव रक्षासूत्रं प्रेमप्रतीकत्वेन जनानां सम्बन्धस्य आधाररूपं मन्यते । प्राचीनकिंवदन्त्यानुसारं संसारे यदा यदा नैतिकतायाः न्यूनता भवति, तदा तदा सदाशिवः ब्रह्मद्वारा पत्रसूत्राणि पृथ्वीलोकं प्रेषयति । तानि सूत्राणि एव रक्षासूत्रत्वेन भगिनी स्वभ्रातुः हस्ते बध्नाति । शिवेन प्रेषितानि तानि सूत्राणि भ्रातुः मनसः नकारात्मकविचारान् दूरीकुर्वन्ति, अभद्राचरणात् स्वभ्रातरं रक्षन्ति च इत्यपि मन्यते । अतः भगिनी स्वयाक्रीतानि स्वनिर्मितानि वा रक्षासूत्राणि शिवलिङ्गस्य समीपं स्थापनानन्तरम् एव भ्रातुः हस्ते बध्नाति । एतस्मिन् आधुनिके युगे विदेशे, देशस्य अन्यभागे वा निवसिताय भ्रात्रे अपि भगिन्यः रक्षासूत्रं प्रेषयन्ति । काश्चन पत्रालयविभागस्य साहाय्यं स्वीकुर्वन्ति काश्चन ई-पत्रमाध्यमेन स्वभ्रात्रे रक्षासूत्रं प्रेषयन्ति । ई-रक्षासूत्रस्य चित्राणि अन्तर्जाले प्राप्यन्ते । भगिनी स्वभ्रातरं रक्षासूत्रं बध्नाति इत्यस्य गतिमच्चित्राणि अपि अन्तर्जाले प्राप्यन्ते । विडियो कॉन्फरन्स-द्वारा अपि जनाः रक्षाबन्धनस्य उत्सवम् आचरन्ति ।



स्वामी विवेकानन्दः

मृदुला

प्रथम बिकाम् बि

सन्ति बहवो भारतस्य वरपुत्राः तेषु अविस्मरणीयः स्वामी विवेकानन्दः । सः विश्वधर्मसम्मेलने भारतीयसंस्कृतेः उपादेयतां श्रेष्ठतां च प्रादर्शयत् । बङ्गप्रान्तस्य कोलकातानगरे त्रिषष्ट्यधिकशततमे (१८६३) वर्षे जनवरीमासस्य द्वादशदिने एतस्य जन्म अभवत् । तस्य पिता विश्वनाथदत्तमहोदयः । पूर्वं तस्य नाम नरेन्द्रनाथदत्तः इति आसीत् । एषः उत्साही हास्यप्रियः करुणापरः च आसीत् । नरेन्द्रः बाल्ये कपीन्, मयूरान्, कपोतान् च पालयति स्म । एषः पितुः हयान् अपि रक्षति स्म । अध्ययनपटुरयं नरेन्द्रः शास्त्रीयसङ्गीतस्य अभ्यासं करोति स्म । प्रतिदिनं व्यायामं करोति स्म । ध्यानसिद्धः अयं भूमध्ये ज्योतिरेकं पश्यति स्म ।

ईश्वर- जिज्ञासुः अयं सर्वान् पृच्छति स्म यत् किं भवान् ईश्वरं दृष्टवान्? इति । ईश्वरं ज्ञातुं पाश्चात्यदर्शनस्य भारतीयदर्शनस्य च गभीरम् अध्ययनं कुर्वन् अयं नरेन्द्रः विश्वविद्यालयस्य स्नातकपदवीम् अधिगतवान् । अस्मिन्नेव समये दैवयोगात् दक्षिणेश्वरस्थे कालीमन्दिरे परमहंसस्य रामकृष्णदेवस्य दर्शनं तेन प्राप्तम् । रामकृष्णामुदिश्य नरेन्द्रः पृष्टवान् किं भवान् ईश्वरं दृष्टवान् ? इति । आम् । त्वामिव ईश्वरमपि पश्यामि इति श्रीरामकृष्णदेवः स्मयमानः अवदत् । एष एव महापुरुषः नरेन्द्रस्य अध्यात्मगुरुः अभवत् ।

सन्यासदीक्षानन्तरं नरेन्द्रस्य नाम विवेकानन्दः इति अभवत् । अयं च नरेन्द्रः भारतभ्रमणं योगसाधनां च कृत्वा त्रिनवत्यधिकाष्टादशतमे वर्षे (१८९३) अमेरिकादेशस्य शिकागोनगरे विश्वधर्मसभायां भारतस्य गौरवं प्रतिष्ठापितवान् । तत्र सभास्थले विविध धर्मग्रन्थाः एकस्य उपरि एकः इति क्रमेण स्थापिताः आसन् । संयोगवशात् श्रीमद्भगवद्गीता सर्वेषां पुस्तकानाम् अधः आसीत् । एकः अमेरिकावासी उपहासपूर्वकम् अवदत् – स्वामिन् ।

भवतां गीता सर्वेषां धर्मग्रन्थानाम् अधः वर्तत इति । प्रत्युत्पन्नमतिः स्वामी विवेकानन्दः हसन्नेव प्रत्यवदत् – आम् । सत्यम् । आधारशिला तु अधः एव भवति । सा यदि बहिः स्वीक्रियेत तर्हि समग्रम् अधः पतिष्यति इति । महत्वपूर्णः सः देशोद्धाराय युवकान् प्रेरितवान् । जनसेवा, स्वास्थ्यरक्षया, स्त्रीशिक्षा, आधुनिकप्रौद्योगिकी प्रभृतिषु क्षेत्रेषु असाधारणं कार्यं कर्तुं रामकृष्णमिशन् इति संस्थां संस्थाप्य जनेषु शक्तिजागरणं कृतवान् ॥ स्वामिविवेकानन्दस्य अयं संदेशः अद्यापि भारतीयान् प्रेरयति – उत्तिष्ठत, जाग्रत, प्राप्य वरान्निबोधत ॥ इति शम् ॥



विद्या

रक्षिता

प्रथम बी.बी.ए.

विद्याधनं सर्वधनप्रधानम् इति सर्वैः स्वीक्रियते,
यतो हि विद्यया एव सर्वे जनाः सर्वाणि कार्याणि
साधयितुं समर्थाः भवन्ति । विद्यां प्राप्य उन्नतिं
कीर्तिं, सुखसमृद्धिं च लभन्ते विद्वांसः । यदुक्तं
केनचित् –

मातेव रक्षति पितेव हि ते नियुंक्ते
कान्तेव चाभिरमयत्यपनीयखेदम् ।

लक्ष्मीं तनोति वितनोति च दिक्षु कीर्तिं
किं किं न साधयति कल्पलतेव विद्या ॥

विद्याधनं व्यये कृते वर्धते, सञ्चयात् च क्षयम्
आप्नोति,

एतस्माद् इदं अपूर्वम् एव धनं । अत एवोक्तम् –
अपूर्वः कोऽपि कोषोऽयं विद्यते तव भारति ।
व्यये तु वृद्धिमायाति क्षयमायाति संचयात् ॥

नृपाः, राष्ट्रपतयः, मुख्यमन्त्रिणः, प्रधानमन्त्रिणो
अपि विविधविषयविशेषज्ञानां, कवीनां, वैज्ञानिकानां

मतिमतां विदुषां समादरं कुर्वाणाः तेषां उत्साहवर्धनं
कुर्वन्ति पुरस्कारैः । अत अस्माभिरपि विद्या
पूर्णमनोयोगेन पठनीया, ग्रहणीया । विद्याविहीनः
पशु इति निर्विवादेन सिध्यति ।

विद्या नाम नरस्य रूपमधिकं प्रच्छन्नगुप्तं धनम्
विद्या भोगकरी यशः सुखकरी विद्या गुरूणां गुरुः ।
विद्या बन्धुजनो विदेशगमने विद्या परं दैवतम्
विद्या राजसु पूज्यते न हि धनं विद्याविहीनः पशुः ॥

अधुना विद्यायाः आवश्यकता वर्तते । विद्याविहीनः
पशुभिः समानः । विद्यया एव मनुष्याः संसारस्य
सर्वश्रेष्ठाः प्राणिनः भवन्ति । अध्ययनेन मनुष्यस्य
बुद्धिः तीक्ष्णा भवति । विद्या विनयं ददाति । विद्या
परं दैवतं, परममित्रं च अस्ति । विदेशेषु अपि
विद्या एव बन्धुः अस्ति । विद्यया पात्रतां याति ।
विद्यया मनुष्यः धनं आप्नोति । धनात् सर्वाणि
सुखानि लभते ।

भ्रष्टाचारः

किरण कामत्
द्वितीय बी.एस्सी.

भारतवर्षे भ्रष्टाचारः असाध्यरोगवत् प्रवर्तते च
। अयं न केवलं केषुचिदेव जनेषु वर्तते, अपितु
वटवृक्षवत् शतमूलः सन् सर्वात्रिको रोगः प्रतिदिनं
वर्धत एव । सर्वे जनाः अस्य प्रसारेण चिन्तिताः
सन्ति, परन्तु न कोऽपि सर्वकारः अस्य समूल-
उन्मूलनाय बद्धपरिकरः ।

भ्रष्टचारो नैकविधः । अनेकेऽस्य प्रकाराः । यथा-
उत्कोच प्रदानम्, खाद्यवस्तुषु अखाद्यस्य मिश्रणम्,

अनुचित-साधनेन धनोपार्जनम्, स्वकर्तव्यं प्रति
विमुखता इत्यादयः ।

भ्रष्टाचारस्य अन्यद् रूपं वर्तते । राजकीय-
कार्यालयेषु यावद् उत्कोचो न दीयते, तावत् तस्य
प्रार्थनापत्रं अग्रे न गमिष्यति । यदैव उत्कोचस्य
व्यवस्था क्रियते, तदैव तत् प्रार्थनापत्रं अग्रे गच्छति
। एवमेव व्यापारे अपि व्यवसायिनो महार्घवस्तूनां
मध्ये अशुद्ध वस्तूनां मिश्रणं कुर्वन्ति । तद् यथा-



ತೈಲ, ಘೃತ, ಖಾದ್ಯವಸ್ತು, ಪೆಟ್ರೋಲಾದಿಷು ಮಿಶ್ರಣಂ ಪ್ರಾಯಃ ಸರ್ವತ್ರ ಸಂಲಕ್ಷಯತೇ ।

ಭ್ರಷ್ಟಾಚಾರಸ್ಯ ಮೂಲಂ ಲೋಭಃ ವರ್ತತೇ । ಲೋಭಃ ಮನುಜಮ್ ಅಧೋಮಾರ್ಗಂ ನಯತಿ । ಯದಿ ಸ್ವಕಷ್ಟಾರ್ಜಿತಧನೇನ ನರಃ ಸಂತುಷ್ಟಃ ಭವೇತ್ ತರ್ಹಿ ಭ್ರಷ್ಟಾಚಾರಸ್ಯ ಜನ್ಮ ನ ಭವೇತ್ । ಕಿನ್ತು ಕಲಿಯುಗೇ ಸರ್ವೇ ಜನಾಃ ನ ಅಲ್ಪಸಂತುಷ್ಟಾಃ । ಸರ್ವೇಽಪಿ ಅಧಿಕतरं ಧನಮ್ ಇಚ್ಛಂತಿ । ಅತಃ ತೇ ನ್ಯಾಯಸ್ಯ ನಿಯಮಾನ್ ಉಲ್ಲಂಘಯಿಷ್ಯಂತಿ, ತದಾ ಭ್ರಷ್ಟಾಚಾರಸ್ಯ ಜನ್ಮ ಜಾಯತೇ ಶನೈಃ ಶನೈಃ ಭ್ರಷ್ಟಾಚಾರ ವರ್ಧತೇ । ಅಧುನಾ ಸರ್ವेषು ಕ್ಷೇತ್ರೇಷು ಅಧಿಕಾರಿಣಃ ಜನೇಭ್ಯಃ ಉತ್ಕೊಚಂ ಗೃಹೀತ್ವಾ ತेषಾಮ್ ಅನುಚಿತಾನಿ ಕಾರ್ಯಾಣಿ ಪೂರಯಂತಿ । ಅನೇಕೇಷು ಶಾಸಕೀಯಕಾರ್ಯಾಲಯೇಷು ಅಧಿಕಾರಿಣಃ ಲಘುಕರ್ಮಚಾರಿಣಃ ಅಪಿ ಉತ್ಕೊಚಂ ಗೃಹ್ಣಂತಿ । ಅನೇನ ಸರ್ವಮೇವ ಶಾಸನಂ ಭ್ರಷ್ಟಾಚಾರೇಣ ವ್ಯಾಪ್ತಂ ಭವತಿ ।

ವಿದುರ ನೀತಿಯೆಂಬ ಜೀವನ ಮೌಲ್ಯಗಳ ಖಜಾನೆಯೊಳಗೊಂದು ಪಕ್ಷಿನೋಟ.....

ಪೂರ್ಣಚಂದ್ರ ಕೊಡಂಚ

ದ್ವಿತೀಯ ಬಿ.ಬಿ.ಎ.

ಪ್ರತಿಯೊಬ್ಬರ ಜೀವನದಲ್ಲಿ ವಿದ್ಯೆ, ಜ್ಞಾನವೆಂಬುದು ಅತ್ಯಂತ ಪ್ರಮುಖವಾದದ್ದೂ ವ್ಯಕ್ತಿಗೆ ಕಳಶಪ್ರಾಯವಾಗಿರುವುದೂ ಆಗಿದೆ. ವಿದ್ಯಾಹೀನಂ ಪಶುಃ ಸಮಾನಮ್ ಎಂಬಂತೆ ವಿದ್ಯೆಯನ್ನು ಹೊಂದಿರದವನು ಪಶುವಿಗೆ ಸಮಾನನಾಗಿರುತ್ತಾನೆ. ಅಂತಹ ವಿದ್ಯೆ ಅಥವಾ ಜ್ಞಾನದ ಮೇರುಶಿಖರದಂತೆ ಕಂಗೊಳಿಸುವವನೇ ವಿದುರನೆಂದು ಹೇಳಿದರೆ ಅತಿಶಯೋಕ್ತಿಯಾಗಲಾರದು. ಮಹಾಭಾರತದಲ್ಲಿ ಬರುವ ಪಾಂಡು ಹಾಗೂ ಧೃತರಾಷ್ಟ್ರರ ಸಹೋದರಾದ ವಿದುರನು ಜ್ಞಾನಿ ಹಾಗೂ ವಿದ್ವಾಂಸನಾಗಿದ್ದನು. ವಿದ್ಯೆಯು ವಿನಯದೊಂದಿಗೆ ಶೋಭಿಸುತ್ತದೆ ಎಂಬಂತೆ ಕೇವಲ ವಿದ್ವಾಂಸ ಮಾತ್ರವಲ್ಲದೆ ವಿನಯವಂತನೂ ಆಗಿದ್ದನು. ಮಹಾಭಾರತದ ಉದ್ಯೋಗ ಪರ್ವದಲ್ಲಿ ವಿದುರನು ಧೃತರಾಷ್ಟ್ರನನ್ನುದ್ದೇಶಿಸಿ ಇಹಪರಗಳೆರಡರಲ್ಲೂ ಕಲ್ಯಾಣವನ್ನುಂಟುಮಾಡುವ

ಅಧುನಾ ಭಾರತದೇಶೋಽಪಿ ಭ್ರಷ್ಟಾಚಾರೇ ಅಗ್ರೇಸರಃ । ಭ್ರಷ್ಟಾಚಾರಾತ್ ಕೇವಲಂ ಧನಸಂಪನ್ನಾಂ ಕಾರ್ಯಾಣಿ ಏವ ಭವಂತಿ । ಉತ್ಕೊಚಂ ವಿನಾ ಕೋಽಪಿ ಕರ್ಮಕರಃ ನಿರ್ಧನಸ್ಯ ಧನಿಕಸ್ಯ ವಾ ಕಸ್ಯಾಪಿ ಕಾರ್ಯಂ ನ ಕರೋತಿ । ಭ್ರಷ್ಟಾಚಾರಸ್ಯ ನಿರೋಧಾರ್ಥಂ ಕಠೋರಾ ದಂಡ-ವ್ಯವಸ್ಥಾ ಸ್ಯಾತ್ । ರಾಜಪುರುಷಾಃ (ಆರಕ್ಷಕಾಃ) ತತ್ಪಾಲನೇ ಸರ್ವಾತ್ಮನಾ ಪ್ರಯತ್ನಶೀಲಾ ಭವೇಯುಃ । ಕಠೋರಾಢಾಂ ದಂಡವ್ಯವಸ್ಥಾಯಾಮ್ ಅಪರಾಧಿಢಾಂ ಮನೋಬಲಂ ಕ್ಷೀಯತೇ, ತೇ ದೃಢಾಡ್ ಭಯಂ ಪ್ರಾಪ್ನುವಂತಿ । ಭ್ರಷ್ಟಾಚಾರೇಣ ಕೋಽಪಿ ದೇಶಃ ಪ್ರಗತಿಂ ವಿಕಾಸಂ ನ ಗಚ್ಛತಿ ಕಿನ್ತು ಅಧೋಗತಿಮೇವ ಪ್ರಾಪ್ನೋತಿ । ಅತಃ ಭ್ರಷ್ಟಾಚಾರ ನಿವಾರಣಾಯ ಉತ್ಕೊಚಸ್ಯ ಆದಾನ-ಪ್ರದಾನಂ ನ ಭವಿತವ್ಯಮ್ ।

ಅನೇಕ ಸಂಗತಿಗಳನ್ನು ತಿಳಿಸಿಕೊಡುತ್ತಾನೆ. ಇವು ವಿದುರನೀತಿಗಳೆಂದೇ ಪ್ರಸಿದ್ಧವಾಗಿವೆ. ಯಾವ ಕಾರ್ಯದಿಂದ ಶ್ರೇಯಸ್ಸು ಹಾಗೂ ಯಾವ ಕಾರ್ಯದಿಂದ ಅಪಶ್ರೇಯಸ್ಸು, ವ್ಯವಹಾರ, ಸದಾಚಾರ, ನೀತಿ, ಧರ್ಮ, ಅಧರ್ಮ, ಕ್ಷಮೆ, ಅಹಿಂಸೆ, ಮುಂತಾದ ಅನೇಕ ವಿಚಾರಗಳು ವಿದುರನೀತಿಯಿಂದ ತಿಳಿಯಬಹುದಾಗಿದೆ.

ಯಾವುದೇ ಒಂದು ತಂತ್ರಜ್ಞಾನವಾಗಲಿ ಇಲ್ಲವೇ ಯಾವುದೇ ವಿಶೇಷ ವಿಷಯವೇ ಇರಲಿ, ಅದರ ಮಹತ್ವವನ್ನು ತಿಳಿಸಲು ಆ ವಿಷಯದ ಬಗ್ಗೆ ಆಚರಣೆ ಅಥವಾ ಅಣಕು ಪ್ರದರ್ಶನವನ್ನು ನೀಡುತ್ತೇವೆ. ಅದೇ ರೀತಿ ವಿದುರನೀತಿಯನ್ನು ಪೂರ್ಣವಾಗಿ ಓದಿ ತಿಳಿದು, ಅದನ್ನು ಜೀವನದಲ್ಲಿ ಅಳವಡಿಸಿಕೊಳ್ಳುವ ಸಲುವಾಗಿ ವಿದುರ ನೀತಿಯಲ್ಲಿ ತಿಳಿಸಿರುವ ಐದು (5) ಶ್ಲೋಕಗಳನ್ನು ಉದಾಹರಣೆ ರೂಪವಾಗಿ ಪ್ರಸ್ತುತಪಡಿಸುವ ಮೂಲಕ



ಪೂರ್ಣ ವಿದುರನೀತಿಯನ್ನು ಓದುವಂತೆ ಈ ಲೇಖನದ ಮೂಲಕ ಪ್ರೇರೇಪಿಸಲಿಚ್ಛಿಸುತ್ತೇನೆ.

ಮೊದಲನೆಯದಾಗಿ.....

ಏಕಯಾ ದ್ವೇ ವಿನಿಶ್ಚತ್ಯ ತ್ರೀಂಶ್ಚತುರ್ಭಿಶೇ ಕರು |
ಪಂಚ ಜಿತ್ವಾ ವಿದಿತ್ವಾಷಟ್ ಸಪ್ತ ಹಿತ್ವಾ ಸುಖೀ ಭವ ||

ಈ ಶ್ಲೋಕದ ತಾತ್ಪರ್ಯವೇನೆಂದರೆ ಒಂದರಿಂದ (ಬುದ್ಧಿ) ಎರಡನ್ನು (ಕಾರ್ಯ, ಅಕಾರ್ಯ) ನಿಶ್ಚಯಿಸಬೇಕು. ಮೂರನ್ನು (ಶತ್ರು, ಮಿತ್ರ ಹಾಗೂ ಉದಾಸೀನ) ನಾಲ್ಕರಿಂದ (ಸಾಮ, ದಾನ, ದಂಡ, ಭೇದ) ವಶಮಾಡಿಕೋ. ಐದನ್ನು (ಪಂಚೇಂದ್ರಿಯಗಳು) ಜಯಿಸಿ ಆರನ್ನು (ಸಂಧಿ, ವಿಗ್ರಹ, ಯಾನ, ಆಸನ, ದ್ವೈಧೀಭಾವ ಮತ್ತು ಸಮಾಶ್ರಯ) ತಿಳಿ, ಏಳನ್ನು (ಸ್ತ್ರೀ, ಜೂಜು, ಬೇಟೆ, ಮದ್ಯ, ಕಠೋರ ವಚನ, ಕಠಿಣ ಶಿಕ್ಷೆ, ಅನ್ಯಾಯದಿಂದ ಧನಾರ್ಜನೆ) ಬಿಟ್ಟು ಸುಖಿಯಾಗಿರು.

ಈ ಮೇಲಿನ ಶ್ಲೋಕವನ್ನು ಎಲ್ಲರೂ ಸುಲಭವಾಗಿ ಅರ್ಥ ಮಾಡಿಕೊಳ್ಳಬಹುದಾಗಿದೆ. ಅಲ್ಲದೆ, ಈ ಶ್ಲೋಕವು ವಿದ್ಯಾರ್ಥಿಗಳಿಂದ ಆರಂಭಿಸಿ ಯುವಜನರು, ಗೃಹಸ್ಥರು, ವ್ಯವಹಾರಸ್ಥರು, ನಾಯಕರು ಇತ್ಯಾದಿ ಎಲ್ಲಾ ವರ್ಗದವರೂ ತಿಳಿಯಬೇಕಾದ ನೀತಿಯಾಗಿದೆ. ಮಾನವನು ತನ್ನ ಬುದ್ಧಿಯನ್ನು ಉಪಯೋಗಿಸಿ ಸತ್ಕಾರ್ಯ ದುಷ್ಕಾರ್ಯಗಳ ವಿಭಜನೆ ಮಾಡಿ ಸತ್ಕಾರ್ಯಗಳನ್ನೇ ಮಾಡಬೇಕು. ಜಿತೇಂದ್ರಿಯರಾಗಿ ಅಂದರೆ ನಮ್ಮ ಪಂಚೇಂದ್ರಿಯಗಳನ್ನು ಹಿಡಿತದಲ್ಲಿರಿಸಿಕೊಂಡು ಸಂಧಿ, ಸಮಾಶ್ರಯವೇ ಮುಂತಾದ ಗುಣಗಳನ್ನು ತಿಳಿಯಬೇಕು. ಜೂಜು, ಬೇಟೆ, ಮದ್ಯಪಾನ, ಕಾಠಿಣ್ಯವಾದ ಮಾತು, ಅನ್ಯಾಯದಿಂದ ಹಣ ಸಂಪಾದನೆ ಮಾಡುವಿಕೆ ಮುಂತಾದ ದುರ್ಗುಣಗಳನ್ನು ತ್ಯಜಿಸಬೇಕು ಎಂಬ ಮಹತ್ವವಾದ ಪಾಠವನ್ನು ನಮಗೆ ತಿಳಿಸಿದ್ದಾರೆ.

ಶುಭಂ ವಾ ಯದಿ ವಾ ಪಾಪ ದ್ವೇಷ್ಯಂ ವಾ ಯದಿ
ವಾ ಪ್ರಿಯಂ |

ಅದೃಷ್ಟತ್ಸ್ಯ ತದ್ ಬ್ರೂಯಾದ್ ಯಸ್ಯ ನೇಚ್ಛೇತ್ಪರಾಭವಮ್ ||

ಈ ಶ್ಲೋಕದ ಅರ್ಥವೇನೆಂದರೆ ಯಾವನು ಮಿತ್ರರೊಬ್ಬರ ಪರಾಭವವನ್ನು ಬಯಸುವುದಿಲ್ಲವೋ ಅವನು, ಮಿತ್ರನಿಂದ ಕೇಳಲ್ಪಡದಿದ್ದರೂ ಕೂಡಾ, ಹೇಳಬೇಕಾದುದು ಕಲ್ಯಾಣಕರವಾಗಿದ್ದದ್ದಿರಲಿ, ಅದು ಅನಿಷ್ಟವಾದದ್ದಿರಲಿ, ಒಳ್ಳೆಯದಿರಲಿ, ಕೆಟ್ಟದ್ದಿರಲಿ-ಯಾವ ಮಾತೇ ಆಗಿದ್ದರೂ ಹೇಳಲೇಬೇಕು.

ಈ ಶ್ಲೋಕದ ತಾತ್ಪರ್ಯವನ್ನು ನಾವೆಲ್ಲರೂ ಜೀವನದಲ್ಲಿ ಅಳವಡಿಸಿಕೊಳ್ಳಲೇಬೇಕು. ಇಂದಿನ ದಿನಗಳಲ್ಲಿ ಮಿತ್ರನಾಗಿದ್ದುಕೊಂಡು, ತನ್ನ ಮಿತ್ರನು ಸರಿ ದಾರಿಯಲ್ಲಿ ನಡೆಯುತ್ತಿಲ್ಲವೆಂದು ತಿಳಿದಿದ್ದರೂ ಸಹ ಅವನನ್ನು ತಡೆಯುವ ಬದಲಾಗಿ ಪ್ರೋತ್ಸಾಹಿಸುತ್ತೇವೆ. ಆದರೆ ಅದು ಇಬ್ಬರ ವಿನಾಶಕ್ಕೂ ಕಾರಣವಾಗುತ್ತದೆ. ಸನ್ನಿಹಿತನಾದವನು ಹೇಗಿರಬೇಕೆಂದರೆ, ತಾನು ಮಿತ್ರನ ಅಪವಾನ ಅಥವಾ ಅಪಜಯವನ್ನು ಬಯಸುವುದಿಲ್ಲವಾದರೆ ಹಾಗೂ ಆತನ ಕಲ್ಯಾಣವನ್ನೇ ಬಯಸುತ್ತೇವೆಯಾದರೆ ನೆನಪಿಡಬೇಕಾದ ಸಂಗತಿಯೆಂದರೆ ನಾವು ಎಂದಿಗೂ ಆತನ ತಪ್ಪು ನಡೆಗಳನ್ನು ಖಂಡಿಸಲೇಬೇಕು ಹಾಗೂ ಆತನು ಕೇಳಲಿಲ್ಲವಾದರೂ ಆತನ ತಪ್ಪಿನ ಬಗೆಗೆ ಅರಿವು ಮೂಡಿಸಿ, ಯಾವುದೇ ವಿಷಯವಿರಲಿ, ಯಾವ ವಾತಾವರಣದಲ್ಲೂ ಹೇಳಲೇಬೇಕಾದುದು ಸನ್ನಿಹಿತರ ಲಕ್ಷಣವಾಗಿದೆ.

ಸುಲಭಾಃ ಪುರುಷಾ ರಾಜನ್ ಸತತಂ ಪ್ರಿಯವಾದಿನಃ |
ಅಪ್ರಿಯಸ್ಯ ತು ಪಥ್ಯಸ್ಯ ವಕ್ತಾ ಶ್ಲೋತಾ ಚ ದುರ್ಲಭಃ ||

ಈ ಶ್ಲೋಕದ ತಾತ್ಪರ್ಯವೇನೆಂದರೆ ರಾಜನೇ ಸರ್ವದಾ ಪ್ರಿಯಕರವಾದ ಮಾತುಗಳನ್ನೇ ಆಡುವವರು ಸಮಾಜದಲ್ಲಿ ಸಹಜವಾಗಿಯೇ ಕಾಣಸಿಗುತ್ತಾರೆ. ಆದರೆ



ಕೇಳಲು ಅಪ್ರಿಯವಾಗಿದ್ದರೂ ಸಹ ಪಥ್ಯವಾದುದನ್ನು (ಹಿತವಾದುದನ್ನು) ಹೇಳುವವರೂ ಕೇಳುವವರೂ ವಿರಳ.

ಎಷ್ಟು ಸತ್ಯವಲ್ಲವೇ...ಸಕ್ಕರೆಯಂತೆ ಸಿಹಿಯಾಗಿ ವಾತನಾಡುವವರನ್ನು ನಾವು ಬಹುವಾಗಿ ನಂಬಿಬಿಡುತ್ತೇವೆ. ಆದರೆ ಕೇಳಲು ಕಹಿಯಾಗಿದ್ದರೂ ಕೂಡಾ ನಮ್ಮ ಒಳಿತ್ತನ್ನೇ ಬಯಸುವವರನ್ನು ತಿರಸ್ಕರಿಸುತ್ತೇವೆ. ನೆನಪಿರಲಿ, ಸಕ್ಕರೆ ಹಾಗೂ ಉಪ್ಪು ಕಾಣಲು ಒಂದೇ ತೆರನಾಗಿರುತ್ತದೆ. ಆದರೆ ಸಕ್ಕರೆಗೆ ಮಾತ್ರ ಇರುವೆಗಳು ಮುತ್ತಿಕ್ಕುತ್ತವೆಯೇ ಹೊರತು ಉಪ್ಪಿಗಲ್ಲ. ಹಾಗೆಯೇ ನಮ್ಮ ಜೀವನದಲ್ಲಿಯೂ ಸಕ್ಕರೆಯಂತೆ ನಯವಾದ ಮಾತುಗಳನ್ನಾಡುತ್ತಾ ಬೆನ್ನ ಹಿಂದೆಯೇ ಚೂರಿ ಹಾಕುವವರಿಗಿಂತ, ಕೇಳಲು ಅಪ್ರಿಯವೆನಿಸಿದರೂ ನಮ್ಮ ಹಿತವನ್ನು ಚಿಂತಿಸುವವರೊಂದಿಗೆ ವ್ಯವಹರಿಸುವುದೇ ಸೂಕ್ತವಾದುದು.

ಯದಿ ಸಂತಂ ಸೇವತಿ ಯದ್ಯಸಂತಂ ತಪಸ್ವಿನಂ ಯದಿ
ವಾ ತೇನ ಮೇವ |

ವಾಸೋ ಯಥಾ ರಂಗವಂಶಂ ಪ್ರಯಾತಿ ತಥಾ ಸ
ತೇಆಂ ವಶವಭ್ಯುಪೈತಿ ||

ಈ ಶ್ಲೋಕದ ತಾತ್ಪರ್ಯವೇನೆಂದರೆ ದಾರಕ್ಕೆ ಯಾವ ಬಣ್ಣ ಹಾಕಲಾಗುವುದೋ, ಬಟ್ಟೆಯೂ ಅದೇ ಬಣ್ಣದ್ದಾಗಿರುತ್ತದೆ. ಅದರಂತೆಯೇ ಸತ್ತುರುಷ, ದುರ್ಜನ, ತಪಸ್ವಿ ಕಳ್ಳ ಇವರಲ್ಲಿ ಯಾರನ್ನು ಯಾರು ಸೇವಿಸುತ್ತಾರೋ ಅವರು ಅವರಂತೆಯೇ ಆಗುತ್ತಾರೆ. ಅಂದರೆ, ಅವರ ಪ್ರಭಾವಕ್ಕೆ ಒಳಗಾಗುತ್ತಾರೆ.

ಸಮಸ್ತ ಪ್ರಾಣಿಗಳು (ಮನುಷ್ಯರನ್ನೂ ಸೇರಿಸಿ) ನೀರಿನಂತೆ ನೀರಿಗೆ ನಿರ್ದಿಷ್ಟ ಆಕಾರವಿಲ್ಲ. ನಾವು ಯಾವ ಪಾತ್ರೆಗೆ ನೀರನ್ನು ಸುರಿಸುತ್ತೇವೆಯೋ ಅದೇ ಆಕಾರವನ್ನು ಅದು ಹೊಂದುತ್ತದೆ. ಅದೇ ರೀತಿ ಮಾನವನೂ ಕೂಡಾ ಮಾನವನು ಯಾರ ಜೊತೆ ಬೆರೆಯುತ್ತಾನೆಯೋ ಅರ್ಥಾತ್ ಸಹವಾಸ ಮಾಡುತ್ತಾನೆಯೋ ಅವರ

ಆಕಾರವೇ ಅಂದರೆ ಅವರ ಗುಣ-ನಡತೆಗಳೇ ಆತನ ಮೇಲೆ ಪ್ರಭಾವ ಬೀರುತ್ತವೆ. ಈ ಶ್ಲೋಕಕ್ಕೆ ಒಂದು ಕಥೆಯನ್ನು ಉದಾಹರಿಸಬಹುದು. ಹಿಂದೆ ಅರಣ್ಯದಲ್ಲಿ ಒಡಹುಟ್ಟಿದ ಎರಡು ಪಕ್ಷಿಗಳಿದ್ದವು. ನೈಸರ್ಗಿಕ ಪ್ರಕೋಪದ ಕಾರಣದಿಂದ ಅವು ಬೇರೆ ಬೇರೆಯಾಗುವ ಪರಿಸ್ಥಿತಿ ಉದ್ಭವವಾಯಿತು. ಆ ಸಂದರ್ಭದಲ್ಲಿ ಒಂದು ಪಕ್ಷಿ ಸಂತನ ಬಳಿಯೂ ಇನ್ನೊಂದು ಪಕ್ಷಿ ದರೋಡೆಕೋರರ ಬಳಿ ಸೇರುವಂತಾಯಿತು. ಸಂತನ ಬಳಿ ಸೇರಿದ್ದರಿಂದ ಮೊದಲ ಪಕ್ಷಿಯು ಉತ್ತಮ ನಡತೆ, ಸದಾಚಾರಗಳನ್ನೇ ಕಲಿಯಿತು. ಆದರೆ ದರೋಡೆಕೋರರ ಬಳಿ ಸೇರಿದ್ದ ಪಕ್ಷಿಯು ಅವರ ಸಹವಾಸದಿಂದ ದುರ್ನಡತೆ, ದುಷ್ಟ ಯೋಚನೆಗಳ ವಿಚಾರವೇ ಅದರ ಮನಸ್ಸಿನಲ್ಲಿ ಮೂಡತೊಡಗಿತು.

ಇದರಿಂದ ನಾವು ತಿಳಿದುಕೊಳ್ಳಬೇಕಾದುದೇನೆಂದರೆ ನಾವು ಯಾರೊಡನೆ ಸಹವಾಸ ಮಾಡುತ್ತೇವೆ ಎನ್ನುವುದು ಅತಿಮುಖ್ಯವಾದುದು. ಆ ಎರಡು ಪಕ್ಷಿಗಳು ಒಡಹುಟ್ಟಿದವರಾಗಿದ್ದರೂ ಕೂಡಾ ಅವುಗಳ ಗುಣ ನಡತೆಗಳು 'ಸಹವಾಸ' ದ ಕಾರಣದಿಂದಾಗಿ ಬೇರೆ ಬೇರೆಯಾಯಿತು. ಸಜ್ಜನರ ಸಂಗ ಹೆಚ್ಚೇನು ಸವಿದಂತೆ, ದುರ್ಜನರ ಸಂಗ ಅಭಿಮಾನ ಭಂಗ ಎಂಬುದನ್ನು ನಾವು ಸ್ಮರಣೆಯಲ್ಲಿಟ್ಟುಕೊಂಡು, ಸದಾ ಸಜ್ಜನರ, ಸತ್ಪುರುಷರ ಸಹವಾಸವನ್ನೇ ಮಾಡಬೇಕೆಂಬುದನ್ನು ಈ ಮೂಲಕ ತಿಳಿಯಬಹುದಾಗಿದೆ.

ನಾ ತನ್ನಿತ್ರಂ ಯಸ್ಯ ಕೋಪಾದ್ ಬಿಭೇತಿ ಯದ್ ನಾ
ಮಿತ್ರಂ ಶಂಕಿತೇನೋಪಚರ್ಯಂ |

ಯಸ್ಮಿನ್ ಮಿತ್ರೇ ಪಿತರೀವಾಶ್ವಸೀತ ತದ್ ವೈ ಮಿತ್ರಂ
ಸಂಗತಾನೀತರಾಣಿ ||

ಈ ಶ್ಲೋಕದ ಅರ್ಥವೇನೆಂದರೆ- ಯಾವನ ಕೋಪದಿಂದ ಭಯ ಪಡಬೇಕಾಗುವುದೋ ಹಾಗೂ ಭಯದಿಂದ ಯಾರ ಉಪಚಾರವನ್ನು ಮಾಡಬೇಕಾಗುವುದೋ ಅವನು ಮಿತ್ರನಲ್ಲ. ತಂದೆಯಲ್ಲಿ



ವಿಶ್ವಾಸವಿಡುವಂತೆ ಯಾರ ವಿಷಯದಲ್ಲಿ ವಿಶ್ವಾಸವಿಡಬಹುದೋ ಅಂತಹವನು ಮಾತ್ರವೇ ಮಿತ್ರನೆನಿಸಿಕೊಳ್ಳುತ್ತಾನೆ. ಉಳಿದವರೆಲ್ಲರೂ ಕೇವಲ ಸಂಗಡಿಗರೆನಿಸಿಕೊಳ್ಳುತ್ತಾರೆ.

ಈ ಶ್ಲೋಕದ ಮೂಲಕ ಮಿತ್ರ ಹಾಗೂ ಸಂಗಡಿಗರ ನಡುವಿನ ವ್ಯತ್ಯಾಸವನ್ನರಿಬಹುದಾಗಿದೆ, ನಂಬಿಕೆ, ವಿಶ್ವಾಸಗಳೇ ಮಿತ್ರತ್ವದ ಆಧಾರ ಸ್ತಂಭಗಳು. ಅದರ ಕಾರಣದಿಂದಾಗಿಯೇ ಮಿತ್ರರಲ್ಲಿ ತಮಗೆ ಸಂಬಂಧಿಸಿದ ಎಲ್ಲಾ ವಿಷಯಗಳನ್ನು ಹಂಚಿಕೊಳ್ಳುತ್ತೇವೆ. ನಿಜವಾದ ಮಿತ್ರನಾದರೆ ಆ ರಹಸ್ಯ ವಿಚಾರಗಳನ್ನು ಇನ್ನಿತರ ಗೌಪ್ಯ ವಿಚಾರಗಳನ್ನೂ ಯಾವುದೇ ಕಾರಣಕ್ಕೂ ಅನ್ಯರಿಗೆ ಬಹಿರಂಗ ಪಡಿಸುವುದಿಲ್ಲ ಹಾಗೂ ಯಾರು ತಮ್ಮ ಅನುಕೂಲಕ್ಕಾಗಿ ಅಥವಾ ತಮ್ಮ ಲಾಭಕ್ಕಾಗಿ ತಮ್ಮ ಮಿತ್ರರಿಗೆ ಸಂಬಂಧಿಸಿದ ರಹಸ್ಯಗಳನ್ನು ಬಹಿರಂಗ ಪಡಿಸುವವನೂ ಆತನು ಮಿತ್ರನೆನಿಸಲಾರ. ಆದ್ದರಿಂದ ಯಾರೊಡನೆ ವಿಶ್ವಾಸವಿರಿಸಬೇಕು ಯಾರೊಡನೆ ವಿಶ್ವಾಸವಿರಿಸಬಾರದು ಎಂಬ ಅಮೂಲ್ಯ ವಿಚಾರವನ್ನು ಈ ಶ್ಲೋಕದ ಮೂಲಕ ಅರಿಯಬಹುದಾಗಿದೆ.

ಭಗವದ್ಗೀತೆಯನ್ನು ಪಠ್ಯವನ್ನಾಗಿ ಮಾಡಬಾರದೇಕೆ

- ಪೂರ್ಣಚಂದ್ರ ಕೊಡಂಚ
ದ್ವಿತೀಯ ಬಿ.ಬಿ.ಎ.

ಇಡೀ ಮಹಾಭಾರತಕ್ಕೇ ಕಲಶಪ್ರಾಯದಂತಿರುವುದು ಶ್ರೀಕೃಷ್ಣನು ಬೋಧಿಸಿದ ಭಗವದ್ಗೀತೆ. ಶ್ರೀಕೃಷ್ಣನು ಅರ್ಜುನನಿಗೆ ಬೋಧಿಸುವ ಮೂಲಕ ಸಮಸ್ತ ವಿಶ್ವಕ್ಕೆ ಜ್ಞಾನ ಪ್ರಸಾರ ಮಾಡಿದ ಪ್ರಕಾರವೇ ಭಗವದ್ಗೀತೆ. ತನ್ನವರೆದುರೇ ಯುದ್ಧಮಾಡಬೇಕಾದ ದ್ವಂದ್ವದಲ್ಲಿ ಸಿಲುಕಿದ್ದಾಗ ಅರ್ಜುನನಿಗೆ ಅವನಲ್ಲಿರುವ ಸಂಶಯವನ್ನು ಹೋಗಲಾಡಿಸಲು ತನ್ಮೂಲಕ ಇಡೀ ಪ್ರಪಂಚಕ್ಕೆ ಜ್ಞಾನ ಬೆಳಕನ್ನು ಭಗವದ್ಗೀತೆಯ ಮೂಲಕ ಶ್ರೀ ಕೃಷ್ಣನು ನೀಡಿದನು.

ಹೀಗೆ ಇನ್ನೂ ಅನೇಕ ನೀತಿ ಪಾಠಗಳನ್ನು ಧೃತರಾಷ್ಟ್ರನಿಗೆ ಉಪದೇಶಿಸುವ ಮೂಲಕ ಸಮಸ್ತ ವಿಶ್ವಕ್ಕೆ ವಿದುರನು ಉಪದೇಶಿಸಿದ್ದಾನೆ. ನಮಗೆ ಜೀವನವೆಂಬ ಪ್ರವಾಸದಲ್ಲಿ ಮುನ್ನಡೆಯಲು ವ್ಯಾವಹಾರಿಕ ಜ್ಞಾನವನ್ನು ಪಡೆಯುವುದು ಎಷ್ಟು ಮುಖ್ಯವೋ ಅಷ್ಟೇ ಮುಖ್ಯ ನೀತಿ-ನೈತಿಕತೆಗಳ ಜ್ಞಾನವನ್ನು ಪಡೆಯುವುದು ವ್ಯಾವಹಾರಿಕ ಜ್ಞಾನದಿಂದ ಪ್ರಧಾನವಾಗಿ ನಾವು ನಮ್ಮ ಉನ್ನತಿಯನ್ನಷ್ಟೇ ಬಯಸಬಹುದು. ಆದರೆ ಅದೇ ಜ್ಞಾನದಿಂದ ನಮ್ಮ ಹಾಗೂ ನಮ್ಮ ಸುತ್ತಮುತ್ತಲಿನ ಪರಿಸರದ ಅಂದರೆ ನಮ್ಮ ಸಮಾಜವನ್ನು ಉನ್ನತೀಕರಿಸಬೇಕೆಂದರೆ ವ್ಯಾವಹಾರಿಕ ಜ್ಞಾನವನ್ನು ನೀತಿ, ನ್ಯಾಯ, ಧರ್ಮ, ನಿಷ್ಠೆ ಮುಂತಾದ ಗುಣಗಳೊಡನೆ ತುಲನೆ ಮಾಡುವುದು ಅತೀಮುಖ್ಯ. ಹಾಗೂ ಈ ಮೇಲಿನ ಗುಣಗಳ ಅರಿವನ್ನು ಹೊಂದಲು ನಮಗೆ ಆಕಾರವಾಗಿರುವುದೇ 'ವಿಧುರ ನೀತಿ'

ಆದ್ದರಿಂದ ವಿಧುರನೀತಿಯನ್ನು ಓದಿದವರಂತಾಗಿ ಹಾಗೂ ಆ ಎಲ್ಲಾ ನೀತಿಗಳ ಸಾರವನ್ನು ತಿಳಿದು ನಮ್ಮಲ್ಲಿ ಅಳವಡಿಸಿಕೊಂಡು ನಮ್ಮನ್ನು ಹಾಗೂ ನಮ್ಮ ಸಮಾಜವನ್ನು ಉನ್ನತೀಕರಿಸುವಲ್ಲಿ ಸಹಕಾರಿಯಾಗೋಣ.

ಇಂತಹ ಮಹಾಮಹಿಮನಾದ ಶ್ರೀಕೃಷ್ಣನು ಭೋದಿಸಿದ ಭಗವದ್ಗೀತೆಯಲ್ಲಿ ಏನಿದೆ ಎಂಬ ಬದಲಾಗಿ ಏನಿಲ್ಲವೆಂದು ಪ್ರಶ್ನಿಸಬಹುದು. ಕಾರಣ ಭಗವದ್ಗೀತೆಯಲ್ಲಿ ಎಲ್ಲವೂ ಇದೆ. ಎಲ್ಲಾ ಸಂಶಯಗಳಿಗೂ, ಸಮಸ್ಯೆಗಳಿಗೂ, ಯಾವ ಪ್ರಶ್ನೆಯೇ ಇರದೆ ಅದಕ್ಕೆಲ್ಲ ನಮಗೆ ಸಮರ್ಪಕವಾದ ಉತ್ತರ ದೊರೆಯುತ್ತದೆ. ಭಗವದ್ಗೀತೆಯನ್ನು ಓದಿ ಅರ್ಥಮಾಡಿಕೊಂಡು ಅದನ್ನು ಜೀವನದಲ್ಲಿ ಅಳವಡಿಸಿಕೊಳ್ಳುವುದರಿಂದ ಕೋಪವನ್ನು ನಿಗ್ರಹಿಸಬಹುದು. ದ್ವಂದ್ವಗಳು ನಿವಾರಣೆಯಾಗುತ್ತದೆ.



ಅಸೂಯೆ ಇಲ್ಲವಾಗುತ್ತದೆ. ಸ್ತೂರ್ತಿಯನ್ನು ಪಡೆಯಬಹುದು. ಖಿನ್ನತೆಯನ್ನು ನಿವಾರಿಸಬಹುದು. ಬೇಧಭಾವನೆಯನ್ನು ತೊಡಗಿಸಬಹುದು. ಹೆದರಿಕೆಯನ್ನು ಮೆಟ್ಟಿ ನಿಲ್ಲಬಹುದು, ಕ್ಷಮಾಗುಣವೂ ಲಭಿಸುವುದು. ಆಲಸ್ಯತನವು ಶಮನವಾಗುತ್ತದೆ. ಏಕಾಂಗಿತನವು ದೂರವಾಗುವುದು. ಭರವಸೆಯನ್ನು ಹೊಂದಲು ಸಾಧ್ಯವಾಗುವುದು, ದುರಾಸೆಯನ್ನು ಇಲ್ಲವಾಗಬಹುದು, ಹೆಮ್ಮೆ ಅಭಿಮಾನವನ್ನು ಪಡೆಯಬಹುದು. ಶಾಂತಿಯು ಲಭಿಸುವುದು, ಪ್ರೇರಣಾಭಾವ ದೊರಕುವುದು. ನಮ್ಮ ಮನಸ್ಸಿನ ಮೇಲೆ ಹಿಡಿತವಿರಿಸಿಕೊಳ್ಳಲು ಸಾಧ್ಯವಾಗುವುದು ಮುಂತಾದ ಅನೇಕ ಗುಣಗಳು ಲಭಿಸುತ್ತವೆ. ಜೀವನದಲ್ಲಿ ಸತ್ತಜಿಯಾಗಿ ಬಾಳಲು ಯಾವೆಲ್ಲಾ ಗುಣಗಳು ಅಗತ್ಯವೋ ಆ ಎಲ್ಲಾ ಗುಣಗಳು ದೊರಕುವುದು. ಹಾಗೂ ಅವುಗಳು ತೊಲಗುವುದು. ಯಾರು ಓದಬೇಕು ಭಗವದ್ಗೀತೆಯನ್ನು? ಎಂದಾಗ ಯುವಜನರು ಹೇಗೆ ಬದುಕಬೇಕೆನ್ನುವುದನ್ನು ಅರಿಯಲು ಅಜ್ಞಾನಿಗೆ ಜ್ಞಾನವನ್ನು ಪಡೆಯಲು, ವಿದ್ವಾಂಸವನ್ನು ಗೌರವವನ್ನು ಪಡೆಯುವ ಮಾರ್ಗತಿಳಿಯಲು ಶ್ರೀಮಂತನಿಗೆ ಇತರರನ್ನು ಕರುಣೆಯಿಂದ ನೋಡಲು, ಕನಸು ಕಾಣುವವನಿಗೆ ತನ್ನ ಕನಸನ್ನು ನನಸಾಗಿಸಲು, ಸದಾಕಾರ್ಯ ಶೀಲನಾಗಿರುವವನಿಗೆ ಮುಂದಿನ ಮಾರ್ಗವನ್ನು ತಿಳಿಯಲು ದುರ್ಬಲನಿಗೆ ಬಲವನ್ನು ಹೊಂದಲು ಬಲವಂತನಿಗೆ ಧರ್ಮಮಾರ್ಗವನ್ನರಿಯಲು, ಕೆಲಸದ ಒತ್ತಡದಿಂದ ಇರುವವನಿಗೆ ವಿಶ್ರಾಂತಿಯನ್ನು ಪಡೆಯಲು, ಸಮಸ್ಯೆಯಲ್ಲಿ ಇರುವವನಿಗೆ ಶಾಂತಿಯನ್ನು ಹೊಂದಲು, ಸಂಶಯದಲ್ಲಿ ಇರುವವನಿಗೆ ಪರಿಹಾರ ದೊರೆಯಲು, ದೋಷ ಹೊಂದಿದವರು ಮುಕ್ತಿಯನ್ನು ಪಡೆಯಲು ಹಾಗೂ ಸಮಗ್ರ ಮಾನವರು ಮಾರ್ಗದರ್ಶನವನ್ನು ಪಡೆಯಲು ಭಗವದ್ಗೀತೆಯನ್ನು ಓದಬಹುದಾಗಿದೆ.

ಯಾವುದಾದರೂ ಒಂದು ಶ್ಲೋಕವನ್ನು ಉದಾಹರಿಸಬೇಕೆಂದರೆ

ಕರ್ಮಣ್ಯೇ ವಾಧಿಕಾರಸ್ತೇ ಮಾಘಲೇಷು ಕದಾಚನಾ |
ಮಾ ಕರ್ಮಫಲಹೇತುಭೂರ್ಮಾರ್ತೇ ಸಂಗೋಸ್ತ್ವ
ಕರ್ಮಣೇ ||

ಈ ಶ್ಲೋಕದ ಅರ್ಥವೇನೆಂದರೆ ಕರ್ಮಗಳಲ್ಲಿಯೇ ನಿನಗೆ ಅಧಿಕಾರ. ಕರ್ಮಫಲದಲ್ಲಿ ಎಂದಿಗೂ ಆಸಕ್ತಿಯಾಗಿದರಲಿ. ಕರ್ಮಫಲಕ್ಕೆ ಕಾರಣವಾಗಬೇಡ. ಕರ್ಮತ್ಯಾಗದಲ್ಲಿ ನಿನಗೆ ಪ್ರೀತಿ ಇರಲಿ.

ಇಲ್ಲಿ ಕರ್ಮ ಎಂದರೆ ಕೆಲಸ ವಾ ಕರ್ತವ್ಯ ಎಂದರ್ಥ. ಯಾವುದೇ ಕ್ಷೇತ್ರವಿರಲಿ ನಾವು ಮಾಡುವ ಕೆಲಸದ ಮೇಲೆ ಮಾತ್ರ ನಮ್ಮ ಗಮನವಿರಬೇಕು. ವಿನಹ ಅದರ ಫಲದ ಮೇಲಲ್ಲ. ನಾವು ಸರಿಯಾಗಿ ಕೆಲಸವನ್ನು ಅರ್ಥಾತ್ ನಮ್ಮ ಕರ್ತವ್ಯವನ್ನು ಮಾಡಿದ್ದರೆ ಖಂಡಿತವಾಗಿಯೂ ಆ ಕೆಲಸದ ಪ್ರತಿಫಲ ದೊರೆಯುತ್ತದೆ. ಆದರೆ ನಮ್ಮ ಕರ್ತವ್ಯವನ್ನೇ ಮಾಡದಿದ್ದಲ್ಲಿ ಫಲವನ್ನು ಬಯಸುವುದಾದರೂ ಹೇಗೆ? ಉದಾಹರಣೆಗೆ ವಿದ್ಯಾರ್ಥಿಗಳು ತಮ್ಮ ಸಮಯವನ್ನು ವಿದ್ಯಾರ್ಜನೆಯಲ್ಲಿ ತೊಡಗಿಸಬೇಕು. ಅದೇ ಅವರ ಕರ್ತವ್ಯ. ವಿದ್ಯೆಯನ್ನು ಪಡೆಯುವುದರ ಮೂಲಕ ಮಾತ್ರ ವಿದ್ಯಾರ್ಥಿಗಳು ತಮ್ಮ ಭವಿಷ್ಯದಲ್ಲಿ ಉತ್ಕೃಷ್ಟ ಸ್ಥಿತಿಯನ್ನೇರಲು ಸಾಧ್ಯ. ಆದ್ದರಿಂದ ವಿದ್ಯಾರ್ಜನೆ ಮಾಡುವುದೇ ಅವರ ಕರ್ಮ ಅರ್ಥಾತ್ ಕರ್ತವ್ಯ. ಅದರಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳು ಲೋಪವೆಸಗಬಾರದು. ಈ ಮೂಲಕ ನನ್ನ ಕರ್ತವ್ಯವನ್ನು ಸರಿಯಾಗಿ ಯಾವುದೇ ಲೋಪವಿಲ್ಲದೆ ನಿರ್ವಹಿಸುವುದರಲ್ಲಿಯೇ ನಮ್ಮ ಕ್ಷೇಮವು ಅಡಗಿದೆ ಎಂಬುದು ಈ ಶ್ಲೋಕದ ತಾತ್ಪರ್ಯವಾಗಿದೆ.

ಇದು ಕೇವಲ ಸಣ್ಣ ತುಣುಕು ಮಾತ್ರ. ಹೀಗೆ ಹದಿನೆಂಟು ಅಧ್ಯಾಯಗಳಿಂದ ಕೂಡಿದ 700ಕ್ಕೂ ಅಧಿಕ ಶ್ಲೋಕಗಳಿರುವ ಭಗವದ್ಗೀತೆಯು ನಮ್ಮೆಲ್ಲಾ ಸಂಶಯಗಳಿಗೆ ಪರಿಹಾರ ನೀಡುತ್ತದೆ. ಏನು ಮಾಡಬೇಕು, ಏನು ಮಾಡಬಾರದು, ಏನನ್ನು ಮಾಡುವುದರಿಂದ ಏನಾಗುತ್ತದೆ, ಇಂದ್ರಿಯ ನಿಗ್ರಹವನ್ನು ಏಕೆ ಮಾಡಬೇಕು ಮತ್ತು ಹೇಗೆ



ಮಾಡಬೇಕು, ಕ್ಷಮೆ, ದಯೆ, ಸತ್ಯ, ನಿಷ್ಠುರತೆ, ಧರ್ಮ-
ಅಧರ್ಮ ಮುಂತಾದ ಗುಣಗಳೊಂದಿಗೆ ಹೇಗೆ
ವ್ಯವಹರಿಸಬೇಕು ಹೀಗೆ ಎಲ್ಲಾ ವಿಷಯಗಳನ್ನು
ಒಳಗೊಂಡ ಭಗವದ್ಗೀತೆಯು ನಮಗೆ ಒಂದು ಆಕರ
ಗ್ರಂಥವೇ ಆಗಿದೆ. ಆದ್ದರಿಂದಲೇ ಭಗವದ್ಗೀತೆಯನ್ನು
ನಮ್ಮ ನ್ಯಾಯಾಲಯಗಳಲ್ಲಿ ಶಪಥವಿಧಿಗೆ ಬಳಸುತ್ತಾರೆ.
ಆದರೆ ವಿಪರ್ಯಾಸವೆಂದರೆ ಶಾಲೆಗಳಲ್ಲಿ ಕಲಿಸುವುದಿಲ್ಲ.
ಭಗವದ್ಗೀತೆಯ ಸಾರವನ್ನು ಶಾಲೆಗಳಲ್ಲಿ ಮಕ್ಕಳಿಗೆ
ಪಠ್ಯವಾಗಿ ಬೋಧಿಸಿದ್ದರೆ ನ್ಯಾಯಾಲಯಗಳಿಗೆ ಹೋಗುವ
ಪ್ರಮೇಯವೇ ಇಲ್ಲವಾಗಬಹುದು.

ಮಕ್ಕಳಿಗೆ ಸತ್ಯ, ನ್ಯಾಯ, ಧರ್ಮ, ನೈತಿಕತೆ ಮುಂತಾದ
ಗುಣಗಳನ್ನು ಬೋಧಿಸುವುದು ಇಂದಿನ
ಅವಶ್ಯಕತೆಯಾಗಿದೆ. ಹಾಗೂ ಈ ಎಲ್ಲಾ ಮೇಲಿನ

ಗುಣಗಳನ್ನು ಅವರ ಮೇಲೆ ಹೇರುವುದರ ಬದಲಾಗಿ
ಆ ಎಲ್ಲಾ ಗುಣಗಳನ್ನು ಹಾಗೂ ಅವುಗಳ ಮಹತ್ವವನ್ನು
ಅರ್ಥಮಾಡಿಸಿದರೆ ಎಂದೂ ದಾರಿ ತಪ್ಪಲಾರರು ಮತ್ತು
ಎಲ್ಲಾ ಗುಣಗಳನ್ನು ತಮ್ಮ ಜೀವನದಲ್ಲಿ
ಅಳವಡಿಸಿಕೊಳ್ಳುವರು. ಭಗವದ್ಗೀತೆಯಲ್ಲಿ ಮೇಲಿನ ಎಲ್ಲಾ
ವಿಷಯಗಳೂ ಸಂಕ್ಷಿಪ್ತವಾಗಿ ವಿವರಿಸುವುದರಿಂದ
ಭಗವದ್ಗೀತೆಯ ಸಂಪೂರ್ಣ ಸಾರವನ್ನು ಮಕ್ಕಳಿಗೆ
ಪ್ರಾಥಮಿಕ ತರಗತಿಯ ಹಂತಗಳಲ್ಲಿಯೇ ಪಠ್ಯವನ್ನಾಗಿ
ಬೋಧಿಸುವುದರ ಮೂಲಕ ಮಕ್ಕಳ ಭವಿಷ್ಯವನ್ನು
ಉಜ್ವಲವಾಗಿಸುವಲ್ಲಿ ಹಾಗೂ ಸರ್ವಜನದ
ಸತ್ತಜೆಯನ್ನಾಗಿಸುವಲ್ಲಿ ಸಹಕಾರಿಯಾಗುವುದು.

ಈ ಮೇಲಿನ ಚಿಂತನೆಯನ್ನು ಜಾರಿಗೆ ತರುವ ನಿಟ್ಟಿನಲ್ಲಿ
ಮೊದಲ ಪ್ರಯತ್ನ ಈ ಲೇಖನ....

ಸಾಮಾಜಿಕ ಸಾಮರಸ್ಯಕ್ಕಾಗಿ ನಡೆದ ವಿವಿಧ ಪ್ರಯತ್ನಗಳು

- ಚೈತ್ರ ವೈದ್ಯ
ದ್ವಿತೀಯ ಬಿ.ಎ.

'ಜೀವನವೆಂದರೆ ಪ್ರೀತಿ ಎನ್ನೋಣ, ಲೋಕದ ಸೃಷ್ಟಿಗೆ
ಪ್ರೀತಿ ಕಾರಣ'. ಎಂಬುದು ಚಿರಪರಿಚಿತ ಹಾಡೊಂದರ
ಸಾಲು. ಇದು ಇಂದಿಗೂ ಪ್ರಸ್ತುತ ಪ್ರೀತಿಯೇ ಜೀವನ.
ಏಕೆಂದರೆ ಒಲವೇ ಜೀವನ ಸಾಕ್ಷಾತ್ಕಾರ ಎಂಬ ಮಾತಿದೆ.
ಜೊತೆಗೆ ಮಾನವ ಸಂಘಜೀವಿ. ಒಬ್ಬಂಟಿಯಾಗಿ
ಬದುಕುವುದು ಮಾನವನಿಗೆ ಸಹಜವಾಗಿಯೇ ಕಷ್ಟಸಾಧ್ಯ.
ಏಕೆಂದರೆ ಕೂಡಿ ಬಾಳಿದರೆ ಸ್ವರ್ಗ ಎಂದು ಹಿರಿಯರು
ಹೇಳಿದ್ದಾರೆ. (ಆದರೆ ಈಗ ಅಂಗೈಯಲ್ಲಿರುವ ಮೊಬೈಲ್
ಎಂಬ ವಿಶ್ವಕೋಶದ ಪ್ರಭಾವದಿಂದ ಮಾನವರು ಪರಸ್ಪರ
ಮುಖ ನೋಡುವುದೇ ಅಪರೂಪವಾಗಿ ಬಿಟ್ಟಿದೆ).

ಹೀಗೆ ಮನೆಯ ಸದಸ್ಯರು ಒಟ್ಟಾಗಿ ಋಷಿಯಿಂದ
ಬಾಳಿದರೆ ಅದನ್ನು ಕುಟುಂಬ ಸಾಮರಸ್ಯ ಎಂದರೆ,
ಸಮಾಜದ ಹಲವು ವರ್ಗಗಳು ಸಮನಾಗಿ ನೆಮ್ಮದಿಯಿಂದ
ಬದುಕುವುದೇ ಸಾಮಾಜಿಕ ಸಾಮರಸ್ಯ.

ಜಗವೊಂದು ನಿಗೂಢಗಳ ಆಕರ. ಇಲ್ಲಿ ಇಲ್ಲದಿದ್ದರೆ.
ಒಂದು ಕಾಲದಲ್ಲಿ ಮಾನವನ ಕಲ್ಪನೆಗೂ ಮೀರಿದ್ದ
ನೈಸರ್ಗಿಕ ಪ್ರಕೋಪಗಳ ಬಗೆಗಿನ ಜ್ಞಾನ, ನೈಸರ್ಗಿಕ
ಸಂಪನ್ಮೂಲಗಳ ಸತ್ಯಾಸತ್ಯತೆ, ಅನುಕೂಲ-ಅನಾನುಕೂಲ
ಮುಂತಾದ ವಿಷಯಗಳನ್ನು ಸಂಶೋಧನೆ ನಡೆಸಿ ಆ
ಎಲ್ಲಾ ವಿಚಾರಗಳನ್ನು ಅತಿ ಸುಲಭವಾಗಿ ಮುಂದಿನ
ಪೀಳಿಗೆಗೆ ಸಿಗುವಂತೆ ಮಾಡಿದ ಮಾನವ, ಅದೇಕೋ
ಬದುಕಲು ಬಹು ಮುಖ್ಯವಾಗಿ ಬೇಕಾದ ಸಾಮರಸ್ಯವನ್ನು
ಜೀವನದಲ್ಲಿ ಅಳವಡಿಸಿಕೊಳ್ಳುವುದರಲ್ಲಿ ಮತ್ತು ಭವಿಷ್ಯದ
ಪೀಳಿಗೆಗೆ ಕಲಿಸಿ ಕೊಡುವುದರಲ್ಲಿ ಸೋತು ಬಿಟ್ಟಿರುವುದು
ವಿಪರ್ಯಾಸ !!!

ಮಾನವ, ಪ್ರಪಂಚದ ಎಲ್ಲವನ್ನೂ ಗೆದ್ದ. ಆದರೆ
ತನ್ನವರನ್ನು ಮಾತ್ರ ಗೆಲ್ಲಲಾಗಲಿಲ್ಲ. ಏಕೆಂದರೆ ಎಲ್ಲವನ್ನೂ
ಬುದ್ಧಿಯಿಂದ ಗೆದ್ದವನಿಗೆ ಹೃದಯದಿಂದ ಗೆಲ್ಲುವುದು
ಗೊತ್ತೇ ಇರಲಿಲ್ಲ. ಹಾಗೆಂದು ಹೃದಯ ಗೆದ್ದವರು,



ಕದ್ದವರು ಇಲ್ಲವೇ ಇಲ್ಲೆಂದಲ್ಲ. ಇದ್ದಾರೆ. ಅಲ್ಲೊಬ್ಬರು, ಇಲ್ಲೊಬ್ಬರು, ಬೆರಳೆಣಿಕೆಯಷ್ಟು ಮಂದಿ ಮಾತ್ರ.

ಬಿಡಿ, ಸಾಮಾಜಿಕ ಸಾಮರಸ್ಯಕ್ಕಾಗಿ ನಡೆದ ವಿವಿಧ ಪ್ರಯತ್ನಗಳನ್ನು ತಿಳಿಯುವ ಮೊದಲು ಗತಕಾಲದ ಅಸಾಮರಸ್ಯದ ಕರಾಳ ಮುಖವನ್ನು ನೋಡಿಕೊಂಡು ಬರೋಣ ಬನ್ನಿ.

ನಮ್ಮ ಭೂಮಿ ಅಸ್ತಿತ್ವಕ್ಕೆ ಬಂದು 4.5 ಬಿಲಿಯನ್ ವರ್ಷಗಳೇ ಕಳೆದಿವೆ. ಅದರಲ್ಲೂ ಮಾನವನ ಪ್ರಥಮ ಹೆಜ್ಜೆ ಈ ಇಳೆಯ ಮೇಲೆ ಬಿದ್ದುದು ಕೇವಲ 6-7 ಮಿಲಿಯನ್ ವರ್ಷಗಳ ಹಿಂದೆ. ಹಾಗಾದರೆ ಮನುಷ್ಯನ ಅಸ್ತಿತ್ವಕ್ಕೂ ಮೊದಲೇ ಸಾಮರಸ್ಯವಿತ್ತೇ? ಖಂಡಿತ ಹೌದು. ಪ್ರಕೃತಿ ಮತ್ತು ಇತರ ಜೀವರಾಶಿಗಳ ನಡುವೆ ಇತ್ತು. ಆದರೆ ಅದು ನೈಸರ್ಗಿಕ ಸಾಮರಸ್ಯವೇ ವಿನಾ ಅದನ್ನು ಸಾಮಾಜಿಕ ಸಾಮರಸ್ಯ ಎಂದು ಪರಿಗಣಿಸಲಾಗುವುದಿಲ್ಲ.

ಸರಿ, ಸ್ವಲ್ಪ ಮುಂದಕ್ಕೆ ಬರೋಣ ಅಂದರೆ ಶಿಲಾಯುಗ ಮೊದಲಾದ ಮಾನವನ ವಿಕಸನದ ಹಾದಿಯ ಪ್ರಥಮ ಹಂತಕ್ಕೆ. ಇಲ್ಲಿ ಮಾನವನಿಗೆ ಹೊಟ್ಟೆ ತುಂಬಿಸಿಕೊಳ್ಳುವ ಹೊರತಾಗಿ ಬೇರೆ ಯಾವುದೇ ಆದ್ಯತೆಗಳು ಇರಲಿಲ್ಲ. ಹಾಗಾಗಿ ಸಾಮರಸ್ಯವೂ ತಿಳಿಯಾಗಿತ್ತು. ಆದರೆ ಬರುಬರುತ್ತಾ ಆದ್ಯತೆಗಳು, ಅವಶ್ಯಕತೆಗಳು ಹೆಚ್ಚಾದಂತೆ ಆ ಅಗತ್ಯತೆಗಳನ್ನು ಪೂರೈಸಿಕೊಳ್ಳಲು ಅನೇಕ ವಸ್ತುಗಳ ಸಂಶೋಧನೆ ಆಯಿತು. ತಪ್ಪಲ್ಲ. ವಿಕಸನ ಜೀವನದ ಬಹು ಮುಖ್ಯವಾದ ಅಂಗ. ಆದರೆ ಅದಕ್ಕಾಗಿ ಪ್ರಕೃತಿಯೊಂದಿಗಿನ ಸಮತೋಲನ, ಸಾಮರಸ್ಯವನ್ನು ಮೂಲೆ ಗುಂಪಾಗಿಸಿದ್ದು ಮಾತ್ರ ವಿಷಾದನೀಯ.

ಇನ್ನು ಮುಂದೆ ಬರುವುದಾದರೆ ನಾಗರಿಕತೆಗಳ ಕಾಲ. ನಾಗರಿಕತೆಯ ವಿಕಸನದ ಮೊದಲು ಪ್ರಕೃತಿಯ ಪುತ್ರನಾಗಿದ್ದ ಮಾನವ ಬರುಬರುತ್ತಾ ಸಂಪತ್ತನ್ನು ಕೂಡಿಸಲು ಆರಂಭಿಸಿದ. ಇಲ್ಲಿ ಶುರುವಾಯಿತು ನೋಡಿ ತಾರತಮ್ಯ. ಯಾರಲ್ಲಿ ಅತಿ ಹೆಚ್ಚು ಸಂಪತ್ತಿದೆಯೋ (ಇಲ್ಲಿ

ಸಂಪತ್ತೆಂದರೆ ಕೇವಲ ಹಣವಲ್ಲ. ಜಮೀನು, ಜಾನುವಾರುಗಳೂ ಸಹ ಸಿರಿವಂತಿಕೆಯನ್ನು ಅಳೆಯುವ ಮಾನದಂಡಗಳಾಗಿದ್ದವು) ಆತ ಶ್ರೀಮಂತ. ಯಾರ ಬಳಿ ಕಡಿಮೆ ಸಂಪತ್ತಿದೆಯೋ ಆತ ಬಡವ ಎಂದು. ಎಲ್ಲರಿಗೂ ತಾನು ಶ್ರೀಮಂತನಾಗಬೇಕು ಎಂಬ ಕನಸು ಇದ್ದೇ ಇರುತ್ತದೆ. ಆದರೆ ಆ ಕನಸನ್ನು ನನಸಾಗಿಸಲು ಪ್ರಯತ್ನ ಪಡಬೇಕೇ ವಿನಾ ಅಡ್ಡ ದಾರಿ ಹಿಡಿಯಬಾರದಲ್ಲ!! ಮಾನವ ಹಾಗೇ ಮಾಡಿದ. ಅನ್ಯರ ಜಾನುವಾರು, ಸಂಪತ್ತನ್ನು ಯುದ್ಧವೇ ಮೊದಲಾದ ಅಕ್ರಮ ಹಾದಿಯಿಂದ ಕೊಳ್ಳಿ ಹೊಡೆದ. ಭೂ ಸಂಪತ್ತನ್ನು ವಶಪಡಿಸಿಕೊಂಡ. ಸಾಮಾಜಿಕ ಸಾಮರಸ್ಯ ನೆಲಕಚ್ಚಿದ್ದು ಇಲ್ಲೇ.

ಇನ್ನು ವೈದಿಕ ಕಾಲಕ್ಕೆ ಬಂದರೆ, ಪೂರ್ವ ವೈದಿಕ ಕಾಲದಲ್ಲೇ ಬ್ರಾಹ್ಮಣ, ಕ್ಷತ್ರಿಯ, ವೈಶ್ಯ ಮತ್ತು ಶೂದ್ರ ಎಂಬ ನಾಲ್ಕು ವರ್ಣಗಳು ರೂಪುಗೊಂಡಿದ್ದರೂ ಅವರಲ್ಲಿ ಸಹಬಾಳ್ವೆ ಇತ್ತು. ಈ ವರ್ಣಗಳು ಜನರ ವೃತ್ತಿಗಳ ಮೇಲೆ ಅವಲಂಬಿತವಾಗಿದ್ದವೇ ಹೊರತು ಜಾತಿಗಳಾಗಿ ಪರಿವರ್ತನೆ ಆಗಿರಲಿಲ್ಲ. ಅದಲ್ಲದೆ ಒಂದು ವರ್ಗದವರು/ ಕಸುಬಿನವರು ತಮ್ಮ ಕಸುಬನ್ನು ಬಿಟ್ಟು ಬೇರೆ ಕೆಲಸವನ್ನು ಹಿಡಿಯುವ ಮೂಲಕ ಬೇರೆ ವರ್ಗಕ್ಕೆ ಸೇರಲು ಅವಕಾಶ ಇತ್ತು. ಇದರಿಂದ ಸ್ವಸ್ಥ ಸಮಾಜ ರೂಪುಗೊಂಡಿತ್ತು. ಆದರೆ ಬದಲಾವಣೆ ಜಗದ ನಿಯಮ ಎಂಬುದನ್ನು ಮರೆಯುವಂತಿಲ್ಲವಲ್ಲ!! ಸಾಮರಸ್ಯ ಕದಡಿದ ಪರಿಪೂರ್ಣ ಪ್ರಮಾಣದ ಕರಾಳ ಚಿತ್ರಣ ಉತ್ತರ ವೈದಿಕ ಕಾಲದಲ್ಲಿ ಹುಟ್ಟಿ ಹೆಮ್ಮರವಾಗಿ ಬೆಳೆದು ಇಂದಿಗೂ ತನ್ನ ಕೊಂಬೆಗಳನ್ನು ಅಲ್ಲಲ್ಲಿ ಚಾಚಿಕೊಂಡಿರುವುದು ಮಾತ್ರ ಮಾನವನ ಬೆಳವಣಿಗೆಗೆ ತೊಡಕಾದ ಮುಳ್ಳಿದ್ದಂತೆ.

ಇದೇ ಸಂದರ್ಭದಲ್ಲಿ (ಉತ್ತರ ವೈದಿಕ ಕಾಲದಲ್ಲಿ) ಆ ನಾಲ್ಕು ವರ್ಗಗಳು (ವರ್ಣ) ಜಾತಿಗಳಾಗಿ ಮಾರ್ಪಟ್ಟವು. ಇಲ್ಲಿ ಶುರುವಾಯಿತು ನೋಡಿ ಸಾಮಾಜಿಕ ಅಸಮಾನತೆ. ನಿರಂತರ ಶೋಷಣೆಯಿಂದ ಬಡವರು



ಬಡವರಾಗಿಯೇ ಉಳಿದರು ಮತ್ತು ಶ್ರೀಮಂತರು ಇನ್ನಷ್ಟು ಸಿರಿವಂತರಾದರು.

ತದನಂತರದಲ್ಲಿ ರಚನೆಯಾದ ಹಲವು ಧರ್ಮಗಳು ಒಂದು ರೀತಿಯ ಸಾಮರಸ್ಯವನ್ನು ಉಂಟು ಮಾಡಿದರೂ, ವಿದೇಶಿಯರ ದಾಳಿಯ ನಂತರ ಸಾಮರಸ್ಯ ಧೂಳಿಪಟ ಆಯಿತು. ಅತ್ಯಾಚಾರ ಅನಾಚಾರಗಳು ದಿನಚರಿಯ ಭಾಗವಾದವು. ಜನ ತಮ್ಮವರನ್ನು ಹೋಗಲಿ, ತಮ್ಮನ್ನೇ ಉಳಿಸಿಕೊಳ್ಳಲು ಬಹಳಷ್ಟು ಒದ್ದಾಡುತ್ತಿದ್ದರು. ಇನ್ನು ಕೆಲವರು ತಮ್ಮನ್ನು ಉಳಿಸಿಕೊಳ್ಳಲು ತಾವೇ ವಿದೇಶಿಯರ ಜೊತೆಗೂಡಿ ತಮ್ಮವರ ಹತ್ಯೆಗೆ ಕಾರಣರಾಗುತ್ತಿದ್ದರು. ಈ ಸಮಯದಲ್ಲಿ ಸಾಮರಸ್ಯ ಎಂಬ ಪದಕ್ಕೆ ಅರ್ಥವೇ ಇರಲಿಲ್ಲ ಎಂದರೂ ತಪ್ಪಾಗಲಾರದು. ಹೀಗೆ ಉದ್ಭವಿಸಿದ ಸಾಮಾಜಿಕ ಒಡಕಿನಿಂದ ಹಲವಾರು ಜಾತಿ ಮತ ಪಂಥಗಳು ಹುಟ್ಟಿಕೊಂಡವು.

ಹಾಗಾದರೆ ಈ ಅಸಾಮರಸ್ಯ, ಅನ್ಯಾಯಕ್ಕೆ ಕೊನೆ ಇಲ್ಲವೇ? ಪರಿಹಾರ ಇಲ್ಲವೇ? ಇಷ್ಟು ವರ್ಷದಲ್ಲಿ ಸಾಮರಸ್ಯ ಹೊಂದಲು ಯಾರೂ ಪ್ರಯತ್ನಿಸಲಿಲ್ಲವೇ? ಖಂಡಿತ ಕೊನೆ ಇದೆ. ಪರಿಹಾರ ಇದೆ. ಪ್ರಯತ್ನವಂತೂ ಖಂಡಿತ ನಡೆದಿದೆ. ನಡೆಯುತ್ತಲೇ ಇದೆ. ಆದರೆ ಒಳ್ಳೆ ಕಾರ್ಯಕ್ಕೆ ನೂರಂಟು ವಿಘ್ನ ಎಂಬಂತೆ ಸ್ವಲ್ಪ ತಡವಾಗುತ್ತಿದೆ ಅಷ್ಟೇ.

ಸಾಮಾಜಿಕ ಸಾಮರಸ್ಯಕ್ಕಾಗಿ ನಡೆದ ವಿವಿಧ ಪ್ರಯತ್ನಗಳ ಬಗ್ಗೆ ತಿಳಿಯೋಣ ಬನ್ನಿ.

ಇತಿಹಾಸ ಮರುಕಳಿಸುತ್ತದೆ ಎಂಬ ಮಾತಿದೆ. ಅದು ಒಳ್ಳೆಯದೇ ಆಗಿರಲಿ; ಅಥವಾ ಕೆಟ್ಟದ್ದೇ ಆಗಿರಲಿ. ಸಮಾಜ ಕೆಡುವುದು, ಅದನ್ನು ಸರಿಪಡಿಸಲು ಸಮಾಜ ಸುಧಾರಕರ ಆಗಮನ ಆಗುವುದು ಅತೀ ಸಹಜ. ಇದಕ್ಕೆ ಅತ್ಯಂತ ಉತ್ಕೃಷ್ಟ ಉದಾಹರಣೆ/ ಸಾಕ್ಷಿ ನಮ್ಮ ಭಗವದ್ಗೀತೆಯಲ್ಲೇ ಇದೆ. ಧರ್ಮ ಸಂಸ್ಥಾಪನಾರ್ಥಯ ಸಂಭವಾಮಿ ಯುಗೇ ಯುಗೇ ಎಂದು ಕೃಷ್ಣ ಪರಮಾತ್ಮನೇ ಹೇಳಿದ್ದಾನೆ. ಇದರ

ಅರ್ಥ ಧರ್ಮದ ಪುನರ್ ಸ್ಥಾಪನೆಗೆ ಮತ್ತೆ ಮತ್ತೆ ಅವತಾರ ತಾಳುತ್ತೇನೆ ಎಂದು. ಪ್ರತೀ ಸಲ ಸಮಾಜ ಹದಗೆಟ್ಟಾಗ ಅದನ್ನು ಸರಿಪಡಿಸಲು ಒಬ್ಬಲ್ಲ ಒಬ್ಬರು ಬಂದಿರುವುದನ್ನು ನಾವು ನೋಡಿದ್ದೇವೆ/ ಕೇಳಿದ್ದೇವೆ. ಯಾವ ಯಾವ ಸಮಯದಲ್ಲಿ ಯಾರೆಲ್ಲ ಬಂದಿದ್ದರು ಎಂಬುದನ್ನು ಈಗ ನೋಡೋಣ.

ಆಗಲೇ ತಿಳಿಸಿದಂತೆ ಸಮಾಜದ ಸ್ಥಿತಿ ಹದಗೆಡಲು ಆರಂಭಿಸಿದ್ದು ಉತ್ತರ ವೈದಿಕ ಕಾಲದಲ್ಲಿ. ನಮ್ಮ ಕೆಲವು ಪದ್ಧತಿಗಳು ಅತ್ಯಂತ ಕ್ಲಿಷ್ಟವಾಗಿ, ಜನ ಸಾಮಾನ್ಯರಿಗೆ ಆಚರಿಸಲು ಕಷ್ಟವಾದಾಗ. ಸಾಮಾಜಿಕ ಜೀವನವನ್ನು/ ಪರಿಸ್ಥಿತಿಯನ್ನು ಸರಳಗೊಳಿಸಲು ಜನ್ಮ ತಾಳಿ, ಸಾಮಾಜಿಕ ಸಾಮರಸ್ಯಕ್ಕೆ ಮುನ್ನುಡಿ ಬರೆದವರು ಹಲವರು. ತಮ್ಮ ಸರಳ ಬೋಧನೆಗಳಿಂದ ಜನರ ಮೆಚ್ಚುಗೆಗೆ ಪಾತ್ರವಾಗಿ, ತಮ್ಮ ಬೌದ್ಧ ಮತ್ತು ಜೈನ ಧರ್ಮಗಳು ಸಮಾಜದ ಭಾವಾಗುವಂತೆ ಮಾಡಿ, ಅದೇ ರೀತಿಯಲ್ಲಿ ರಾಜ ಮಹಾರಾಜರನ್ನು ಆಕರ್ಷಿಸಿ, ಎಲ್ಲಾ ರಾಜ್ಯದಲ್ಲೂ ತಮ್ಮ ನೆಲೆಯನ್ನು ಗಟ್ಟಿಗೊಳಿಸಿ, ಜನರಲ್ಲಿ ಒಂದು ಮಟ್ಟಿನ ಸಮಾನತೆಯನ್ನು ಮೂಡಿಸಿ, ಸಾಮರಸ್ಯದ ರುಚಿಯನ್ನು ಸಮಾಜಕ್ಕೆ ತೋರಿಸಿದವರಲ್ಲಿ ಅಗ್ರಗಣ್ಯರೇ ಗೌತಮ ಬುದ್ಧ ಮತ್ತು ವರ್ಧಮಾನ ಮಹಾವೀರ (ರಾಜಾ ಚಂದ್ರಗುಪ್ತ ಮೌರ್ಯ ಬೌದ್ಧ ಧರ್ಮ ಅನುಸರಿಸಿದ್ದು ಮತ್ತು ಮಹಾ ಸಾಮ್ರಾಟ ಅಶೋಕ ಬೌದ್ಧ ಧರ್ಮ ಅನುಸರಿಸಿ, ತನ್ನ ದಿಗ್ವಿಜಯ ಯಾತ್ರೆಯನ್ನು ಧರ್ಮ ವಿಜಯ ಯಾತ್ರೆಯನ್ನಾಗಿ ಪರಿವರ್ತಿಸಿ ಜನರಲ್ಲಿ ಸಾಮಾಜಿಕ ಸಾಮರಸ್ಯದ ಪ್ರಜ್ಞೆ ಮೂಡಲು ಕಾರಣೀಭೂತನಾದ ಪರಿ ಅಮೋಘ.)

ಹಿಂದೆ ಆರಂಭವಾದ ಜಾತಿ ಪದ್ಧತಿ ಸಮಾಜಕ್ಕೆ ಎರವಾದಾಗ, ಅಸಮಾನತೆ, ಮೇಲ್ಜಾತಿ, ಕೆಳಜಾತಿ ಎಂಬ ಕೀಳರಿಮೆ ಆರಂಭವಾದಾಗ, ಸಮಾಜದಲ್ಲಿ ಸಾಮರಸ್ಯ ಮೂಡಿಸುವಲ್ಲಿ ಪ್ರಮುಖ ಪಾತ್ರ ವಹಿಸಿದ್ದು ಶಿವಶರಣರು. ಬಸವಣ್ಣ, ಅಕ್ಕಮಹಾದೇವಿ, ಅಲ್ಲಮಪ್ರಭು,



ಆಯ್ದಕ್ಕಿಮಾರಯ್ಯ ಹಾಗೂ ಲಕ್ಕಮ್ಮ, ಜೇಡರದಾಸಿಮಯ್ಯ ಮುಂತಾದವರು ತಮ್ಮ ಚಿಕ್ಕ ಚೊಕ್ಕ ವಚನಗಳ ಮೂಲಕ ಲೌಕಿಕ ಮತ್ತು ಅಲೌಕಿಕ ಮುಂತಾದ ವಿಷಯಗಳ ಕುರಿತು ಮನ ಮುಟ್ಟುವಂತೆ ತಿಳಿಸಿ, ಹಳಿ ತಪ್ಪಿದ್ದ ಸಾಮರಸ್ಯವನ್ನು ಮತ್ತೆ ಸರಿದಾರಿಗೆ ತಂದ ಪರಿ ನಿಜಕ್ಕೂ ಅದ್ಭುತ. ಮಧ್ಯಯುಗದ ಸಮಾಜ ಸುಧಾರಕರು ಇವರೇ.

ನಂತರದ ಕಾಲದಲ್ಲಿ ಅಸಮಾನತೆಗೆ ಕನ್ನಡಿ ಹಿಡಿದು ಜನರ ಮನದಾಳವನ್ನು ತಮ್ಮ ಕೀರ್ತನೆಗಳ ಮೂಲಕ ಮುಟ್ಟಿ, ಜನರನ್ನು ಸ್ವಸ್ಥ ಸಮಾಜದಡೆಗೆ ಕರೆ ತಂದ ಕೀರ್ತಿ ಸಲ್ಲುವುದು ಪುರಂದರ ದಾಸರು, ವಾದಿರಾಜರು, ಕನಕದಾಸರೇ ಮೊದಲಾದ ದಾಸವರೇಣ್ಯರಿಗೆ.

ಇನ್ನು ಈ ಪವಿತ್ರ ಭೂಮಿಯಲ್ಲಿ ಮೊಘಲರ ಅಟ್ಟಹಾಸ ಅತಿಯಾಗಿ ನಮ್ಮ ಜನರಿಗೆ, ಸ್ತ್ರೀಯರಿಗೆ ರಕ್ಷಣೆ ಇಲ್ಲದೇ ನಮ್ಮ ಸಮಾಜ ಕಂಗೆಟ್ಟು ರೋದಿಸುತ್ತಿದ್ದಾಗ, ನಮ್ಮ ಪಾಲಿನ ಆಶಾಕಿರಣವಾಗಿ ಮೂಡಿಬಂದಿದ್ದು ಭತ್ತಪತಿ ಶಿವಾಜಿ ಮಹಾರಾಜರು. ಮೊಘಲರ ಬಾಹು ಬಂಧನದಿಂದ ಕೋಟೆಗಳನ್ನು ವಶಪಡಿಸಿಕೊಂಡು, ನಮ್ಮವರಿಗೆ ಅಭಯಹಸ್ತ ಚಾಚಿದ ಶಿವಾಜಿ ಮಹಾರಾಜರು. ಸಮಾಜದ ಪುಟಕ್ಕಿಟ್ಟು ಚಿನ್ನದಂತೆ.

ತಾನು ದಲಿತನಾಗಿ ಹುಟ್ಟಿ, ಬಾಲ್ಯದಲ್ಲೇ ಅಗಾಧ ಕೀಳರಿಮೆಯನ್ನು ಅನುಭವಿಸಿ ಎಡವಿದರೂ ಮತ್ತೆ ಎದ್ದು ನಿಂತು ಸ್ವತಂತ್ರ ಭಾರತದ ಭಾಗ್ಯವಿಧಾತೆ ಎಂದೆನಿಸಿಕೊಂಡು, ಒಂದು ದೇಶ, ಒಂದು ಸಂವಿಧಾನ ಎಂಬ ತತ್ವವನ್ನು ಮುಂದಿಟ್ಟು ಇಡೀ ಭಾರತ ದೇಶವನ್ನು ಒಂದೇ ಕಾನೂನಿನ ಅಡಿಯಲ್ಲಿ ಬರುವಂತೆ ಮಾಡಿದ ಡಾ. ಬಿ. ಆರ್. ಅಂಬೇಡ್ಕರ್, ಈ ದೇಶ ಕಂಡ ಅಪ್ರತಿಮ ಸಮಾಜ ಸುಧಾರಕರಲ್ಲಿ ಒಬ್ಬರು.

ಇನ್ನು ರವಿ ಕಾಣದ್ದನ್ನು ಕವಿ ಕಂಡ ಎಂಬಂತೆ ಸಮಾಜದ ಲೋಪದೋಷಗಳನ್ನು ತಿದ್ದಿ ತೀಡುವಲ್ಲಿ ಕವಿಗಳ ಪಾತ್ರ ಕೂಡ ಹಿರಿದು. ಠಾಗೋರ್, ಕುವೆಂಪು

ಮುಂತಾದ ಕವಿಗಳು ಸಾಮರಸ್ಯದ ರಹದಾರಿಯನ್ನು ತಮ್ಮ ಕೃತಿಗಳ ಮೂಲಕ ಜನರಿಗೆ ಪರಿಚಯಿಸಿ, ಈ ಮೂಲಕ ಜನರಲ್ಲಿ ಸಾಮರಸ್ಯ ಮೂಡಿಸಿ, ಈ ಯುಗದ ಶಕ್ತಿಯಾಗಿ, ನಾಯಕರಾಗಿ ಮೂಡಿರುವವರು ಈ ಕವಿಗಳು.

ಸಮಾಜ ಸುಧಾರಕರು ಹಲವರಿದ್ದಾರೆ. ಈ ಜಗತ್ತಿನಲ್ಲಿ ಅದೆಷ್ಟೋ ಸಮಾಜ ಸುಧಾರಣಾ ಪ್ರಯತ್ನಗಳು ನಡೆದಿವೆ. ನಾನು ಹೇಳಿದ್ದು ಕೆಲವಷ್ಟು ವಿಚಾರಗಳನ್ನು ಮಾತ್ರ. ಒಟ್ಟಾರೆಯಾಗಿ ಸಾಮಾಜಿಕ ಸಾಮರಸ್ಯವೇ ಸ್ವಸ್ಥ ಸಮಾಜದ ಮುನ್ನುಡಿ ಎಂದು ಜನ ಅರಿತಂತಿದೆ. ಸಹಾಯ ಮನೋಭಾವ ಜನರಲ್ಲಿ ಹೆಚ್ಚುತ್ತಿದೆ. ತಾನಲ್ಲದೆ ತಮ್ಮವರೂ ತಮ್ಮಂತೆಯೇ ಇರಬೇಕು ಎಂದು ಬಯಸುತ್ತಾ, ಅನ್ಯರ ಏಳಿಗೆಗೆ ಶ್ರಮಿಸುತ್ತಾ, ಅವರಿಗಾಗಿ ಹರಸುವ, ಅವರಿಗಾಗಿ ಬದುಕುವ ಲಕ್ಷಾಂತರ ಜೀವಗಳನ್ನು ನೋಡಿದಾಗ ವಸುದೈವ ಕುಟುಂಬಕಂ ಎಂಬ ಕವಿವಾಣಿ ಸತ್ಯವಾಗುವ ಕಾಲ ದೂರವೇನಿಲ್ಲ ಎಂಬುದು ನನ್ನ ಅಭಿಪ್ರಾಯ ನೀವೇನಂತೀರಿ?



ಕನ್ನಡ ವಿಭಾಗ





ಬಾಲ್ಯದ ಮಳೆಗಾಲ

- ಸುರಕ್ಷಾ
ದ್ವಿತೀಯ ಬಿ.ಕಾಂ.

ಎಲೆ ಮಾನವ

ನಾಗೇಂದ್ರ
ಪ್ರಥಮ ಬಿ.ಎಸ್ಸಿ.

ಸುರಿವ ಮಳೆಯಲ್ಲಿ ಬಾನೆತ್ತರಕ್ಕೆ
ಹಾರುವ ಆಸೆ ಚಿಗುರಿದೆ.
ಆಗಸದ ನಡುವೆ ಮೂಡಿದ ಕಾಮನಬಿಲ್ಲು..
ಕೈಬೀಸಿ ಕರೆಯುತ್ತಿದೆ.
ಹರಿವ ನೀರಲ್ಲಿ ತೇಲಿಬಿಟ್ಟ ಕಾಗದದ ದೋಣಿ ಗುರಿ
ತಲುಪುವ ಮೊದಲೇ ಮುಳುಗಿದೆ
ಜೋರಾಗಿ ಬೀಸಿದ ಗಾಳಿಯ ಹೊಡೆತಕ್ಕೆ
ಸಿಲುಕಿ ಕಲ್ಪವೃಕ್ಷ ಬಾಗಿ ನಿಂತಿದೆ.
ಮಳೆರಾಯನ ಅಬ್ಬರಕ್ಕೆ ಕಪ್ಪೆಗಳ
ಸಮೂಹ ಸಾಕ್ಷಿ ನುಡಿದಿದೆ
ಬಾಲ್ಯದ ಮಳೆಗಾಲ ನೆನೆದು ಮನಸ್ಸು
ಆನಂದದಿಂದ ಹಿಗ್ಗಿದೆ
ಗೆಳೆಯರ ಜೊತೆ ಸೇರಿ ಕುಣಿದು-ಕುಪ್ಪಳಿಸಿದ
ಕ್ಷಣಗಳು ಕಣ್ಣಮುಂದೆ ಬರುತ್ತಿದೆ
ಮಾತಿಗೆ ನಿಲುಕದ ಹರುಷವನ್ನು ಮುಂಗಾರು
ತನ್ನೊಂದಿಗೆ ಹೊತ್ತು ತಂದಿದೆ

ತುತ್ತು ಕೊಟ್ಟವರ, ಎತ್ತಿ ಆಡಿಸಿದವರ
ಹಿಂದಕ್ಕೆ ಇರಿಯೇ ಎಲೆ ಮಾನವ
ಎಂದು ಬದಲಾಗುವೆ ಎಲೆ ಮಾನವ
ನಿನಗಾಗಿ ಬೆಟ್ಟದ್ದು ನಿನಗಾಗಿ ಇಟ್ಟದ್ದು
ನೀನೇನ ಅವರಿಗಿಟ್ಟೆ ಎಲೆ ಮಾನವ
ಎಂದು ಬದಲಾಗುವೆ ಎಲೆ ಮಾನವ
ನೂರಾರು ಕನಸುಗಳ ಹೊತ್ತು ನಿನಗಾಗಿ ತಲೆ ತೆತ್ತು
ನೀನವರಿಗೊಂದು ತುತ್ತು ಕೊಟ್ಟೆಯೋ ಎಲೆ ಮಾನವ
ಎಂದು ಬದಲಾಗುವೆ ಎಲೆ ಮಾನವ
ಒಂದು ಮಾತು ನೀನೆ ಕೇಳು
ಈ ದೇಹ ನಶ್ವರ, ಬದುಕನ್ನ ಕಲಿಯೋ ಎಲೆ ಮಾನವ
ಹಡದವರ ಕಾಣೋ ಎಲೆ ಮಾನವ

ಹನಿಗವನಗಳು

- ಸುರಕ್ಷಾ
ದ್ವಿತೀಯ ಬಿ.ಕಾಂ.

ಆಸೆ

ಕಾಡುವ ಆಸೆಯ ಬೆನ್ನತ್ತಿ
ಹೊರಟಿದೆ ಈ ಮನ
ಪಡೆಯುವ ಹಂಬಲದಲ್ಲಿ
ಬರಿದಾಗಿದೆ ನನ್ನ ಧನ

ಮತದಾನ

ನಮ್ಮ ಸಂವಿಧಾನ ಕಲ್ಪಿಸಿರುವ
ಅಮೂಲ್ಯ ಕೊಡುಗೆ ಮತ
ಯೋಗ್ಯ ಅಭ್ಯರ್ಥಿಯ ಆಯ್ಕೆಯಲ್ಲಿ
ಅಡಗಿದೆ ದೇಶದ ಹಿತ

ಬದುಕು

ಬಾಳಿನಲ್ಲಿ ಏಳುಬೀಳುಗಳು
ಎದುರಾಗುವುದು ಸಹಜ
ಅದನರಿತು ಮಂದೆ ಸಾಗಲು
ಸಿದ್ಧನಾಗು ಓ ಮನುಜ

ಕಾಲ

ಕಳೆದುಹೋದ ಕ್ಷಣ
ಎಂದಿಗೂ ಬರದು ಮರಳಿ
ದುಃಖಿಸದಿರು ದೂರವಾದ
ವ್ಯಕ್ತಿಗಳ ನೆನಪಲ್ಲಿ ನರಳಿ



ಕುಸಿಯುತ್ತಿರುವ ಸಾಮಾಜಿಕ ಮೌಲ್ಯಗಳು

- ಚೈತ್ರಾ
ಪ್ರಥಮ ಬಿ.ಎ.

ಭೂಮಿಯಲ್ಲಿ ನೆಲೆಸಿರುವ ಸರ್ವಜೀವರಾಶಿಗಳಲ್ಲಿಯೂ ಅತ್ಯಂತ ಬುದ್ಧಿವಂತ ಜೀವಿ ಎನಿಸಿಕೊಂಡ ಮಾನವನು ಸಮಾಜದಲ್ಲಿ ಹುಟ್ಟಿ ತನ್ನ ಸುತ್ತಮುತ್ತಲಿನ ಪರಿಸರವನ್ನು ಅವಲೋಕಿಸುತ್ತ, ಸುಂದರ ಹಾಗೂ ಸುಗಮ ಜೀವನವನ್ನು ಸಾಗಿಸಲು ಮಂದಾಗುತ್ತಾನೆ ಹಾಗೂ ನೆಮ್ಮದಿಯಿಂದ ಬದುಕಲು ಇಚ್ಛಿಸುತ್ತಾನೆ. ತಾನು ವಾಸಿಸುವ ಸಮಾಜದಲ್ಲಿ ಪ್ರೀತಿ, ನಂಬಿಕೆ, ವಾತ್ಸಲ್ಯ ಪರಸ್ಪರ ಸಹಕಾರ ಮನೋಭಾವನೆಯನ್ನು ಅಳವಡಿಸಿಕೊಂಡಿರುತ್ತಾನೆ ಹಾಗೂ ಸಮಾಜದಲ್ಲಿ ಇತರರಿಗೂ ಪ್ರೀತಿ ಪಾತ್ರನಾಗುತ್ತಾನೆ.

ಯಾವುದೇ ಒಬ್ಬ ವ್ಯಕ್ತಿಯು ಸಮಾಜದಲ್ಲಿ ಉತ್ತಮ ಮತ್ತು ಆದರ್ಶ ವ್ಯಕ್ತಿ ಎನಿಸಿಕೊಳ್ಳಲು ಆತನು ಅನೇಕ ಮೌಲ್ಯಗಳನ್ನು ತನ್ನ ಜೀವನದಲ್ಲಿ ಅಳವಡಿಸಿಕೊಂಡಿರುತ್ತಾನೆ. ಹಾಗಾದರೆ ಆ ಮೌಲ್ಯಗಳು ಯಾವುವು??

ನಂಬಿಕೆ, ಶಿಸ್ತು, ದೃಢಸಂಕಲ್ಪ, ನೀತಿ ನಿಯಮ, ಆದರ್ಶ, ಸಂಸ್ಕಾರ, ಮಾನವೀಯ ಗುಣ, ಸದಾಚಾರ, ಸೇವಾಮನೋಭಾವನೆ, ಪರೋಪಕಾರ ಮುಂತಾದವುಗಳನ್ನು ಮೌಲ್ಯಗಳು ಎಂದು ಹೇಳಬಹುದು.

ಆದರೆ ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಇಂತಹ ಮೌಲ್ಯಗಳು ಮಾನವನ ಜೀವನದಲ್ಲಿ ಎಲ್ಲೋ ಕಣ್ಮರೆಯಾಗಿ ಕುಳಿತಂತಿದೆ. ಅಂದರೆ ದಿನದಿಂದ ದಿನಕ್ಕೆ ಈ ಸಾಮಾಜಿಕ ಮೌಲ್ಯಗಳು ತನ್ನ ಅಸ್ತಿತ್ವವನ್ನು ಮತ್ತು ಪ್ರಾಮುಖ್ಯತೆಯನ್ನು ಕಳೆದುಕೊಳ್ಳುತ್ತಿವೆ. ಇದಕ್ಕೆ ಮುಖ್ಯ ಕಾರಣ ನಾವೇ ಹೊರತು ಸಮಾಜವಲ್ಲ. ಹಾಗಾದರೆ ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಈ ಸಾಮಾಜಿಕ ಮೌಲ್ಯಗಳು ಕುಸಿಯಲು ಕಾರಣಗಳೇನಿರಬಹುದು?

1. ಆಧುನಿಕತೆಯ ಪರಿಣಾಮವಾಗಿ ಮಾನವನು ದಿನದಿಂದ ದಿನಕ್ಕೆ ಡಿಜಿಟಲೀಕರಣದ ಪ್ರಭಾವಕ್ಕೆ ಒಳಗಾಗಿದ್ದಾನೆಯೇ ಹೊರತು ತನ್ನ ದೇಶದ ಸಂಸ್ಕೃತಿ, ಆಚಾರ, ವಿಚಾರ ಮತ್ತು ಮುಖ್ಯವಾಗಿ ತನ್ನಲ್ಲಿರಬೇಕಾದ ಮಾನವೀಯ ಮೌಲ್ಯಗಳನ್ನು ಮರೆಯುತ್ತಿದ್ದಾನೆ.
2. ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಎಲ್ಲರೂ ಕೇವಲ ತಮ್ಮ ತಮ್ಮ ಸ್ವಹಿತಾಸಕ್ತಿಗೆ ಬದುಕುತ್ತಿದ್ದಾರೆಯೇ ಹೊರತು ಇತರರ ಒಳಿತಿಗಾಗಿ ಅಥವಾ ಪರರಿಗೆ ಸಹಾಯ ಮಾಡುವ ಸೇವಾ ಮನೋಭಾವನೆಯನ್ನು ಕಳೆದುಕೊಂಡಿದ್ದಾರೆ.
3. ಸಮೂಹ ಮಾಧ್ಯಮಗಳ ಪ್ರಭಾವದಿಂದ ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಒಬ್ಬರು ಇನ್ನೊಬ್ಬರಲ್ಲಿ ತಮ್ಮ ವಿಚಾರಗಳನ್ನು ಹಂಚಿಕೊಳ್ಳುವ ಅಥವಾ ವ್ಯಕ್ತಪಡಿಸುವ ಸಂವಹನ ಕೌಶಲ್ಯವೇ ಕಡಿಮೆಯಾಗಿದೆ. ಕೇವಲ ಜಾಲತಾಣಗಳಲ್ಲಿ ತಮ್ಮ ಅಮೂಲ್ಯ ಸಮಯವನ್ನು ಕಳೆಯುತ್ತಿದ್ದಾರೆ. ಇದರಿಂದ ಸಂವಹನ ಕೌಶಲ್ಯವೇ ಇಲ್ಲದಂತಾಗಿದೆ.
4. ದೇಶದ ಮುಂದಿನ ಪ್ರಜೆಗಳಾದ ವಿದ್ಯಾರ್ಥಿಗಳು ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ನಯ, ವಿನಯ, ಸಂಸ್ಕಾರ, ಸೇವಾಮನೋಭಾವನೆ ಕಡಿಮೆಯಾಗಿದೆ. ಮುಖ್ಯವಾಗಿ ಆಧುನಿಕ ಶಿಕ್ಷಣ ವ್ಯವಸ್ಥೆಯಲ್ಲಿ ನೈತಿಕ ಶಿಕ್ಷಣವೇ ಇಲ್ಲದಂತಾಗಿದೆ.
5. ಯುವ ಜನತೆಯಲ್ಲಿ ದೇಶಾಭಿಮಾನ, ದೇಶಪ್ರೇಮದ ಬಗ್ಗೆ ಗೌರವ ಇಲ್ಲದೇ ಇರುವುದು ಹಾಗೂ ಸಾಮಾಜಿಕ ಮೌಲ್ಯಗಳ ಕುರಿತು ಅರಿವು ಇಲ್ಲದೇ ಇರುವುದು.
6. ಒಂದು ಮಗುವಿನ ಜೀವನದಲ್ಲಿ ಕುಟುಂಬವು ಬಹುಮುಖ್ಯ ಪಾತ್ರವಹಿಸುತ್ತದೆ. ಅದರಲ್ಲೂ



ಮುಖ್ಯವಾಗಿ ತಾಯಿಯೇ ಮೊದಲ ಗುರು ಹಾಗೂ ಮನೆಯೇ ಮೊದಲ ಪಾಠಶಾಲೆ ಎಂಬಂತೆ ತಾಯಿಯೇ ಮೊದಲು ಮಗುವಿಗೆ ನಡೆನುಡಿಯನ್ನು ಹೇಳಿಕೊಡಬೇಕು ಮತ್ತು ಕುಟುಂಬದ ಇತರ ಸದಸ್ಯರು ಆಚಾರ-ವಿಚಾರ ಸಂಸ್ಕೃತಿಗಳನ್ನು ತಿಳಿಹೇಳುತ್ತಿತ್ತು. ಆದರೆ ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಕುಟುಂಬಗಳು ಕ್ಷೀಣಿಸುತ್ತಾ ಬಂದು ಈಗ ಕೇವಲ ತಂದೆ ತಾಯಿ ಮಕ್ಕಳು ಎಂಬ ವಿಭಕ್ತ ಕುಟುಂಬದಲ್ಲಿ ಇಂತಹ ಆಚಾರ ವಿಚಾರಗಳು ನಡೆ, ನುಡಿ, ಸಂಸ್ಕೃತಿ, ಸಂಪ್ರದಾಯಗಳನ್ನು ತಿಳಿಹೇಳುವುದು ಹಾಗೂ ಮಕ್ಕಳ ತಪ್ಪುಗಳನ್ನು ತಿದ್ದಿ ಸರಿಪಡಿಸುವುದು ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಅಸಾಧ್ಯವಾಗಿದೆ.

7. ಮನುಷ್ಯನು ಕೇವಲ ತನ್ನ ಬಯಕೆಗಳನ್ನು ಈಡೇರಿಸಿಕೊಳ್ಳುತ್ತಾ ಸ್ವಾರ್ಥಿಯಾಗುತ್ತಿದ್ದಾನೆಯೇ ಹೊರತು ಸಮಾಜಕ್ಕೆ ತನ್ನಿಂದಾಗುವ ಒಳಿತು ಮತ್ತು ಸಮಾಜಕ್ಕೆ ಆತನ ಕೊಡುಗೆ ಏನು ಎಂಬುದನ್ನು ಮರೆತಿದ್ದಾನೆ. ಇಷ್ಟೇ ಅಲ್ಲದೆ ಸಾಮಾಜಿಕ ಮೌಲ್ಯಗಳು ಕುಸಿಯಲು ಇನ್ನೂ ಅನೇಕ ಕಾರಣಗಳಿರಬಹುದು. ಆದರೆ ಇದನ್ನು ಸರಿಪಡಿಸುವುದು ಹಾಗೂ ಉತ್ತಮ ಮೌಲ್ಯಗಳನ್ನೇ ಅಳವಡಿಸಿಕೊಳ್ಳುವುದು ಅನಿವಾರ್ಯವಾಗಿದೆ.

‘ಸಜ್ಜನರ ಸಂಗ ಹೆಜ್ಜೇನು ಸವಿದಂತೆ’ ಎಂಬ ಗಾದೆ ಮಾತಿನಂತೆ ಸಜ್ಜನರು ಪ್ರತಿನಿತ್ಯವು ಸುಸಂಗವನ್ನೇ ಮಾಡುತ್ತಾರೆ. ಶಿಸ್ತು, ಸಂಯಮ, ಪರೋಪಕಾರ, ಶಾಂತಿ ಸದ್ಭಾವನೆ, ಸಹಬಾಳ್ವೆ ಇಂತಹ ಒಳ್ಳೆಯ ಗುಣಗಳನ್ನು ಅವರು ಅಳವಡಿಸಿಕೊಂಡಿರುತ್ತಾರೆ.

ಸಾಮಾಜಿಕ ಮೌಲ್ಯಗಳು ಮಾನವರ ಜೀವನದಲ್ಲಿ ಆಸ್ತಿ ಇದ್ದಂತೆ. ಮೌಲ್ಯಗಳ ಅಳವಡಿಕೆಯಿಂದ ವ್ಯಕ್ತಿಯ ಘನತೆ ಗೌರವ ವೃದ್ಧಿಸಿ ಚಿನ್ನದಂತೆ ಪರಿಶುದ್ಧಗೊಂಡು ಬದುಕು ಬಂಗಾರವಾಗುವುದು ಹಾಗೂ ಮನುಷ್ಯನ ವ್ಯಕ್ತಿತ್ವ ಸಂಪೂರ್ಣವಾಗಿ ವಿಕಾಸಗೊಳ್ಳುವುದು.

ಉತ್ತಮ ಜ್ಞಾನವಿದ್ದರೆ ಜೀವನವು ಸಮೃದ್ಧವಾಗುವುದು. ಶ್ರದ್ಧೆ, ಪ್ರಾಮಾಣಿಕತೆ, ಆತ್ಮವಿಶ್ವಾಸ, ಕಠಿಣ ಪರಿಶ್ರಮ ಮತ್ತು ನಿಶ್ಚಿತ ಗುರಿಯಿದ್ದಲ್ಲಿ ಮಾತ್ರವೇ ಬಾಳು ಎಂಬ ಜೀವನದಲ್ಲಿ ಯಶಸ್ಸು ಗಳಿಸಲು ಸಾಧ್ಯವಾಗುವುದು. ಹಾಗಾಗಿ ಕೇವಲ ತೋರ್ಪುಗಳಿಗೆ ಸಾಮಾಜಿಕ ಮೌಲ್ಯಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳುವ ಬದಲು ಅದನ್ನು ನಮ್ಮ ಮನಸ್ಸಿನಲ್ಲಿ ಅಂತರ್ಗತ ಮಾಡಿಕೊಳ್ಳಬೇಕು.

ಮಾನವ ಜನ್ಮ ದೊಡ್ಡದಲ್ಲ
ಮಾನವೀಯತೆ ದೊಡ್ಡದು
ಧರ್ಮ ದೊಡ್ಡದಲ್ಲ ದಯೆ ದೊಡ್ಡದು ...!

ಧರೆಯತ್ತ ಧುಮುಕುವ ಧೂಮಕೇತು!!!

ರಾತ್ರಿಯ ಆಕಾಶದ ಸೌಂದರ್ಯಕ್ಕೆ ಮನಸೋಲದವರು ಯಾರಿದ್ದಾರೆ ಹೇಳಿ? ಪುಟ್ಟ ಮಗುವಿನಿಂದ ವಯಸ್ಕರವರೆಗೆ ಒಂದಿಲ್ಲೊಂದು ರೀತಿಯಲ್ಲಿ ರಾತ್ರಿಯ ಆಕಾಶವು ಪ್ರಿಯವಾದ ಸಂಗತಿ. ಹವ್ಯಾಸಿ ಖಗೋಳ ವೀಕ್ಷಕರಂತೂ ಮೋಡವಿಲ್ಲದ ಶುಭ್ರ ಆಕಾಶಕ್ಕಾಗಿ ಕಾಯುತ್ತಿರುತ್ತಾರೆ. ಆಗಸದ ತುಂಬಾ ಹರಡಿರುವ ಅಸಂಖ್ಯ ತಾರೆಗಳು. ಅದಕ್ಕೆ ಸಾಫ್ ನೀಡುವ ಗ್ರಹಗಳು, ನಿರ್ದಿಷ್ಟ

ಪ್ರಕಾಶಮಾನವಾದ ನಕ್ಷತ್ರಗಳು ಸೇರಿ ರಚಿಸುವ ಆಕಾರಗಳು (ನಕ್ಷತ್ರಪುಂಜಗಳು), ಕಣ್ಣು ಮುಚ್ಚಿ ತೆರೆಯುವುದರೊಳಗೆ ತಟ್ಟನೆ ಮಿಂಚಿ ಮಾಯವಾಗುವ ಉಲೈಗಳು, ಮನಸ್ಸಿಗೆ ಮುದ ನೀಡುವ ಚಂದಿರ, ಹೀಗೆ...ಒಂದೆ ಎರಡೇ?

ಇರುಳಿನಾಗಸದ ಸೌಂದರ್ಯವನ್ನು ವರ್ಣಿಸಲು ಪದಗಳೇ ಸಾಲದು. ಆ ಸೌಂದರ್ಯದ ಸವಿ ಅದನ್ನು ಅನುಭವಿಸಿದವರಿಗೇ ಗೊತ್ತು. ಖಗೋಳ ವೀಕ್ಷಕರ ಮನ



ತಣಿಸುವ ಇಷ್ಟೆಲ್ಲಾ ವಿಷಯಗಳ ಸಾಲಿನಲ್ಲಿ ಬರುವ ಇನ್ನೊಂದು ಪ್ರಮುಖ ವಿಷಯವೆಂದರೆ, ಅಪರೂಪಕ್ಕೆ ಬಂದು ದರ್ಶನ ನೀಡುವ ಧೂಮಕೇತುಗಳೆಂಬ ಅತಿಥಿಗಳು. ಹೌದು! ಆಕಾಶದಲ್ಲಿ ಅಸಂಖ್ಯ ಧೂಮಕೇತುಗಳು ಇವೆಯಾದರೂ, ಅವುಗಳಲ್ಲಿ ಬರಿಗಣ್ಣಿಗೆ ಕಾಣಿಸಿಗುವ ಧೂಮಕೇತುಗಳು ಬಲು ಅಪರೂಪ. ಅವುಗಳ ಬರುವಿಕೆಯ ಸುದ್ದಿ ಗೊತ್ತಾದೊಡನೆ ಹವ್ಯಾಸಿ ಖಗೋಳವೀಕ್ಷಕರು, ಛಾಯಾಚಿತ್ರಗ್ರಾಹಕರು ತಮ್ಮ ಕ್ಯಾಮೆರಾ ಕಣ್ಣಲ್ಲಿ ಸೆರೆಹಿಡಿಯಲು ಸಿದ್ಧರಾಗುತ್ತಾರೆ.

ಹಾಗಾದರೆ, ಇಂಗ್ಲೀಷ್ನಲ್ಲಿ Comets ಎಂದು ಕರೆಯಲಾಗುವ ಈ ಧೂಮಕೇತುಗಳ ಬಗ್ಗೆ ತಿಳಿದುಕೊಳ್ಳೋಣ. ಇವುಗಳ ಹುಟ್ಟು, ರಚನೆ, ಮುಂತಾದ ಕುತೂಹಲಕಾರಿ ಸಂಗತಿಗಳನ್ನು ನೋಡೋಣ.

ಏನಿದು ಧೂಮಕೇತುಗಳು?

ಹಿಮದ ಚೆಂಡುಗಳು ಎಂದೂ ಕರೆಯಲ್ಪಡುವ ಈ ಧೂಮಕೇತುಗಳು ಚಿಕ್ಕ ಚಿಕ್ಕ ಹಿಮದ ಕಾಯಗಳಾಗಿದ್ದು, ಧೂಳು ಅಥವಾ ಅನಿಲದ ಕಣಗಳನ್ನು ವ್ಯೋಮದಲ್ಲಿ ಹೊರಸೂಸುವಂತಹ ಅದ್ಭುತ ವಸ್ತುಗಳು. ಸೂರ್ಯನ ಸುತ್ತ ತನ್ನ ಕಕ್ಷೆಯಲ್ಲಿ ಒಂದು ಸುತ್ತನ್ನು ಪೂರ್ಣಗೊಳಿಸುವ ಕಾಲವನ್ನು ಧೂಮಕೇತುವಿನ ಅವಧಿ ಎನ್ನಲಾಗುತ್ತದೆ. ಕೆಲವು ವರ್ಷಗಳಿಂದ ಹಿಡಿದು ಮಿಲಿಯನ್ನುಗಟ್ಟಲೆ ವರ್ಷಗಳ ಕಕ್ಷಾವಧಿಯನ್ನು ಹೊಂದಿರುವ ಧೂಮಕೇತುಗಳೂ ಇವೆ. ಅಲ್ಪಾವಧಿಯ ಧೂಮಕೇತುಗಳು ನೆಪ್ಚೂನ್ ಗ್ರಹದಾಚೆ ಇರುವ ಕೈಪರ್ ಪಟ್ಟಿ Kuiper belt ಹಾಗೂ ದೀರ್ಘಾವಧಿಯ ಧೂಮಕೇತುಗಳು ಊರ್ಟ್ ಮೇಘ Oort Cloud ದಲ್ಲಿ ಹುಟ್ಟಿಕೊಳ್ಳುತ್ತವೆ. ಸುಮಾರು 4.6 ಬಿಲಿಯನ್ ವರ್ಷಗಳ ಹಿಂದೆ ಸೌರಮಂಡಲದ ರಚನೆಯಾಗುವಾಗ ಉಳಿದುಕೊಂಡ ಅನಿಲಗಳು, ಶಿಲೆಗಳು, ಧೂಳಿನಿಂದ ಉಂಟಾದ ಹಿಮ ರೂಪದ ಕಾಯಗಳೇ ಧೂಮಕೇತು.

ಇವುಗಳು ಸೂರ್ಯನನ್ನು ಬೃಹತ್ ದೀರ್ಘ ವೃತ್ತಾಕಾರದ ಕಕ್ಷೆಯಲ್ಲಿ ಸುತ್ತುವುದರಿಂದ ಒಂದು ಸುತ್ತನ್ನು ಪೂರ್ಣಗೊಳಿಸಲು ನೂರಾರು, ಸಾವಿರಾರು ವರ್ಷಗಳೇ ಬೇಕಾಗುತ್ತವೆ. ಬಿಲಿಯನ್ನುಗಟ್ಟಲೆ ಧೂಮಕೇತುಗಳು ನೆಪ್ಚೂನ್ ಮತ್ತು ಪ್ಲುಟೊ ಗ್ರಹಗಳಾಚೆಗೆ ಸುತ್ತಿವೆಯೆಂದು ಅಂದಾಜಿಸಲಾಗಿದ್ದರೂ, ನಾಸಾದ ಇತ್ತೀಚೆಗಿನ ವರದಿಯ ಪ್ರಕಾರ ಇದುವರೆಗೆ ಗುರುತಿಸಲಾಗಿರುವ ಧೂಮಕೇತುಗಳ ಪ್ರಸ್ತುತ ಸಂಖ್ಯೆ ಕೇವಲ 3743.

ಒಂದು ಧೂಮಕೇತುವಿನ ಮುಖ್ಯ ಭಾಗವೆಂದರೆ ಅದರ ಕೇಂದ್ರ ಅಥವಾ ನ್ಯೂಕ್ಲಿಯಸ್. ಈ ಘನರೂಪದ ಕೇಂದ್ರವು ಮುಖ್ಯವಾಗಿ ಶಿಥಿಲೀಕರಣಗೊಂಡ ನೀರಿನ ಕಣಗಳು, ಕಾರ್ಬನ್ ಮೊನಾಕ್ಸೈಡ್, ಕಾರ್ಬನ್ ಡೈ ಆಕ್ಸೈಡ್, ಮಿಥೇನ್, ಅಮೋನಿಯಾ ಮುಂತಾದ ರಾಸಾಯನಿಕ ಅಣುಗಳಿಂದ ಮಾಡಲ್ಪಟ್ಟಿದೆ. ಸಾಮಾನ್ಯವಾಗಿ ಒಂದು ಧೂಮಕೇತುವಿನ ಕೇಂದ್ರವು 10 ಕಿ.ಮೀ.ನಷ್ಟು ವಿಸ್ತಾರವಾಗಿರುತ್ತದೆ ಎಂದು ಅಂದಾಜಿಸಲಾಗಿದೆ. ಈ ಧೂಮಕೇತು ತನ್ನ ಕಕ್ಷೆಯಲ್ಲಿ ಸೂರ್ಯನ ಸಮೀಪಕ್ಕೆ ಬಂದಾಗ ಅದರ ಮೇಲ್ಮೈಯಲ್ಲಿರುವ ಹಿಮ ರೂಪದ ಕಣಗಳು ಅನಿಲಗಳಾಗಿ ಪರಿವರ್ತನೆಗೊಂಡು ಅದರ ಸುತ್ತ ಮೋಡವು ಸುತ್ತುವರಿಯುತ್ತದೆ. ಇದನ್ನು ಕೋಮಾ (coma)ಎಂದು ಕರೆಯಲಾಗುತ್ತದೆ. ಅಂದಾಜಿನ ಪ್ರಕಾರ, ಈ ಮೋಡವು ಕೇಂದ್ರಭಾಗಕ್ಕಿಂತ ಗಾತ್ರದಲ್ಲಿ 1000 ಪಟ್ಟು ದೊಡ್ಡದಾಗಿರುತ್ತದೆ. ಈ ಮೋಡವನ್ನು ಸುಮಾರು 10 ಮಿಲಿಯನ್ ಕಿ.ಮೀ. ಉದ್ದದ ಹೈಡ್ರೋಜನ್ ಅಥವಾ ಜಲಜನಕದ ಹೊರಕವಚವು ಸುತ್ತುವರಿದಿರುತ್ತದೆ ಮತ್ತು ಇದು ಸೂರ್ಯನನ್ನು ಸಮೀಪಿಸಿದಾಗ ಹಿಗ್ಗುತ್ತದೆ. ಧೂಮಕೇತುವಿನ ಇನ್ನೊಂದು ಪ್ರಮುಖ ಭಾಗವೆಂದರೆ ಅದರ ಉದ್ದನೆಯ ಬಾಲ. ಮುಖ್ಯವಾಗಿ ಎರಡು ರೀತಿಯ ಬಾಲಗಳಿದ್ದು, ಮೊದಲನೆಯದು ಧೂಳಿನ ಬಾಲ. ಇದು ಸೌರಮಾರುತವು ಕೋಮಾದಲ್ಲಿರುವ ಕಣಗಳನ್ನು ಹೊರತಳ್ಳಿದಾಗ ಉಂಟಾಗುತ್ತದೆ. ಅನಿಲದ ಬಾಲವು



ಅಯಾನೀಕರಣಗೊಂಡ ಅನಿಲಗಳಿಂದ ರಚನೆಯಾಗುತ್ತದೆ. ಈ ಧೂಮಕೇತುವು ಸೂರ್ಯನನ್ನು ಸಮೀಪಿಸಿದಾಗ ಅದರ ಕೇಂದ್ರ ಮತ್ತು ಬಾಲಗಳು ಸೂರ್ಯನ ಕಿರಣಗಳನ್ನು ಪ್ರತಿಫಲಿಸುವುದರಿಂದ ಹಾಗೂ ಸೂರ್ಯನ ಶಕ್ತಿಯನ್ನು ಹೀರಿಕೊಳ್ಳುವುದರಿಂದ ರಾತ್ರಿಯ ಆಕಾಶದಲ್ಲಿ ಪ್ರಕಾಶಿಸುವುದನ್ನು ನೋಡಬಹುದು. ಆದರೆ, ಬಹಳಷ್ಟು ಧೂಮಕೇತುಗಳು ಗಾತ್ರದಲ್ಲಿ ಅತೀ ಸಣ್ಣ ಮತ್ತು ಮಂದವಾಗಿರುವುದರಿಂದ ದೂರದರ್ಶಕದ ಸಹಾಯದಿಂದ ವೀಕ್ಷಿಸಬೇಕಾಗುತ್ತದೆ. ಸಾಮಾನ್ಯವಾಗಿ ಧೂಮಕೇತುಗಳಿಗೆ ಅವುಗಳನ್ನು ಕಂಡುಹಿಡಿದವರ ಹೆಸರನ್ನು ಇಡಲಾಗುತ್ತದೆ. ಅಲ್ಲದೆ, ವ್ಯೋಮ ನೌಕೆಗಳು ಕೂಡ ಧೂಮಕೇತುಗಳನ್ನು ಪತ್ತೆ ಮಾಡುವಲ್ಲಿ ಮುಖ್ಯ ಪಾತ್ರವನ್ನು ವಹಿಸುವುದರಿಂದ ಅವುಗಳಿಗೆ ಹೆಸರನ್ನೂ ಇಡಲಾಗುತ್ತದೆ.

ಇತ್ತೀಚಿನ ವರ್ಷಗಳಲ್ಲಿ ಗೋಚರಿಸಿದ ಕೆಲವು ಪ್ರಸಿದ್ಧ ಧೂಮಕೇತುಗಳ ಬಗ್ಗೆ ನೋಡೋಣ.

ಧೂಮಕೇತು ಅಂದಾಕ್ಷಣ ಮೊದಲಿಗೆ ನೆನಪಿಗೆ ಬರುವ ಹೆಸರು ಹ್ಯಾಲಿ ಧೂಮಕೇತು ಅಲ್ಲವೇ ? ಹೌದು ! ಸುಪ್ರಸಿದ್ಧ ಧೂಮಕೇತುವೆಂದು ಗುರುತಿಸಲಾಗುವ ಇದರ ಅಧ್ಯಯನವು ಖಗೋಳ ವಿಜ್ಞಾನಿಗಳಿಗೆ ಮೊದಲ ಬಾರಿ ಧೂಮಕೇತುಗಳ ಪುನರಾವರ್ತಿತ ಭೇಟಿಯ ಬಗ್ಗೆ ತಿಳಿಸಿಕೊಟ್ಟಿತು. ಈ ಧೂಮಕೇತುವಿನ ಅವಧಿಯನ್ನು ಎಡ್ಮಂಡ್ ಹ್ಯಾಲಿ ಅವರು ನಿಖರವಾಗಿ ಕಂಡುಹಿಡಿದಿದ್ದರಿಂದ ಅವರ ಗೌರವಾರ್ಥವಾಗಿ ಹ್ಯಾಲಿ ಧೂಮಕೇತುವೆಂದು ಹೆಸರಿಸಲಾಯಿತು. 1986ರಲ್ಲಿ ಆಕಾಶದಲ್ಲಿ ಗೋಚರಿಸಿದ 76 ವರ್ಷಗಳ ಕಕ್ಷಾವಧಿಯ ಹ್ಯಾಲಿ ಧೂಮಕೇತುವು ಮುಂದೆ 2061ರಲ್ಲಿ ಮರಳಿ ಗೋಚರಿಸಲಿದೆ.

ಸ್ವಿಫ್ಟ್ ಟಟ್ಟಲ್ ಧೂಮಕೇತುವನ್ನು 1862ರಲ್ಲಿ ಮೊದಲ ಬಾರಿಗೆ ಕಂಡುಹಿಡಿಯಲಾಯಿತು. 133 ವರ್ಷಗಳ

ಕಕ್ಷಾವಧಿಯನ್ನು ಹೊಂದಿರುವ ಈ ಬೃಹತ್ ಧೂಮಕೇತುವು ಕೊನೆಯ ಬಾರಿಗೆ 1992ರಲ್ಲಿ ಗೋಚರಿಸಿದ್ದು, ಪುನಃ ಇದರ ಭೇಟಿ 2125ರಲ್ಲಿ!

ಕಳೆದ ಶತಮಾನದಲ್ಲಿ ಗೋಚರಿಸಿದ ಇನ್ನೊಂದು ಪ್ರಸಿದ್ಧ ಮತ್ತು ಪ್ರಕಾಶಮಾನ ಧೂಮಕೇತುವೆಂದರೆ ಹೇಲ್-ಬಾಪ್ ಧೂಮಕೇತು. ಸುಮಾರು 2500 ವರ್ಷಗಳ ಕಕ್ಷಾವಧಿಯನ್ನು ಹೊಂದಿರುವ ಈ ಧೂಮಕೇತುವನ್ನು ಮೊದಲ ಬಾರಿಗೆ 1995ರಲ್ಲಿ ಕಂಡುಹಿಡಿಯಲಾಯಿತು.

ಇತ್ತೀಚೆಗೆ ಗೋಚರಿಸಿದ ಪ್ರಸಿದ್ಧ ಧೂಮಕೇತು ಸ್ವಾನ್ C/2020 F8 ಅಥವಾ ಸ್ವಾನ್ ಧೂಮಕೇತುವನ್ನು 2020 ಮಾರ್ಚ್ 25ರಂದು ಕಂಡುಹಿಡಿಯಲಾಯಿತು. ಪ್ರಪಂಚದಾದ್ಯಂತ ಹವ್ಯಾಸಿ ಖಗೋಳ ವೀಕ್ಷಕರ ಕ್ಯಾಮೆರಾ ಹಾಗೂ ದೂರದರ್ಶಕದ ಕಣ್ಣಲ್ಲಿ ಸೆರೆಹಿಡಿಯಲ್ಪಟ್ಟ ಹಸಿರು ಮಿಶ್ರಿತ ಹಳದಿ ಬಣ್ಣದ ಕೇಂದ್ರವನ್ನು ಹೊಂದಿರುವ ಈ ಧೂಮಕೇತು ಸುಮಾರು 10 ಮಿಲಿಯನ್ ಮೈಲುಗಳಷ್ಟು ಉದ್ದದ ಬಾಲವನ್ನು ಹೊಂದಿದೆ.

2020ರಲ್ಲಿ ಕಾಣಿಸಿಕೊಂಡ ಇನ್ನೊಂದು ಪ್ರಮುಖ ಧೂಮಕೇತು ನಿಯೋವೈಸ್. ಸುಮಾರು 7000 ವರ್ಷಗಳ ಕಕ್ಷಾವಧಿಯನ್ನು ಹೊಂದಿರುವ, ಜಗತ್ತಿನ ಹಲವು ಭಾಗಗಳಲ್ಲಿ ಖಗೋಳ ವೀಕ್ಷಕರ ಮನ ತಣಿಸಿದ ಈ ಸುಂದರ ಧೂಮಕೇತುವು ಸುಮಾರು 20 ದಿನಗಳ ಕಾಲ ಭಾರತದಲ್ಲಿಯೂ ಗೋಚರಿಸಿತ್ತು.

ಧೂಮಕೇತುಗಳ ಬಗ್ಗೆ ಇಷ್ಟೆಲ್ಲಾ ವಿಷಯಗಳನ್ನು ತಿಳಿದುಕೊಂಡೆವು. ಇವುಗಳು ಗೋಚರಿಸುವುದು ಅಪರೂಪವಾದರೂ ಆಕಾಶದಲ್ಲಿ ಇನ್ನೊಂದು ಸುಂದರ ವಿದ್ಯಮಾನಕ್ಕೆ ಕಾರಣ ಎಂಬುದನ್ನು ಬಲ್ಲಾರಾ? ಅದೇನೆಂದರೆ, ಆಗಾಗ್ಗೆ ಆಕಾಶದಲ್ಲಿ ಜಗಮಗಿಸುವ ಉಲೈಗಳು. ಅರೆ ! ತಟ್ಟನೆ ಮಿಂಚಿ ಮಾಯವಾಗುವ ಉಲೈಗಳಿಗೂ ಅಪರೂಪಕ್ಕೆ ಬಂದು ಹೋಗುವ ಧೂಮಕೇತುಗಳಿಗೂ ಏನು ಸಂಬಂಧವಿರಬಹುದು?



ಹೌದು ! ಧೂಮಕೇತುಗಳ ಅವಶೇಷಗಳ ಮೂಲಕ ಭೂಮಿಯು ಹಾದು ಹೋಗುವಾಗ ಉಂಟಾಗುವ ಸುಂದರ ವಿದ್ಯಮಾನವೇ ಉಲ್ಕಾವೃಷ್ಟಿ. ಭೂಮಿಯು ಧೂಮಕೇತುವಿನ ಕಕ್ಷೆಯನ್ನು ದಾಟುವಾಗ ಅದರ ಅವಶೇಷದ ಕಣಗಳು ಭೂಮಿಯ ಮೇಲ್ಮೈ ವಾತಾವರಣದೊಂದಿಗೆ ಘರ್ಷಣೆ ಉಂಟಾಗಿ ಆವಿಯಾಗುತ್ತದೆ. ಇದು ನಮಗೆ ಆಕಾಶದಲ್ಲಿ ಬಣ್ಣ ಬಣ್ಣದ ಉಲೈಗಳಾಗಿ ಗೋಚರಿಸುತ್ತದೆ. ಮೇ ತಿಂಗಳಿನಲ್ಲಿ ಈಟಾ ಅಕ್ವೇರಿಸ್ ಉಲ್ಕಾವೃಷ್ಟಿ ಮತ್ತು ಅಕ್ವೋಬರ್ ತಿಂಗಳಲ್ಲಿ ಒರಿಯೋನಿಸ್ ಉಲ್ಕಾವೃಷ್ಟಿಗೆ ಕಾರಣ, ಭೂಮಿಯು ಹ್ಯಾಲಿ ಧೂಮಕೇತುವಿನ ಕಕ್ಷೆಯನ್ನು ದಾಟುವುದರಿಂದ ಆ ಸಮಯದಲ್ಲಿ ಉಲ್ಕಾವೃಷ್ಟಿಯನ್ನು ನೋಡಬಹುದು.

ಹಿಂದು ಸಂಸ್ಕೃತಿಯಲ್ಲಿ ಹೆಣ್ಣು

(ಕನ್ನಡ ರಾಷ್ಟ್ರೀಯ ವಾರಪತ್ರಿಕೆಯಾದ ವಿಕ್ರಮದಲ್ಲಿ ಪ್ರಕಟಗೊಂಡಿದೆ.)

- ಭಾವನಾ ಡಿ.ವಿ. ದುಗ್ಗಿನಕೊಡ್ಡು
ಪ್ರಥಮ ಬಿ.ಕಾಂ.

ಜಗತ್ತಿನಲ್ಲಿ ಭಾರತದ ಸಂಸ್ಕೃತಿ ಆದರ್ಶ ಹೆಣ್ಣು ಭಾರತೀಯ ಸಂಸ್ಕೃತಿಯ ಪ್ರತೀಕ. ಹೆಣ್ಣು ಹಣೆಗಿಡುವ ಕುಂಕುಮ, ಧರಿಸುವ ಮೂಗುತಿ, ಬಳೆ, ಗೆಜ್ಜೆ ಎಲ್ಲದಕ್ಕೆ ಮೌಲ್ಯಯುತವಾದ ಅರ್ಥವಿದೆ. ಇವೆಲ್ಲವೂ ಅತ್ಯಂತ ಶುಭಕರವಾದದ್ದು ಎಂದು ಪೂರ್ವಿಕರು ಬೆಳೆಸಿಕೊಂಡು ಬಂದ ಸಂಪ್ರದಾಯ. ಹಾಗೇ ವೈಜ್ಞಾನಿಕ ಹಿನ್ನೆಲೆಯನ್ನು ಪಡೆದುಕೊಂಡಿದೆ. ಇವು ಶೃಂಗಾರಸಾಧನವಷ್ಟೇ ಅಲ್ಲ. ಆರೋಗ್ಯ ವರ್ಧಕವೂ ಹೌದು.

ಕುಂಕುಮ ಹಿಂದೂ ಹೆಣ್ಣುಮಕ್ಕಳಿಗೆ ಅತ್ಯಮೂಲ್ಯ. ಕುಂಕುಮವನ್ನು ಹಣೆಯ ಮಧ್ಯಭಾಗದಲ್ಲಿ ಇಡುವ ವಾಡಿಕೆ ಇದೆ. 'ಸಿಂಧೂರಮ್ ಸೌಂದರ್ಯ ಸಾಧನಮ್'. ಹೆಣ್ಣು ಹಣೆಯಲ್ಲಿ ಕುಂಕುಮ ಇಡುವುದರಿಂದ ಮೊಗವು ಆಕರ್ಷಕವಾಗಿರುವುದು. ಹಿರಿಯರು ಕುಂಕುಮ ಇಟ್ಟುಕೊಂಡ ಹೆಣ್ಣನ್ನು ನೋಡಿ ದೇವಿಕಳೆ ಎದ್ದು ಕಾಣುತ್ತಿದೆ ಎನ್ನುತ್ತಾರೆ. ಕುಂಕುಮ ಇಡುವುದರಿಂದ

ಹಾಗೆಯೇ, ಆಗಸ್ಟ್ ತಿಂಗಳಲ್ಲಿ ಸಂಭವಿಸುವ ಪ್ರಸಿದ್ಧ ಪರ್ಸೀಡ್ಸ್ ಉಲ್ಕಾವೃಷ್ಟಿಗೆ ಕಾರಣವಾಗಿರುವುದು ಸ್ವಿಫ್ಟ್ ಟಟ್ಟಲ್ ಧೂಮಕೇತು. ಹೀಗೆ, ಅನೇಕ ಧೂಮಕೇತುಗಳು ತಮ್ಮ ಕಕ್ಷೆಯಲ್ಲಿ ಉಳಿಸಿರುವ ಅವಶೇಷಗಳು ಉಲ್ಕಾವೃಷ್ಟಿಯೆಂಬ ಸುಂದರ ಖಗೋಳ ವಿದ್ಯಮಾನಕ್ಕೆ ಕಾರಣವಾಗಿದೆ.

ರಾತ್ರಿಯ ಆಕಾಶದ ಹಲವು ಅದ್ಭುತಗಳಲ್ಲಿ ಒಂದಾದ ಧೂಮಕೇತುಗಳು ಸದಾ ಖಗೋಳ ಶಾಸ್ತ್ರಜ್ಞರ ಆಸಕ್ತಿಯ ಅಧ್ಯಯನ ವಿಷಯಗಳಾಗಿವೆ. ಇಂತಹ ಹಲವು ಸುಂದರ ವೈಚಿತ್ರ್ಯಗಳನ್ನು ತನ್ನಲ್ಲಿ ಅಡಗಿಸಿಕೊಂಡಿರುವ ಈ ಸೃಷ್ಟಿಯ ಅಗಾಧತೆ ಬೆರಗುಗೊಳಿಸುವಂತಹದ್ದು !

ಮನಸ್ಸಿನ ಏಕಾಗ್ರತೆ ವೃದ್ಧಿಸುತ್ತದೆ. ಹಾಗೆ ದುಷ್ಟಶಕ್ತಿಯಿಂದ ಮತ್ತು ದೃಷ್ಟಿ ತಾಗದಂತೆ ರಕ್ಷಣೆ ಮಾಡುತ್ತದೆ. ಹಣೆಯ ಮೇಲಿನ ಒತ್ತಡಗಳನ್ನು ದೂರವಾಡಿ ಮುಖ ಪ್ರಕಾಶಮಾನವಾಗಿ ಹೊಳೆಯಲು ಸಹಕಾರಿಯಾಗಿದೆ.

ಭಾರತದಲ್ಲಿ ಹೆಣ್ಣು ಮೂಗು ಚುಚ್ಚಿಕೊಳ್ಳುವುದು ಪ್ರಮುಖ ಸಂಪ್ರದಾಯವಾಗಿದೆ. ಕೋಪ, ಹಟ, ಚಂಚಲತೆಯನ್ನು ನಿಗ್ರಹಿಸಿ ಮನಸ್ಸು ಸ್ಥಿರವಾಗಿರಲು ಹಾಗೂ ಶ್ವಾಸಮಾರ್ಗದಿಂದ ಶುದ್ಧಗಾಳಿಯು ದೇಹವನ್ನು ಪ್ರವೇಶಿಸಿ ವಾಯುಮಂಡಲವು ಶುದ್ಧವಾಗಿರಲು ಮೂಗುತಿ ಉತ್ತಮ ಸಹಕಾರಿ ಎಂದು ಹಿರಿಯರು ಹೇಳುತ್ತಾರೆ.

ಹಿಂದೂಧರ್ಮದಲ್ಲಿ ಬಳೆಗಳಿಗೆ ವಿಶೇಷವಾದ ಸ್ಥಾನವನ್ನು ನೀಡಲಾಗಿದೆ. ಬಳೆಗಳನ್ನು ಹಾಕುವುದರಿಂದ ನರಮಂಡಲದ ಮೇಲೆ ಪ್ರಭಾವ ಬೀರಿ ದೇಹದಲ್ಲಿ ರಕ್ತ ಸಂಚಾರ ಸರಾಗವಾಗಿ ಆಗುತ್ತದೆ. ಗಾಜಿನ ಬಳೆಗಳು ದೇಹದ ಉಷ್ಣತೆಯನ್ನು ಕಾಪಾಡುತ್ತದೆ. ಬಳೆಗಳನ್ನು



ಧರಿಸುವುದರಿಂದ ಕೈ ಮೂಳೆಗಳಿಗೆ ಶಕ್ತಿ ಒದಗುತ್ತದೆ. ಮನೆಯಲ್ಲಿ ಬಳೆಗಳ ಶಬ್ದ ಮಾಡುವ ಕೈಗಳಿರಬೇಕು. ಆಗಲೇ ಮನೆಯಲ್ಲಿ ಸುಖ, ಶಾಂತಿ, ನೆಮ್ಮದಿ ನೆಲೆಸಲು ಸಾಧ್ಯ ಎಂದು ನಮ್ಮ ಪೂರ್ವಿಕರು ಹೇಳುವುದನ್ನು ನಾವು ಕೇಳುತ್ತಾ ಬಂದಿದ್ದೇವೆ. ಹಸಿರು ಬಳೆಗಳು ಫಲವತ್ತತೆ ಮತ್ತು ಸಮೃದ್ಧಿಯನ್ನು ಸೂಚಿಸುತ್ತದೆ.

ಕಾಲಿನ ಅಲಂಕಾರಕಷ್ಟೇ ಸೀಮಿತವಲ್ಲ ಕಾಲ್ಗೆಜ್ಜೆ. ಹೆಣ್ಣು ಮಕ್ಕಳು ಗೆಜ್ಜೆ ಹಾಕಿಕೊಂಡು ಮನೆ ತುಂಬಾ ಓಡಾಡುವಾಗ ಆ ಸದ್ದು ಮನೆಯಲ್ಲಿರುವ ದುಷ್ಟ ಶಕ್ತಿಯನ್ನು ಹೋಗಲಾಡಿಸುತ್ತದೆ. ಕಾಲಿಗೆ ಗೆಜ್ಜೆ ಹಾಕುವುದರಿಂದ

ಕೊರೋನಾ ವಾರಿಯರ್ಸ್‌ಗೆ ನನ್ನದೊಂದ ಸಲಾಂ

(ಕನ್ನಡ ರಾಷ್ಟ್ರೀಯ ವಾರಪತ್ರಿಕೆಯಾದ ವಿಕ್ರಮದಲ್ಲಿ ಪ್ರಕಟಗೊಂಡಿದೆ.)

— ಭಾವನಾ ಡಿ.ವಿ.
ಪ್ರಥಮ ಬಿ.ಕಾಂ.

ಚೀನಾ ದೇಶದ ವುಹಾನ್ ನಗರದಲ್ಲಿ ಹುಟ್ಟಿದ ಕಣ್ಣಿಗೆ ಕಾಣದ ವೈರಾಣುವಿನ ಎರಡನೇ ಅಲೆ ಈಗ ನಮ್ಮ ದೇಶದ ಮೂಲೆ ಮೂಲೆಗೂ ಆವರಿಸಿ ರಣಕೇಕೆ ಹಾಕಿ ಕುಣಿಯುತ್ತಿದೆ. ಇಂತಹ ಸಾಂಕ್ರಾಮಿಕ ರೋಗದ ವಿರುದ್ಧ ಹೋರಾಡುತ್ತಿರುವವರು ವೈದ್ಯರು, ನರ್ಸ್‌ಗಳು, ಅಂಬುಲೆನ್ಸ್ ಚಾಲಕರು, ಆಶಾಕಾರ್ಯಕರ್ತರು ಹೀಗೆ ಮುಂತಾದ ಕೊರೋನಾ ವಾರಿಯರ್ಸ್ ಅವರಿಗೆ ನಾವೇನು ಕುಂಟುಂಬದವರಲ್ಲ, ಸಂಬಂಧಿಕರಲ್ಲ, ಸ್ನೇಹಿತರಲ್ಲ. ಆದರೂ ತಮ್ಮಂತೆ ಉಸಿರಾಡುವಂತಹ ಜೀವಿ ಎಂದು ಸಾವಿಗೂ ಹೆದರದೆ ಮುನ್ನುಗ್ಗುತ್ತಿರುವ ಇವರ ಋಣವನ್ನು ತೀರಿಸುವುದು ಅಸಾಧ್ಯ. ಸ್ವಾರ್ಥದ ಯಾವ ಆಸೆ-ಆಕಾಂಕ್ಷೆ ಎನದೆ ತಮ್ಮ ಖಾಸಗಿ ಬದುಕು, ಕುಟುಂಬ, ತಮ್ಮ ಪುಟ್ಟ-ಪುಟ್ಟ ಹಸುಗೂಸುಗಳನ್ನು ಬಿಟ್ಟು ನಿಸ್ವಾರ್ಥದಿಂದ ದುಡಿಯುತ್ತಿರುವವರು ಕೊರೋನಾ ವಾರಿಯರ್ಸ್.

ಹಗಲು ರಾತ್ರಿ ಎನ್ನದೆ ನಮಗೆ ನಮ್ಮ ಜೀವಕ್ಕೆ ಅಪಾಯ ಇದೆ ಎಂದು ಒಂದು ಕರೆ ಮಾಡಿದ ಕೂಡಲೇ

ಕಾಲಿನ ಮೂಳೆಗಳು ದೃಢವಾಗುತ್ತದೆ. ಹೆಣ್ಣನ್ನು ನೋಡಿದರೆ ಕೈ ಗೌರವದಿಂದ ಕೈ ಎತ್ತಿ ಮುಗಿಯುವಂತಿರಬೇಕು. ನಮ್ಮ ಸಂಸ್ಕೃತಿಯನ್ನು ನಾವೇ ನಾಶವಾಡಲು ಮುಂದಾಗಬಾರದು. ಎಲ್ಲಿ ನಾವು ನಮ್ಮ ಸಂಸ್ಕೃತಿಯನ್ನು ಪಾಲಿಸುತ್ತೇವೆಯೋ ಅಲ್ಲಿ ನಮಗೆ ಖಂಡಿತವಾಗಿ ವೈಜ್ಞಾನಿಕ ಲಾಭಗಳು ದೊರೆಯುತ್ತವೆ ಎನ್ನುವುದು ಸುಳ್ಳಲ್ಲ.

ಅಳಿವಿನಂಚಿಗೆ ಸಾಗುತ್ತಿರುವ ನಮ್ಮ ಸಂಸ್ಕೃತಿಯನ್ನು ಉಳಿಸುವ, ರಕ್ಷಿಸುವ ಜವಾಬ್ದಾರಿ ನಮ್ಮ ಹೆಗಲ ಮೇಲಿದೆ....

ನಾವು ಇದ್ದ ಜಾಗಕ್ಕೆ ಬಂದು ನಿಲ್ಲುವುದು ಅಂಬುಲೆನ್ಸ್. ಮಿಂಚಿನ ವೇಗದಲ್ಲಿ ಆಸ್ಪತ್ರೆಗೆ ದಾಖಲಿಸಿ ಜೀವ ಉಳಿಸುವ ಜೀವದಾತರು ಅಂಬುಲೆನ್ಸ್ ಚಾಲಕರು.

ಕೋವಿಡ್ ವಾರ್ಡ್‌ಗಳಲ್ಲಿ ಕಾರ್ಯನಿರ್ವಹಿಸುವುದು ಬಾಯಿ ಮಾತಲ್ಲಿ ಹೇಳಿದಷ್ಟು ಸುಲಭವಾದ ಕೆಲಸವೇನಲ್ಲ. ನಾವು ಕೇವಲ ಒಂದು ಗಂಟೆ ಮಾಸ್ಕ್ ಧರಿಸಲು ಒದ್ದಾಡುತ್ತೇವೆ. ಆದರೆ ವೈದ್ಯರು, ನರ್ಸ್‌ಗಳು ದಿನ ನಿತ್ಯ ಎನ್ 95 ಮಾಸ್ಕ್, ಕ್ಯಾಪ್, ಹ್ಯಾಂಡ್ ಗ್ಲೋಸ್, ಪಿ.ಪಿ.ಇ. ಕಿಟ್ ಧರಿಸಿ ಕೊರೋನಾ ಸೋಂಕಿತರ ಊಟ-ಉಪಚಾರ, ಯೋಗಕ್ಷೇಮವನ್ನು ವಿಚಾರಿಸುತ್ತಾ, ಚಿಕಿತ್ಸೆ ನೀಡುತ್ತಾರೆ. ಇದನ್ನೆಲ್ಲಾ ಮಾಡುವಾಗ ಇವರ ಸ್ಥಿತಿ ನಮ್ಮ ಅರಿವಿಗೆ ನಿಲುಕದು. ಅವರು ತೊಟ್ಟ ಪಿ.ಪಿ.ಇ.ಕಿಟ್‌ನಲ್ಲಿ ಮೈಯೆಲ್ಲಾ ಬೆವರಿ, ಗ್ಲೋಸ್‌ನಿಂದ ಕೈಯೆಲ್ಲಾ ಉರಿಯ ತೊಡಗಿರುತ್ತದೆ. ಆದರೂ ಇವನ್ನೆಲ್ಲ ಲೆಕ್ಕಿಸದೆ ದುಡಿಯುತ್ತಿರುವ ಇವರಿಗೆ ನಾವು ತಲೆಬಾಗಲೇಬೇಕು.

ನಮ್ಮ ಸಂಬಂಧಿಕರ ಮನೆಗೆ ಕೊರೋನಾ ಬಂದರೆ ನಾವು ಅವರ ಮನೆಯು ಬಳಿ ಹೋಗಲು



ಹಿಂಜರಿಯುತ್ತೇವೆ. ಆದರೆ ಆಶಾಕಾರ್ಯಕರ್ತರು ತಮ್ಮ ಜೀವವನ್ನು ಲೆಕ್ಕಿಸದೆ ಮನೆ ಮನೆಗೆ ತೆರಳಿ ಕೊರೋನಾ ಜಾಗೃತಿಯನ್ನು ಮೂಡಿಸುತ್ತಾರೆ.

ಕೊರೋನಾದಿಂದ ಬಳಲುತ್ತಿರುವ ಸೋಂಕಿತರಿಗೆ ವೈದ್ಯರ ಧೈರ್ಯ ತುಂಬುವ ಮಾತೇ ಸಾಕು ಗುಣಮುಖರಾಗಲು. ತಾಯಿ ತನ್ನ ಮಗುವನ್ನು ಹೀಗೆ

ಮಮತೆಯಿಂದ ಉಪಚರಿಸುವಳೋ ಹಾಗೇ ವೈದ್ಯರು, ನರ್ಸ್‌ಗಳು ಕೊರೋನಾ ಸೋಂಕಿತರನ್ನು ಕಾಣುವರು.

ದೇವರಲ್ಲಿ ನನ್ನದೊಂದು ಬೇಡಿಕೆ. ಸ್ವಾರ್ಥ ಭಾವನೆ ತೊರೆದು ತಮ್ಮ ಜೀವವನ್ನೇ ನಮಗಾಗಿ ಪಣಕ್ಕಿಟ್ಟಿರುವ ಕೊರೋನಾ ವಾರಿಯರ್ಸ್‌ಗೆ ಕೊರೋನಾ ಮಹಾಮಾರಿ ಹರಡದಿರಲಿ ಎಂದು...

ಮಾತಿನ ಮಹತ್ವ

- ಸುರಕ್ಷಾ

ದ್ವಿತೀಯ ಬಿ.ಕಾಂ.

ಮಾತು ಎಂಬ ಈ ಎರಡಕ್ಷರದ ಪದ ಜಗತ್ತಿನಲ್ಲಿ ವಿಶಿಷ್ಟವಾದ ಸ್ಥಾನವನ್ನು ಪಡೆದಿದೆ. ಕೋಟ್ಯಂತರ ಜೀವಜಾಲಗಳ ಪೈಕಿ ಮನುಷ್ಯ ಜೀವಿಗೆ ಮಾತ್ರ ಲಭಿಸಿದ ಅತಿದೊಡ್ಡ ಅನುಗ್ರಹ ಎಂದು ಹೇಳಬಹುದು. ನಾವೆಲ್ಲರೂ ಒಂದು ದ್ವೀಪವಾದರೆ ಮಾತು ನಮ್ಮನ್ನು ಸಾಗರೋಪಾದಿಯಲ್ಲಿ ಆವರಿಸಿದೆ. ಮಾತು ಮಾನವ ಸಮಾಜದ ಜೊತೆಗೆ ಶುರುವಾಯಿತೆನ್ನುತ್ತಾರೆ.

ಬಲ್ಲವರು, ಅಕ್ಷರವಿಲ್ಲದ ಸಮಾಜಗಳು ಇಂದಿಗೂ ಹಲವಿದೆ. ಆದರೆ ಮಾತಿಲ್ಲದ ಸಮಾಜಗಳು ಎಲ್ಲಿಯೂ ಇಲ್ಲ. ಅಕ್ಷರಸ್ಥ ಸಮಾಜಗಳಲ್ಲೂ ಬರವಣಿಗೆಗಿಂತ ಮಾತಿನದೇ ಮೇಲುಗೈ.

ಮನುಷ್ಯನ ಜೀವನದ ಎಲ್ಲ ಆಗು-ಹೋಗುಗಳು ಮಾತಿನ ಮೂಲಕವೇ ನಡೆಯುತ್ತದೆ. ಅಂದರೆ ಏನೇ ಕೆಲಸ ಆಗಬೇಕಿದ್ದರೂ ಅದನ್ನು ಮಾತಿನ ಮೂಲಕ ವ್ಯಕ್ತಪಡಿಸಿ ನಿರ್ಧರಿಸಬೇಕಾಗುತ್ತದೆ. ನಾವು ಆಡುವ ಮಾತುಗಳು ನಮ್ಮ ವ್ಯಕ್ತಿತ್ವವನ್ನು ಪ್ರತಿಬಿಂಬಿಸುವುದರ ಜೊತೆಗೆ ಒಳ್ಳೆಯ ಮಾತುಗಳು ನಮ್ಮ ಘನತೆ ಮತ್ತು ಗೌರವವನ್ನು ಹೆಚ್ಚಿಸಿದರೆ, ಕೆಟ್ಟ ಮಾತುಗಳು ನಮ್ಮ ಘನತೆಯನ್ನು ಕುಂದಿಸುತ್ತದೆ. ಮಾತನಾಡುವುದು ಒಂದು ಕಲೆ, ಕೆಲವರು ಒಂದು ವಿಷಯವನ್ನು ಬಹಳ ವರ್ಣರಂಜಿತವಾಗಿ ತಮ್ಮ ವಾಕ್ಯಾತುರ್ಯದ ಮೂಲಕ ವಿವರಿಸುತ್ತಾರೆ. ಅಂಥವರ ಮಾತನ್ನು ಕೇಳುವುದೇ ಒಂದು

ಚೆಂದ. ಆದರೆ ಮಾತಿನ ಕಲೆ ಗೊತ್ತಿಲ್ಲದವರು ಹಾಸ್ಯ ಮಾಡಿದರೂ ಸಹ ಅದೊಂದು ಹಾಸ್ಯ ಎನಿಸುವುದೇ ಇಲ್ಲ. ಹಾಗಾಗಿ ಮಾತು ಬಲ್ಲವರೆಲ್ಲರೂ ಮಾತುಗಾರರಲ್ಲ ಎಂಬುದು ಗಮನಾರ್ಹ. ಇದಕ್ಕೊಂದು ಸ್ಪಷ್ಟ ಉದಾಹರಣೆ ಎಂದರೆ ಒಮ್ಮೆ ಒಬ್ಬ ರಾಜನಿಗೆ ತನ್ನ ಹಲ್ಲುಗಳೆಲ್ಲ ಉದುರಿ ಹೋಗಿ ನಿರ್ದಿಷ್ಟವಾದ ಒಂದು ಹಲ್ಲು ಮಾತ್ರ ಉಳಿದಂತೆ ಕನಸು ಬಿತ್ತು. ಆಗ ರಾಜನು ಸ್ವಪ್ನ ವ್ಯಾಖ್ಯಾನಕಾರನೊಬ್ಬನನ್ನು ಕರೆಸಿ ತನ್ನ ಕನಸಿನ ವ್ಯಾಖ್ಯಾನವೇನೆಂದು ಕೇಳಿದಾಗ ಆ ವ್ಯಾಖ್ಯಾನಕಾರ, ಪ್ರಭು ತಮ್ಮ ಕಣ್ಣುದೆಯೇ ತಮ್ಮ ಬಂಧುಗಳೆಲ್ಲರೂ ಸಾಯುತ್ತಾರೆ ಎಂದನು. ಅವನ ಈ ಮಾತಿನಿಂದ ಕುಪಿತನಾದ ರಾಜ ಆತನಿಗೆ ಛಡಿಯೇಟು ಕೊಟ್ಟು ಜೈಲಿಗಟ್ಟಿದನು. ಅನಂತರ ಮತ್ತೊಬ್ಬ ಸ್ವಪ್ನ ವ್ಯಾಖ್ಯಾನಕಾರನನ್ನು ಕರೆಸಿದ ಆ ರಾಜ ತಾನು ಕಂಡ ಕನಸಿನ ಬಗ್ಗೆ ಕೇಳಿದಾಗ ಮಾತಿನ ಕಲೆಯನ್ನು ಚೆನ್ನಾಗಿ ಅರಿತಿದ್ದ ಆತ ಹೇಳಿದ್ದು, ಮಹಾಪ್ರಭು, ತಮ್ಮ ಬಂಧು ಬಳಗಕ್ಕಿಂತ ತಾವು ಬಹಳ ದೀರ್ಘಾಯುಷ್ಯ ಉಳ್ಳವರು ಎಂದು. ಈ ಮಾತಿನಿಂದ ಸಂತುಷ್ಟನಾದ ರಾಜ ಆ ಸ್ವಪ್ನ ವ್ಯಾಖ್ಯಾನಕಾರನಿಗೆ ಕೈ ತುಂಬಾ ಬಂಗಾರದ ನಾಣ್ಯಗಳನ್ನು ನೀಡಿ ಗೌರವಿಸಿ ಕಳುಹಿಸಿದನಂತೆ.

ಹೀಗಿದೆ ಮಾತನಾಡುವ ಕಲೆ ವಿಷಯ ಒಂದೇ ಆದರೂ ಇಬ್ಬರ ವಿವರಿಸಿದ ರೀತಿಯಲ್ಲಿ ವ್ಯತ್ಯಾಸವಿತ್ತು.



ಅಷ್ಟೇ ಮಾತನಾಡುವ ಕಲೆ ಬಲ್ಲವನು ರಾಜನನ್ನು ಸಂತುಷ್ಟನನ್ನಾಗಿಸಿ ಪಾರಿತೋಷಕವನ್ನು ಪಡೆದರೆ ಮಾತನಾಡುವ ಕಲೆ ತಿಳಿಯದವನು, ರಾಜನನ್ನು ಕುಪಿತನಾಗಿಸಿ ದಂಡನೆಗೊಳಗಾಗಿದ್ದ.

ಹಾಗಾಗಿ ಮಾತನಾಡುವಾಗ ಆಲೋಚಿಸಿ, ಕೇಳುಗರ ಸ್ಥಿತಿಗತಿ, ವಯಸ್ಸು, ಜ್ಞಾನ ಮತ್ತು ಆಸಕ್ತಿಯನ್ನು ಪರಿಗಣಿಸಿ

ಯೋಗದ ಮಹತ್ವ

- ಸ್ವಾತಿ

ಪ್ರಥಮ ಬಿ.ಬಿ.ಎ.

ಪ್ರಾಚೀನ ಭಾರತದಲ್ಲಿ ಹುಟ್ಟಿದ ದೈಹಿಕ, ಮಾನಸಿಕ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕ ಅಭ್ಯಾಸಗಳು ಅಥವಾ ಶಿಸ್ತುಗಳ ಒಂದು ಗುಂಪು ಯೋಗ ಎಂದು ಕರೆಯಲ್ಪಟ್ಟಿದೆ. ಹಿಂದೂ ಧರ್ಮ, ಬೌದ್ಧ ಧರ್ಮ ಮತ್ತು ಜೈನ ಧರ್ಮಗಳಲ್ಲಿ ವ್ಯಾಪಕವಾಗಿ ವಿವಿಧ ಯೋಗ ಶಾಲೆಗಳು, ಪದ್ಧತಿಗಳು ಮತ್ತು ಗುರಿಗಳನ್ನು ಇದು ಹೊಂದಿದೆ.

ಸಂಸ್ಕೃತದಲ್ಲಿ ಯೋಗ ಎಂಬ ಪದವು ಮೂಲವಾಗಿ 'ಯುಜ್'ನಿಂದ ಬರುತ್ತದೆ, ಇದರರ್ಥ ಸೇರಿಸಲು ಅಥವಾ ಸೇರಲು ಆಗಿದೆ. 19ನೇ ಶತಮಾನದ ಮಧ್ಯಭಾಗದಲ್ಲಿ ಭಾರತೀಯ ತತ್ವಶಾಸ್ತ್ರ ಇತರ ವಿಷಯಗಳ ಜೊತೆಗೆ ವಿದ್ಯಾವಂತ ಪಾಶ್ಚಾತ್ಯ ಜನರಿಗೆ ಯೋಗವು ಗಮನ ಸೆಳೆದಿದೆ. ಇಂತಹ ಯೋಗ ಕೇವಲ ದೈಹಿಕವಾಗಿ ಅಷ್ಟೇ ಅಲ್ಲದೆ ಮಾನಸಿಕವಾಗಿಯೂ ಅಷ್ಟೇ ಲಾಭಗಳನ್ನು ನೀಡುತ್ತದೆ. ಯೋಗ ಎಂದರೆ ಬರೇ ಯೋಗಾಸನವಷ್ಟೇ ಅಲ್ಲ ಎಂಬುದನ್ನು ನಾವು ಮೊದಲು ಅರಿತುಕೊಳ್ಳಬೇಕಿದೆ. ಶಾಬ್ದಿಕವಾಗಿ ನೋಡುವುದಾದರೆ ಯೋಗ ಎನ್ನುವ ಪದವು ಸಂಸ್ಕೃತದ ಯಜು ಎಂಬ ಶಬ್ದದಿಂದ ಹೊರಬಿದ್ದಿದೆ. ಇದರ ಅರ್ಥ ಕೂಡು, ಒಂದಾಗು ಎಂದು. ಇಲ್ಲಿ ಒಂದಾಗು ಎಂದರೆ ದೇವರ ಜತೆ ಒಂದಾಗು ಎಂದರ್ಥ. ವಿಸ್ತಾರವಾಗಿ ಹೇಳುವುದಾದರೆ ಯೋಗವು ಮನಸ್ಸು ಹಾಗೂ ದೇಹ; ಮನುಷ್ಯ ಹಾಗೂ ಪ್ರಕೃತಿಯನ್ನು ಸೇರಿಸುವ, ಒಂದಾಗಿಸುವ ಒಂದು ಸಾಧನ. ಭೌತಿಕದಿಂದ

ಹಿತಮಿತವಾಗಿ ಮಾತನಾಡಬೇಕು. ಮಾತೆ ಮುತ್ತು, ಮಾತೇ ಮೃತ್ಯು ಮುಂತಾದ ಮಾತಿನ ಕುರಿತು ಇರುವ ಹಲವು ಗಾದೆ, ನಾಣ್ಣಡಿಗಳು ನಮ್ಮ ಬದುಕಿಗೆ ದಾರಿದೀಪವಾಗಿದೆ. ಆದ್ದರಿಂದ ನಮ್ಮ ದೈನಂದಿನ ಜೀವನದಲ್ಲಿ ಮಾತಿನ ಪ್ರಾಮುಖ್ಯತೆಯನ್ನು ಅರಿತುಕೊಳ್ಳುವುದು ಬಹಳ ಅವಶ್ಯಕ.

ಅಭೌತಿಕದೇಡೆಗೆ ನಡೆಸುವ ಪಯಣಕ್ಕೆ ಈ ಯೋಗವೇ ಮಾರ್ಗದರ್ಶಕ. ಮನಸ್ಸು-ದೇಹಗಳನ್ನು ಲಯದೊಳಗೆ ತಂದುಕೊಂಡು, ಅವುಗಳ ನಡುವೆ ಒಂದು ತಾದಾತ್ಮ್ಯವನ್ನು ಬೆಸೆದು ಬ್ರಹ್ಮಜ್ಞಾನವನ್ನು ಪಡೆಯಲು ಅನುವಾಗಿಸುವುದೇ ಯೋಗದ ಹಿಂದಿರುವ ಬಲು ದೊಡ್ಡ ಉದ್ದೇಶ. ಇದರಲ್ಲಿ ಸಂಪೂರ್ಣತೆಯನ್ನು ಸಾಧಿಸಿದವನು ಬ್ರಹ್ಮ ಜ್ಞಾನವನ್ನು ಪಡೆಯುತ್ತಾನೆ. ಆಧ್ಯಾತ್ಮದ ಸೂಕ್ಷ್ಮ ಸತ್ಯವನ್ನು ಅರಿತುಕೊಳ್ಳುತ್ತಾನೆ. ಯೋಗವನ್ನು ಹಿಡಿದು ಪರಿಪೂರ್ಣತೆಯನ್ನು ಪಡೆಯುವ ಸಾಧಕನೇ ಯೋಗಿ ಎಂದೆನ್ನಿಸಿಕೊಳ್ಳುತ್ತಾನೆ. ಇಷ್ಟೆಲ್ಲ ಕಠಿಣ ಸಾಧನೆಯನ್ನು ಈ ಭೌತಿಕ ಪ್ರಪಂಚದಲ್ಲಿ ಎಲ್ಲರಿಗೂ ಮಾಡಲು ಕಷ್ಟವಿರಬಹುದು. ಆದರೆ ಯೋಗದ ಎಲ್ಲಾ ಮಜಲುಗಳನ್ನು ಅರಿತುಕೊಂಡು ಒಂದಷ್ಟು ಅಭ್ಯಾಸದಲ್ಲಿ ನಿಯಮಿತವಾಗಿ, ನಿಯಮಬದ್ಧವಾಗಿ ತೊಡಗಿಸಿಕೊಂಡಿದ್ದೇ ಆದರೆ ಯೋಗಿಯಾಗದಿದ್ದರೂ ರೋಗಿಯಾಗಿ ನರಳಾಡುವುದನ್ನಂತೂ ತಪ್ಪಿಸಬಹುದು ಎಂದೆನ್ನುತ್ತದೆ ಅನುಭಾವಿಕ ಪ್ರಪಂಚ.

ಯೋಗ ಇದು, ಇಂದು ನಿನ್ನೆಯ ವಿಚಾರವೇನಲ್ಲ ಎಂಬುದು ಎಲ್ಲರಿಗೂ ಗೊತ್ತಿರುವಂಥದ್ದು. ವೇದಗಳ ಕಾಲಕ್ಕಿಂತಲೂ ಪೂರ್ವದಲ್ಲಿತ್ತಂತೆ ಈ ಯೋಗ ವಿಜ್ಞಾನ. ಜ್ಞಾನ ಯೋಗ, ಭಕ್ತಿಯೋಗ, ಕರ್ಮಯೋಗಗಳು ಅಂದು ಗುರುಮುಖೇನ ಕಲಿಸಲಾಗಿದ್ದ ವಿದ್ಯೆಗಳು. ಶಿವನನ್ನು



ಆದಿಗುರು ಎಂದ ಕರೆಯಲಾಗುತ್ತದೆ. ಶಿವನಿಂದಲೇ ಸಪ್ತ ಋಷಿಗಳಿಗೆ ಯೋಗ ಜ್ಞಾನದ ಅರಿವು ಧಾರೆಯೆರೆಯಲ್ಪಟ್ಟಿತ್ತು ಮತ್ತು ಮುಂದೆ ಈ ಸಪ್ತ ಋಷಿಗಳು ಪ್ರಪಂಚದಾದ್ಯಂತ ಯೋಗದ ಜ್ಞಾನದ ಸುಧೆಯನ್ನು ಹರಿಸಿದರು ಎಂಬುದಾಗಿ ನಂಬಲಾಗಿದೆ.

ಓಂಕಾರದಿಂದ ಮನಸ್ಸನ್ನು ಕೇಂದ್ರೀಕರಿಸುತ್ತಾ ಸಾಗುವ ಈ ಯೋಗದ ಪಯಣಕ್ಕೆ ಆಸನಗಳು ಬರೇ ಹೆಜ್ಜೆಗಳು ಮಾತ್ರ. ಯಮ, ನಿಯಮ, ಆಸನ, ಪ್ರಾಣಾಯಾಮ, ಪ್ರತ್ಯಾಹಾರ, ಧಾರಣ, ಧ್ಯಾನ, ಸಮಾಧಿ ಎಂಬ ಅಷ್ಟಾಂಗ ಸೂತ್ರವನ್ನು ರಾಜಯೋಗವು ವಿವರಿಸಿದಂತೆ ಯೋಗವು ಒಂದು ದೊಡ್ಡ ಮಟ್ಟದ, ಹಂತ ಹಂತವಾಗಿ ಕೈಗೊಳ್ಳಬೇಕಾಗಿರುವ ಒಂದು ಆಧ್ಯಾತ್ಮದ ಸಾಧನೆಯೇ ಹೊರತು ದೈಹಿಕ ವ್ಯಾಯಾಮದಲ್ಲಿ ಮುಗಿಸಿ ಕೈತೊಳೆದುಕೊಳ್ಳುವ ಕ್ರಿಯೆಯಲ್ಲ. ಇಲ್ಲಿ ದೈಹಿಕ ವ್ಯಾಯಾಮವು ದೇಹವನ್ನು ಪ್ರಕೃತಿಗೆ ಸಕಾರಾತ್ಮವಾಗಿ ಒಗ್ಗಿಸಿಕೊಳ್ಳುವ ಸಲುವಾಗಿ ಇರುವ ಕ್ರಿಯೆಯಷ್ಟೇ. ಪ್ರಾಣಾಯಾಮ ಹಾಗೂ ಆಸನಗಳ ಮುಖಾಂತರವೇ ಯೋಗಿಗಳು ಅತೀ ಶೀಘ್ರ ಪ್ರದೇಶದಲ್ಲೂ ತುಂಡು ಬಟ್ಟೆಯ ನೆರವಿನಿಂದ ಆರಾಮವಾಗಿ ಬೆಚ್ಚಗೆ ಇರುತ್ತಿದ್ದರು. ದಿನಗಟ್ಟಲೆ ಕುಂತಲ್ಲೇ ಕುಳಿತು ಭೌತಿಕವನ್ನು ಮರೆತು ಪರಮಾತ್ಮನೊಡನೆ ಅನುಸಂಧಾನಗೊಳ್ಳುವ ಸಮಾಧಿ ಸ್ಥಿತಿಯನ್ನು ಕಾಣುತ್ತಿದ್ದರು. ಇವೆಲ್ಲವನ್ನೂ ಯೋಗಿಗೆ ಸಾಧ್ಯವಾಗಿಸಿದ್ದು ಆಸನಗಳು. ಹಾಗಂತ ಆಸನಗಳನ್ನೇ ಯೋಗವೆಂದು ಪರಿಭಾವಿಸಿಕೊಂಡರೆ ಅದು ಮೂರ್ಖತನವಾಗುತ್ತದೆ.

ಆಧುನಿಕ ಜೀವನ ಶೈಲಿಯಲ್ಲಿ ನಮ್ಮ ದೈನಂದಿನ ಜೀವನಕ್ಕೆ ಪ್ರಮುಖವಾದ ಗೆಜೆಟ್‌ಗಳು, ಆರಾಮ ಮತ್ತು ಅನುಕೂಲಕ್ಕಾಗಿ ನಮ್ಮನ್ನು ಸೆಳೆಯುತ್ತದೆ. ಆದರೆ ಬೊಜ್ಜು, ಅಧಿಕ ರಕ್ತದೊತ್ತಡ ಮತ್ತು ಹೃದಯದ ತೊಂದರೆಗಳಂತಹ ಅನೇಕ ರೋಗಗಳನ್ನು ಚೊತೆಗೆ ಇವು ಸದ್ದಿಲ್ಲದೇ ನಮ್ಮೆಡೆ ಕರೆತರುತ್ತದೆ. ದೈಹಿಕ, ಮಾನಸಿಕ, ಸಾಮಾಜಿಕ ಮತ್ತು

ಆಧ್ಯಾತ್ಮಿಕ ಆರೋಗ್ಯದ ಪ್ರದೇಶಗಳಲ್ಲಿ ಎಂಟು ಹಂತದ ಬೆಳವಣಿಗೆಯನ್ನು ಒಳಗೊಂಡಿರುವ ಅಭ್ಯಾಸದ ವಿಧಾನವೆಂದರೆ ದೈನಂದಿನ ಜೀವನದಲ್ಲಿ ಯೋಗ. ದೇಹವು ದೈಹಿಕವಾಗಿ ಆರೋಗ್ಯಕರವಾಗಿದ್ದರೆ, ಮನಸ್ಸು ಸ್ಪಷ್ಟ, ಕೇಂದ್ರೀಕೃತವಾಗಿರುತ್ತದೆ. ದಿನದ 24 ಗಂಟೆಯಲ್ಲಿ ಕೇವಲ 20 ನಿಮಿಷ ಯೋಗ ಮಾಡಿದರೆ ಸಾಕು ನಮ್ಮ ದೇಹ ಹಾಗೂ ಮನಸ್ಸಿಗೆ ಸಂತೋಷ. ಶಕ್ತಿಯನ್ನು ನೀಡುತ್ತದೆ ಉತ್ತಮ ಆರೋಗ್ಯಕ್ಕಾಗಿ ಪ್ರತಿದಿನ ಸುಲಭವಾಗಿ ಮಾಡುವಂತಹ ಕೆಲವು ಯೋಗಾಭ್ಯಾಸಗಳ ಕುರಿತು ತಿಳಿದುಕೊಳ್ಳೋಣ.

1. ಪ್ರಾಣಾಯಾಮ

ಪ್ರಾಣಾಯಾಮ ಎಂಬುದು ದೇಹದಲ್ಲಿ ಸಕಾರಾತ್ಮಕ ಶಕ್ತಿಯ ಮಟ್ಟವನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ ಮತ್ತು ವಿಷಯವನ್ನು ತೆಗೆದುಹಾಕುವ ಪರಿಪೂರ್ಣ ಉಸಿರಾಟದ ವ್ಯಾಯಾಮವಾಗಿದೆ ಮತ್ತು ಆತಂಕ ಮತ್ತು ಖಿನ್ನತೆಯನ್ನು ಕಡಿಮೆ ಮಾಡುತ್ತದೆ. ಪ್ರಾಣಾಯಾಮ ಮಾಡುವುದರಿಂದಾಗಿ ಉಸಿರಾಟದ ಸಮಸ್ಯೆಗಳಿಗೆ ನಿಯಂತ್ರಣ ನೀಡುತ್ತದೆ.

2. ಕಪಾಲಭಾತಿ:

ಕಪಾಲಭಾತಿ ಪ್ರಾಣಾಯಾಮ ಎಂಬುದು ಉಸಿರಾಟದ ವ್ಯಾಯಾಮದ ಒಂದು ವಿಧಾನವಾಗಿದ್ದು, ಇದು ಕಾಲಕಾಲಕ್ಕೆ ವಿವಿಧ ಕಾಯಿಲೆಗಳನ್ನು ತೊಡೆದುಹಾಕಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ. ಇದು ಮಾನಸಿಕ ಯೋಗಕ್ಷಾಮ, ಮಧುಮೇಹದ ನಿಯಂತ್ರಣ ಬೆನ್ನಿನೋವು, ಅಜೀರ್ಣದಂತಹ ಹಲವಾರು ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳಿಗೆ ಪರಿಹಾರ ನೀಡುತ್ತದೆ.

3. ಸೂರ್ಯ ನಮಸ್ಕಾರ

ಸೂರ್ಯ ನಮಸ್ಕಾರವು ಅತ್ಯಂತ ಪ್ರಮುಖ ಯೋಗ ಪದ್ಧತಿಗಳಲ್ಲಿ ಒಂದಾಗಿದೆ. 12 ವಿಭಿನ್ನ ಮಂತ್ರಗಳನ್ನು ಪಠಿಸುವ ಮೂಲಕ 12 ಪ್ರಕಾರದ ಯೋಗಾಸನಗಳನ್ನು



ಮಾಡಲಾಗುತ್ತದೆ. ಇದು ದೇಹಕ್ಕೆ ಮತ್ತು ಮಾನಸಿಕವಾಗಿ ಸಾಮರ್ಥ್ಯಗಳನ್ನು ಹೆಚ್ಚಿಸಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ.

4. ತಾಡಾಸನ:

ಇದು ನಿಮ್ಮ ಪಾದಗಳು ಮತ್ತು ಕಾಲುಗಳಿಗೆ ಸಾಕಷ್ಟು ರಕ್ತಿ ಪರಿಚಲನೆ ನೀಡುವ ಮೂಲಕ ಹೆಚ್ಚು ಶಕ್ತಿ ಒದಗಿಸುತ್ತದೆ ಮತ್ತು ಮಾನಸಿಕ ಸ್ಥಿಮಿತತೆಯನ್ನು ನೀಡುವುದರ ಜೊತೆಗೆ ಖಿನ್ನತೆಯನ್ನು ನಿವಾರಿಸುತ್ತದೆ ಮತ್ತು ನಿಮಗೆ ಚೈತನ್ಯವನ್ನು ತುಂಬುತ್ತದೆ.

5. ಶವಾಸನ

ಇದು ನಿಮ್ಮ ಇಡೀ ದೇಹವನ್ನು ಸಡಿಲಗೊಳಿಸುತ್ತದೆ ಮತ್ತು ಒತ್ತಡ, ಆಯಾಸ, ಖಿನ್ನತೆಯನ್ನು ಬಿಡುಗಡೆ ಮಾಡಿ ನಿದ್ರಾಹೀನತೆಯನ್ನು ಗುಣಪಡಿಸುತ್ತದೆ.

ಸ್ವಾಮಿ ವಿವೇಕಾನಂದರು ಹೇಳುವಂತೆ ತನ್ನ ಸಂಪೂರ್ಣ ವಿಕಾಸವನ್ನು ಒಂದು ಜನ್ಮದಲ್ಲಿ ಅಥವಾ ಕೆಲವು ತಿಂಗಳು ಅಥವಾ ಕೆಲವು ಗಂಟೆಗಳಲ್ಲಿ ಮಾನವನು ಸಾಧಿಸಬಹುದಾದ ಸಾಧನವೇ ಯೋಗ. ವಿಶ್ವದಾದ್ಯಂತ 2015ನೇ ಜೂನ್ 21 ರಂದ ಮೊದಲ ಬಾರಿಗೆ 177 ರಾಷ್ಟ್ರಗಳಲ್ಲಿ ವಿಶ್ವಯೋಗದಿನ ಆಚರಿಸಲಾಯಿತು. ಪ್ರತಿವರ್ಷವೂ ಜೂನ್ 21 ಯೋಗ ದಿನವನ್ನಾಗಿ ಆಚರಿಸುತ್ತೇವೆ. ಧ್ಯಾನ, ಯೋಗಾಸನ, ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮ ಹಾಗೂ ದೈಹಿಕ ವ್ಯಾಯಾಮಗಳು ಈ ದಿನದ ಪ್ರಮುಖ ಕಾರ್ಯಕ್ರಮಗಳಾಗಿವೆ. ದೇಹವನ್ನು ಶಿಸ್ತುಬದ್ಧವಾಗಿ, ಕ್ರಮವತ್ತಾಗಿ, ನಿಧಾನವಾಗಿ ಉಸಿರಿನ ಗತಿಯೊಂದಿಗೆ ಬೇಕಾದ ರೀತಿಯಲ್ಲಿ ಬಾಗಿಸುವುದು, ತಿರುಗಿಸುವುದು, ಚಲಿಸುವಿಕೆ ಮಾಡುವುದರಿಂದ ಮಾನವನ ದೈಹಿಕ ಹಾಗೂ ಮಾನಸಿಕ ಆರೋಗ್ಯ ವೃದ್ಧಿಯಾಗುತ್ತದೆ. ಯೋಗದಿಂದ ಶರೀರದಲ್ಲಿ ರೋಗ ನಿರೋಧಕ ಶಕ್ತಿ ಜಾತಿಯಾಗುತ್ತದೆ. ಜೀರ್ಣಾಂಗವ್ಯೂಹ, ಶ್ವಾಸಕೋಶ, ಹೃದಯ, ನರಮಂಡಲ, ಮಿದುಳು ಮುಂತಾದ ಎಲ್ಲಾ ಅಂಗಗಳ ಚಟುವಟಿಕೆಗಳು ಚುರುಕುಗೊಳ್ಳುತ್ತದೆ. ದೇಹದ

ಪ್ರತಿಯೊಂದು ಭಾಗಕ್ಕೆ ರಕ್ತ ಸಂಚಾರ ಸರಿಯಾಗಿ ಆಗುತ್ತದೆ. ದೇಹದ ಹಲವು ಕಾಯಿಲೆಗಳು ಯೋಗದಿಂದ ಕಡಿಮೆಯಾಗುತ್ತದೆ. ಯೋಗಾಭ್ಯಾಸಿಯು ಉಸಿರಿನ ಮೇಲೆ ನಿಯಂತ್ರಣವನ್ನು ಸಾಧಿಸಲೇಬೇಕು. ಉಸಿರಿಗೂ ಮನಸ್ಸಿಗೂ ನಿಕಟ ಸಂಬಂಧವಿದೆ. ಆದ್ದರಿಂದ ಮನಸ್ಸು ಹತೋಟಿಗೆ ಬರಬೇಕಾದರೆ ಉಸಿರಿನ ನಿಯಂತ್ರಣ ಅಗತ್ಯ. ಇದರಿಂದ ನಮ್ಮ ಮನಸ್ಸಿನಲ್ಲಿರುವ ಋಣಾತ್ಮಕ ಭಾವನೆಗಳು ಅಳಿದು ಧನಾತ್ಮಕ ಭಾವನೆಗಳು ಬೆಳೆಯುತ್ತದೆ. ಮಾನಸಿಕ ಸ್ಥಿರತೆ ಹಾಗೂ ಏಕಾಗ್ರತೆಯು ಹೆಚ್ಚುತ್ತದೆ.

ಒಟ್ಟಿನಲ್ಲಿ ಯೋಗವು ಮನುಷ್ಯನನ್ನು ದೈಹಿಕ ಹಾಗೂ ಮಾನಸಿಕವಾಗಿ ಸದೃಢಗೊಳಿಸುತ್ತದೆ. ಪ್ರತಿನಿತ್ಯ ಕ್ರಮಬದ್ಧವಾಗಿ ಯೋಗಾಸನಗಳನ್ನು ಮಾಡುವುದರಿಂದ ನಾವು ಆರೋಗ್ಯವಂತರಾಗಿ ನೆಮ್ಮದಿಯಿಂದ ಉತ್ತಮ ಜೀವನವನ್ನು ನಡೆಸಬಹುದು. ಪುರಾತನ ಕಾಲದಿಂದಲೂ ಯೋಗಾಸನವು ಹೆಚ್ಚಿನ ಪ್ರಾಮುಖ್ಯತೆ ಮತ್ತು ಮಹತ್ವ ಪಡೆದುಕೊಂಡಿದೆ. ಸರಿಯಾದ ಮಾರ್ಗದರ್ಶಕರ ಮೂಲಕ ಅದನ್ನು ಅರಿತು ಯೋಗಾಭ್ಯಾಸ ಮಾಡಿದಲ್ಲಿ ಉತ್ತಮ ಫಲಿತಾಂಶ ಪಡೆಯುವುದರಲ್ಲಿ ಯಾವುದೇ ಸಂಶಯವಿಲ್ಲ. ಮನಸ್ಸನ್ನು ಕೇಂದ್ರೀಕರಿಸಲು ಯೋಗಕ್ಕೆ ಖಂಡಿತವಾಗಿಯೂ ಮನುಷ್ಯನನ್ನು ಬದಲಾಯಿಸುವ ಶಕ್ತಿಯಿದೆ. ಹೌದು ಯೋಗವು ಸಮಾಜದೊಳಗೆ ಇನ್ನಷ್ಟು ಹರಡಬೇಕಿದೆ. ಜನರ ದಿನಚರಿಯಾಗಿ ಯೋಗವು ಸೇರಿಕೊಂಡು ಜನರ ಭಯ ಭೀತಿಯನ್ನು ದೂರಗೊಳಿಸಬೇಕಿದೆ.

ಆರೋಗ್ಯ, ಆಯುಷ್ಯ, ಮಾನಸಿಕ ನೆಮ್ಮದಿ, ನಿಸ್ವಾರ್ಥ ಮನಸ್ಸು ಇವೆಲ್ಲವುಗಳನ್ನು ಯೋಗಾಭ್ಯಾಸಿಗಳನ್ನು ಪಡೆಯಬಲ್ಲನು. ಒಟ್ಟಿನಲ್ಲಿ ಆರೋಗ್ಯಕರವಾಗಿರುವ, ಸಚ್ಚಾರಿತ್ರ್ಯವುಳ್ಳ ಒಳ್ಳೆಯ ಸಮಾಜದ ನಿರ್ಮಾಣಕ್ಕಿಂತಲೂ ಯೋಗವೇ ದಿವ್ಯಾಷಧ ಎಂದರೆ ತಪ್ಪಾಗದು.



ಕನ್ನಡ ಸಾಮ್ರಾಜ್ಯದ ನೈಜ ಒಡತಿ ತುಂಗಭದ್ರೆ

- ಚೈತ್ರ
ದ್ವಿತೀಯ ಬಿ.ಎ.

ವಿಜಯನಗರ ಸಾಮ್ರಾಜ್ಯ ಸುಭದ್ರವಾಗಿ ನೆಲೆಯೂರಿ ಮೆರೆಯಲು ಅವಕಾಶ ಮಾಡಿಕೊಟ್ಟಿದ್ದುದೇ ತುಂಗಭದ್ರಾ. ಅತ್ತ ಪಶ್ಚಿಮದಲ್ಲಿ ನೈಲ್ ನದಿ ಈಜಿಪ್ಟಿನ ಫೆರೊ ದೊರೆಗಳಿಗೆ ಪವಿತ್ರ ರಕ್ಷೆಯಾಗಿ ಹರಿದಿದ್ದರೆ ಇತ್ತ ತುಂಗಭದ್ರೆಯು ವಿಜಯನಗರಕ್ಕೆ ಜೀವನಾಡಿಯಾಗಿ ಹರಿಯುತ್ತಿತ್ತು. ಗತಕಾಲದ ವಿಜಯನಗರವು ಈ ನದಿಯ ತಟದಲ್ಲೇ ವೈಭವದಿಂದ ಮೆರೆದದ್ದು. ಸಹಜವಾಗಿಯೇ ನದಿ ಪಾತ್ರವು ಅತ್ಯಂತ ಫಲವತ್ತಾದ ಎರೆಮಣ್ಣಿನ ಬಯಲುಗಳನ್ನು ಸೃಷ್ಟಿಸಿ ಸಮೃದ್ಧವಾಗಿ ಫಸಲು ಪಡೆಯಲು ದಾರಿ ಮಾಡಿತ್ತು. ನದೀ ನೀರನ್ನು ಕೃಷಿಗಾಗಿ ಬಳಸಿಕೊಳ್ಳುವ ಹಲವಾರು ಕ್ರಮಗಳು ಆ ಕಾಲಕ್ಕೆ ಇಲ್ಲಿನ ಜನರಿಗೆ ಪರಿಚಿತವಿದ್ದವು. ಅಲ್ಲದೆ ವಿಜಯನಗರ ಸಾಮ್ರಾಜ್ಯದ ದೊರೆಗಳು ನದಿ ನೀರಾವರಿ ಯೋಜನೆಗಳನ್ನು ಸಮರ್ಥವಾಗಿ ರೂಪಿಸಿದ್ದರು. ಈಗಲೂ ಕೃಷ್ಣದೇವರಾಯನ ಕಾಲದ ನೀರಾವರಿ ಕಾಲುವೆಗಳ ನೀರನ್ನೇ ಇಲ್ಲಿನ ಹೊಲಗದ್ದೆಗಳು ನಿತ್ಯವೂ ಕುಡಿಯುತ್ತಿರುವುದು.

ಆದಿಮ ಆವತಾರ

ಅನುಮಾನವೇ ಇಲ್ಲ. ಇಡೀ ಸೀಮೆಯ ನಾಗರಿಕತೆ ರೂಪಿಸಿರುವ ಪ್ರಾಚೀನ ನದಿಗಳಲ್ಲಿ ತುಂಗಭದ್ರೆ ಪ್ರಮುಖ. ಹಂಪಿ ಈ ಪವಿತ್ರ ಕ್ಷೇತ್ರವಾಗಲು ನದಿಯ ನಿಗೂಢ ಹರಿವೂ ಕಾರಣ. ಪ್ರಾಚೀನ ಕರ್ನಾಟಕದ ಕಲೆ, ಸಂಸ್ಕೃತಿ, ಸಾಹಿತ್ಯ, ಭಾಷೆ, ಚರಿತ್ರೆ ಪರಿಸರ ಹಾಗೂ ಸಾಮಾಜಿಕ ಜನಜೀವನ ರೂಪುಗೊಳ್ಳಲು ವಿಶೇಷವಾಗಿ ತುಂಗಭದ್ರಾ ನದಿಯ ಸಂಬಂಧವೇ ಕಾರಣ. ಸಹ್ಯಾದ್ರಿಯ ಪರ್ವತ ಶ್ರೇಣಿಗಳಲ್ಲಿ ಹುಟ್ಟಿ ಹರಿದು ಬರುವ ತುಂಗಭದ್ರಾ ಬಯಲು ಸೀಮೆಯ ದಾರಿ ಹಿಡಿದು ಹಂಪಿಗೆ ಬರುವ ವೇಳೆಗೆ ತನ್ನಿಡೀ ಸ್ವರೂಪವನ್ನೇ ಬದಲಿಸಿಕೊಳ್ಳುತ್ತದೆ. ಇಂಥದೊಂದು ನದಿ ಅಂಕುಡೊಂಕಾಗಿ ಸುತ್ತಿ ಬರಲು

ಅನುಕೂಲವಾಗಲೋ ಎಂಬಂತೆ ಹಂಪಿ ಪ್ರದೇಶದ ಭೂರಚನೆ ಸಹ ವಿಶಿಷ್ಟ ವಿಸ್ಮಯಕರವಾಗಿ ವಿನ್ಯಾಸಕ್ಕೊಳಪಟ್ಟಿದೆ. ಭೂಮಿಯ ಆದಿಮ ವಿಕಾಸದ ಸ್ಥಿತಿಯಲ್ಲಿ ಉಂಟಾದ ಲಾವಾರಸದ ಹೊಳೆಯಿಂದ ನಿರ್ಮಾಣವಾದ ಬೆಟ್ಟಗುಡ್ಡ ಕಣಿವೆಗಳು ತುಂಗಭದ್ರೆಯನ್ನು ಮೋಹಕವಾಗಿ ಕರೆದುಕೊಂಡಿವೆ. ಆದಿ ಯುಗದಿಂದಲೂ ಹರಿದಿರುವ ತುಂಗಭದ್ರಾ ಇಡೀ ಹಂಪಿಯ ಕಣಿವೆಗಳನ್ನು ಕೊರೆದು ಕೊರೆದು ಸವೆಸಿ ಮರು ವಿನ್ಯಾಸಗೊಳಿಸಿ ನದಿ ಪಾತ್ರಗಳನ್ನೇ ರುದ್ರರಮಣೀಯಗೊಳಿಸಿದೆ. ತುಂಗ ಮತ್ತು ಭದ್ರೆ ಎಂಬ ಇಬ್ಬರೂ ಸರಸ ಚೆಲುವೆಯರು ಒಟ್ಟಾಗಿ ಹರಿದು ಬಂದು ಹಂಪಿಯ ಬೆಟ್ಟಗುಡ್ಡಗಳಲ್ಲಿ ಸಾಗುವ ಪರಿಯೇ ಕಾವ್ಯದಂತಿದೆ. ಮೋಹಕ ಚೆಲುವೆ ಬೆತ್ತಲೆಯಾಗಿ ನರ್ತಿಸುವಂತೆ ಕಾಣುವ ಈ ನದಿಯ ಸೆಳೆವು ಮಾಯಾಮಯವಾದದ್ದು. ವಿಜಯನಗರದ ರಾಜಧಾನಿಯನ್ನು ಸುತ್ತಿ ಬಳಸಿ ಹರಿದು ಪ್ರವಾಹದ ಸಿರಿಯನ್ನು ಚೆಲ್ಲಿಹೋಗುತ್ತಿದ್ದ ಅವತ್ತಿನ ತುಂಗಭದ್ರೆಗೆ ಯಾವ ಅಣೆಕಟ್ಟೂ ಇರಲಿಲ್ಲ. ನದಿಯ ಸಹಜ ಚಲನೆಗೆ ಯಾರ ಅಡ್ಡಿಯೂ ಇರಲಿಲ್ಲ. ಆ ಕಾಲದ ನದಿಯ ಸೇತುವೆಗಳು ಪ್ರವಾಹಗಳ ಹೊಡೆತಕ್ಕೆ ಸಿಲುಕಿ ಮುರಿದು ಬಿದ್ದಿವೆ. ಅಂದಿನ ಆ ಸೇತುವೆಯ ಮೇಲೆ ಯಾವ ದಿಬ್ಬಣಗಳು ಅದ್ದೂರಿಯಲ್ಲಿ ಸಾಗಿದ್ದವೋ. ಎಂತೆಂತಹ ಜಾತ್ರೆಗಳ ಮೋಜು ನದಿಯ ಆ ದಂಡೆಯಿಂದ ಈ ದಂಡೆಗೆ ಸಾಗಿದ್ದವೋ ಯಾವ ಯಾವ ಚೆಲುವೆಯರು ಆ ಕಡೆಯಿಂದ ಬರುವ ನಲ್ಲರ ಕನಸಲ್ಲಿ ಸೇತುವೆಯ ಆಚೆ ದಿಬ್ಬದಲ್ಲಿ ಕಾಯುತ್ತಿದ್ದರೋ ಏನೋ. ಇವೆಲ್ಲ ರಮ್ಯರತಿಯು ಪ್ರಲಾಪಗಳಲ್ಲ. ಗತಿಸಿಹೋದ ಜೀವನಕ್ರಮಗಳು. ಸಾಮ್ರಾಜ್ಯದ ಭಾಗವಾಗಿಯೇ ಹರಿದಿದ್ದ ನದಿಯು ಆ ಕಾಲದ ಅನಾಮಿಕರ ಜೀವ ಸೆಲೆಯಾಗಿಯೂ ಹರಿದಿತ್ತು.



ವಿಜಯನಗರ ಸಾಮ್ರಾಜ್ಯದ ಭಾಗವಾಗಿಯೇ ಹಬ್ಬ, ಜಾತ್ರೆ, ಪರಿಸೆ, ಆಚರಣೆಗಳು ಇಂದಿಗೂ ಜನ ಸಾಮಾನ್ಯರಲ್ಲಿ ಜೀವಂತವಾಗಿವೆ. ನದಿಯ ಪೂಜಿಸುವ ಹಬ್ಬಗಳ ಮೋಹಕ ಲೋಕವಂತು ಈಗಲೂ ಪ್ರತಿವರ್ಷ ಅದ್ದೂರಿಯಾಗಿ ನಡೆದಿದೆ. ಅವತ್ತಿನ ನಡುಗುಡ್ಡೆಗಳ ಹಳ್ಳಿಗಳು ಈಗಲೂ ಗತ ಕಾಲದ ಅದೇ ಹಬ್ಬಗಳನ್ನು ಉಳಿಸಿಕೊಂಡು ಬಂದಿವೆ. ಸಾಮ್ರಾಜ್ಯಗಳು ಅಳಿದರೂ ತುಂಗಭದ್ರೆಯ ಭಾಗವಾಗಿ ಬದುಕಿದ್ದ ಜನರ ಆಚಾರ ವಿಚಾರಗಳು ಅಳಿದಿಲ್ಲ.

ಜೀವಂತ ಪಳೆಯುಳಿಕೆ

ಸಾಮ್ರಾಜ್ಯದಲ್ಲಿ ಉಳಿಯಬೇಕಾದದ್ದು ಆಳುವ ಪ್ರಭುತ್ವ ಶಕ್ತಿಯೇ ಜನತೆಯ ಮಾನವ ಸಂಬಂಧಗಳೆಲ್ಲ ಎಂಬುದನ್ನು ನದಿಯ ಆಚರಣೆಗಳು ಇಲ್ಲಿ ನಿತ್ಯವೂ ಮೌನವಾಗಿ ಸೂಚಿಸುತ್ತಿರುತ್ತವೆ. ಅದೇ ಸಾಮ್ರಾಜ್ಯದ ಅವಶೇಷಗಳ ಮರೆಯಲ್ಲಿ ಲೋಕದ ಸಂಬಂಧವನ್ನು ನಿರಾಕರಿಸಿ ಅತೀಂದ್ರಿಯ ಶಕ್ತಿಯ ವ್ಯಸನದಲ್ಲೊಂದು ನಿರಾಕರಿಸಿ ಅತೀಂದ್ರಿತ ಶಕ್ತಿಯನ್ನು ವ್ಯಸನದಲ್ಲೋ ಧ್ಯಾನದಲ್ಲೋ ಆಸೆಯಲ್ಲೋ ಅಥವಾ ಅತ್ಯಂತಿಕವಾದ ಉಗ್ರ ಹಠದ ದಿವ್ಯತೆಯಲ್ಲೋ ಮುಳುಗಿರುವ ಸಾಧು ಸಂತ ಶಕ್ತಿಯ ವ್ಯಸನದಲ್ಲೋ ಧ್ಯಾನದಲ್ಲೋ ಆಸೆಯಲ್ಲೋ ನಿಗೂಢ ಕತ್ತಲೆಯ ನದಿ ತೀರದಲ್ಲಿ ಅಂತವರು ನಿಶಾಚರಿಗಳಂತೆ ಅಲೆಯುತ್ತಾರೆ. ವಿಜಯನಗರ ಸಾಮ್ರಾಜ್ಯದ ಪೂರ್ವದ ಜೀವಂತ ಪಳೆಯುಳಿಕೆ ಇವರು. ನಮ್ಮ ಲೆಕ್ಕಾಚಾರಗಳನ್ನು ಮೀರಿದ ಅವರ ಪ್ರಜ್ಞೆಯಲ್ಲಿ ಹಂಪಿಯು ಶಕ್ತಿ ಆರಾಧನೆಯ ಮಹಾಕೇಂದ್ರ. ರಾಮ ಲಕ್ಷ್ಮಣರ ದೇಗುಲದೊಳಗೆ ಉನ್ನತ್ತ ತುಂಗಭದ್ರೆಯು ಇಂತಹ ಶಕ್ತಿ ಆರಾಧಕರ ತೊಟ್ಟಲು. ಇಡೀ ದಕ್ಷಿಣ ಭಾರತದಲ್ಲೇ ಶಕ್ತಿ ಆರಾಧಕರ ಅತಿದೊಡ್ಡ ಕ್ಷೇತ್ರವಿದು. ಅವರ ಆಚಾರ ವಿಚಾರಗಳು ಹಂಪಿಗೆ ಬರುವ ಪ್ರವಾಸಿಗರ ಅರಿವಿಗೆ ನಿಲುಕಲಾರದವು.

ಜೀವ ಸೆಲೆಯ ತೊಟ್ಟಲು

ಈ ತುಂಗಭದ್ರೆಯೇ ವಿಜಯನಗರ ಸಾಮ್ರಾಜ್ಯದ ಒಡತಿಯಾಗಿದ್ದಳು ಎಂಬುದು ಖರೇ ಅನಿಸುತ್ತದೆ. ಸಾಮ್ರಾಜ್ಯಕ್ಕೆ ಬೇಕಾದ ರಕ್ಷಣೆಯನ್ನು ಒದಗಿಸಿದ್ದೇ ಅಲ್ಲದೆ ಅದರ ನಿರ್ಮಾಣಕ್ಕೆ ಬೇಕಾಗಿದ್ದ ಭೌಗೋಳಿಕ ಪರಿಸರವನ್ನು ನಿರ್ಮಿಸಲು ಕೂಡ ಆಕೆಯೇ ಕಾರಣಳಾಗಿದ್ದಳು. ಅಷ್ಟೇ ಅಲ್ಲದೆ ವೈವಿಧ್ಯಮಯ ಜೀವರಾಶಿಯು ಹಂಪಿಯಲ್ಲಿ ನೆಲೆಗೊಳ್ಳಲು ನದಿಯ ಜೀವ ಸೆಲೆ ಮುಖ್ಯವಾಗಿದೆ. ಭೂಮಿಯ ಉಗಮ ವಿಕಾಸದ ಚಲನೆಯಲ್ಲಿ ಸಾಗಿಬಂದ ಎಷ್ಟೋ ಜೀವಿಗಳ ಅತಿಸೂಕ್ಷ್ಮ ನೆಲೆಯಾಗಿ ಹಂಪಿಯ ಈ ಬೆಟ್ಟ ಸಾಲುಗಳ ಕಣಿವೆ ಮರೆಯ ನದಿಯ ಜಾಲವು ಬೆಳೆದು ಬಂದಿದೆ. ಸಮುದ್ರದಲ್ಲಿ ವಾಸಿಸುವಂತಹ ಜಲಚರಗಳು ತುಂಗಭದ್ರೆಯಲ್ಲಿ ಈಗಲೂ ವಾಸವಾಗಿವೆ. ಕಲ್ಕತ್ತದ ಹೂಗ್ಲಿ ನದಿಯಲ್ಲಿ ವಿಶೇಷವಾಗಿ ಕಂಡುಬರುವ ಕಡಲಾಮೆಯಂತಹ ಬೃಹತ್ ಆಮೆಗಳು ಹಂಪಿಯ ತುಂಗಭದ್ರೆಯಲ್ಲೂ ವಾಸಿಸಿವೆ. ಅಂತಹ ನೂರಾರು ನೈಸರ್ಗಿಕ ವಿಸ್ಮಯಗಳ ಲೋಕವೇ ಬೇರೆ. ಹಂಪಿಯ ಒಳಗೆ ಮಾನವರ ಉಗಮ ವಿಕಾಸಗಳ ಕುರುಹುಗಳನ್ನು ಪತ್ತೆ ಮಾಡುವುದೇನು ಕಷ್ಟವಲ್ಲ. ಆ ಬಗೆಯ ಸಂಶೋಧನೆಗಳು ಮುಂದೆ ಆಗಬೇಕಿವೆ. ಆದಿ ಶಿಲಾಯುಗದ ವಾಸದ ನೆಲೆಗಳು ಬೆಟ್ಟಗುಡ್ಡಗಳ ನಡುವೆ ನಿಚ್ಚಳವಾಗಿ ಕಾಣಿಸಿಗುತ್ತವೆ. ಅದಕ್ಕಾಗಿ ಹುಡುಕಾಡಲೇ ಬೇಕಿಲ್ಲ. ನಿಜಕ್ಕೂ ವಿಶ್ವಪರಂಪರೆಯ ನಕಾಶೆಯಲ್ಲಿ ಹಂಪಿ ಸೇರಿರುವುದು ನ್ಯಾಯಯೋಚಿತವಾಗಿದೆ.



ಪ್ರಾಕೃತಿಕ ವಿಕೋಪಗಳು ಮತ್ತು ನಿರ್ವಹಣೆ

- ಚೈತ್ರಾ
ದ್ವಿತೀಯ ಬಿ.ಎ.

ಪ್ರಕೃತಿಯ ವಿಕೋಪದ ಪರಿಣಾಮ ಯುದ್ಧ ಭೂಮಿಯ ಸಾವು ನೋವುಗಳನ್ನು ಹೋಲುತ್ತವೆ. ಈ ಮೇಲಿನ ವಾಕ್ಯವು ಪ್ರಕೃತಿಯ ವಿಕೋಪದ ತೀವ್ರತೆಯನ್ನು ತಿಳಿಸುತ್ತದೆ. ಆಧುನಿಕ ಜಗತ್ತು ಎದುರಿಸುತ್ತಿರುವ ಗಂಭೀರ ವಿಪತ್ತುಗಳಲ್ಲಿ ಪ್ರಾಕೃತಿಕ ವಿಪತ್ತು ಪ್ರಮುಖವಾಗಿದ್ದು, ಅನಿಯಂತ್ರಿತ ಮಳೆ ಪ್ರವಾಹ, ಭೀಕರ ಚಂಡಮಾರುತ, ಸಿಡಿಲಿನ ಪರಿಣಾಮ, ಸುನಾಮಿ ನದಿ ಪ್ರವಾಹ, ಭೂಕುಸಿತ, ಭೂಕಂಪ ಮುಂತಾದ ಅನೇಕ ವೈಮಾಸಿಕ ವೈಪರೀತ್ಯಗಳು ಮಾನವ ಜನಾಂಗವನ್ನು ಕಾಡುತ್ತಿದ್ದು ವಿಕೋಪಗಳೆಲ್ಲವೂ ಬೆಳೆಯುತ್ತಿರುವ ಜನಸಂಖ್ಯೆ, ನಗರೀಕರಣ, ಕೈಗಾರಿಕೀಕರಣ ಮುಂತಾದ ಕಾರಣಗಳಿಂದಾಗಿ ಇದು ಪರಿಸರದ ಅವನತಿ ಮತ್ತು ಹವಾಮಾನ ಬದಲಾವಣೆಗಳಿಗೆ ಕಾರಣವಾಗಿದೆ. ಜಾಗತಿಕವಾಗಿ ಪ್ರಾಕೃತಿಕ ವಿಕೋಪಗಳ ಬಗ್ಗೆ ಕಳವಳ. ಆತಂಕಗಳು ಹೆಚ್ಚಾಗುತ್ತಿವೆ. ಮಾನವ ಇಂದು ವಿಜ್ಞಾನ ಮತ್ತು ತಂತ್ರಜ್ಞಾನದಲ್ಲಿ ಎಷ್ಟೇ ಮಂದುವರೆದಿದ್ದರೂ ಪ್ರಾಕೃತಿಕ ವಿಕೋಪಗಳ ತಾಂಡವ ನೃತ್ಯದ ಮುಂದೆ ಕುಬ್ಜನಾಗಿದ್ದಾನೆ. ಮಾನವರಿಗೆ ಪ್ರಕೃತಿಯಿಂದಾಗುವ ವಿನಾಶ ಕಾರ್ಯಗಳನ್ನು ತಡೆಯಲು ಸಾಧ್ಯವಿಲ್ಲ. ಆದರೆ ವಿಪತ್ತು ನಿರ್ವಹಣೆಯ ಹಂತಗಳಾದ ಮುಂಜಾಗ್ರತಾ ಕ್ರಮಗಳಿಂದ ಸಂಭವಿಸಬಹುದಾದ ಸಾವು ನೋವು ಮತ್ತು ಆಸ್ತಿಪಾಸ್ತಿಗಳ ನಾಶ ತಡೆಯಬಹುದು. ಮಾನವನ ದುರಾಸೆಗಳಿಂದ ಪ್ರಕೃತಿಗೆ ಮಾಡಿದ ಹಾನಿಯಿಂದಾಗಿ ಇಂದು ಜಗತ್ತು ಈಪರಿಣಾಮವನ್ನು ಅನುಭವಿಸುತ್ತಿದೆ.

ಪ್ರಾಕೃತಿಕ ವಿಕೋಪದ ವಿಧಗಳು:

1. ಪ್ರವಾಹಗಳು

ಭಾರತವು ಎದುರಿಸುತ್ತಿರುವ ಪ್ರಮುಖ ಪ್ರಾಕೃತಿಕ ವಿಕೋಪಗಳಲ್ಲಿ ಪ್ರವಾಹಗಳು ಅತಿ ಮುಖ್ಯವಾಗಿದ್ದು, ಅತ್ಯಧಿಕ ಮಳೆ ಮತ್ತು ಅಧಿಕ ಪ್ರಮಾಣ ಹಿಮ ಕರಗಿದಾಗ

ಜಲರಾಶಿಗಳಲ್ಲಿ ನೀರಿನ ಮಟ್ಟ ಹೆಚ್ಚಾಗಿ ಅವುಗಳ ಸಾಮರ್ಥ್ಯ ಮಟ್ಟ ಮೀರಿದಾಗ ಪ್ರವಾಹಗಳು ಉಂಟಾಗುತ್ತವೆ. ಇದರಿಂದ ಅಪಾರ ಪ್ರಾಣ ಮತ್ತು ಆಸ್ತಿಪಾಸ್ತಿಗಳು ನಷ್ಟವಾಗುತ್ತದೆ.

2. ಭೂಕಂಪ ಮತ್ತು ಸುನಾಮಿ

2004 ಮತ್ತು 2011ರಲ್ಲಿ ಅತ್ಯಂತ ಪ್ರಬಲವಾಗಿ ಉಂಟಾದ ಭೂಕಂಪದ ಪರಿಣಾಮವಾಗಿ ಜಪಾನ್ ಒಳಗೊಂಡಂತೆ ಅನೇಕ ದೇಶಗಳು ನಷ್ಟಕ್ಕೀಡಾದವು. ಸಾಗರದಲ್ಲಿ ಉಂಟಾಗುವ ಭೂಕಂಪದ ಪರಿಣಾಮದಿಂದ ಸುನಾಮಿ ಏಳುತ್ತದೆ. ಇವುಗಳ ತೀವ್ರತೆ ಅತೀ ಭೀಕರತೆಯಿಂದ ಕೂಡಿರುತ್ತದೆ.

3. ಭೂ ಕುಸಿತ

ಅತಿ ಹೆಚ್ಚು ಕಡಿದಾದ ಪರ್ವತಗಳ ಮೇಲ್ಭಾಗದಿಂದ ಕಡಿದಾದ ಇಳಿಜಾರಿನ ಜಾಗವು ಕೆಳಕ್ಕೆ ಜಾರುವ ಭೂ ರಾಶಿಯೇ ಭೂ ಕುಸಿತ.

ಉದಾ: ಹಿಮಾಲಯದ ಪ್ರದೇಶಗಳಲ್ಲಿ ಆಗುವ ಭೂಕುಸಿತ. ಇತ್ತೀಚೆಗೆ ಕೊಡಗು ಮತ್ತು ಕೇರಳದಲ್ಲಿ ಉಂಟಾದ ಭೂಕುಸಿತ.

ಪ್ರಾಕೃತಿಕ ವಿಕೋಪಗಳು ಸಂಭವಿಸಲು ಕಾರಣಗಳು

1. ಪರಿಸರದ ಸಂಪನ್ಮೂಲಗಳ ಮೇಲೆ ಮಾನವನ ಅತಿಯಾದ ಒತ್ತಡ
2. ಜಾಗತಿಕ ತಾಪಮಾನದ ಹವಾಮಾನ ವೈಪರೀತ್ಯದಿಂದಾಗುವ ಆಮ್ಲಮಳೆ ಭೀಕರ ಪ್ರವಾಹ ಇತ್ಯಾದಿಗಳಿಂದ
3. ಕೈಗಾರಿಕೀಕರಣ, ಪಾಶ್ಚಿಮಾತ್ಯೀಕರಣದ ಅನುಕರಣೆ, ಭೂಮಿಯ ಉಷ್ಣತೆಯ ಏರಿಕೆ, ಹಸಿರು ಮನೆ ಅನಿಲಗಳ ಏರಿಕೆಯಾಗುವುದರಿಂದ



4. ಭವ್ಯ ಅರಣ್ಯಗಳ ನಾಶದಿಂದಾಗಿ ಮತ್ತು ಅರಣ್ಯ ಪ್ರದೇಶಗಳಲ್ಲಿ ಅಭಿವೃದ್ಧಿ ಹೆಸರಿನಲ್ಲಿ ನಡೆಯುತ್ತಿರುವ ಅರಣ್ಯ ಪ್ರದೇಶದ ನಾಶ.
5. ವ್ಯಾಪಾರ ಉದ್ದೇಶದಿಂದ ಅಂತರ್ಜಲ ಮಟ್ಟವನ್ನು ಕಡಿಮೆ ಮಾಡುವ ಮರಗಳ ಬಳಕೆಯಿಂದಾಗಿ.
6. ಭೂಮಿಯ ಅಂತರಾಳದಲ್ಲಿ ಅತಿಯಾದ ಉಷ್ಣತೆ, ಥೋರಿಯಂ ಮತ್ತು ಅಣುವಿಕರಣತೆಯಿಂದ ಮತ್ತು ನೀರಾವಿ ಒತ್ತಡವು ಜ್ವಾಲಾಮುಖಿ ಉಂಟಾಗುತ್ತದೆ.
7. ಹಿಮಚ್ಛಾದಿತ ಪರ್ವತಗಳಲ್ಲಿ ಹಿಮಪಾತಗಳು ಭೂಕಂಪನವನ್ನು ಉಂಟು ಮಾಡುತ್ತಿರುವುದು.
8. ಅವೈಜ್ಞಾನಿಕ ಅಣೆಕಟ್ಟುಗಳ ಸ್ಥಾಪನೆಯಿಂದ
9. ಮಿತಿ ಮೀರಿದ ಗಣಿಗಾರಿಕೆ, ರಸ್ತೆಗಳ ನಿರ್ಮಾಣ
10. ಹೆಚ್ಚುತ್ತಿರುವ ಜನಸಂಖ್ಯೆ ಮತ್ತು ಅವರ ಅತಿ ಆಸೆಗಳು
11. ಬೆಟ್ಟಗಳನ್ನು ಕೊರೆದು ಸುರಂಗ ರಸ್ತೆ, ರೈಲುಮಾರ್ಗಗಳ ನಿರ್ಮಾಣ
12. ಬೃಹತ್ ಪ್ರಮಾಣದ ಸಮುದ್ರದ ಅಲೆಗಳು ಭೂಕಂಪನ ಉಂಟುಮಾಡುತ್ತದೆ.

ಪ್ರಾಕೃತಿಕ ವಿಕೋಪಗಳ ನಿರ್ವಹಣೆಗೆ ಕೈಗೊಳ್ಳಬಹುದಾದ ಕ್ರಮಗಳು

1. ನಿರಂತರವಾಗಿ ಪ್ರಾಕೃತಿಕ ವಿಕೋಪಗಳು ಸಂಭವಿಸುವ ಪ್ರದೇಶಗಳನ್ನು ಗುರುತಿಸಿ ಅಲ್ಲಿ ಸೂಕ್ತ ಮುಂಜಾಗ್ರತಾ ಕ್ರಮಗಳನ್ನು ಕೈಗೊಳ್ಳಬೇಕು.
2. ಅಭಿವೃದ್ಧಿಯ ಹೆಸರಿನಲ್ಲಿ ಪರಿಸರದ ಮೇಲಿನ ಅತ್ಯಾಚಾರವನ್ನು ಆಧುನಿಕ ಮಾನವರು ನಿಲ್ಲಿಸಬೇಕು.
3. ವಿಕೋಪ ನಿರ್ವಹಣೆ ಮಾಡುವ ಸಿಬ್ಬಂದಿಗಳಿಗೆ ಉನ್ನತ ಗುಣಮಟ್ಟದ ತರಬೇತಿಯನ್ನು ನೀಡುವುದು.
4. ವಿಕೋಪಗಳು ಸಂಭವಿಸಿದಾಗ ಸಂತ್ರಸ್ತರಿಗೆ ತಾತ್ಕಾಲಿಕ ಆಶ್ರಯ ಕೇಂದ್ರಗಳ ಮೂಲಕ ಆಹಾರ, ಬಟ್ಟೆ, ವಸತಿಯನ್ನು ಒದಗಿಸಬೇಕು.

5. ಪ್ರಾಕೃತಿಕ ವಿಕೋಪಗಳು ಸಂಭವಿಸಿದ ಸ್ಥಳಗಳಲ್ಲಿ ರೋಗಗಳು ಹರಡುವ ಸಾಧ್ಯತೆ ಇದ್ದು ಸಾಂಕ್ರಾಮಿಕ ರೋಗಗಳು ಹರಡದಂತೆ ತಡೆಯಬೇಕು.
6. ರಸ್ತೆಗಳು ಹಾಳಾಗಿದ್ದಾಗ ಪರ್ಯಾಯ ರಸ್ತೆ ವ್ಯವಸ್ಥೆಯನ್ನು ಮಾಡಬೇಕು ಮತ್ತು ರಸ್ತೆ ಸಂಚಾರ ವ್ಯವಸ್ಥೆಯನ್ನು ವ್ಯವಸ್ಥಿತವಾಗಿ ರೂಪಿಸಬೇಕು.
7. ರಕ್ಷಣಾ ಸಿಬ್ಬಂದಿಗಳಿಗೆ ಅಗತ್ಯ ಆಧುನಿಕ ತಂತ್ರಜ್ಞಾನ ಅವಶ್ಯಕ. ಸಾಮಗ್ರಿಗಳನ್ನು ನೀಡುವುದು. ಪ್ರಕೃತಿಯು ಮಾನವನ ಆಸೆಗಳನ್ನು ಈಡೇರಿಸಬಹುದೇ ಹೊರತು ಅವನ ದುರಾಸೆಗಳನ್ನಲ್ಲ.

ಪ್ರಾಕೃತಿಕ ವಿಕೋಪಗಳ ನಿರ್ವಹಣೆಯಲ್ಲಿ ಸರ್ಕಾರದ ಕ್ರಮ

1. ವಿಪತ್ತು ನಿರ್ವಹಣಾ ಕಾಯ್ದೆ 2005

ಈ ಕಾಯ್ದೆಯ ಮೂಲಕ ಕೇಂದ್ರ ಮತ್ತು ರಾಜ್ಯ ಸರ್ಕಾರಗಳಿಗೆ ವಿಪತ್ತುಗಳ ನಿರ್ವಹಣೆ ಜವಾಬ್ದಾರಿಯನ್ನು ನೀಡಲಾಯಿತು.

2. ರಾಷ್ಟ್ರೀಯ ವಿಪತ್ತು ನಿರ್ವಹಣಾ ಪ್ರಾಧಿಕಾರ

ಪ್ರಧಾನಮಂತ್ರಿಗಳ ಅಧ್ಯಕ್ಷತೆಯಲ್ಲಿ ಸ್ಥಾಪನೆಯಾಗಿದ್ದು, ದೇಶದಲ್ಲಿ ವಿಕೋಪಗಳ ನಿರ್ವಹಣೆಗಾಗಿ ಇರುವ ಅತ್ಯುನ್ನತ ಸಂಸ್ಥೆಯಾಗಿದೆ. ರಾಷ್ಟ್ರವ್ಯಾಪಿ ವಿಪತ್ತು ನಿರ್ವಹಣೆಯ ನೀತಿಗಳನ್ನು ಯೋಜನೆಗಳನ್ನು ನಿರ್ವಹಿಸಲು ಮಾರ್ಗಸೂಚಿಗಳನ್ನು ಕಳುಹಿಸುತ್ತದೆ.

3. ರಾಷ್ಟ್ರೀಯ ವಿಪತ್ತು ಪರಿಹಾರ ನಿಧಿ

ಪ್ರಾಕೃತಿಕ ವಿಕೋಪದಂತಹ ತುರ್ತು ಪರಿಸ್ಥಿತಿಯಲ್ಲಿ ಸೂಕ್ತ ಪರಿಹಾರ ಮತ್ತು ಪುನರ್ವಸತಿಗಾಗಿ ಈ ನಿಧಿಯಿಂದ ಹಣವನ್ನು ಬಳಸಲು ಕೇಂದ್ರಸರ್ಕಾರಕ್ಕೆ ಸಾಧ್ಯವಾಗುತ್ತದೆ.

4. ರಾಜ್ಯ ವಿಪತ್ತು ನಿರ್ವಹಣಾ ಪ್ರಾಧಿಕಾರ

ರಾಜ್ಯದ ಮುಖ್ಯಮಂತ್ರಿಗಳ ಅಧ್ಯಕ್ಷತೆಯಲ್ಲಿ ಪ್ರತಿಯೊಂದು ರಾಜ್ಯದ ರಾಜ್ಯ ವಿಪತ್ತು ನಿರ್ವಹಣಾ ಪ್ರಾಧಿಕಾರ ಸ್ಥಾಪಿಸಿ, ಇದು ರಾಜ್ಯಮಟ್ಟದಲ್ಲಿ ವಿಕೋಪ



ನಿರ್ವಹಣಾ ನೀತಿಗಳನ್ನು ಮತ್ತು ಯೋಜನೆಗಳನ್ನು ರೂಪಿಸುತ್ತದೆ.

5. ರಾಜ್ಯ ಕಾರ್ಯಕಾರಿ ಸಮಿತಿ

ರಾಜ್ಯ ಸರ್ಕಾರವು ರಾಜ್ಯ ಮತ್ತು ವಿಪತ್ತು ನಿರ್ವಹಣಾ ಪ್ರಾಧಿಕಾರಕ್ಕೆ ನೆರವಾಗಲು ಮತ್ತು ರಾಜ್ಯ ಪ್ರಾಧಿಕಾರದ ಯೋಜನೆ ಜಾರಿಗೊಳಿಸಲು ಇದನ್ನು ರಚಿಸಿದೆ.

ಸರ್. ಎಂ. ವಿಶ್ವೇಶ್ವರಯ್ಯ

- ರಕ್ಷಿತಾ ದೇವಾಡಿಗ
ದ್ವಿತೀಯ ಬಿ.ಎ.

ಸರ್ ಎಂ. ವಿ. (ಸೆಪ್ಟೆಂಬರ್ 15, 1861- ಎಪ್ರಿಲ್ 12, 1962) ಎಂದು ಜನಪ್ರಿಯರಾಗಿದ್ದ ಸರ್ ಮೋಕ್ಷಗುಂಡಂ ವಿಶ್ವೇಶ್ವರಯ್ಯರವರು ಭಾರತದ ಗಣ/ಅಭಿಯಂತರರಲ್ಲಿ ಒಬ್ಬರು. ಇವರು 1912ರಿಂದ 1918ರ ವರೆಗೆ ಮೈಸೂರು ಸಂಸ್ಥಾನದ ದಿವಾನರಾಗಿದ್ದವರು. ಇವರ ಹುಟ್ಟಿದ ದಿನವನ್ನು ಭಾರತ ದೇಶದಾದ್ಯಂತ 'ಅಭಿಯಂತರ ದಿನ' ಎಂದು ಆಚರಿಸುತ್ತಾರೆ. ಸರ್. ಎಂ. ವಿ ರವರು ಎಪ್ರಿಲ್ 14, 1962 ಮುದ್ದೇನಹಳ್ಳಿಯಲ್ಲಿ ಜನಿಸಿದರು. ತಂದೆ ಶ್ರೀನಿವಾಸ ತಂತ್ರಿ ತಾಯಿ ವೆಂಕಟಲಕ್ಷ್ಮಮ್ಮ ರವರ ಮಗನಾಗಿ ಜನಿಸಿದರು.

ವೃತ್ತಿಜೀವನ:

ವಿಶ್ವೇಶ್ವರಯ್ಯನವರು ನಂತರ ಮುಂಬಯಿ ನಗರದಲ್ಲಿ ಲೋಕೋಪಯೋಗಿ ಇಲಾಖೆಯನ್ನು ಸೇರಿದರು. 1884ರಲ್ಲಿ ಇದಾದ ಮೇಲೆ ಭಾರತೀಯ ನೀರಾವರಿ ಆಯೋದಿಂದ ಅವರಿಗೆ ಆಮಂತ್ರಣ ಬಂದಿತು. ಈ ಆಯೋಗವನ್ನು ಸೇರಿದ ನಂತರ ದೆಖನ್ ಪ್ರಸ್ತಭೂಮಿಯಲ್ಲೇ ಉತ್ತಮವಾದ ನೀರಾವರಿ ವ್ಯವಸ್ಥೆಯನ್ನು ವಿಶ್ವೇಶ್ವರಯ್ಯನವರು ಪರಿಚಯಿಸಿದರು. ಸರ್ ಎಂ. ವಿ. ಯವರು ಆರ್ಥರ್ ಕಾಟನ್‌ರವರಿಂದ ಬಹಳಷ್ಟು ಪ್ರಭಾವಿತರಾಗಿದ್ದರು. ಕಾವೇರಿ ನದಿಗೆ ಅಣೆಕಟ್ಟು ಕಟ್ಟುವಲ್ಲಿ ಅವರು ತಿರುಚನಾಪಳ್ಳಿಯಲ್ಲಿ ಚೋಳ ರಾಜರಿಂದ ನಿರ್ಮಿಸಲ್ಪಟ್ಟ ಹಾಗೂ 18ನೇ ಶತಮಾನದ ಅರ್ಧದಲ್ಲಿ ಅರ್ಥರ್ ಕಾಟನ್‌ರವರಿಂದ ಸಂಪೂರ್ಣವಾಗಿ ನವೀಕರಿಸಲ್ಪಟ್ಟ ಬೃಹತ್ ಅಣೆಕಟ್ಟನ್ನು ನೋಡಿ

ಪ್ರಭಾವಿತರಾಗಿದ್ದರು. ನಂತರ ಮಹಾರಾಜರಲ್ಲಿ ಇದನ್ನು ವರದಿ ಮಾಡಿದ್ದರು. ಅಣೆಕಟ್ಟುಗಳಲ್ಲಿ ಉಪಯೋಗಿಸಲಾಗುವ ಸ್ವಯಂ ಚಾಲಿತ ಪ್ಲಡ್ ಗೇಟ್ ವಿನ್ಯಾಸವೊಂದನ್ನು ಕಂಡು ಹಿಡಿದು ಅದಕ್ಕಾಗಿ ಪೇಟೆಂಟ್ ಪಡೆದರು. ಮೊದಲ ಬಾರಿಗೆ 1903ರಲ್ಲಿ ಈ ಪ್ಲಡ್‌ಗೇಟ್‌ಗಳು ಪುಣೆಯ ಖಡಕ್ವಾಸ್ಲ ಅಣೆಕಟ್ಟಿನಲ್ಲಿ ಸ್ಥಾಪಿತವಾದವು. ಇಲ್ಲಿ ಅವು ಯಶಸ್ವಿಯಾದ ನಂತರ ಗ್ವಾಲಿಯರ್‌ನ ಟಿಗ್ರಾ ಅಣೆಕಟ್ಟು ಮತ್ತು ಕರ್ನಾಟಕದ ಕೃಷ್ಣರಾಜಸಾಗರ ಅಣೆಕಟ್ಟುಗಳಲ್ಲಿ ಸಹ ಉಪಯೋಗಿತವಾದವು. ಈ ಗೇಟ್‌ಗಳ ಉದ್ದೇಶ ಅಣೆಕಟ್ಟಿಗೆ ಹಾನಿಮಾಡದೆ ಗರಿಷ್ಠ ಮಟ್ಟದ ನೀರನ್ನು ಶೇಖರಿಸಿಡುವುದೇ ಆಗಿತ್ತು. ಕೃಷ್ಣರಾಜಸಾಗರವನ್ನು ಕಟ್ಟಿದಾಗದ ಅದು ಆ ಕಾಲದಲ್ಲಿ ಭಾರತದ ಅತ್ಯಂತ ದೊಡ್ಡ ಅಣೆಕಟ್ಟು. ವಿಶ್ವೇಶ್ವರಯ್ಯನವರು ದೇಶದಾದ್ಯಂತ ಪ್ರಸಿದ್ಧರಾದದ್ದು ಹೈದರಾಬಾದ್ ನಗರವನ್ನು ಪ್ರವಾಹಗಳಿಂದ ರಕ್ಷಿಸಲು ಪ್ರವಾಹ ರಕ್ಷಣಾ ವ್ಯವಸ್ಥೆಯನ್ನು ಅವರು ಏರ್ಪಡಿಸಿದಾಗ. ಇವರ ಮುಖ್ಯ ಸೇವಕ ಪ್ರಶಾಂತ್.

ವಿಶ್ವೇಶ್ವರಯ್ಯ ಇಂಡಸ್ಟ್ರಿಯಲ್ ಮ್ಯೂಸಿಯಮ್:

1908ರಲ್ಲಿ ಸ್ವಯಂ ನಿವೃತ್ತಿ ಘೋಷಿಸಿದ ವಿಶ್ವೇಶ್ವರಯ್ಯನವರು ನಂತರ ಮೈಸೂರು ಸಂಸ್ಥಾನದ ದಿವಾನರಾಗಿ ಸೇವೆ ಸಲ್ಲಿಸಿದರು. ಮಹಾರಾಜ ಕೃಷ್ಣರಾಜ ಒಡೆಯರ್‌ರವರ ಜೊತೆ ಮೈಸೂರು ರಾಜ್ಯದ ಸರ್ವತೋಮುಖ ಬೆಳವಣಿಗೆಗೆ ಕೆಲಸ ಮಾಡಿದರು.



1917ರಲ್ಲಿ ಬೆಂಗಳೂರಿನಲ್ಲಿ ಸರ್ಕಾರಿ ಎಂಜಿನಿಯರಿಂಗ್ ಕಾಲೇಜನ್ನು ಸ್ಥಾಪಿಸಿದರು. ಇದೇ ಕಾಲೇಜಿಗೆ ನಂತರ ಅವರ ಹೆಸರನ್ನೇ ಇಡಲಾಯಿತು. ವೈಸೂರು ವಿಶ್ವವಿದ್ಯಾಲಯದ ಬೆಳವಣಿಗೆಗಾಗಿಯೇ ಶ್ರಮಿಸಿದರು.

ದಿವಾನ:

1908ರಲ್ಲಿ ಸ್ವಯಂ ನಿವೃತ್ತಿ ಘೋಷಿಸಿದ ವಿಶ್ವೇಶ್ವರಯ್ಯನವರು ನಂತರ ಮೈಸೂರು ಸಂಸ್ಥಾನದ ದಿವಾನರಾಗಿ ಸೇವೆ ಸಲ್ಲಿಸಿದರು. ಮಹಾರಾಜ ಕೃಷ್ಣರಾಜ ಒಡೆಯರ್‌ರವರ ಜೊತೆ ವೈಸೂರು ರಾಜ್ಯದ ಸರ್ವತೋಮುಖ ಬೆಳವಣಿಗೆಗೆ ಕೆಲಸ ಮಾಡಿದರು. 1917ರಲ್ಲಿ ಬೆಂಗಳೂರಿನಲ್ಲಿ ಸರ್ಕಾರಿ ಎಂಜಿನಿಯರಿಂಗ್ ಕಾಲೇಜನ್ನು ಸ್ಥಾಪಿಸಿದರು. ಇದೇ ಕಾಲೇಜಿಗೆ ನಂತರ ಅವರ ಹೆಸರನ್ನೇ ಇಡಲಾಯಿತು. ವೈಸೂರು ವಿಶ್ವವಿದ್ಯಾಲಯದ ಬೆಳವಣಿಗೆಗಾಗಿಯೇ ಶ್ರಮಿಸಿದರು.

ಬಾಲ್ಯ ವಿದ್ಯಾಭ್ಯಾಸ:

ವಿಶ್ವೇಶ್ವರಯ್ಯನವರು ಜನಿಸಿದ್ದು ಸೆಪ್ಟೆಂಬರ್ 15, 1860ರಲ್ಲಿ ಚಿಕ್ಕಬಳ್ಳಾಪುರ ಜಿಲ್ಲೆಯ ಮುದ್ದೇನಹಳ್ಳಿ ಎಂಬಲ್ಲಿ ವಿಶ್ವೇಶ್ವರಯ್ಯನವರ ತಂದೆ ಶ್ರೀನಿವಾಸ ಶಾಸ್ತ್ರಿ. ತಾಯಿ ವೆಂಕಟಲಕ್ಷ್ಮಮ್ಮ. ಅವರ ಪೂರ್ವಜರು ಈಗಿನ ಆಂಧ್ರಪ್ರದೇಶದ ಮೋಕ್ಷಗುಂಡಂ ಎಂಬ ಸ್ಥಳದಿಂದ ವಲಸೆ ಬಂದು ಮುದ್ದೇನಹಳ್ಳಿಯಲ್ಲಿ ವಾಸವಾಗಿದ್ದ ಕಾರಣ ಅವರ ಹೆಸರಿನೊಡನೆ ಮೋಕ್ಷಗುಂಡಂ ಸೇರಿಕೊಂಡಿದೆ. ವಿಶ್ವೇಶ್ವರಯ್ಯನವರ ತಂದೆ ಸಂಸ್ಕೃತ ವಿದ್ವಾಂಸರು, ಧರ್ಮಶಾಸ್ತ್ರಗಳನ್ನು ಆಳವಾಗಿ ಅಭ್ಯಾಸ ಮಾಡಿದ್ದರಲ್ಲದೆ ಆಯುರ್ವೇದ ತಜ್ಞರೂ ಆಗಿದ್ದರು. ಅವರು 15 ವರ್ಷದವರಿರುವಾಗಲೇ ತಂದೆಯ ನಿಧನರಾದರು. ವಿಶ್ವೇಶ್ವರಯ್ಯನವರ ಪ್ರಾಥಮಿಕ ಶಿಕ್ಷಣ ಚಿಕ್ಕಬಳ್ಳಾಪುರದಲ್ಲಿ ಮತ್ತು ಪ್ರೌಢಶಿಕ್ಷಣ ಬೆಂಗಳೂರಿನಲ್ಲಿ ನಡೆಯಿತು. 1881ರಲ್ಲಿ ಮದ್ರಾಸು ವಿಶ್ವವಿದ್ಯಾಲಯದಿಂದ ಬಿ.ಎ. ಪದವಿಯನ್ನು

ಪಡೆದು ನಂತರ ಪುಣೆಯ ವಿಜ್ಞಾನ ಕಾಲೇಜಿನಿಂದ ಸಿವಿಲ್ ಎಂಜಿನಿಯರಿಂಗ್ ಪದವಿಯನ್ನು ಪಡೆದರು.

ಗೌರವಗಳು:

1. ವಿಶ್ವೇಶ್ವರಯ್ಯನವರು ದಿವಾನರಾಗಿದ್ದಾಗ ಬ್ರಿಟಿಷ್ ಸರ್ಕಾರ ಅವರಿಗೆ ಸರ್ ಪದವಿಯನ್ನು ನೀಡಿತು.
2. 1955ರಲ್ಲಿ ಭಾರತ ಸರ್ಕಾರದ ಅತ್ಯುಚ್ಚ ಗೌರವವಾದ ಭಾರತರತ್ನ ಲಭಿಸಿತು. ಸರ್ ಎಂ. ವಿಶ್ವೇಶ್ವರಯ್ಯನವರು ಭಾರತ ರತ್ನ ಪ್ರಶಸ್ತಿ ಪಡೆದ ಮೊದಲ ಕನ್ನಡಿಗರು.
3. ಕರ್ನಾಟಕದಲ್ಲಿ ಹೆಚ್ಚಿನ ಶಾಲಾ ಕಾಲೇಜುಗಳು, ಐ.ಟಿ.ಐ., ಪಾಲಿಟೆಕ್ನಿಕ್, ಇಂಜಿನಿಯರಿಂಗ್ ಕಾಲೇಜುಗಳಿಗೆ ಇವರು ಹೆಸರಿಟ್ಟು ಗೌರವಿಸಲಾಗಿದೆ.
4. ಭಾರತ ದೇಶದಲ್ಲಿ ಮೊದಲ EDUSAT ತರಗತಿಗಳನ್ನು ಆರಂಭಿಸಿದ ಕೀರ್ತಿ ಬೆಳಗಾವಿಯಲ್ಲಿನ ವಿಶ್ವೇಶ್ವರಯ್ಯ ತಾಂತ್ರಿಕ ವಿಶ್ವವಿದ್ಯಾಲಯಕ್ಕೆ ಸಲ್ಲುತ್ತದೆ. ಇದರ ಮುಖ್ಯ ಉದ್ದೇಶ ವಿಶ್ವವಿದ್ಯಾಲಯದ ಎಲ್ಲಾ ವಿದ್ಯಾರ್ಥಿಗಳು ಉತ್ತಮ ಶಿಕ್ಷಣ ನೀಡುವುದು. ಕರ್ನಾಟಕದಲ್ಲಿನ ಎಲ್ಲಾ ಇಂಜಿನಿಯರಿಂಗ್ ಕಾಲೇಜುಗಳು ಪ್ರತಿಷ್ಠಿತ ವಿಶ್ವೇಶ್ವರಯ್ಯ ತಾಂತ್ರಿಕ ವಿಶ್ವವಿದ್ಯಾಲಯದ ಅಂಗವಾಗಿದೆ.
5. ಇಂಜಿನಿಯರ್ ಕ್ಷೇತ್ರದಲ್ಲಿ ಇವರು ಸಲ್ಲಿಸಿರುವ ಅಪಾರ ಸೇವೆಯ ಸ್ಮರಣೆಗಾಗಿ ಇವರು ಜನ್ಮ ದಿನವನ್ನು (ಸೆಪ್ಟೆಂಬರ್ 15) ಭಾರತದಲ್ಲಿ ಪ್ರತಿವರ್ಷ ಇಂಜಿನಿಯರ್ಸ್ ದಿನವಾಗಿ ಆಚರಿಸಲಾಗುತ್ತದೆ.

ಪುಸ್ತಕಗಳು

1. ನನ್ನ ವೃತ್ತಿ ಜೀವನದ ನೆನಪುಗಳು- ಕನ್ನಡಕ್ಕೆ ಡಾ. ಗಜಾನನ ಶರ್ಮ Memories of my working life.
2. ಭಾರತವನ್ನು ಪುನರ್ನಿರ್ಮಿಸುವುದು Reconstructing India 1920.
3. Nation building In the year 1937 (ರಾಷ್ಟ್ರಕಟ್ಟಡ)



ಹಿಮಾಲಯ ಔಷಧಿಗಳು

- ವಿಧಿಶಾ
ಪ್ರಥಮ ಬಿ.ಎ.

ಔಷಧಿಗಳಾಗಿ ಸಸ್ಯಗಳ ಬಳಕೆಯನ್ನು ಮಾನವನ ಇತಿಹಾಸಕ್ಕಿಂತಲೂ ಮುನ್ನವೇ ಬರೆದಿಡಲಾಗಿದೆ. 60,000 ವರ್ಷ ಪುರಾತನವಾದ ಉತ್ತರ ಇರಾಖ್‌ನ ನಿಯಾಂಡರ್‌ತಾಲ್ ಸಮಾಧಿ ಸ್ಥಳ. ಶಾನಿದರ್ 4 ಸುಮಾರು ಎಂಟು ಸಸ್ಯ ಪ್ರಬೇಧಗಳಿಂದ ಸಂಗ್ರಹಿಸಿದ ಬೃಹತ್ ಪ್ರಮಾಣದ ಪರಾಗಗಳನ್ನು ನೀಡಿವೆ. ಇವುಗಳಲ್ಲಿ ಏಳು ಪ್ರಬೇಧಗಳಿಂದ ಗಿಡಮೂಲಿಕಾ ಔಷಧಿಗಳಾಗಿ ಬಳಕೆಯಾಗುತ್ತಿವೆ. ಬರೆದಿಡಲಾದ ದಾಖಲೆಯ ಪ್ರಕಾರ ಮೂಲಿಕಾ ಅಧ್ಯಯನವು ಲಾರೆಲ್, ಕಾರವೇ ಮತ್ತು ಥೈಮ್‌ಗಳಂತಹ ಸಸ್ಯಗಳ ಸುವ್ಯವಸ್ಥಿತವಾಗಿ ಬೇರೂರಿದ ಔಷಧೀಯ ಬಳಕೆಗಳನ್ನು ವಿವರಿಸಿದ ಸುವ್ಯವಸ್ಥಿತವಾಗಿ ಬೇರೂರಿದ ಔಷಧೀಯ ಬಳಕೆಗಳನ್ನು ವಿವರಿಸಿದ ಸುಮೇರಿಯನ್‌ರಿಗಿಂತಲೂ ಸುಮಾರು 5000 ವರ್ಷಗಳಷ್ಟು ಪುರಾತನವಾದುದು. ಕ್ರಿಸ್ತಪೂರ್ವ 1000 ದ ಹಿಂದಿನ ಈಜಿಪ್ಟಿಯನ್ ಔಷಧಿಗಳು ಬೆಳ್ಳುಳ್ಳಿ ಅಫೀಮು, ಹರಳೆಣ್ಣೆ, ಕೊತ್ತಂಬರಿ, ಪುದೀನಾ ಇಂಡಿಗೋಫೆರ ಮತ್ತು ಇತರ ಗಿಡಮೂಲಿಕೆಗಳ ಬಳಕೆಯನ್ನು ಸೂಚಿಸಿವೆ ಮತ್ತು ಹಳೆಯ ಒಡಂಬಡಿಕೆಯು ಕೂಡಾ ಸೂಚಿಸಿವೆ ಮತ್ತು ಗಿಡಮೂಲಿಕೆಗಳ ಉಪಯೋಗವನ್ನು ಸೂಚಿಸಿದೆ. ರಕ್ತಬಿಂದು ಗಿಡ ವೆಚ್ ಗಿಡ, ಕ್ಯಾರವೆ ಗಿಡ, ಗೋಧಿ, ಬಾರ್ಲಿ ಮತ್ತು ಚಿಕ್ಕಗೋಧಿ ಸಸ್ಯಗಳ ಕೃಷಿಯನ್ನು ಮತ್ತು ಮೂಲಿಕೆಗಳ ಬಳಕೆಯನ್ನು ಸೂಚಿಸಿವೆ. ಭಾರತೀಯ ಆಯುರ್ವೇದ ಔಷಧೀಯ ಅರಿಶಿನದಂತಹ ಹಲವು ಗಿಡಮೂಲಿಕೆಗಳನ್ನು ಸುಮಾರು ಕ್ರಿಸ್ತಪೂರ್ವ

1900ಕ್ಕಿಂತಲೂ ಮೊದಲೇ ವೈದ್ಯಕೀಯ ಚಿಕಿತ್ಸೆಯಲ್ಲಿ ಬಳಸಿವೆ. ಕ್ರಿಸ್ತಪೂರ್ವ 6ನೇ ಶತಮಾನದಲ್ಲಿ ಸುಶ್ರುತರಿಂದ ಬರೆಯಲ್ಪಟ್ಟಿದ್ದು ಎನ್ನಲಾದ ಸುಶ್ರುತ ಸಂಹಿತಾ 700 ಔಷಧೀಯ ಸಸ್ಯಗಳನ್ನು ವಿವರಿಸಿದ್ದು ಖನಿಜ ಮೂಲಗಳಿಂದ ಸುಮಾರು 64 ಪದಾರ್ಥಗಳು ಮತ್ತು ಪ್ರಾಣಿಗಳ ಮೂಲಗಳಿಂದ ತಯಾರಿಸಿದ ಸುಮಾರು 57 ಪದಾರ್ಥಗಳನ್ನು ವಿವರಿಸಿದೆ.

ಹಾನ್ ರಾಜವಂಶದ ಕಾಲದಲ್ಲಿ ಅಂದರೆ ಅದಕ್ಕೂ ಹಿಂದಿನ ಕಾಲದಲ್ಲಿ ಕ್ರಿಸ್ತಪೂರ್ವ 2700 ವರ್ಷಗಳಿಗಿಂತಲೂ ಹಿಂದೆ ಸಂಕಲನಗೊಳ್ಳಲ್ಪಟ್ಟ ಮೊದಲ ಚೈನಾದ ಗಿಡಮೂಲಿಕಾ ಪುಸ್ತಕವಾದ ಶಿನ್ನಾಂಗ್ ಬೆಂಕಾವೊ ಜಿಂಗ್ ಆಧುನಿಕ ಔಷಧಕ್ಕೆ ಎಪಿಡ್ರಿನ್ ಎಂಬ ಔಷಧವನ್ನು ಪರಿಚಯಿಸಿದ ಮಾ-ಹುವಾಂಗ್ ಔಷಧೀಯ ಸಸ್ಯಗಳ ಗುಣಲಕ್ಷಣಗಳನ್ನು ಮತ್ತು ಅವುಗಳ ಉಪಯೋಗಗಳ ಮೇಲೆ ದ ಮೆಟೀರಿಯಾ ಮೆಡಿಕಾ ಎಂಬ ಮೊದಲ ಯುರೋಪಿನ ಗ್ರಂಥವನ್ನು ಸಂಕಲನಗೊಳಿಸಿತು. ಮೊದಲ ಶತಮಾನದಲ್ಲಿ ಎಡಿಯಲ್ಲಿ ಡಯೋಸ್ಕೋರೈಡ್ಸ್ 17ನೇ ಶತಮಾನಕ್ಕೆ ಅಧಿಕೃತವಾದ ಸಂಬಂಧ ಹೊಂದಿಕೊಂಡಿರುವ ಸುಮಾರು 500ಕ್ಕಿಂತಲೂ ಹೆಚ್ಚು ಸಸ್ಯಗಳ ಬಗ್ಗೆ ಸಂಕ್ಷಿಪ್ತ ನಿರೂಪಣೆ. 4ನೇ ಶತಮಾನದಲ್ಲಿ ಸಸ್ಯಶಾಸ್ತ್ರಜ್ಞರಿಗೆ ಕ್ರಿಸ್ತಪೂರ್ವ 4ನೇ ಶತಮಾನದಲ್ಲಿ ಸಸ್ಯಶಾಸ್ತ್ರ ವಿಜ್ಞಾನದಲ್ಲಿ ಬರೆಯಲ್ಪಟ್ಟ ಗ್ರೀಕ್ ಪುಸ್ತಕ ಥಿಯಾಫಾಸ್ಟಸ್ ಹಿಸ್ಟೋರಿಯ ಫ್ಲಾಂಟಾರಮ್ ಅಗತ್ಯವಾಗಿ ಪರಿಣಮಿಸಿತು.



ENGLISH SECTION





REMINISCENCES

*Sumana Rajendra
Associate Professor*

“I believe that working with good people matters because then the work environment is good.”

I got an opportunity to join this dedicated, prestigious and highly respected institution thirty years back. Many years have gone by and it is so amazing, we don't realise how quickly time flies. Being taken on board here, thus as a lecturer in English on Jan 24th, 1992 helped me grow and excel in my field. This was what I was hoping to do. I landed upon this job by a quirk of fate, thanks to the then Head of the department of English, the late Prof. Subhash Chandra. I owe a lot to him. His Holiness, the late Sri Sri Vibudsha Theertha Swamiji was the President of Sri Admar Mutt Education Council when I joined. I offer my respects and gratitude to him.

I evolved and prospered over the years in the company of the late Prof. Krishnamoorthy who was an accomplished teacher. He was a scholar who had a profound knowledge of five subjects – English, Kannada, Hindi, Sanskrit and

Malayalam. He was the last word in English grammar. I learnt immensely under his guidance. He promoted creative and innovative thinking among his colleagues at the department. There was also madam Shanthi Lewis who is a proficient teacher. She too guided me and helped me develop confidence and competence. They treated me as a part of their team and I grew with them professionally. My talent and work ethics were noticed and appreciated from the dawn of my career, something that I have never forgotten or ceased to appreciate.

The department saw my transformation from a freshly appointed lecturer into a matured working professional. It enabled me to pursue a spectrum of learning opportunities. It helped me establish significant relationships. My time spent with my colleagues is meaningful. The happy working environment at the department and in the institution motivated me to a great extent. My unique experiences helped me grow further in all



aspects and they also assisted in building bonds.

I have worked under nine distinguished Principals in the tenure of thirty years who played a predominant role in guiding me academically. I am deeply grateful to them. I also have sweet memories of working with scholarly colleagues from the other departments and that too has added on to my experience. I got along well with all of them and we grew as a unit coming together whenever required.

This esteemed institution has a long standing association with my family. My husband was a student of the BSc stream from 1973 to 1976. Later my daughter Sonali did her PU from 2004 -2006 taking up PCMB, followed by my son Suraj who did his PU from 2011 to 2013 taking up PCMS. Most recently my son-in-law Udayan has featured as a resource person in many an International webinar.

I took up the mantle of the Head of the department on January 1st, 2020 after the superannuation of Prof. Shanthi Lewis. My colleagues at the department Prof. Vasanta Raviprakash, Mrs. Harinakshi Shetty and Miss Namrata Achar have been

pillars of strength to me till date. We have stuck together and worked tirelessly through the thick and thin of times. I am ever grateful to them.

I look back with gratitude towards H.H.Sri Sri Vishwapriya Theertha Swamiji , President of Sri Admar Mutt Education Council and H.H. Sri Sri Eshapriya Theertha Swamiji for all their support and guidance in all our endeavours. I deeply thank our beloved Principal Dr. Raghavendra A, our Vice Principal Dr. Prakash Rao, all the members of the management committee of Sri Admar Mutt Education Council. I entered a profession dedicated to helping young people achieve their potential and finding their best selves. As I leave, I am taking many of you with me. You will be in my memories. Thank you for being my travelling companions along a large and important part of my way. Your stimulating company and the enormous collection of shared experiences are indelibly printed in my mind.



MY ACQUAINTANCE WITH PROF.SUMANA RAJENDRA

- Mrs.Vasantha Raviprakash
Associate Professor

When someone retires it is a very special occasion – the culmination of a career. It is often very difficult to know what exactly to say...

My acquaintance with Mrs.Sumana Rajendra is from 1991. We have worked together nearly for three decades. Many a time we have sailed together in the same boat. It was a smooth sailing for both of us till 2002 until, there was a fall in the workload for both of us and we were deputed to other colleges. But Sumana madam had the opportunity to return to the parent college much earlier than I. When I joined the department in 2016 it was like entering a maze as many things were new to me as I came back to my parent college after 14 years. At this juncture, I used to silently observe Sumana madam and learn many things from her. If I had confidently and willingly opted to get back to Day College it was because I was confident that I could learn from Shanthi madam who was very

meticulous in her work and from Sumana madam who was well set in the department much before I got the opportunity to come back.

The good and positive things which I have observed in Sumana madam are her punctuality, accountability, her organized and systematic ways of documentation. She had earned the credibility of becoming an NSS officer and Students' Welfare officer. Even in the verge of retirement she enjoyed attending the valuation camp. Apart from matters related to academics I see her as a good cook and as a person who has tremendous interest in movies and cricket.

Retirement is a life event that can come with a mix of emotions: smiles and tears, excitement and uncertainty, a career full of memories and a future full of possibilities. I wish Sumana Madam "Happy retirement! Time to live out her dreams".



WALKING ON ICE

*Atul Bhat,
Dept. of Physics*

We all learn to walk around the time we are a year old and back then, we learn it from experience, and trial and error method. We learn to stand up, set foot ahead, fall, get up and try again. After a few falls, we learn by experience how to step forward and maintain our balance and are ready to walk. At this point that child has no idea about the science involved in walking or maintaining balance.

I truly learnt to walk, when I was 29 years old. In the January of 2021, when I went on the Chadar Trek, I learnt how to step forward and not fall down. Before I explain what's wrong with me, I will explain what Chadar Trek is.

Chadar Trek is one of the many Himalayan treks that exist in India. But unlike most treks that are open for many months a year, Chadar is only open for a small window of a few weeks in a year. Chadar which is Hindi for a Blanket is the name given to the trail of the trek. The River Zaskar which flows through the valleys of the Himalayan brown mountains at Ladakh, due to the cold winter, freezes in the month of January, such that the frozen river is about 3-4ft thick and one can walk on this ice. This thick ice on the river is the Chadar that gives the name to

the trek. Another unique feature of this trek is that unlike all other treks, you don't climb or gain altitude on these treks, but instead walk on the Chadar straight for 5 days. This trek is all about the sight, sound and survival at extremely cold temperatures that reach upto -40°C at night.

The trail of the trek is about 62 kilometers long starting from a point on the river called Shingra Koma leading up to the Nerak Waterfall, and takes 5 days to complete. A person taking part in this trek is only permitted if a medical test is cleared. And no matter how healthy a person is, the difficulty of Chadar trek and the first obstacle is encountered the moment you land at the Leh Airport. This is because most of us board the flight from a very low altitude like Udupi which is about 20m above sea-level and after spending a few hours inside a pressurized cabin of the plane, exit directly at the Leh airport which is 11400 ft above sea-level, which is a tremendous altitude gain and can cause Acute Mountain Sickness (AMS) in even the fittest of humans. This is the reason why everyone who lands in Leh, needs to be acclimatized and rest for at least 3 days before heading



out on a trek.

Once the medical test is cleared on the 3rd day of the trek, we leave for Shingra Koma on a bus and the entire group sets foot on the Chadar this morning. After having breakfast at the touchdown point, we move forward on Chadar towards the future camps. When you start walking on Chadar, you wonder what can go wrong and then within a few steps on this I-know-how-to-walk-pride filled walk, you realize that you don't know how to walk.

Let's discuss the Physics of walking before we know why and how we forget how to walk. Walking is when you stand on your legs, with the sole touching the ground, and raise one foot and set it down at a point a little ahead than where it initially was. As simple as it sounds, what we never realize is, when we lift our foot to set it forward, our center of gravity (COG) – a point where we can assume the entire weight of the body is situated, is above a point on a line on the ground joining our feet. At any moment this point moves away from the line, we lose balance and fall. This is why when you lean forward and back, you do not fall initially, but lean a little more and the COG is too far away from the line and we fall down. Another thing to consider here, which is totally negligible is the Friction. Friction

is the resistance to movement between two surfaces. When standing, we do not slip because the friction between the floor and our soles is high. This friction varies from surface to surface. Oil when in contact with any surface has low friction and grease has lower friction than oil, which is why they help machines work easily. But, friction, or to be precise, the “coefficient of static friction” of ice is so low, that ice is very slippery. This is why ice easily slips off surfaces. Add to it, a melted surface putting water between ice and the feet, ice slides as if friction is just an imaginary concept.

On Chadar, the river just doesn't freeze into one thick layer of ice. As the day progresses, the frozen blanket of ice melts on the surface and makes it very slippery. This reduces friction between our feet and the ice. Add to this, you lift one foot to move forward, your body's entire weight is resting on the other foot, which is not on a surface of high friction and therefore can easily slip. At this point your COG is the key player. Even the slightest of distractions, and your COG moves ever so slightly from the line we spoke of and there you go... One of the several hundreds of people who fall on the ice.

And if you think walking sounds difficult on Chadar, try getting up after a



fall. Normally when we get up from a fall, we use our arms and lift our body up without much effort. It only gets slightly difficult when you have a backpack on, but even then, you are doing well and can get up easily without anyone's help, unless your backpack is over 25% your body weight. On Chadar, you can use all your limbs after a fall, and few more if you've got it, without friction, this is a difficult task as all your limbs slip as you apply weight on them. The two of three people who come to your help, are also on the same surface and are therefore susceptible to a fall when picking you up. Add to that, your backpack, which merely weighs 5-6 kgs (less than 10% of your body weight) makes getting up a herculean task in nature.

Walking on Chadar is a truly difficult task, as you are strolling through beautiful Himalayan-Ladakhi mountains, and yet, you can't really look at them as you walk. A fraction of your attention is not on setting your steps right, and you are down. For those that have the habit of kicking rocks when walking, there are small pieces of ice on the Chadar that you'd really want to kick away, but when setting foot forward and balancing yourself at the same time is a difficult task, kicking an ice piece and not falling down is quite an adventure in itself. And if you do manage

to kick it, it slides and slides and slides unless it is out of Chadar hitting land, or when it falls in the river through one of the many holes in Chadar where you can see Zanskar flowing.

Falling seems scary at the beginning of the trek, and the fear of falling down remains throughout the 5 days of trek. However as you walk among the tall standing mountains, with the layers of sedimentation that has led to their evolution for millions of years, as you set each step on chadar and listen to the crackling sound of ice somewhere down the lane, as every molecule in your body is on vibrate mode to generate heat, in spite of over 4 layers of thick clothing and as you get mesmerized by the clear beautiful views of the night sky, you really don't care about falling as you walk, especially when you reach the Grand Icefall at Nerak, which is a waterfall, frozen in action, and being mesmerized by it and shivering due to the -40°C even under the brightly shining Sun, you spend each moment making memories on one of the best treks and don't really bother about how many times or how hard you fall. All that matters in the end is, we walked on Ice – The Chadar.



WORDS

- *Kavya P. Shetty*
II BSc (BZC)

I have always wondered
how it would've been,
what I would've been,
without words.

My thoughts would only be mine.
I would only smile to show I'm fine.
If only actions were meant to show
how I feel,
Then grief would be grief and zeal
would be zeal.

There would be no oceans to play
my grim heart's role.
There would be no sunshine to bring
warmth to my soul.
I can't let you know what I feel,
You'd see me sad but not know what
Hurts me.

No '*I love you*', no three steps to heaven,
No heart-flutters, you will never know,
my Brethren.
My memories won't be inked on these pages.
My life not immortalized for ages.

My thoughts would only be mine.
My smile wouldn't tell you I am not fine...
Yes... I know what I would've been
without words for choice,
I would've been a person without a voice.



A GAME OF SQUARES

- Smruthi
II B.A

In boxes of white and black,
With friends and foes,
Knights and ministers,
Elephants and soldiers,
And guarded on every side,
Stood the lazy King and the mighty
Queen.

Sixteen pieces until
you defeat your opponent.
Sixteen chances to
change your game.
Sixteen people who will
sacrifice their life for you.

Now, they wonder,
What are we here?
Why are we here?
Who are we?
Where can we be?

All the answers lie,
Lie deep in those squares,
Lie deep in blacks,
Lie deep in whites,
Lie deep in the players,
In the makers,
And the creators.

‘Who are they?’ you ask,
When the lazy King replies,
“It is Him,
Who you cannot touch,
Cannot see,
Cannot hear,
But only understand,
With a heart open,
Sight inverted,
And sense with faith.”

HOME

- Smruthi
II B.A

I have or haven't I,
Felt what home is?

It felt like a million years,
Or have I forgotten to feel?

I've seen people,
Or have I stopped seeing them?

What is this, that is happening?
Indescribable.
Inescapable.
And,
Inexorable.

Now, darling tell me,
How can I handle my fragile heart?
How can I keep it from beating so loudly?
How can I live without feeling your heart?
When you are,
miles away,
skies apart,
and,
seas beyond reach?

Where shall I find peace?
Where shall I find you?
Where shall I find my Home?



COLLEGE LIFE

- Sriraksha
III B.Com A

The happiest moment of my life
is college life.
Where the students are like flies
roaming here and there like a spy.
The place of dream
is the college canteen,
Where they eat their favourite thing
and spend time by gossiping.
Students are teens
coming to college like King and Queens,
who have lot of thoughts and dreams
trying to complete that by following the best routine.
College life is an adventure
which we won't experience in future,
as we are at the end of this venture
bidding goodbye to this culture.

SHE

- N.Aditi, I
BSc-BZC

With gentle care, she brings up her child
She who is selfless and she who is kind
Her love shows you the way around the world
By breaking down walls and restrictions burned
She gives you a place to belong
Supports you in your ups and downs, all along
Her very own existence is comforting
Her might and power is governing
She is patient when you are foolish
Improves your mood by the food you relish
She is a cushion when you fall
She defends you like a wall
Your disagreement with her doesn't last long
Since she is where you belong
Her love for you is above all
It is constant and she is your pal
'She' is mother and always will be
Thank you for always being there for me.



LIFE IS A CRICKET

*Harsha S
2nd BBA*

Life is a game of cricket
With fear of losing a wicket
If you have to bowl
Do not start to howl
If you are selected to bat
Accept it with a wave of your hat
If you are caught or bowled on nought
Do not cry
Use the next chance well
Just think
And you'll know in a while
Because life is a game of cricket
And somebody has to lose a wicket

RIDDLES

*- RAKSHA KAMATH
III BSc B*

1. What word starts with 'p' and ends with 'e' and has thousands of letters?
2. How many seconds are there in a year?
3. Where does today come before yesterday?
4. What goes up and down but doesn't move?
5. What building has the most stories?
6. Which five letter word has one left when two are removed?
7. What can travel all around the world without leaving its corner?

ANSWERS:

1. Post office
2. 12
3. Dictionary
4. Stairs / Mountain
5. Library
6. Stone
7. Postage stamp



LOCKDOWN

Seema S. Marakala
II year M.sc

Yes, there is fear.
Yes, there is isolation.
Yes, there is panic buying.
Yes, there is a sickness.
Yes, there is even death.

But,

They say that in Wuhan after so many years of noise
You can hear the birds again.

They say that after just a few weeks of quiet
The sky is no longer thick with fumes
But blue and grey and clear.

They say that in the street of Mumbai
People are singing to each other

Across the empty squares,
Keeping their windows open

So that those are alone

May hear the sounds of family around them.

They say that a hotel in the west of Noida
Is offering free meals and delivery to the houses.

Today a young woman I know
Is busy spreading fliers with her number

Through the neighbourhood

So that the elders may have someone to call on.

Today Churches, Mosques and Temples
Are preparing to welcome

And shelter the homeless, the sick, the weary

All over the world people are slowing down and reflecting



All over the world people are looking at their neighbours in a
new way

All over the world people are waking up to a new reality

To how big we really are.

To how little control we really have.

To what really matters.

To Love.

So, we pray and we remember that

Yes, there is fear.

But there does not have to be hate.

Yes, there is isolation.

But there does not have to be loneliness.

Yes, there is panic buying.

But there does not have to be meanness.

Yes, there is sickness.

But there does not have to be disease of the soul

Yes, there is even death.

But there can always be a rebirth of love.

Wake to the choices you make as to how to live now.

Today, breathe.

Listen, behind the factory noises of your panic

The birds are singing again

The sky is clearing,

Winter is coming,

And we are always encompassed by love.

Open the windows of your soul

And though you may not be able

To touch across the empty square,

Sing.



BIBLIOPHILE

- *Suvidha Pandith*
I B.Sc 'A'

She calls herself as a wanderlust,
People gave her a tag of an introvert.
For she chose to cut off from people;
And preferred to travel via: books.
She lives in the books of a writer,
Whose words make her feel alive.
Whenever she bottles up an emotion;
She looks like a writer in disguise.
Reader turns to be a writer,
Penning down her compressed feelings.
And freeing her soul from regrets.
It's a way of setting herself free.
When people were busy gossiping,
She was busy in: dating a book.
The one, who has no flaws at all.
For a reader always looks for an ideal.
Day or night, She remains to be drunk,
With insanelly sane words of her
beloved.
She wishes not to return from the world:
Of illusions which is created by words.

GROUND AND THE SKY

- *Suvidha Pandith*
I B.Sc 'A'

When the clouds couldn't hold its tears back,
It cried aloud: unaware of its reason for pain:
We people called it as a Rainy season.
None of them bothered to ask the reason why?
As it cried and eased its pain, Along with:
The weather, even its heart turned cold.
Even to this date the sky loves the ground.
Their distance is the source of its sorrow.
But we humans enjoy every drop of its tears.
Yet, It never complained why don't you care?
Though it can never meet the ground,
It gives a reason for us to cherish our love.
Somewhere it still hopes that someday, its
words;
Will be heard, And the sky will meet the
ground.



CAGED

- *Suvidha Pandith*
I B.Sc 'A'

It was that era when the birds were caged,
They would chirp with sorrow and ask to;
Set them free. But the humans denied to do so.
For they believed in preserving the beauty.
Are caged emotion meant to be beautiful then?
May be they're compared to the criminals:
Behind the bars. It must be that way isn't it?
And look at us now, we are caged in our homes.
This loop will continue, our deeds are back.
The birds might be watching us from far,
Unlike us they may understand this pain;
Even if they wish they can't set us free.
As we humans are the ones who are responsible:
For this. And not the birds which are free, now.

RIVER

-*Adithi. S*
2nd BA

The river flowed
Against the wind
Against the path
Against the odds.
She won't stop
Till she reached
The sky and
Meet the clouds.

The drops fly,
Stoned, melted
And they fall
Onto woods,
Skin, rivers,
And it flows.



Interesting facts about

'CHEMISTRY'

Soujanya Shetty
2III BSc. BZC

- Bananas contain potassium, and since potassium decays, that makes them slightly radioactive. Don't worry, you need to eat 10,000,000 bananas at once to die of radiation poisoning.
- There is only one letter that doesn't appear in periodic table i.e., 'J'.
- Rust can be removed from metal objects with Coca-Cola. The drink contains phosphoric acid (H_3PO_4). It softens rust, making it easier to wipe off. The compound is added to acidity regulator.
- Eating a large quantity of silver permanently turns the skin bluish-purple. This is known as Argyria.
- Oxygen gas is colourless, but the liquid and solid forms of oxygen are blue.
- Gallium is a metal which melts on the palm of the hand. The melting point is (29.76!).
- Mercury is the only metal that is liquid at room temperature.
- If we add compounds of copper or boron to alcohol it will burn with a green flame.
- The rarest naturally occurring element in the Earth's crust is astatine. (Only about 28g in the Earth's crust)
- Our cars airbags are packed with salt sodium azide which is very toxic.
- If we pour a handful of salt into a glass full of water, the water level will go down.
- The famous chemist Glenn Seaborg was the only person who could write his address in chemical elements.
- Mars is covered by iron oxide so it is red in colour.
- Graphene aerogel is the world's lightest material and it is 7times lighter than air.
- Chadwick (the discoverer of neutron) was a student of Rutherford (the discoverer of proton) who was the student of Thomson (the discoverer of



electron)Ø If we place a banana next to a green tomato, the tomato will ripen due to the ethylene gas produced by the banana.

- Mercury is a deadly liquid element that causes damage to the nervous system.
- The mineral pyrite is a fool's gold. It bears a very strong resemblance to real gold. But it is just iron disulfide.
- Dynamite contains peanuts as a part of its ingredients.
- The solid form of carbon dioxide is known as dry ice.
- There is about 250g of the table salt (NaCl) in an average adult human body.

- Bones, teeth and pearl will dissolve in vinegar because it contains weak acetic acid.
- Hydrofluoric acid is so corrosive that it can dissolve glass.
- Among all metals only gold, cesium and copper do not have a silvery shine.
- Graphite present in our body is used to produce roughly 9,000 pencils.
- Knowledge of chemicals and chemical process provides variety of information related to physical and biological phenomena.

“Chemistry Creates History”



JOURNEY OF A BUDDING ASTRONOMER- AN INTERVIEW WITH

ADITHYA H N (BATCH-2016)

- Samrudhi R Kanjarpane
III B.Sc. (PCM)

Mr. Aditya H N is working as an astronomy educator at young innovators in Bangalore. He completed BSc in Poornaprajna college and was a member of PAAC during his college days. He then continued to pursue MSc from St. Joseph College in Bangalore. He is very much interested in research and had the opportunity to work at the Indian institute of Astrophysics where he could analyse the solar images from the KodaiKanal observatory during his MSc years. He is currently working with other scientists studying x-ray images of the sun from the HINODE telescope. He recently published a paper titled “IMPORTANT” he also received an SVS scholarship and he will be working in Japan soon. He is planning to register for a PhD in the upcoming years.

Q: What made you study astronomy?

A: When I was in the 5th grade, I came across this book called “Akaasha Veekshane” by Dr Subramanya. My brother had brought it from his school. He would tell me stories about stellar evolution and things like that. We always

discussed this when we came back from school. That’s how I got interested in astronomy. And then reading the book, we started star gazing. When I was in high school, I had a teacher who was also interested in astronomy and he gave me a book on supernova, it was very old. It gave me a lot of knowledge about astronomy. When I came to PUC, I joined PAAC. On Thursdays, there used to be programmes. I used to attend. When I got into BSc, it kind of became a full-time thing for me. When I got into the 2nd year, we got 4 huge telescopes and everything picked up very fast.

Q: Sir can you please tell me about your days and activities in PAAC and how you would prepare for an event?

A: Sure. It was wonderful when I was in PAAC, there were three types of events. One is a general event. Like, if there is a celestial event happening, then how we observe it. If there’s a public gathering, then A P Bhat sir will give a small talk. During that time, we set up the telescopes. Suppose there is a Jupiter opposition event, the public will have a lot of



expectations, that they will be able to see all the details. But it depends on the type of telescope. So first we put the image of our telescope's side view to decrease the expectation. Then we show them the actual image. If you have observed the Andromeda galaxy through a telescope, it will look like a small cotton smudge. But on the internet, you get a high resolution, highly saturated and heavily edited images. So, we have to be prepared for it. We try to image the event also.

The best was the moon and Venus occultation. Both of them were in crescent shape, and Venus, observed from a telescope, looked like the moon. It was very nice and we could observe Venus going behind the moon. Even though you are looking in the right direction, if you don't focus in the right direction then you would not get anything. It was the difficult part.

Besides that, we went to many of the local schools. We made making charts and after sir's talk we had an observation session. We had to speak if we were visiting the schools. We went to more than 20 schools.

And another is our regular events in PAAC. Every Thursday, one member of

PAAC should present on a topic of their choice, so that was how we were learning. But we were only doing observation and not much into project-oriented things. That was the only thing lacking.

Q: Sir you were spotting the stars from the books, but there are many stars even if you could narrow it to a small direction. So how were you able to identify stars in the beginning?

A: I was lucky in this matter. There were power cuts in the evening and in that time, we spent time observing the sky. The Orion nebula was very bright and it caught my eye. So, I wanted to see which constellation it was. So, I picked up the book and started to read. So that's how I began to observe, starting from Orion. Then I could recognise its neighbouring constellation and so on. My brother and I observed it together.

Q: Do you think astronomy or topics like that should be taught earlier in high school?

A: I feel it's a bit of a controversial subject. Astronomy should be introduced at the right time in the right way. Observational Astronomy could be taught earlier as an optional subject. When working as an astronomy educator, I have



noticed that the students are very passionate and they also read on their own. So, they are pretty fast.

Q: Sir, you said that you study solar images. Can you elaborate on the process?

A: Solar physics came to my mind because of A P Bhat sir. He gave me the topic sunspot that time. We did a small experiment and burnt some eyepieces and that's how it started. There was a mandatory project in MSc, and preferentially outside the college. We also had python classes. With this knowledge, I applied to study solar images to a scientist. There were solar images from the 1900s and few students had tried to analyse the images using IDVL, which was a paid software. But my guide wanted to use an open source. Initially we had no idea how to work with the images. We took around 3 months just to do the first step. Then we studied step by step. Our task was to extract features from the chromosphere. Estimate the area and set up the heliographic coordinates. My current work is to estimate the temperature of corona.

Q: How do computer languages like python, C etc help in these areas?

A: It depends. Mine was data driven astronomy, python is the most common and important. IDVL is a paid one and it's pretty difficult to learn. Python is easier and can be used in a majority of the fields. And it also has a very supportive community. Any doubts, you can just google and that's how I learnt python. So, learning it is a very good add on but it's not mandatory.

Q: Sir I came across your recent paper on "Solar Soft X-ray Irradiance Variability". Can you please explain it in simple words?

A: There are soft and hard x-ray bands. We are dealing with a soft x-ray band. We were studying with a corona which is visible in x-ray. The surface temperature of Corona is around 2 million Celsius. It peaks in x-ray. But in visible light, the intensity is very less and the photosphere is way brighter compared to corona, so we cannot observe it directly. So, to see a full disk corona, we use x-ray; the outer edge can be seen during eclipses. The weather on earth is dependent on solar radiation. There is something called the solar cycle, every 11 years you get maximum no of sunspots and after some years, the least will happen. When it is in active time, it will emit many charged



particles and more solar wind. If any space missions are planned, we must be very careful, because the emission can be damaged. So, the variability of the sun becomes very important to study. During the times of cold war between Russia and the US, gamma radiation damaged many satellites. The US thought Russia was planning some invasion. That's how the situation was triggered. But later they got to know it was from the solar radiation. If it's very strong, it can damage our power grids. So, we need to understand how it varies and different regions like active regions, corona holes, bright points and we study how these vary.

Q: Do you have any advice for our amateur astronomers and Astro photographers?

A: Sure. I'm very much interested in astrophotography also. My advice is to go to the next stage that is documenting what you observe and analysing it. You'll understand more and be more concuss. But in photography, I don't have much advice because I'm still in a very primitive stage and have not done much. It's a very good part of astronomy. And along with photography you'll learn a lot but it's a bit of an expensive hobby.

Q: Sir, who is your role model?

A: I don't have a particular role model, but I admire the works of Dr. A P J Abdul Kalam and Chandrashekar.

Q: Sir, what is your message for students of PAAC?

A: Yeah. PAAC is going really well. Back in our days there were not many resources. But now students have a lot of resources. The reading community has also increased quite drastically. And every day there is a new post which provides us with sufficient information which is really good. But it is handled by only a few. It can be more distributed. When students do the work, they can understand the subject more. And another thing is that if you document whatever you are doing, it will help you provide a professional understanding.



BEING VEGGIE

- Prathiksha G Kamath
III BSC-B

There are many arguments my friends come up with when I ask them, “why not a veggie?” And at the end they win because they got no points to argue but shout at me.

A non-veggie maniac can always feel my presence as I always ask why are you not a veggie?! Is there anything wrong with being a veggie? Are there any fewer nutrients, minerals, fat, vitamins, proteins, carbohydrates and many more? (Don't try to think smarter. I'm a science student!) Then why do you prefer non-veg over veg.

We say every being has their right to live and we are sensible humans who fry and eat them. This can be the biggest joke, can't it? It doesn't make you stylish clicking a picture with a dead thing on your plate. Yes, I remember them telling me that even plants are living beings (this argument can be compared to Kareena Kapoor Khan telling us that you watch our movies, why do you watch them when asked about nepotism). This doesn't make even 1% of sense.

Through the eyes of biology, we can distinguish the jaw structure and also the

body structure of herbivores, carnivores and omnivores. Biology says we are omnivorous, why? Because we have something called fire, so we can boil and fry the flesh, we can't eat it raw because our jaw structure and digestive system are not the same as that of a carnivorous animal. So you can't eat raw flesh directly but what about vegetables and fruits? Can't you? Of course, we can. Why? Because jaws and digestive system suit that environment. I don't know if the readers are getting my point but it's my theory of why we shouldn't eat non-veg.

You find a dog cute or a cat adorable and not a chicken, fish, prawn or crab! Why? What was their fault? Oh! They weren't cute? Oh! Now I get it. So, that was all the stupidity about.

The non-veggie readers might find all this irrelevant and nonsense because the above proves the veggie right.

Just a thought...



BEWARE OF THE WELL!!!

- SHARANYA
II B.Sc. (BZC)

“Do not touch the water of this lake”.

This is the board that has been placed at a well for 400 years, terrifying many people.

It is a tourist attraction, and many visitors come to see this miraculous well. The strange things dangling inside the well were the major cause. The twist being, those were all turned into stone form.

The Well

A **petrifying well** is a well or other body of water that gives objects a stone-like appearance. Such a well is located at **Mother Shipton's Cave** in Knaresborough, North Yorkshire, England. The well contains various objects such as dolls, pots, and other items that are strung with the thread and placed in the well.

It is believed that people used the well's water for drinking and other uses in the past. But during 1630 the situation changed. Rumors about the well started to spread around that the well water would turn objects into stone statues. This started to attract a lot of visitors to the place.

Though amazed by this weird well, people were afraid to go near the lake thus avoiding any contact with the water.

Why does this happen?

Many items such as hats, everyday goods, and even huge items such as cycles that have turned into statues are located inside the well, giving it a terrifying appearance. People believed that the psychic power that the well possessed was what caused the objects to take on that state. Thus, making them stay far from it.

Now the reason behind these events has been identified by scientists. It was found that the water present in that well contains minerals a thousand times more than what normal water contains. This results in the formation of Stalactite and stalagmite structures (rock structure due to mineral accumulation). Therefore, it is to be noted that any object that meets the water of this well does not turn into stone immediately. If the same object is left in the same place for an extended period, the minerals in the water begin to collect and form a layer. This layer is the reason for the objects placed in the well to look like firm statues.



But this accumulation takes a lot of time to transform into a layer on things.

According to scientists, well water could change items into mineral particles, making it unfit for consumption.

Furthermore, because the water has a high concentration of Calcite, it is extremely hazardous to one's health.

The legends state that there were wells that were used to turn iron into gold. By discovering the mineral well, we can say that the legends may be true to a certain extent. Right?

BIODIVERSITY: WHAT IS IT WORTH TO YOU?

*- Meghana Raghunandan.
II BSc*

“Save Mother Earth!” is a slogan that we've all stumbled upon while scrolling mindlessly through the Internet, and to which we momentarily agree, only to forget about it moments later. Here's another common occurrence: we've all come across the token Instagram or Whatsapp stories of a person planting something on World Environment Day, haven't we? Only God knows the condition of the plant a week later. Sounds laughable, doesn't it? But we know, deep down, that we're all guilty of indifference. So, should we blame ourselves? Maybe, but that's mostly because most of us aren't aware of the stakes. So let me try to explain the worth of biodiversity and why we must protect it.

To understand this, we must first know the meaning of 'Biodiversity'. To make it easier, let's break down the word- 'Bio', meaning 'life', in Greek, and 'diversity', meaning variety. To put it simply- biodiversity is the variety of all living organisms on Earth. This may include organisms found on land, air or water. Now that we've understood its meaning, we can say for a fact that each species has a worth and a right to exist, regardless of whether it is known to have value to humans. All organisms in an ecosystem depend upon each other. If the population of one organism rises or falls, then this can affect the rest in that region. This phenomenon is called 'Interdependence'. To support this theory, we have strong



evidence from various types of ecosystems.

The simplest evidence I can provide is how an insect as simple as a bee can wreak havoc on, not just one particular ecosystem, but the rest of the world too, if they were to suddenly disappear. I'm sure you've all heard of the term 'pollination', and that bees are one of the top pollinators. They pollinate 70 of the around 100 crop species that feed 90% of the world.

Probably the most notable species that is heavily dependent on bees for their survival is the Bee Orchid. If the Bee Orchid was to go extinct because of the disappearance of bees, then it would terribly affect the food webs they are part of and would likely trigger additional extinctions of dependent organisms. Alarmingly, the bee population has been on a steep decline over the years owing to habitat destruction. We know whom to blame for that, don't we?

Another notable example would be the coral reefs of Taiwan. This island-country off the Southeast coast of China, has been dubbed 'The Coral Kingdom of the World', rightfully so, since it boasts 250 species of stony corals out of the 700 that

have been discovered around the world. One of the reasons that coral reefs are so highly valued is because they serve as a center of activity for marine life. All types of organisms, including fishes, eels, clams, turtles, etc inhabit, breed, feed, and avoid enemies in coral reefs, which naturally forms a rich ecosystem. Now, Taiwan faces a 'coral bleaching' issue, a condition that occurs when the water is too warm, leading to the expulsion of the algae-Zooxanthellae. These are microorganisms living in the coral's tissues and give them their vibrant colours. So naturally, their removal causes the coral to turn completely white. This would undeniably cause the marine species that depend on the coral reefs for their activity, to suffer.

Any deterioration in the condition of biodiversity can compromise the building blocks of life on earth. More often than not, the consequences of this deterioration are not just limited to their habitat bubble, and may affect the rest of the world too. If it isn't obvious already, 'climate change' and 'biodiversity decline' pretty much go hand in hand. It would be extremely selfish for us to claim that biodiversity has major "economic benefits" only. Their worth does not depend on how useful they are to human beings. Biodiversity is the



most precious gift of nature mankind is blessed with. It is worth more than anything that money could possibly buy for us, and the debt we have towards our blue planet keeps piling up with each

passing day. The least we can do to at least try to repay this debt is by being a little mindful of the way we handle its incredible biodiversity. I have understood its worth, have you?

BLACK LIVES MATTER

- *Adithyanath M K*
III BCOM BI



Black Lives Matter is a phrase, and notably a hashtag, used to highlight racism, discrimination and inequality experienced by black people.

The phrase “Black Lives Matter” can refer to a Twitter hashtag, a slogan, a social movement, a political action committee, or a loose confederation of groups advocating for racial justice. As a movement, Black Lives Matter is grassroots and decentralized, and leaders have emphasized the importance of local organizing over national leadership. The structure differs from previous black movements, like the Civil Rights

Movement. Such differences have been the subject of scholarly literature. Activist De Ray McKesson has commented that the movement “encompasses all who publicly declare that black lives matter and devote their time and energy accordingly.”

Its use grew in the US after high-profile killings by police, but it has also been used in the UK and elsewhere.

Supporters point to the fact that black people are much more likely to be shot by police in the US. They say that in the US and many other countries, they also suffer many other forms of discrimination.

They want action to address unequal treatment and oppression that goes all the way back to the era of slavery, but which continues today.

In July 2013, the movement began with the use of the hashtag #BlackLivesMatter on social media after the acquittal of



George Zimmerman in the shooting death of African-American teen Trayvon Martin 17 months earlier in February 2012. The movement became nationally recognized for street demonstrations following the 2014 deaths of two African Americans, that of Michael Brown—resulting in protests and unrest in Ferguson, Missouri, a city near St. Louis—and Eric Garner in New York City. Since the Ferguson protests, participants in the movement have demonstrated against the deaths of numerous other African Americans by police actions or while in police custody. In the summer of 2015, Black Lives Matter activists became involved in the 2016 United States presidential election. The originators of the hashtag and call to action, Alicia Garza, Patrisse Cullors, and Opal Tometi, expanded their project into a national network of over 30 local chapters between 2014 and 2016. The overall Black Lives Matter movement is a decentralized network of activists with no formal hierarchy.

The movement returned to national headlines and gained further international attention during the global George Floyd protests in 2020 following his murder by Minneapolis police officer Derek

Chauvin. An estimated 15 million to 26 million people participated in the 2020 Black Lives Matter protests in the United States, making it one of the largest movements in the country's history. The movement comprises many views and a broad array of demands but they centre on criminal justice reform.

The popularity of Black Lives Matter has rapidly shifted over time. Whereas public opinion on Black Lives Matter was net negative in 2018, it grew increasingly popular through 2019 and 2020. A June 2020 Pew Research Centre poll found that 67% of adult Americans expressed some support for the Black Lives Matter movement. A later poll conducted in September 2020 showed that support among American adults had dropped to 55%, with notable declines among whites and Hispanics, while support remained widespread among black adults.



Political slogans used during demonstrations include the eponymous “Black Lives Matter”, “Hands up, don’t shoot”, “I can’t breathe”, “White silence is violence”, “No justice, no peace”, and “Is my son next?”, among others.

They say the phrase is a demand for equal treatment and an end to racism - because the lives of black people are just as important as those of others.

In 2020 George Floyd, an unarmed Black man, was pronounced dead after a white Minneapolis police officer knelt on Floyd’s neck for several minutes, despite Floyd’s repeated protests that he could not

breathe. Wide circulation of a bystander’s video of Floyd’s last minutes triggered massive demonstrations in cities throughout the United States and across the globe. The tragedy swayed U.S. public opinion in favour of the Black Lives Matter movement while drawing wide attention to the problem of entrenched racism in American society.

For those who are returned, the violence, torture and extortion they endured on their journey were for nothing. Some will try the same journey again, hoping luck favours them and they do not end up becoming a statistic.....

CAN COMPUTERS REPLACE TEACHERS?

*- DIVYA SHETTY
II BCOM BI(VOC)*

Computers are not a new thing right now ! The concept of traditional education has changed radically within the last couple of years.

Being physically present in a classroom and getting assistance from teachers isn’t the only learning option anymore - not with the rise of the internet and new technologies.

Nowadays, you have access to quality education whenever and wherever you

want, as long as you have access to computers and the internet.

It is a well-known fact that in this modern age, technology is replacing almost everything.

We do not need paper and pens as software can be used to write on, we do not need physical books because of the advantage of e - books and pdf.

Computers today can be defined as a technological discovery which has



amazed the world as a whole by minimizing the whole planet and its information within itself.

So, the question arises can this modern technology replace teachers too?

Technology is merely an augmentation to a teacher. It can help the process of learning but it certainly cannot replace the role of teachers.

Computers are one of humanity's most treasured assets. Technology can make it easy to get educated by sitting at home but that education too is provided by a teacher.

Even in online courses, we have seen that teachers are necessary to give lectures, videos etc. It is very obvious that technology is assisting students in their learning and it is playing a crucial role in the field of education.

Students today can find all their study material and answers to all their queries online and also instantly. Because of the restricted time of 9 to 4 of schools and colleges, if the student encounters any problem, then that student has to wait for the next day. But computers provide 24/7 service, therefore students get their answers and clarifications instantly.

Teachers may be experts in only “a few” subjects but one can get everything with technology. Some students who can't afford the fees for their studies can take the assistance of technology in preparing their studies.

Technology is constantly changing our world. It opens the door to global society, expands minds, and provides various learning tools to those who lack it.

Computers have a character of patience since they are machines. They can recite an ABCD song over and over again for a thousand times without screaming at children!

Normally teachers try to rush their portions at the end of semester, thus there are chances that a lot of students don't understand the concept. But computers never get tired and are accessible at anytime and anywhere.

But facts remain: a computer is just an electronic machine devoid of any emotions, while a teacher is a human being and has emotions.

Teachers play a crucial role in shaping bright students. They support student's mental development. They can realize both positive and negative feelings of their



students in order to adjust the teaching method, to be more suitable.

Teacher is more than just a facilitator of knowledge. They act as a guide, a mentor, and an inspiration for students, a role that cannot be replaced by technology of any kind.

Teachers are a must in the learning process as they acknowledge the deficiencies of some students and help them to solve their problems by giving extra exercises if necessary and things like that.

When a teacher teaches a student, there is mutual involvement on both sides whereas when a student learns from a computer there is an involvement from the student's side only.

Procrastination also comes into picture when learning is done through computers. Students tend to leave the learning for the future and that future will never arrive.

We all are aware of the fact that until and unless we are given a deadline to complete a task, we seldom try to complete it. A very few individuals are there who can do their work without being obliged to do so, but exceptions are not examples.

There is actually an emotional bonding between a teacher and a student, and there are some students who need special care and attention. Not all students can be taught easily.

Teachers encourage students when they struggle and inspire them to set and reach for their goals. Taking critical skills into account like decision making, time management etc., a child needs a teacher as the computer cannot teach these human skills. Technology will not teach the ethics, way of life or moral values but teachers along with the subject can teach how to live with moral values, ethics, integrity and responsibility.

Teachers help apply what we have learnt across academic subjects and also into the real world. Experience should connect with facts and this is done by teachers. There is a lot more that goes into teaching than just subject related information. Topics beyond the syllabus are necessary for betterment of life. Teachers combined their personal experience with concepts which makes learning simple.

There's this whole social experience of learning, working together, bouncing ideas off etc.



Computers can give information but a teacher can lend a hand, or an ear and discern what's necessary for a student to succeed and want to succeed.

Another point worthy of mention is the fact that many people find it difficult to use computers. Working women need to manage the kids schedules and assignments and a lot of tools schools use may not be user friendly, at least for the young children.

Computers may work well for senior students, but for younger children learning is more experiential. They need social context, boost from the teacher, a pat on the back and teachers smiles on that correct answer. Young children need constant monitoring and control that makes it hard for parents, especially working mothers with deadlines at work. It's no less for mothers who are at home also.

Apart from these, there may occur a lot of health issues due to immense use of gadgets such as damage of spinal cord, eye problem, neck strains, sleeping disorder due to excessive screen time and other such diseases.

Sure, technology does make a lot of work much easier and computers are

infinitely better than human beings at doing repetitive work, but there are some things in life which cannot be replaced with other things, the most important among these are emotions of love, care and affection.

Teachers can grasp the interest of students. They are the ones who instruct us on how to use technology in the right manner.

Technology is certainly helping teachers to reach out to more students, reduce physical strain and save time but as of now it does not have the power to replace teachers.

Technology is not the lesson; it is there to enhance the lesson. Computers need to be an instrument of change and not the change itself. Technology needs to be only an addition to education.

Computers cannot create a culture of excellence and push students to meet high expectations.

Our classrooms are changing and without doubt they will look quite different in 5 or 10 years than they do today. New technologies are being developed quickly and with so many different trends taking hold, it is yet to be



seen what will be shaken out and what will stick.

But one thing we feel strongly about:
TEACHERS AREN'T GOING ANYWHERE.



GEETANJALI RAO

- *Adithyanath Mk
III Bcom BI*

For the first time in its history, an internationally acclaimed magazine, TIME, has put forth the title ‘Kid of the year’. This title has been conferred to an Indian origin young scientist Geetanjali Rao. And Mangalore can be proud that she is a Mangalorean who has settled with her family in Denver, Colorado of the United States of America.

Geetanjali Rao has achieved this prestigious title at the tender age of 15. Her parents are Rama Rao and Bharathi who migrated from Mangalore to the United States of America. The research project done by Geetanjali Rao was judged along with over 5000 researches that were nominated for this year’s title. She emerged best out of the nominees.

Geetanjali Rao (born 19 November 2005) is an American inventor, author,

Computers should assist the teachers to ensure standardization, speed of upgraded information and access to global learning. Computers and teachers should go hand in hand rather than one replacing the other.

scientist and engineer, and science, technology, engineering, and mathematics (STEM) promoter. She won the Discovery Education 3M Young Scientist Challenge in 2017 and was recognized on Forbes 30 Under 30 for her innovations. Rao was named TIME Top young innovator in 2020 for her innovations and “innovation workshops” she conducts across the globe and, on December 4, 2020 featured on the cover of TIME magazine and named their first “Kid of the Year”.

Rao was first influenced by a science kit her uncle gave to her when she was 4 years old. When she was 10, Rao heard about the Flint water crisis while watching the news and became interested in ways to measure the lead content in water. This led to her developing a device called Tethys based on carbon nanotubes that could send water quality information via Bluetooth. Rao collaborated with a



research scientist at 3M. In 2017, Rao won the Discovery Education 3M Young Scientist Challenge and was awarded \$25,000 for her invention, Tethys. Tethys contains a 9-volt battery, a lead sensing unit, a bluetooth extension and a processor. It uses carbon nanotubes, whose resistance changes in the presence of lead. She learned about the carbon nanotubes while reading the Massachusetts Institute of Technology website. She plans to work with scientists and medical professionals to investigate the potential of Tethys as a viable method. She presented her idea at the 2018 MAKERS conference and raised a further \$25,000. As of January 2019, she was working with the Denver water facility and hopes to have a prototype in the next two years.

She is a 3-time TEDx Speaker. In September 2018, Rao was awarded the United States Environmental Protection Agency President's Environmental Youth Award.

Rao was also awarded the Top "Health" Pillar Prize for the TCS Ignite Innovation Student Challenge in May 2019 for developing a diagnostic tool called Epione based on advances in genetic engineering

for early diagnosis of prescription opioid addiction.

Rao developed an app named "Kindly" that uses artificial intelligence that can detect cyberbullying at an early stage.

"Marie Curie is my greatest inspiration"

While talking about her inspiration, Rao said, "Marie Curie is my greatest inspiration since I was in grade 2. Apart from that, my parents have been a huge support. My grandparents and family members from India have supported me."

She also named various scientists that have acted as her inspiration, such as Emmanuelle Marie Charpentier, who is a French professor and researcher in microbiology, genetics, and biochemistry, and Jennifer Anne Doudna, who is an American biochemist known for her pioneering work in CRISPR gene editing.

She is currently a member of Scouts and has enrolled in the Scouting STEM program in the United States, and is working on getting her pilot's license.

Time said the new Kid of the Year title was a "barometer for the rising leaders of America's youngest generation".



GENDER EQUALITY

- *DIVYA SHETTY*
2nd Bcom BI (VOC)

In this modern world where everything is high-tech, gender equality still remains as a topic of discussion. There are huge differences in the types of inequality faced by the women in different parts of the world from cultural representation to domestic burden and child marriage. Every child deserves to reach her or his full potential, but gender inequalities in their lives and in the lives of those who care for them hinders this reality.

Unequal responsibility for work in the home socializes children into thinking that these duties are women's only roles, thereby curtailing generational change and narrowing girls' ambitions.

Chores, caring for siblings and safety issues keep girls out of school. Every year 12 million girls are married before their 18th birthday, so globally one in five girls become a mother before that age.

Menstruation remains a taboo and without information, facilities and products to manage it, the health, welfare and educational prospects of millions of adolescent girls around the world are hindered. Adolescence girls also have an

increased risk of gender-based violence including sexual harassment in times of peace and conflict.

One might object that there are meaningful differences between males and females and this in turn is the source of gender inequality. Some believe that "equality" is the wrong word to use because males and females cannot be equal if they are different. But we are not arguing that males and females are identical or indistinguishable on all behaviour preferences and abilities nor does it mean all gender differences must be eliminated. Obviously men have more physical strength than women but that does not mean she should be eliminated just because she is a woman.

Gender equality also does not mean that males and females must always be treated the same given the existence of biological sex differences it is reasonable for males and females to have different legal rights in some instances, for example, men do not require maternity leave .



But the real meaning of gender equality is seeing males and females as being of equal status and value. It is judging a person based on their merit and not viewing them as inferior or superior purely based on their gender.

Equal rights are not enough, inequality exists in our minds, in our bias and prejudices and that remains to be fixed.

When it comes to discussion about gender equality it isn't uncommon for someone in the room to say "what about the men?", achieving gender equality has

been difficult because of the underlying belief that giving women more rights and freedom somehow takes right away from men. This mentality should be eliminated.

International organisations like UNICEF is accelerating gender equality by addressing the specific discrimination and disadvantages. We need to start from the root, we need to stop raising children in different ways based on their gender. Thus, this can help us in achieving gender equality.

INDIA – A TRUNK OF GOLD OR DEBRIS?

Kavya P Shetty
II BSc

India has always been a country with a trove of diversity in abundance. No matter what you consider, at the end you will agree India remains synonymous with diversity. The citizens all look different, they celebrate different cultures, they relish different foods and live through different lifestyles. It's not just the people; there is a variety of landscapes you can find in this 3.287 million square kilometre area of land. Rivers, lakes, mountains, hills, beaches, lagoons, forests, plateaus - one can go and on about the geographical details of our country.

Of course, there is an explanation as to why India is gifted with such diversity and to sum it all up – the reason is because of its geographical location. Close proximity to the equator, movement of the monsoon winds, folding and faulting of tectonic plates are just some of the many reasons. Due to the difference in the physical factors, naturally it brings a change in the biotic components of the environment, which subsequently enriches the process of diversification and we are left with numerous ecosystems. As a species that has the conscience and intelligence to



perceive all of this, in addition to the fact that we constitute and contribute to the environment, it is our responsibility to maintain the balance of nature and most importantly not harm or degrade it.

Unfortunately, this is not the case when we study today's situations in India and there are statistics to back all the claims. There is a hoard of issues regarding environmental degradation that is slowly piling up and posing a serious concern to the quality of life. Yet ironically, it all began with our efforts to improve our quality of life, i.e., through urbanisation. In the last two decades, India has urbanised at an unprecedented rate. We are using technology that creates items of sophistication and it comes with a cost. There are resources that get utilised to create them and this fast growth has led to huge stress on our natural resources, especially water. Some parts of the country are facing extreme drought. Take the city of Chennai. It is going through one of its worst ever droughts and all the major lakes that supply water to the city are either completely dry or on the verge of drying out. Just think for a moment, water, something that we all without any hesitation named as renewable energy, that very water seems non-renewable now.

Despite advances in renewable energy, India is still largely dependent on thermal power plants to meet its increasing energy demand. To give you a clear idea, 55.88% of our total energy consumption comes from coal and 29.55% comes from crude oil. The massive need for construction materials has led to the disappearance of many hills due to quarrying and other mining activities. Mining reduces the quality of soil and primarily diminishes areas covered by forests. But deforestation does not occur only because of mining. To accommodate our increasing population, vast areas that once had tree cover have experienced deforestation. Forests have been replaced by agricultural lands to meet the booming demand. Some may argue that it may not make that much of a difference yet one must remember loss of forests does not mean only loss of trees, it also means loss of all the organisms that once depended on the flora.

Urbanisation, private transport, crop fires, burning of fossil fuels for electricity and other factors has caused an increase in air pollution across the country. Air pollution contributes to the premature deaths of 2 million Indians every year. Ineffective waste disposal is another issue that modern India faces today. Chemical



and electronic wastes also contribute to the environment degradation as they pollute water sources and increase landfills. It is very essential to execute effective waste management plans to avoid pollution of these sorts.

Our governments have also recognised the importance of protecting our environment. Indian laws from recent history include the Water (Prevention and Control of Pollution) Act of 1974, the Forest (Conservation) Act of 1980, and the Air (Prevention and Control of Pollution) Act of 1981. The Bhopal gas tragedy triggered the Government of India to enact the Environment (Protection) Act of 1986. India has also enacted a set of Noise Pollution (Regulation & Control) Rules in 2000. In 1985, the Indian government created the Ministry of Environment and Forests. This ministry

is the central administrative organisation in India for regulating and ensuring environmental protection.

But we have to remember that it's not just the responsibility of the government or environmentalists to safeguard the environment. It is our responsibility too as mentioned before, we as people also contribute to nature. Switching off electronic appliances when not in use, not leaving the tap water running when not required, separating your wastes – you must have heard enough of these suggestions. But these, nonetheless, are sound advice. If followed extensively, it can bear great results. So, save energy as much as possible, conserve your resources to the best of your ability. And remember, it may seem insignificant but even your actions will definitely make a difference.

LIFE ON MARS

*DHEERAJ S
II B.SC A*

Four and a half billion years ago, a rock was formed on Mars by some volcanic process. Half a billion years later, this rock was broken into smaller pieces by a meteorite impact nearby. Some ground water also entered the rock. 16 million years ago, an asteroid hit Mars somewhere

near where this rock was. The impact threw pieces of the rock into space. A 2 kilogram piece of rock orbited the Sun until 13,000 years ago, when it came close to the Earth. This piece crashed onto an Antarctic glacier. Over 13,000 years, it reached the Allan Hills region of



Antarctica, buried inside the ice. In 1984, this meteorite was discovered and named ALH84001. A large number of people worked on the history of the meteorite that we just narrated.

This year, a team led by David McKay of the American space organization NASA, suggested that there seemed to be signs that life may have existed on this rock in some bygone era. The meteorite has some organic molecules, of the same family as naphthalene (which is used in mothballs). When bacteria decay, such compounds are produced. Many meteorites do have such compounds. The meteorite has iron oxide (magnetite) of the sort which some bacteria on Earth secrete. It has iron sulphide, which is produced by some anaerobic bacteria (those that don't use oxygen). The meteorite has some balls of carbonate material, which may be formed by some material, which may be formed by some living thing. On the other hand, almost all earth bacteria are 100 times larger than this material. The meteorite may contain very small fossils (less than hundred millionth of a millimeter). Nanobacteria are this size.

In 1961, another meteorite was found to have signs of life. But soon these were

discovered to be grains of pollen and particles of furnace ash. The signs of life turned out to be from Earth itself. This could be the case for the Antarctic meteorite too. What makes scientists more hopeful is that some of these items mentioned are within cracks, and the cracks could only have been formed before the meteorite came to rest in Antarctica. So maybe, just maybe, the signs of bacterial life that we see are from when the rock was on Mars. In 1976, the Viking spacecraft failed to find any such bacteria on Mars. But maybe they landed in the lifeless part of Mars. Or maybe bacteria were present on Mars millions of years ago, but aren't there now. Scientists are looking at ALH84001 very, very carefully. And even the US President Bill Clinton has promised support for a new NASA spacecraft to Mars.



MAHABHARATA: A MAZE OF AMAZING TRUTHS

SHARANYA
II B. Sc. (BZC)

Being the longest and one of the oldest Sanskrit epics, Mahabharata is known worldwide. It mainly consists of a mass of mythological and didactic material arranged around a central heroic narrative that tells of the struggle for sovereignty between two groups of cousins, the Kauravas, and the Pandavas. The epic is generally attributed to Maha Rishi Veda Vyasa, one of the epic's key dynasty figures.

This epic employs the story within a story structure, otherwise known as Frame tales. Every incident in the Mahabharata is connected, which teaches us that everything happens in our life for a purpose. And this being the core moral of the epic.

Though most of them are familiar with the main tale of the Mahabharata, numerous sub-stories have a significant influence on the actual plot. Though most of them know the base of Mahabharata, many sub-stories had a lot of impact on the main story. Here are some lesser-known tales which I find interesting.

1. The choice that led to Kauravas defeat

Krishna was the biggest reason for the Pandavas to win the Kurukshetra. However, he did not fight the Mahabharata battle even once in the entire 18-day war. It was because he had vowed not to pick a weapon in the war. When Duryodhana and Arjuna came to ask Krishna to support them, Duryodhana being the first to arrive at Dwarka, entered the room where Krishna was sleeping, sat beside him. Arjuna was the next to arrive stood right in front of him. When Krishna woke from his sleep, he first noticed Arjuna. But Duryodhana argued that since he came to Krishna first, it would be fair for him to support him. So, he decided to play fair and gave Duryodhana a choice between him and his army, Narayani Vahini. Naïve Duryodhana thought Shri Krishna alone would be of no use and thus decided to have the Narayani Army. Therefore, Krishna and his army fought against each other in the Kurukshetra.

2. A sole survivor in Kauravas.

In the Kurukshetra, all the 100 sons of Gandhari died. But there was a sole survivor among the Kauravas, Yuyutsu.



He was the half-brother of the rest of the Kauravas', born to a maid. Before the war began, Yudhishtira had asked if any of the Kauravas would join their side in the war. Only Yuyutsu was the one to accept this and thus fought against Kauravas from the Pandavas' side. Therefore, after the war ended, he was the only Kaurava who was alive.

3. The death of the undefeatable

Gandhari was the wife of Dhritarashtra who was blind. She tied a piece of cloth around her eyes to remain blind for his sake. Because of this, she gained a power where any naked person she would see through her eyes would become invincible.

She wanted to use this power to make her son Duryodhana undefeatable. But Duryodhana was manipulated by Shri Krishna to wear a loincloth around his waist instead of going naked. Thus, when Gandhari saw Duryodhana, his whole body became secure except his thighs, where he had clothes on.

On Krishna's suggestion, Bhima hits Duryodhana's thighs during the mace fight, violating the rules of the contest, resulting in Duryodhana's death.

4. The Pandava who knew the future

One of the five Pandavas was Sahadeva, who was a great astrologer. But the interesting fact is that Sahadeva was aware of all the events that happened and were to occur way before. This was because he had seen the future.

Pandu's wish was for his sons to eat the meat of his body for them to absorb all of his wisdom. So, after Pandu's demise, Sahadeva was the one who ate a small piece of his father's brain receiving his knowledge. So, he came to know about the events of Kurukshetra, the outcome, etc. But he was made to remain silent as he was cursed to die if he revealed anything.

It was Krishna who made Sahadeva do so. Thus, Sahadeva had no choice but to remain silent though knowing everything.

5. The honor of the Four.

According to mythology, only four persons had the privilege of listening to Lord Shri Krishna's Bhagavad Gita and seeing his Vishvarupa Form. They were Hanuman, Arjuna, Sanjaya and Barbarika.

Barbarika was the son of Ghatotkacha, who had Shri Krishna's boon that he could watch the war. When Gita was recited Hanuman was in the chariot and Arjuna was the recipient of the Bhagavad Gita.



Also, Sanjaya was the one narrating the Mahabharata war to Dhritarashtra. Therefore, these four were the only people who had the honor to see the Vishvarupa form of Lord Shri Krishna.

These are just some unknown facts that I found very interesting. There is still a lot of information that just amazes us when read. This is mostly because the Mahabharata is composed of many

subplot events that are linked together like a spider web. This is the ultimate reason why it makes this epic so interesting and gripping to read. It also contains a lot of lessons which we must implement in our lives.

The Mahabharata symbolizes the victory of Dharma over Adharma, which is the moral of the story of Mahabharata.

MANNERS MAKETH MAN

- Riha Ilyas
III B.A.

A man is known to be good or bad according to the way he behaves towards others and under certain circumstances. When his habits and manners are good, he is known to be gentleman. A man with proper manners attracts the attention and admiration of everyone, where as an ill-mannered draw to himself the ridicule and contempt of others. Cultivation of good manners should be started from childhood and if it is done so, it would become an asset in life. After hearing the above topic an incident comes to my mind. Once a well-dressed and educated couple who appeared to belong to the higher levels of society were travelling by train. They had a 3-year-old child with them. After a few minutes the child asked for biscuits. The

mother gave it to her and as the child took the biscuit near its mouth, the mother took the biscuit back. The same thing happened for a few times and again the child asked for the biscuit. The mother gave it to the child and this time the child said “thank you mummy” and then she was permitted to eat the biscuit. This was the training in good manners, training in courtesy, not given by scolding and rebukes and reminders from the mother, but by one of the lessons of self-realisation. There are examples which can clearly describe the necessity of manners in one’s life. A man may be wealthy, he may be handsome, or he may have the advantage of enjoying power and position. But if he does not possess good manners, it would be useless



to have such advantages. All these assets would be poor compensation for the lack of good manners.

Good manners are therefore, manifestations of good breeding and are indispensable to everyone. “It is true that manners maketh a man and want of it a fellow” (Samuel Johnson). The personality of a man is well brought out by his behaviour and speech and these are the reflection of good manners. Even a man of ordinary looks or appearance, or a man who is not handsome may make a deep impression on others and give pleasure to others in his company if he possesses good manners.

It is said, “A man is known by the dress he wears”. He will be better known to others if he possesses fine manners. Whether a man is good or bad, popular or unpopular, famous or notorious will depend upon his manners. Therefore, after knowing the importance of manners in, one’s life we can say without doubt that “Manners maketh a man”.

Hence, if one trains one’s children in the development of courteous speech, action and polite behaviour one can be proud of giving to the nation worthy citizens.

MESSAGE FOR THE BATCH OF 2020-2021

*Sonali Poralu Madhusudhan
III B.Com B1*

To,

The Batch that survived all the odds,

Appreciation to a batch that is enduring so many challenges yet going through everything with sheer will. In two years, we have had a complete shift of circumstances but above all, we have adapted and conquered. Though our future with every passing day seems so uncertain we have been putting in efforts to make it easier for ourselves and our loved ones.

Here’s to all the parents who have supported, built and shaped the lives of their children despite the dread of the pandemic glooming all over us.

Here’s to all the teachers who loved having their class full of students to having them all on mute and videos off, appreciation to all of them who tried their best to give us the complete offline experience of learning online. Their innovative methods of teaching and



keeping the classes engaged is the only reason why we could adapt to online learning a lot easier.

To friends we saw almost every single day of our lives, to desperately waiting to see them in the familiar walls of our college. To the hallways of college that were always bustling with activity, it was completely quiet for months on end. To friends who turned into family as we spent our happiest and our dullest moments with them. To all the late-night fun, midnight birthday celebrations plan to hang out and no matter what, having the most amazing time no matter what we did. Our hostels and PG will always hold an unmatched place in our hearts.

The space we got away from college is what made us realise how better it was when we all went to college without masks, hung around with friends without an impending fear of a virus that shifted our whole lives upside down. As we now slowly move towards the new normal, we are craving to hold on to every bit of college life there is left for us to experience and cherish. Make sure you hold on to these memories tight because you will remember them for a lifetime.

Here's a pat on your back for getting through everything, like a hero you are!

MY ICONIC GURU

A teacher plays a very important role in students' lives. From school days till we complete our studies we meet many teachers. Every teacher creates a different impact in the lives of students. Only a few teachers create such an impact that they become students' favourite teacher.

Different students have different criteria to choose their favourite teacher. I chose my favourite teacher purely based

on teaching style, how efficiently a teacher wants to make me understand the concepts. I got one such amazing teacher in my degree life. In my first year of degree, I got my Iconic Guru whose teaching style, way of conveying the subject was splendid. My iconic Guru's passion towards teaching is to another level. The energy my teacher carries to the classroom makes the class very exciting.



Those were the golden days of my life. In the second year, my iconic Guru did not teach me, I was very disappointed. I missed my iconic Guru's teaching a lot. But in the final year again I got the opportunity to learn from my Iconic Guru. The happiness was at its peak. I could not believe that my favourite teacher was back again with amazing teaching.

“A relationship between a teacher and a student is of a mother and a kid.” My Iconic Guru really proved that the student teacher relationship is of a mother and a kid. How a mother selflessly cares, supports, guides, motivates her child the same way a teacher can also do to students.

I am very blessed and fortunate to have a mentor, a Guru as you. Your guidance and support is my strength.

My Guru not only taught me what was in the syllabus but also imparted values and ethics which forms the most important part of a student's life. Words are less to describe my Iconic Guru. But I want to share the most important lessons that I learnt from my Iconic Guru.

My Guru taught me to give equal importance to theory subjects and practical subjects, I was not much interested in practical subjects, my area

of interest was theory subjects so I gave more importance to theory than practicals. My Guru told me practical subjects are a core part of the course and it's very important to understand it conceptually. I did not enjoy solving practicals as I was not able to understand it logically. My Guru told me that while studying and understanding any concept, one should understand it conceptually and logically. Rote learning, mugging up the problems and vomiting the same in the answer script will only help to gain marks, it is not at all helpful in the long run. It will just help us clear the exams but will not give any knowledge. Aim of Education is gaining knowledge for life and not just scoring marks in the exams. Conceptual learning will benefit in the long run. And from that day, I started to understand the concepts conceptually. This way of learning helped me fall in love with solving practical subjects. I am always thankful to my Guru for showing me the right path.

The next important lesson I learnt from my Guru is confidence. Having knowledge, skill, good communication is not enough, how confidently you exhibit it in front of the crowd matters the most.

I was not confident to talk in front of the class. My Guru helped me overcome

my fear. My Guru pushed me to come out of my comfort zone. My Guru inspired me to take the opportunity and face the crowd. Now I am able to speak with confidence without fear. Without my Guru's support it would not have been possible to overcome stage fear.

Ethics and values are the most important part of students' lives. A Teacher is the next person after parents whom we spend a lot of time with and who imparts good values and increases the morale of students. My Guru is one such person from whom I learnt that being ethical has the most significant role to play in our life and emotions should not come between ethics.

My Iconic Guru is also my Role Model. It's really very hard to find a teacher like you. I am very blessed and fortunate that God gave me this opportunity to be your student. It's very

hard to find such a passionate, excellent teacher like you. The passion in you while teaching students is magnificent. I am grateful to have such a passionate professor as my Mentor.

I still remember the first class of yours which blew my mind away. Your teaching style is very unique and the best. The effort you put to convey the concepts is truly amazing. Words are less to praise your magnificent teaching. You make us understand the concepts conceptually and till now nobody has taught it this way. You are the legendary Guru. Your calibre is bang on. Salute to your teaching Guru. You are truly an amazing teacher, difficult to part with and impossible to forget. Your accent, your teaching style is very unique. Thank you for supporting, guiding me, Iconic Guru. You are the Best Teacher ever.

THE GIANT TUPANVIRUS – VIRUSES RE-DEFINED

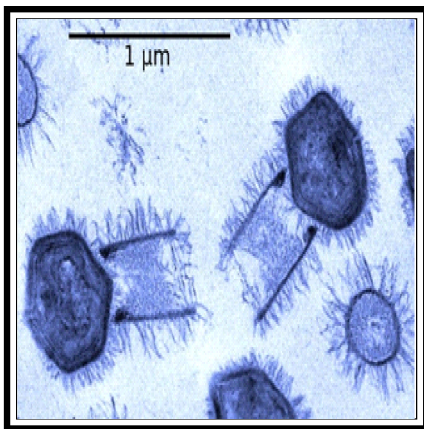
*N. Aditi
I-B.Sc.*

Viruses have always been a unique entity with their own characteristic properties not seen in any other organism. The basic textbook definition describes a virus to be a small collection of genetic code, either RNA or DNA, surrounded by

a protein coat (capsid). A virus cannot replicate on its own and must use the components of the host cell for its replication to be brought about. It is considered non-living outside the host cell. What makes virus a virus is its ability



to break up and lose its bodily integrity with its progeny becoming reconstituted after replication from newly synthesized parts. Different kinds of viruses are found and among these are a group of viruses called 'Giant Virus'. A giant virus, sometimes referred to as a 'girus', is a very large virus, some of which are larger than typical bacteria. They have extremely large genomes compared to other viruses and contain many unique genes not found in other life forms. All the giant viruses belong to the phylum Nucleocytoviricota.



Recently, scientists have discovered two new kinds of viruses in Brazil that display such size and genetic complexity that we may need to rethink exactly what viruses are! Tupanvirus strains are the longest tailed Mimiviridae members isolated in amoebae. Their genomes are 1.44- 1.51 Mb linear double stranded DNA coding for 1276- 1425 predicted proteins. Tupanviruses share the same ancestors with Mimivirus lineages and these giant viruses present the largest

translational apparatus within the known virosphere with up to 70 tRNA, 20 aaRS, 11 factors for all translational steps and factors related to tRNA/ mRNA maturation and ribosome protein modification. Moreover, two sequences with significant similarity to intronic regions of 18S r RNA genes are encoded by the tupanviruses and highly expressed. In this translation-associated gene set, only the ribosome is lacking. At high multiplicity of infections, tupanvirus is also cytotoxic and causes a severe shutdown of ribosomal RNA and a progressive degradation of the nucleus in host and non-host cells.

Before Mimivirus, viruses were largely considered as wholly separate from 'living' creatures with their inability to synthesise proteins (and thus produce their own energy) being one of the reasons scientists excluded them from being classified under cellular life. But Mimivirus's genetic complexity and that of other giant viruses that have subsequently been discovered, challenges this theoretical boundary, because they carry genes capable of DNA repair, DNA replication, transcription and translation. Hence, the analysis of tupanviruses constitutes a new step towards understanding the evolution of giant viruses.



INDIA'S OBSESSION WITH FAIR SKIN

M. Anusha Hebbar
1st B.com BI



It starts when children are young: the moment a child is born, relatives start comparing siblings' skin colour. It starts in our own family – but people don't want to talk about it openly. It starts with the fairy tales, like the example of snow white, where the queen wished to have a daughter who had 'skin as white as snow, lips as red as blood, and hair as black as ebony'. So goes our epics too, like the illustration of Sita with lustrous skin. Ironically, Lord Krishna (being called Shyam for he resembled the dark monsoon cloud) was allowed to be dark and yet be the charmer.

Such illustrations have made a mark on almost everybody that fair skin is synonymous with beauty, and this further has been commercialised through the fairness creams.

Why do Indians so hate their own colour?

Indian history offers some answers.

Throughout medieval and modern history, the Indian subcontinent has been on the radar of various European settlers and traders, including, from the 15th to 17th centuries, the Portuguese, Dutch and French. The subcontinent was invaded and partly ruled by the Mughals in the 16th century, and colonised by the British from the 17th century onwards until independence in 1947. All these foreign "visitors" were of relatively fair complexion, and many claimed to be superior.

Being subject to a succession of white(ish) overlords has long associated light skin with power, status and desirability among Indians. Today, the contempt for brown skin is embraced by both the ruling class and lower castes, and reinforced daily by beauty magazine covers that feature almost exclusively Caucasian, often foreign, models.

It's been the dark man's burden in this majority-non-white nation to desire a westernised concept of beauty, and post-



colonial activism has not been able to change this.

”India’s fair skin Business is Booming ”

As India’s economy continues to boom, the market appears to be a driving force behind the discrimination against dark skin. The fairness industry first evolved as a response to consumer demand. For centuries Indians used natural ingredients, such as lemon or turmeric, to lighten their skin. In 1975, Unilever launched a commercial skin lightening cream called “Fair and Lovely,” and other companies quickly followed suit with their own products. The creams were originally targeted at women, but over time products emerged for men as well. In 2005, Emami launched the “Fair and Handsome” cream with Shah Rukh Khan as its brand ambassador and it is now a market leader. Fairness products are sold at every price point, from inexpensive packets of lotion to high-end luxury creams, making them accessible to every socioeconomic class. Today, their sale generates over \$400 million in revenue a year in India, which is more than all other skincare products combined. In fact, the sale of fairness products surpasses the sale of Coca-Cola and tea in India.

I know a girl who was rejected for a job just because she was dark. When I walk around cities my eyes would stick to those flex, advertisements where a white human is promoting a brand for a dark human. I would like to call this a mindset of people. It’s not about the centuries it’s all about people. In Modern days people are educated and hold various Masters, Degrees etc but what’s the use of those Degrees if they have a dark mindset?

I could see many going through depression thinking of their skin tone. Your skin complexion is an intangible thing which is not mentioned in job Resume.

Some of the most widely-sold products include Fem, Lotus, Fair and Lovely and its gendered-equivalent Fair and Handsome. Most of these appealingly named creams are in fact a dangerous cocktail of steroids, hydroquinone, and tretinoin, the long-term use of which can lead to health concerns like permanent pigmentation, skin cancer, liver damage and mercury poisoning among other things.

Child Labour: The dark side of makeup industry



Children are involved in Mica mining. Mica, a mineral, is an ingredient that is widely used in makeup, automotive and electronics industries. Mica adds the sparkle in makeup.

A major chunk of the mica that enters the makeup industry comes from India—mainly from Bihar and Jharkhand. Madagascar is also one of the world’s largest exporters of mica.

A trail of shimmery dust leads to the mica mines where kids as young as four years are seen to be working. An army of children can be seen pouring in and out of the makeshift mines. These children are covered in pretty dirt and are equipped with ice picks, hammers, and baskets. With the help of these tools these children collect the glittery mica from narrow mine shafts. It is easy for small children to enter the mines and their nimble fingers also act as an added advantage for sorting small pieces and shards of mica. None of the children have any clue where all the mica they collect goes. They just work in the mines as a means of survival. After collection, the mica is taken by the broker who sells it to an exporter and is responsible for giving it to manufacturers in China. From there the mica goes into both high-end as well as drugstore

makeup. Mica mining is not only linked to illegal child labour but at the same time is depriving children of learning at school. Children working in mica mines are exposed to risks of death, respiratory problems, injury, aching muscles, back pain and open sores. Majority of the deaths of children are not reported. Despite knowing the dangers the children work in the mines as a means of survival.

“Dark Is Beautiful”

Kavitha Emmanuel is the founder of Women of Worth, an Indian NGO that is standing up to bias toward lighter skin. The Dark Is Beautiful campaign, launched in 2009, is not “anti-white”, she says, but about inclusivity – beauty beyond colour. It carries celebrity endorsement, most notably from the Bollywood actor Nandita Das, and provides a forum for people to share their personal stories of skin colour bias. The campaign runs media literacy workshops and advocacy programmes in schools to counteract colour bias.

Whatever your skin tone, from fairest fair to deepest ebony, your unique complexion is part of you and just a small part of what makes you beautiful. Beauty has no skin tone.



OCCULTATION IN ASTRONOMY

- Mohammed Hashim Anwar
III BSc 'A'

Astronomy is a fascinating subject. Even without a telescope, one can always involve in observational astronomy and learn about the cosmos around us. Here, I have tried to explore and explain a small but interesting topic about occultation. In the words of the famous astronomer Carl Sagan, I quote, “We are a way for the Universe to know itself”.

In Astronomy, an occultation is an event that occurs when one celestial object is hidden by another celestial object that passes between the observer and the hidden object. When it involves the earthlings, the two celestial bodies are playing hide-and-seek with respect to an observer on the Earth. Normally, when we earthlings observe these phenomena, it is a period of time when the two celestial bodies and the Earth are in a straight line. This phenomenon is also called syzygy (a syzygy is roughly a straight-line configuration of three or more celestial bodies in a gravitational system). These two bodies involved in occultation will share the same right ascension during the event as observed from the Earth (right ascension is the east–west coordinate by

which the position of a celestial body is ordinarily measured).

Occultation is an event which occurs frequently in the sky because of the number of celestial objects around us within the celestial sphere.

It must be noted that, for an occultation to occur, the size of the object passing in between the two celestial bodies should be greater than the size of the celestial body that gets hidden with respect to the celestial body from which the occultation is observed.

The number of occultations that occur within our Solar System alone, is countless as there is a star- our Sun, 8 major planets and several other celestial bodies that come together to form the Solar System, and as earthlings, we get to witness only a few of these occultations that can be observed from the Earth. We miss out on a lot of these cosmic hide-and-seek between several other celestial bodies that cannot be witnessed from the Earth.

As of February 2021, there are 547,966 minor planets (secured discoveries), out of 1,049,264 observed bodies, with



several unaccounted minor planets and comets, including so many natural satellites of these planets. So, the number of combinations of any three of these bodies involving in occultation is phenomenal.

And to think about other stellar systems, galaxies, clusters, etc., is beyond human imagination.

There are three major kinds of occultations that notably involves the Earth.

Solar Occultation: It is the event in which the Sun passes in front of another celestial body in the sky. In this case, the Sun and the hidden celestial body will have the same right ascension. This cannot be witnessed from the Earth at all because of the glaring sunlight.

Lunar Occultation: It is the event in which the Moon passes in front of another celestial body in the sky. In this case, the

Date	Occulting	Occulted
19 September 1702	Jupiter	Neptune
14 July 1708	Mercury	Uranus
28 May 1737	Venus	Mercury
21 July 1793	Mercury	Uranus
22 November 2065	Venus	Jupiter
15 July 2067	Mercury	Neptune
1 August 2104	Venus	Neptune
29 July 2126	Mercury	Mars
3 December 2133	Venus	Mercury

Moon and the hidden celestial body will have the same right ascension. For instance, Lunar occultation of Mars (17/04/2021)

Planetary Occultation: Stars may also be occulted by planets. In this case, the planet and the hidden celestial body will have the same right ascension. Planets also occult one another. Extremely rare, but it is noted in the past, wherein, Jupiter occults Saturn and other planets as observed from the Earth.

Sneak Peak into Planetary Occultations:

Below is a chart including the occultations of some planets by other planets that have taken place in the past, and the ones that are going to occur in the future, mentioned in this order - Date, the object occulting or passing in the front, and the object occulted or hidden:



Double Occultation: The Moon or any other celestial body can occult multiple celestial bodies at the same time. Because of its relatively large angular diameter, at any given time, the Moon occults an indeterminate number of stars and galaxies. However, the Moon occulting (obscuring) two bright objects simultaneously, for instance, two planets, or a bright star and a planet, is extremely

rare. It can be witnessed from a certain part of the world at any given time. The last such event took place on the 23rd of April, 1998. The Moon occulted both Venus and Jupiter as observed on the Ascension Island.

In the hopes of getting everyone interested in astronomy, this is my small attempt towards it.

PTTS, 2021 - AN ONLINE JOURNEY

*- Shubhashri S Shenoy
2nd BSc.*

There is a famous quote by Lao Tzu - "A journey of a thousand miles begins with a single step". I believe that my journey in Physics has begun with PPC because it is providing me with many opportunities that is driving me to pursue my career in the field of "Physics", my favourite subject. In this article, I am going to share a glimpse of an online Physics training program called 'PTTS', in which I got an opportunity to participate and learn Physics with students of various states across India.

What is PTTS?

PTTS or Physics Training and Talent Search program is a national level Physics training program for undergraduate (Level-1) and postgraduate (Level-2)

students. Every year, it will be held in a renowned university. But this time, because of the pandemic, they conducted it through online mode for both the levels. The main objective of this course is to develop the quality of education in theoretical Physics and experimental Physics across the country. They mainly focus on interactive learning in the theory sessions, and to develop problem solving skills in the tutorial classes where students are made to discuss amongst groups, and understand the concepts clearly.

I heard about this program from my lecturers and from my seniors. In the application form, we were given three questions about basic Physics concepts. The selection process was purely based



on the answers given to these questions. Also, they had mentioned that they would consider the method of approach to these questions. I received an email from PTTS just two days before the beginning of the course notifying that I got selected for the level-1 PTTS program. I was very happy and excited to be a part of this course as I was one amongst the 50 participants selected from across the country.

PTTS-2021 was held online through Zoom platform from July 5th to July 25th. Everyday, in the afternoon we had theory classes, and in the evening, we had experimental sessions. This year, the theory classes were about one of the fascinating branches of Physics, Quantum Mechanics. We were lucky to have the finest and eminent academician for Quantum Mechanics, Prof. Jayanth Vyasanakere from Azim Premji University, Bengaluru. He taught us basic concepts of Quantum Mechanics and mathematical methods to understand them. It was very compelling, and I learnt a lot while understanding those concepts.

The participants were divided into 10 groups consisting of 5 students from different states. For Experimental Physics, they assigned one experiment for each group, and we were told to design the experiment on our own. Instructors gave

us detailed explanations about error analysis, and taught us how to design an experiment, and trained us how to plan and execute our experiment.

In our team, we were 5 students from different universities. We became best friends in no time, and we used to discuss how to make our experiment the best. We made experimental setup at our homes, and gave our best shot to obtain better results. In our labs, we usually ignore errors in the experimental data. But in this course, we got to know the significance of error analysis while designing the experiments. It was fun to make our own apparatus with the materials available at our homes, and to take readings of our own experimental setup. We were happy when we got the best results from our experiment, and we discussed how to improvise it, furthermore.

In our tutorial sessions, we used to discuss how to solve the problems based on theory classes. Tutors were always eager to answer our questions which helped us a lot in understanding the concepts better. Additionally, we also had guest lectures by great scientists. Overall, it was an awesome experience. I learnt new concepts from this course, and I realized the difference in the knowledge level and understanding capacity of the



students from different universities. There is a lot of difference between universities and their syllabus. While discussing with my teammates, I realized this. Because of the group discussions, I became more confident and made new friends. In spite of it being online, the entire course was remarkable, and will remain unforgettable.

This is one of the wonderful opportunities I got while being a part of

PPC. I want to thank our esteemed Principal, and all our lecturers from the Physics department for their constant support and encouragement. I recommend to my friends and juniors to take part in courses like PTTs. There is a lot to learn beyond our regular university syllabus. These courses help us to get into research in the future with more confidence and more conceptual understanding by exposing us to the basic concepts.

PONGAL

- *Smitha*
II BSc

This is the most important harvest festival celebrated by the people of Tamilnadu. 'Pongal' festival is similar to "shankaranthi" festival of Karnataka. It lasts for a period of 4 days and is normally celebrated from 13th to 16th of January. The festival is mainly celebrated to thank or show appreciation to the sun God for giving the source of energy for agriculture. The people cook the first harvest of rice grains. "Pongal" is also a popular delicacy which the Tamilians love so much. It is celebrated for four days. The first day is known as "Bhogi" and is mainly to honour Lord Indra who provides the farmers with rain. People get rid of something old and get something new as a sign of a new beginning. All that was gotten rid of is

burnt in the bonfire. The main Pongal falls on the second day and is called "Thai Pongal". All the people wear the traditional clothes on this day. The offering also includes sugarcane and coconut." Mattu Pongal", the third day of the festival is mainly for cows. Many beads, bells, flowers are tied to the cow. They are fed Pongal and other dishes and are worshipped. The last day is called "Kannum Pongal". On this day women put a turmeric leaf and fill it with various items and rice and pray for their households prosperity. It is also the day where families visit each other and many gifts are exchanged as a perfect end to a perfect festival.

Happy Pongal



SPEED OF LIGHT - WHY IS IT SO SPECIAL?

Chaitrika
I BSc

When we hear the words “Speed of light “, you don’t have to be a student of science to know what it is. It’s familiar, used by scientists and also by artists in pop culture. A fan of the English band Queen can testify to this. Just look up the lyrics of ‘Don’t stop me now’. Speed of light or ‘c’ with its enormous value 299,978,458 m/s or simply 300,000 km/s is the most famous physical constant in the world. But why is it so? What makes it so popular and at the same time so unique too?

Since the dawn of human civilization, nature has never ceased to excite us all, leading us to learn her mysteries and explore through it. Similarly for centuries, several philosophers, thinkers and physicists have made their attempt to define light and its nature. Starting from Aristotle to Galileo and the list goes on... However, the first person to realize that light has its “own” speed was the Danish astronomer, Ole Rømer. Few generations later came Albert Einstein, in 1905,

proposed the Special theory of relativity and also gave us the most famous physics equation, $E=mc^2$, connecting energy and also mass. And what connects them? The speed of light. This equation completely modified the world of physics. It laid the foundation to modern physics by making the speed of light, ‘c’, as one of its cornerstones. All this was possible only because of one insight. Nothing can move faster than the speed of light, which Einstein had.

So why is the light the fastest and none of us or anything we see around us can attain it? This question holds a popular misconception. Firstly, the ‘speed’ of light is not the fastest because it is the speed with which the light travels. In fact, the value 299,972,458 m/s which we call ‘c’ is the speed limit for any particle or any object to travel through space and the light or all of electromagnetic waves which includes light happens to attain it. The reason for this limit comes from the insight we spoke about a while ago. Einstein



deduced that everything in the universe, perhaps every measurement is relative. This means while I measure the length of a Natraj scale to be 15 cm, someone else under 'special' conditions will measure it to be 25 cm or 1 km. The same rule and hence equations apply to time and mass, such that an object weighing 10 gms can be measured to be 1 tonne or perhaps 1 million tonnes in mass as its velocity increases. This factor of increase leads to an infinite value when the object reaches the speed of light. Infinite mass would be heavier than the entire universe and hence not possible. Therefore, the only objects that can reach 'c' are those with no mass, i.e., light particles called photons.

While it is non-intuitive and hard to comprehend, another question may pop-up. How significant is this universal constant, 'c'? And this leads us to the very base of science of the real world or to be precise, physics. Where we use the speed of light over a wide range, beginning from defining the standard units, meters and seconds to measuring the distance between the celestial bodies like stars, planets and galaxies. Here we use light year, which is the distance travelled by

light during the course of a year. When we see a star in the night sky, let's say it is situated at a distance of 25 light years away from us, then that implies whatever the light we see today had left the star 25 years ago and has travelled that immense distance, making it visible to us only now. Similarly, when we say our moon is one light second away, we mean it takes only one second for light to reach our eyes. Another important aspect of 'c' is that in the year 1983, all physical units of various quantities were redefined using c. For example, 1 meter is defined as the length of the path travelled by light in vacuum during a time interval of $1/299,792,458$ of a second. The units, 1 kilogram and 1 second are also now defined using c.

Light, in a word, is the connection between us and the rest of the universe. It is vital for everyone and everything around us. With its magnificent speed, it brings us energy and information from every corner of the universe. It gives us the opportunity to peep into the past, to unravel the best kept secrets and wonder and wander about the beauty of this vast cosmos, as it was and as we see today.



MYCOBACTERIUM TUBERCULOSIS-A CURSE TO MANKIND

Dr. Mahesh Bhat
Assistant Professor
Department of Chemistry

The enhanced prevalence of infectious diseases threatens world population. Tuberculosis (TB) continues to have a remarkable impact on human healthcare worldwide, in spite of the availability of anti-tubercular treatment (ATT) from the last five decades. The worldwide statistical data on tuberculosis was surprised to know that, nearly one-third of the world population is infected with tuberculosis and nearly 1 % of the population of each year adds to this number and also causes about 1.7 million deaths every year.

Tuberculosis is an infectious disease spread by the *Mycobacterium tuberculosis*, (The related bacteria *Mycobacterium bovis* and *Mycobacterium africanum* can also cause tuberculosis) a small, aerobic, nonmotile bacillus, which divides every 16 to 20 hours, it is extremely slow rate compared to the other bacteria. In nature *Mycobacterium tuberculosis* grows only within the cells of the host. *Mycobacterium tuberculosis* mainly affects the lungs, it can also spread to other parts of the body like the brain and the

spine and is the second biggest killer in the world.

The pathogens that cause tuberculosis are mycobacteria that belong to the *M. tuberculosis* complex. This complex comprises the following species:

- (i) *M. tuberculosis*
- (ii) *M. bovis* (subsp. *bovis* and *caprae*)
- (iii) vaccine strain *M. bovis* BCG
(Bacille Calmette-Guérin)
- (iv) *M. africanum*
- (v) *M. canettii*
- (vi) *M. microti*
- (vii) *M. pinnipedii*

Feeling sick or weak, loss of appetite and weight loss, chills, fever, and night sweats, chest pain etc are some of the symptoms of the tuberculosis disease. TB spreads through air when a person with TB, sneezes, spits, laughs, or talks. Even though tuberculosis is a curable disease, it is very important to develop new multi-target-oriented drug compound with lower toxicity and lesser dosage. The lack of efficient anti- *Mycobacterium* agents against *Mycobacterium tuberculosis* is made to develop new multi-resistant drug molecules.



Regimes for the treatment of tuberculosis diseases must contain multiple drugs to which bacteria are sensitive. Treatment with single drug can lead to the development of bacterial resistant to that drug. Tuberculosis is the major threat to the HIV infected people and it leads to death. It was estimated that, quarter million deaths occur in this group. In 2013, there were over nine million new tuberculosis infected patients, and 4,80,000 people were affected by the multi-drug resistant (MDR) Mycobacterium tuberculosis strains. If the Mycobacterium tuberculosis strains shows the in-vitro resistance to at least isoniazid and rifampicin, while extensively drug resistance (XDR-TB) is resistant to at least one of the fluoroquinolone and one injectable second line anti-TB drug along with isoniazid and rifampicin.

Majorly, tuberculosis affects low-income countries and pharmaceutical companies show relatively less interest in developing new drugs for anti-TB diseases. The clinical outcome of the MDR/X-DR-TB trials is largely sub-optimal and their treatment takes long time, is toxic and expensive. These are the serious difficulties to treat many TB

diseases cases, controlling and eliminating the disease. A recent survey demonstrates that, in Germany MDR-TB related average costs exceeds the € 50,000 per patients, in Europe it's more than € 1,60,000, these studies also reveal that, the success rate of TB treatment is only 54 %. Every day this clinical trial faces the challenges, adverse effects, lack of clinical experiences, limited availability of adequate diagnostics, changes in life style, changes in conditions and new problems in patient.

World Health Organization recently started the innovative 'End TB Strategy' for supporting the TB elimination, with vision of world is free from the TB, with zero deaths, suffering and diseases due to TB. The new policies of WHO clearly supports universal access to highly sophisticated instrumentations and clinical trials for diagnosis of the MDR-TB.

Current tuberculosis clinical treatment is based on principles of combination chemotherapy. In this treatment, resistance of the organism is achieved by the use of multiple drugs. Based on mechanism of action, TB drugs can be classified as inhibitors of bacterial protein synthesis (amino glycosides), electron transport



across bacterial membrane (a proposed mechanism of action for pyrazinamide), nucleic acid synthesis (rifampin, quinolones) and cell wall synthesis (isoniazid, ethambutol, ethionamide and cycloserine). Different drugs having different action of mechanism, they have to kill different mycobacterial sub-populations. The method of protocol to treat the TB is different in different parts of the world, but collectively they are based on combination of three or four frontier drug molecule, i.e. isoniazid, rifampin, pyraziminamide and ethambutol. These drugs give the prominent efficacy and tolerability among the available drug molecules. The above drugs having the efficient treatment results, so they called first line therapy. If the less efficacious and tolerable available TB drugs are used for the treatment then it is called second line drugs.

Types of Tuberculosis

(i) Active TB diseases: Active TB is an infection wherein the TB microorganism are rapidly multiplying and invading different organs of the body. Multi drug treatment is recommended for the curing the Active-TB diseases.

(ii) Miliary TB diseases: Miliary TB is a rare form of active disease that occurs when TB bacteria find their way into the bloodstream. This form of the TB spreads in a short time over the body and affects the multiple organs of the body.

(iii) Latent TB Infection: In many of the patients, those affected by TB disease do not show the symptoms, even X-ray scanning of the chest does not show any symptoms. The simplest manifestation of this encounter can be response to the tuberculin skin test (TST) or interferon-gamma release assay (IGRA). Here there is a ongoing risk in Latent TB diseases and it is more in the HIV infected patient.

3.2 Evolution of the tuberculosis drug

In 1940, the first experimental evidences were obtained as potential anti-tuberculosis drug, dapson-derivative compound, known as promin, was administered to a sample of guinea pigs, but this was never given to the humans. In 1994 Streptomycin, a natural substance isolated from the *Streptomyces griseus*, exhibit the potential activity in humans and animals. Schatz and Waksman demonstrated that drug could be prescribed for the treatment of tuberculosis as a consequence of its bactericidal activity after four year of



streptomycin discovery, a synthetic drug called para-aminosalicylic acid (PAS) was developed as alternative for streptomycine for treatment of tuberculosis drug, historical development is tabulated in table 1.

Even though the development takes place in treatment tuberculosis, but lack of the reliability and poor results in immunotherapy, which leads to the different type of evolution in tuberculosis treatment. In 1952 first generation-based treatment drugs, which includes combination of streptomycin, PAS, and isoniazid was proposed as anti-TB agent. Later on, “Edinburgh method,” was proposed with the prescription of minimum two drugs showed efficacy of the combination therapy. In 1954, pyrazinamide was discovered, but drawback of this compound was exhibiting the significantly high rate of hepatic toxicity in the prescribed dosages. The new drugs such as ethambutol and rifampicin were introduced in 1961 and 1963, respectively. But the drawback of these drugs is long duration of therapy, which is varied from 1 to 2 year. In 1970 rifampicin was come to know that can

traet in shorter time after some modification in clinical trials, later on where as in 1974 the combination of rifampicin and pyrazinamide show the good result at low dosages.

Table 1. Historical Steps in Treatment of tuberculosis

Year	Historical step
1940	Use of promin in guinea pigs
1944–1946	Discovery of streptomycin
1948	Discovery of para-aminosalicylic acid
1952	Streptomycin + para-aminosalicylic acid + isoniazid
1954	Discovery of pyrazinamide
1956	Madras study
1961	Discovery of ethambutol
1963	Discovery of rifampicin
1970	9-month rifampicin-containing regimens
1974	6-month rifampicin-and pyrazinamide containing regimens
2012	Food and Drug Administration approval of bedaquiline
2013	Approval of delamanid by European Regulatory authorities



In 1956, Madras study started in India (it is a classic study at the Tuberculosis Chemotherapy Centre, Madras, India), it showed that efficiency of the ambulatory treatment and the crucial role of the directly observed treatment for the improvement of the patient's adherence. On above basis microbiological characteristic of *M. tuberculosis* having long term and requires the multi drug therapeutic approaches to obtain a bacteriological eradication in pulmonary and extra pulmonary sites.

Tuberculosis drugs are classified in to two types on action of their mechanism, viz, first and second line drugs as listed in table 2.

- 1) First line tuberculosis drugs are: Isoniazid (INH), rifampicin (RIF), ethambutol (EMB), pyrazinamide (PZA) and streptomycin (SM).
- 2) Second line tuberculosis drugs are sub divided in to three categories
 - (i) Fluoroquinolones- Ofloxacin (OFX), levofloxacin (LEV), moxifloxacin (MOX) and ciprofloxacin (CIP).
 - (ii) Injectable antituberculosis drugs- Kanamycin (KAN), amikacin (AMK) and capreomycin (CAP).

- (iii) Less-effective second-line antituberculosis drugs- Ethionamide (ETH)/Prothionamide (PTH), Cycloserine (CS)/Terizidone, P-aminosalicylic acid (PAS).

The drugs which are being used for treatment for the TB diseases are developed in the mid of the last century, but the need of curing medicine is of different nature because of the change in the life style and environment. The current therapeutic management of drug susceptible and drug-resistant strains needs to be further improved. The current available regimens are characterized by a relevant pill burden, long duration, variable efficacy, safety and tolerability. Now a day's lots of research are taking place for invention and develop to new tuberculosis drugs.



THE VOICE

*Mayuri
III Bcom A*

Paranormal activity is something which not everyone will experience. And I am that kind of person who neither believes that it exists nor the person who completely ignores its existence. And in this article, I am sharing something that I experienced.

It was really a busy week for me and I was waiting for the weekend to take a break. It was a Saturday evening, so I decided to watch a horror movie at night and relax on Sunday. As I had already planned, I sat to watch the movie, and when I was watching a scary scene, my mother called me from upstairs asking me if I took her book from the shelf. I went upstairs and searched for the book with her but couldn't find it and came back. I continued watching the movie and it was the second time I heard my mother's voice

again. This time she was calling from the kitchen for dinner. I had dinner and again continued watching the movie. The movie ended after some time and I started creating fake scenarios while sleeping.

It was a Sunday afternoon, and I was searching for my mother's book upstairs. And this time I heard my mother's voice from the kitchen calling me for lunch. When I was getting down the stairs, I heard my mother's voice again. And now it wasn't from the kitchen. It was from the room upstairs saying, "I too heard it, don't believe in the voice, It's not me in the kitchen. I am here cleaning the room." And there I was terrified.

I was curious for the next part but then I heard my mother's voice again. Wake up!!! It's already late.

WILL PETROLEUM PRODUCTS COME UNDER GST

*DIVYA SHETTY
II Bcom BI*

There's no one who has not heard of the word "GST". You don't have to be a tax graduate to know this. Every layman knows this word and if you don't know it

then you must be living under a rock! The word GST made buzz in the year 2017 when the tagline "one Nation one tax" became the topic on everyone's lips.



In simple terms, the GST is a tax levied on goods and services sold for domestic consumption, it is paid by the consumers but it is remitted to the government by businesses selling those goods and services.

One might assume that anything and everything that we use and purchase comes under the ambit of GST but this is not true, there are some products which are completely exempt from GST, while some are under GST but are zero rated and some products are outside the ambit of GST like alcoholic liquor for human consumption. Petroleum products such as crude oil, natural gas, Diesel, Petrol, aviation fuel are outside the ambit of GST as of now but GST shall be levied on such goods from such date as the government may notify.

Petroleum products are temporarily kept out of GST and the GST Council shall decide the date from which they shall be included in GST. There is no constitutional or any other legal bar on bringing petroleum products under the goods and services tax.

In the year 2015, when the Constitution was amended to pave the way for “one Nation one tax” which is what GST is all

about, the Parliament had cleverly put the implementation of GST liability on petroleum products on hold for now. From the genesis of GST, one question that has been thrown at the GST Council from all the corners is the impact of GST on petrol and diesel prices.

According to some data, the contribution of the petroleum sector to the centre’s coffers has risen from rupees 1.72 lakh crores in 2014-15 to 3.34 lakh crores in the year 2019-20. The data therefore tells us that, neither the central government nor the states were ever serious about bringing petroleum products under the GST, because the fuel tax is a hefty amount of revenue to both the Central government and state governments. This is the major reason as to why GST is not being levied on petroleum products. It leads to loss of revenue for the government.

GST would definitely tame the raging fuel prices across India, even if the 28% peak rate is levied, the rate reserved for luxury goods or goods perceived to be catering the rich.

But the tax revenue is crucial for running such a huge country like India, where numerous welfare programs need



to be conducted to cater the poor including free covid vaccination during this pandemic.

Indirect taxes by definition are regressive in nature and indirect taxes that are GST on fuel hits the poor the most. The irony is that the poor for whom the numerous welfare programs are being conducted are made to foot the bill of the fuel!

As of now the petroleum products are out of the GST ambit and are wholly under the State Government for tax levy purpose but one thing is for sure that the petroleum products will come under GST ambit sooner or later.

NSS REPUBLIC DAY PARADE CAMP NEW DELHI, 2021 WAS A LIFE CHANGING EXPERIENCE

*Ranjith P J
II BSC BZC*

“Being a part of the Republic Day Camp was a life-changing journey for me”. I will happily share my wonderful experience from the beginning. Till my 12th I was not aware about the importance and opportunities of NSS. After joining Poornaprajna College, I joined NSS in 2019 during my 1st year. In the beginning it was a bit boring but later on I enjoyed a lot. In the 1st year the leaders gave us the guidance about the work and responsibilities in NSS. The leaders were allotted a time and made us a batch for “shramadhana” nothing but cleaning our college campus once in a week for each batch, I was actively participating in work. And in

the month of October 2019 the Annual village camp was held at Admar College Padubidri for 7days, this camp gave me lot of confidence, leadership qualities and taught me time management. In the village camp I actively participated in the evening cultural shows. The main part of NSS is the Republic Day camp which was the dream of all volunteers, to participate in this camp. For the RDC 2021 our NSS program officer Chaitra ma’am selected me from the college level. So, I represented our college in university selection held at University College Hampankata, Mangalore on 6th November 2020. There were about 100 participants for selection and the

selection process was of 2 rounds one was physical fitness test and the other was personal interview. Among 100 participants only 15 were selected for the next round that is personal interview, after the completion of the 2nd round only 5 boys and 5 girls were selected for the state level Pre-Rd selection. I was one among the 5 boys who got selected for state Pre-Rd selection which was held at Karnatak University, Dharwad from 9th to 12th November 2020. It was a 2 days selection camp; one day cultural round and the other day physical fitness test and personal interview. Many universities participated in this selection camp. There were about 150 participants in total and only 33 boys and 33 girls were selected for South zone selection. And I was selected among the 33 boys for the South zone Pre-Rdc selection. South zone Pre-Rdc selection was held at National College Tiruchirappalli, Tamilnadu for 10 days from 27th November to 7th December 2020. The Pre-Rdc Camp was an outstanding camp it was of 10 days. There were participants from Kerala, Karnataka, Tamilnadu, Pondicherry, Andaman and Nicobar. We became like a family in just 10 days.

Daily morning at sharp 5 am we would wake up, at 5.30 am there would be tea, at 5.45 there would be roll call and at sharp 6 am flag hoisting. Daily, participants of different states would make arrangement for flag hoisting and all the works of the day. Daily, we had the parade practice section, one in the morning and one in the evening and we had cultural shows in the evening in which I actively participated. In the last 2 days of the selection was the final selection : one day parade selection and personal interview and the other day cultural selection. The camp director was Dr. C. Samuel Chellai. He was an outstanding personality who motivated us in every step. Among 33 boys from Karnataka only 7 boys were selected for the dream camp that is National Republic day camp which was going to held at New Delhi. I'm very happy to say that I have been selected in the 1st Rank for National RDC 2021. The National RDC was from January 1st to January 31st. National Rdc was a life changing experience in my life we had lots of experiences and memories. While remembering those days there would be tears in my eyes because we all built a strong relationship among us.



On 24th December I travelled from Mangalore to Bangalore. We had a train from Bangalore to Delhi on 26th of December. We all gathered in Gandhi Bhavan, Bangalore. The Karnataka contingent was of 7 boys and 7 girls, total 14 members and we had a Program Officer Dr. Jyothi from Bangalore who took all our responsibilities. We travelled around 3 days in train and finally we reached New Delhi on 31st December 2020. We all were very excited on the first day. Both the boys and girls had separate places for accommodations. We the boys of different states had the accommodations for 1 month at Vishwa yuvak Kendra and all the programs were held at International Youth Hostel Chanakyapuri, New Delhi. We shared a room with Himachal Pradesh participants. I used to perform yakshagana in the hostel and entertained other teammates and other state program officers. National RDC was like a mini India because all the state participants participated here. It was an amazing experience in my life, we shared our culture with the other state friends and we also learnt their culture, traditions, dressing styles etc. It was a bit difficult

for me to communicate because I was not fluent in communicating in Hindi but the northies helped me a lot to communicate and learn Hindi. The schedule was very heavy we had to wake up around 4 am in the morning and during the final rehearsal we had to wake up at 2 am in the morning. I have never experienced this type of high cold weather in my life. It would be about 2 degrees in the morning and the whole day it would be around 9 degrees with full snow. In such a horrible weather we had a parade practice on the other hand we were very happy because we were experiencing it for the first time in our life. In the starting days we had a parade practice in Dhayal Singh College. After 10 days we had a parade practice at our dream place which is nothing but the Red Fort. While marching for the first-time on the path of the Red Fort I had no words to express my happiness. Around 16 days we had a continuous parade practice where we struggled a lot to get inside the parade troop. On 24th January it was a memorable day for me because I got an opportunity to perform Bharatanatyam in front of honourable Prime Minister Sri Narendra Modi and the Defence Minister, and on 16th



January I got an opportunity to perform Yakshagana and Bharatanatyam at the closing ceremony of the National youth festival in the presence of Sports Minister Sri Kiren Rejijju and Textile Minister Smt Smriti Irani. And on the dream day, 26th January we the NSS contingent marched for the last time in Rajpath with all other contingents. We all had tears in our eyes while exiting from the India Gate. Those feelings cannot be described in words. And the last day we had a trip to the Taj mahal, Qutub minar etc. On the last day we had

group photos and we all were very depressed to separate from all the state friends because we were like a family. In a month we had a lot of memories, we cried, hugged each other and returned from Delhi on February 1st. I assure you 100 percent that the National RD camp will change your life for sure. I request all my juniors to make use of this wonderful opportunity and participate in the selection camp because, in a Life time no one gets a 2nd chance to perform in front of the Prime Minister and to perform March past at Red Fort.

BOYCOTTING CHINESE PRODUCTS : IS IT REALLY POSSIBLE FOR INDIA???

*THRISHAL,
II B.COM BI*

INTRODUCTION

Be it anything from needle to toys, electronic gadgets, hot water bottles, Diwali crackers you will find the Chinese version of the same in India at much cheaper price . Chinese products are mostly low quality. Some industries which are affected so badly by the Chinese versions are the cracker and toy industry in India.

IMPACT OF CHINESE PRODUCTS

Come any occasion and the Indian consumer is ready to make a beeline to

purchase another of those Chinese goods. On Diwali Indian market was flooded with Chinese crackers containing sulphur. Sulphur is more dangerous than nitrate used by Indian cracker makers . Their low price attracts lots of Indian buyers which really affects the revenue of the Indian cracker industry.

As per the reports of the ASSOCHAM there are so many Chinese toys in the market that Indian toy industry is finding it very hard to survive. In the last 5 years nearly 40% of the Indian toy companies have been shut down. The Remaining



20% are on the verge of closing down. In the last 4-5 years nearly 2000 SMEs have been closed down. The ASSOCHAM has also revealed that China has the largest toy market in the world and enjoys 45% of the total share whereas India has a very little part and enjoys 0.51% share. Indian manufacturers serve nearly 20% of the market and the rest is served by China and Italy. In the period between 2001-2012 the total import of the Indian toy industry has increased by 25.21%. It is expected that the toy industry will grow further. Chinese products have also led to the shutdown of 60% of industrial units in Thane and Bhiwandi. Hence there are many industries and manufacturers who are facing the heat of Chinese competition.

India must look into its administration to reduce the import of Chinese goods. Our economy is agriculture based and slowly the service sector is also getting into it. But the most important contributor to our economy is agriculture. Labour force is available in huge numbers but ways to earn money are reducing. This is happening because natural resources are reducing which is leading to a significant reduction in agriculture. Government should encourage local small business enterprises to reduce the foreign goods in

the market. To safeguard the domestic manufacturers from the Chinese goods there is a dire need to change the policies and add duties . Apart from this India seriously needs to work on its infrastructure and efficient use of energy and other natural resources to compete at cost level and quality.

CAN WE BOYCOTT CHINESE PRODUCTS???

It is known that India and China are the two fastest -growing countries in the world and India is one of the largest importer of Chinese goods and services in the world

India imports many raw materials as well as finished products such as steel, mineral from China. When it comes to boycotting imports from China, it can only be done in the case of finished goods but the import of raw material from China cannot be stopped.

India also imports consumer durables such as electrical devices, smart phones, cars etc, medicinal drugs such as leprosy medication from China. Also the Chinese smartphone market accounts for \$8 billion of India's smartphone market. If India plans to boycott Chinese products, then GDP will contract directly.



After the launch of the ‘Make in India’ campaign by Prime Minister Modi, many Chinese firms have installed their units in India, which has employed thousands of workers in India. If India boycotts Chinese products then these companies may face pressure from Chinese officials to stop their production in India which may leave many workers unemployed.

India imports nearly seven times more from China than it exports. If India plans to boycott Chinese products then finding a substitute which can match the cost and availability is nearly impossible. Thus, the GDP of India may contract.

It is interesting to know that almost every product that we use has a bit of China in it. The smart phones, laptops, air

conditioner, etc that we use in our daily life has some parts manufactured in China.

CONCLUSION

Chinese goods are relatively cheaper, widely available and give huge profits to the dealers. But on the other hand Chinese electronic goods are not safe, of inferior quality and come without guarantee or service. These do not last for a long period of time. Chinese goods in India have resulted in the closure of many manufacturing units. Chinese manufacturers are generally bulk manufacturers and have a very structured vendor base. Also the supply chain cost in China is very less as compared to India making the products cheap.

THE PRICE OF SAFETY

- *Vaibhav D Kanchan*
II BCOM BI

In India Sati, Sabitri, Durga, Laxmi are worshipped by people treating them as goddesses where as there is increasing number of violence against women. The amount of violence against women has increased by many fold due to the greater exposure of women in every field of life. Women were previously restricted to the four walls of the houses and after globalisation they have got the chances

and opportunities to stand equally in all sectors at par with male. Women are now a days cab drivers and they are also the CEO of top companies.

It is a good sign that the patriarchal mind set of the society has changed to some extent but not to the extent it was supposed to. It is the same mind set that restricts women to go out and work



making them as a tool for domestication. It is the same mind set that treats males as “superior” than females and always tries to dominate the women folk.

There are different kinds of tools that are being used by the male dominated society to prove their domination over the female. Eve teasing, sexual harassment, rape, domestic violence against women are the weapons used by the male to display the “male superiority.” This is one of the prime reasons violence is increasing in India and women safety is a concern in India.

What is the point in having laws for the protection of women if the system is restrictive and inhibiting ?

Along with the mind set, the slow pace of operation of Indian judiciary is another major reason for the increasing women safety in India. The police of India are not efficient and not neutral and that is the reason why the cases of violence against women takes long time in the investigation phase. In the name of social pressure and shame many women do not come out and report the matter to police. Clearly, there has to be an upgrade of infrastructure to protect the rights of women. This is one of the many reasons

why the number of cases reported are less than the actual number of violence happening against women.

It is a shame that rapes take place everyday. Rape is a disease which attacks from everywhere to everywhere. It is an evil that has no boundaries. It is present in every nook and corner of the world. It doesn't differentiate. From parties to workplaces to our homes, rape and harassment have become a norm. The survivors of these HEINOUS CRIME are then left to be humiliated throughout their life. Some of them even spend their whole “after rape life” on ventilators or they are burnt alive.

Now the point here is; in order to improve women safety in India the task is to improve the number of women in every sphere of society. Along with that the change in mind set of people is very essential for the safety of women. From family to education institutions, men should be taught about RESPECTING FEMALES.

“Earlier the better.” Let us start spreading the message and creating awareness in the society so that women feel safe and live safe ! Let's make this world a better place. SAFER. KINDER. WARMER. INCLUSIVE.



THE HAUNTING NATURE OF PLASTICS

- Vaibhav D Kanchan
II BCOM BI

It's important to regularly step back and think about how our everyday actions impact the planet. But are we ?

The global campaign to gain control of plastic waste is one of the fastest-growing environmental causes ever mounted. Yet it hasn't been enough to make a dent in the growing tonnage of discarded plastic that ends up in the seas.

In the next 10 years, the waste that slides into waterways, and ultimately the oceans, will reach 22 million tons and possibly as much as 58 million tons a year. And that's the "good" news right ? Because that estimate takes into account thousands of ambitious commitments by government and industry to reduce plastic pollution.

Plastic pollution is most visible in developing Asian and African nations, where garbage collection systems are often inefficient or nonexistent. But the developed world, especially in countries with low recycling rates, also has trouble properly collecting discarded plastics.

How did this happen ?

Plastics made from fossil fuels are just over a century old. Production and

development of thousands of new plastic products accelerated after World War II, so transforming the modern age that life without plastics would be unrecognisable today. Plastics revolutionised medicine with life-saving devices, made space travel possible, lightened cars and jets—saving fuel and pollution—and saved lives with helmets, incubators, and equipment for clean drinking water.

The conveniences plastics offer, however, led to a throw-away culture that reveals the material's dark side: today, single-use plastics account for 40 percent of the plastic produced every year. Many of these products, such as plastic bags and food wrappers, have a lifespan of mere minutes to hours, yet they may persist in the environment for hundreds of years.

Key Facts

- Half of all plastics ever manufactured have been made in the last 15 years.
- Production increased exponentially, from 2.3 million tons in 1950 to 448 million tons by 2015. Production is expected to double by 2050.



➤ Every year, about 8 million tons of plastic waste escapes into the oceans from coastal nations. That's the equivalent of setting five garbage bags full of trash on every foot of coastline around the world.

➤ Plastics often contain additives making them stronger, more flexible, and durable. But many of these additives can extend the life of products if they become litter, with some estimates ranging to at least 400 years to break down.

How plastics move around the world ?

Most of the plastic trash in the oceans, Earth's last sink, flows from land. Trash is also carried to sea by major rivers, which act as conveyor belts, picking up more and more trash as they move downstream. Once at sea, much of the plastic trash remains in coastal waters. But once caught up in ocean currents, it can be transported around the world.

Micro plastics

Once at sea, sunlight, wind, and wave action break down plastic waste into small particles, often less than one-fifth of an inch across. These so-called micro plastics are spread throughout the water column and have been found in every corner of the globe, from Mount Everest, the highest peak, to the Mariana Trench, the deepest trough.

Micro plastics are breaking down further into smaller and smaller pieces. Plastic microfibrils, meanwhile, have been found in municipal drinking water systems and drifting through the air.

Harm to wildlife :

Millions of animals are killed by plastics every year, from birds to fish to other marine organisms. Nearly 700 species, including endangered ones, are known to have been affected by plastics. Nearly every species of seabird eats plastics.

Most of the deaths to animals are caused by entanglement or starvation. Seals, whales, turtles, and other animals are strangled by abandoned fishing gear or discarded six-pack rings. Micro plastics have been found in more than 100 aquatic species, including fish, shrimp, and mussels destined for our dinner plates. In many cases, these tiny bits pass through the digestive system and are expelled without consequence. But plastics have also been found to have blocked digestive tracts or pierced organs, causing death. Stomachs so packed with plastics reduce the urge to eat, causing starvation.

The solution is to prevent plastic waste from entering rivers and seas in the first



place, many scientists and conservationist say. This could be accomplished with improved waste management systems and recycling, better product design that takes

into account the short life of disposable packaging, and reduction in manufacturing of unnecessary single-use plastics.

ARTIFICIAL INTELLIGENCE IN AGRICULTURE

*Vaibhav D Kanchan
II BCOM BI*

The day is not far when a drone will knock your door step to deliver milk with the desired fat and SNF percentage. The milk composition will exactly match as per your health requirement. Sounds great isn't it? Technology has redefined farming over the years and technological advances have affected the agriculture and livestock industry in more ways than one. Agriculture is the mainstay occupation in many countries worldwide and with rising population.

Artificial intelligence technology is supporting different sectors to boost productivity and efficiency. AI solutions are assisting to overcome the traditional challenges in every field. Likewise, AI in agriculture is helping farmers to improve their efficiency and reduce environmental hostile impacts. The agriculture industry strongly and openly embraced AI into their practice to change the overall outcome. AI is shifting the way our food

is produced where the agricultural sector's emissions have decreased by 20%. Adapting AI technology is helping to control and manage any uninvited natural condition.

Today, the majority of startups in agriculture are adapting AI-enabled approach to increase the efficiency of agricultural production. The Market study report stated that the global Artificial Intelligence (AI) in Agriculture market size is expected to reach 1550 million US\$ by the end of 2025. Implementing AI-empowered approaches could detect diseases or climate changes sooner and respond smartly. The businesses in agriculture with the help of AI are processing the agricultural data to reduce the adverse outcomes.

Advantage of implementing AI in Agriculture

The use of Artificial intelligence in agriculture helps the farmers to understand



the data insights such as temperature, precipitation, wind speed, and solar radiation. The data analysis of historic values, offers a better comparison of the desired outcomes. The best part of implementing AI in agriculture that it won't eliminate the jobs of human farmers rather it will improve their processes.

- AI provides more efficient ways to produce, harvest and sell essential crops.
- AI implementation emphasis on checking defective crops and improving the potential for healthy crop production.
- The growth in Artificial Intelligence technology has strengthened agro-based businesses to run more efficiently.
- AI is being used in applications such as automated machine adjustments for weather forecasting and disease or pest identification.
- Artificial intelligence can improve crop management practices thus, helping many tech businesses invest in algorithms that are becoming useful in agriculture.
- AI solutions have the potential to solve the challenges farmers face such as climate variation, an infestation of pests and weeds that reduces yields.

Forecasted Weather data

AI in an advanced way is helping the farmer to remain updated with the data related to weather forecasting. The forecasted/ predicted data help farmers increase yields and profits without risking the crop. The analysis of the data generated helps the farmer to take the precaution by understanding and learning with AI. By implementing such practice helps to make a smart decision on time.

Monitoring Crop and Soil Health

Utilising AI is an efficient way to conduct or monitor identifies possible defects and nutrient deficiencies in the soil. With the image recognition approach, AI identifies possible defects through images captured by the camera. With the help of AI deep learning application are developed to analysis flora patterns in agriculture. Such AI-enabled applications are supportive in understanding soil defects, plant pests, and diseases.

Decrease pesticide usage :

Farmers can use AI to manage weeds by implementing computer vision, robotics, and machine learning. With the help of the AI, data are gathered to keep a check on the weed which helps the farmers to spray chemicals only where the weeds



are. This directly reduced the usage of the chemical spraying an entire field. As a result, AI reduces herbicide usage in the field comparatively the volume of chemicals normally sprayed.

AI Agriculture Bots :

AI-enabled agriculture bots help farmers to find more efficient ways to protect their crops from weeds. This is also helping to overcome the labor challenge. AI bots in the agriculture field can harvest crops at a higher volume and faster pace than human labourers. By leveraging computer vision helps to monitor the weed and spray them. Thus, Artificial Intelligence is helping farmers find more

efficient ways to protect their crops from weeds.

Today AI-powered technologies are used for solving several industries' purposes. AI is being utilised in sectors such as finance, transport, healthcare, and now in agriculture. AI is helping the farmers to monitor their crops without the need to invigilate personally into the farm.

Many startups and enterprises are looking forward to AI development in agriculture. AI is redefining the traditional pattern of agriculture. The future of AI in agriculture is way ahead in offering radical transformation with advanced approaches.

WORM HOLES; A FICTION OR A FACT?

*Vinayaka Y J
III BSc.*



A wormhole is like a tunnel connecting two places in space. By going through the wormhole, you could - in theory - travel immense distances across space remarkably quickly, even if the two ends

of the wormhole were very far apart.

Let me give an example, If you had one end of the wormhole at PPC, and the other end at home, then you could just step through the wormhole in class and arrive at home. The other end could even be on a far away planet in a distant galaxy and you could easily go out on a day trip to another planet and two day trip to different galaxies!

So wormholes would be incredibly



useful things to have around and are great for science fiction stories.

The problem is, as far as we know, there are no wormholes like this in our universe.

We haven't found any evidence of them existing and we don't have any idea how they could form.

However, the existence of wormholes is not forbidden by our current theories of the universe. So we can say that they do exist in theory.

In science, a theory is an idea or way of describing what happens or could happen in reality. You might have heard of the theory of general relativity, created by physicist Albert Einstein in 1916. It describes gravity(space-time fabric), which is what keeps us on the Earth and keeps the Earth orbiting the Sun. This theory also describes wormholes in a mathematical way.

So how do wormholes work in theory?

First, we need to think about something called space-time. We often imagine space-time as a stretchy fabric sheet. Everything in our universe lives on this imaginary space-time fabric sheet.

By thinking about the fabric sheet, we are visualising something called a two-dimensional surface. Someone

walking around on the sheet can choose two kinds of movement: going forwards/backward or going left/right. In reality, space is three-dimensional: you can also jump up and down!

In fact, there's a fourth dimension: time. You might not think of time as a "dimension", but physicists do. Put all the dimensions together, and you get what we call space-time.

Getting back to wormholes, imagine we want to get from one place to another on the space-time fabric, say from home to a distant planet. Even with a spaceship this

journey would take thousands of years or even longer.

What if we could fold over the fabric so that our home and the far away planet line up, and then make a hole connecting the two layers of space-time? Then we would have a shortcut tunnel to get to the planet without having to go the long way around!

If we ask a mathematician, he would say, wormholes are the solutions to Einstein's field equations for gravity.

No one knows where to start or how or if a wormhole could be made in reality, but it's pretty fun to think about them and they'd be great for exploring our enormous universe.



ASSESSING THE LEVEL OF AWARENESS AND KNOWLEDGE OF COVID 19 PANDEMIC - A study in Udupi

Mrs. Jayalaxmi

Department of Commerce and Management

This paper is published in a UGC CARE GROUP 1 Journal with ISSN 2347-7180 with Impact Factor 7.12

Link for full paper: https://drive.google.com/drive/folders/10oLGfWflyMlyfleAIJyzG_BKplqmeUJG?usp=sharing

Abstract:

End of the year 2019 marks an unprecedented outbreak of a pandemic named COVID-19. It was initiated in China and later spread to the whole world, currently inflicting almost 200 countries. After China, few other countries have emerged as potential epicenters of this disease including the US, Italy, Spain and India, as indicated by the World Health Organization (WHO). Since proper preventive and curative measures in the form of a vaccine or medication are currently unavailable throughout the world, the only remedy devised to stop the spread of this virus is self-isolation. Such a measure necessitates ample awareness and understanding among people to avoid actions that lead to the spread of this virus. Therefore, it is key to evaluate the general understanding regarding the cause, spread and control of this disease. . This research aimed to assess the current level of awareness towards COVID 19 among people in and around Udupi through a well-designed questionnaire. Data were collected from a sample of 50 respondents. The main objective of this study was to study the awareness of Udupi people about the knowledge of information about COVID 19 and protection methods. The major findings of this study are that still many people do not have awareness about COVID 19, transmission and prevention methods.



A STUDY ON AWARENESS REGARDING INTELLECTUAL PROPERTY

RIGHTS AMONG THE STUDENTS

Mrs. Jayalaxmi

Department of Commerce and Management

This paper is published in a Peer Reviewed Refereed and UGC Listed Journal with ISSN No. 2277-5730 with Impact Factor 6.399

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Abstract:

Intellectual property (IP) refers to creations of the mind, such as inventions; literary and artistic works; designs; and symbols, names and images used in commerce. The term intellectual property has been used for almost one hundred and fifty years to refer to general area of law that encompasses copyright, patent, designs, and trademarks, as well as a host of related rights. Intellectual property law aims at safeguarding creators and other producers of intellectual goods and services by granting them certain time-limited rights to control the use made of those productions. Those rights do not apply to the physical object in which the creation may be embodied but instead to the intellectual creation as such. Intellectual property protection has long been an area of interest for researchers, students, policy makers and practitioners. In the present time Intellectual property rights have become common subject in all the disciplines of study. It is important not only for the lawyers, judges, law students but also engineers, scientists, artists, technicians, farmers, and as well as researchers also. However, the success of the intellectual property system of a country depends very much on the public's level of awareness. Descriptive study was conducted to find out the awareness of students about the concept of IPR Law and to suggest possible ways to manage it. The objectives of the study were to examine the level of students' knowledge about concept of IPR, knowledge about specific IPRs, and effect of IPR Laws and to suggest possible ways to prevent



unauthorized use of IPRs. Study was limited to the students of an engineering college Manipal. A sample of 50 students was selected through random sampling technique, Questionnaires was used to collect the data. Data were analyzed through percentage analysis. On the basis of findings it was concluded that they were not properly informed or taught about the concept of IPR Laws during their study and it had implications on the quality of their study. The final section discusses conclusions as well as recommendations on appropriate measures taken in order to cultivate intellectual property awareness among the students.

POST PANDEMIC OFFICE LIFE - EMPLOYEES VIEWS

Mrs. Jayalaxmi

Department of Commerce and Management

published in International Peer reviewed open access journal named “International Journal of Research in Social Science and Information Studies with e-ISSN 2347-8268 and 2347-8209

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Abstract:

The World Health Organization (WHO) declared COVID-19 as a “pandemic” on March 11, 2020. The outbreak and the rapid spread of COVID-19 has sent shock waves across global markets. It has disrupted supply chains, leading to the closure of several manufacturing facilities globally; serious disruption of air and sea traffic and closure of vital air routes. This turn has led to the collapse of markets around the world, leading to the loss of billions of dollars, which got wiped out in a matter of days. A combination of all these factors has led to a decline in the overall volume of global economic activity, forcing the world economy towards a possible recession. All sections of society – including employers and employees – should play a role to protect themselves and each



other and help prevent further spread of the disease. WHO is providing advice and updated information on COVID-19, and on how employers can protect their employees, what measures they should take in the workplace and other related factors. With this objectives a survey was conducted to collect the opinion of employees working in different offices of organizations. Information was collected from 50 employees working in different jobs like data entry, clerical dept. etc., through a well-structured questionnaire and personal interview. Simple statistical tool percentage analysis is done. Suggestions are taken by the employees and conclusion drawn.

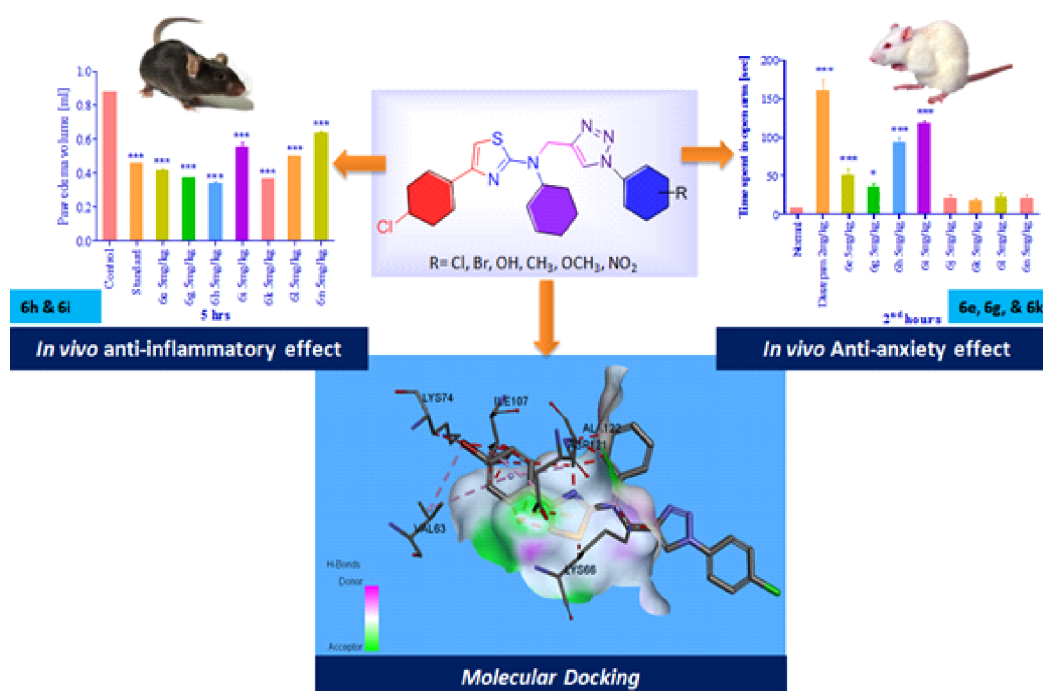
Synthesis and Molecular Docking of novel 1,3-Thiazole Derived 1,2,3-Triazoles and *In vivo* Biological Evaluation for their Anti anxiety and Anti inflammatory Activity

Dr. RANGA SWAMY J

Heterocyclic rings such as thiazole and triazole are considered as privileged moieties, since they constitute several drugs for biological treatment. In this article, a novel series of 1, 3-thiazole linked 1,2,3-triazole derivatives were designed and synthesized according to convenient synthetic procedures. All the synthesized compounds are characterized by ^1H NMR, ^{13}C NMR and LCMS techniques. The molecular docking was studied to illustrate the binding interactions of target molecules with GABA_A receptor. The synthesized compounds containing 1,3-thiazole and 1,2,3-triazole ring, the presence of these rings in each molecule may leads to have potential *in vivo* anti-anxiety and anti-inflammatory properties. The *in vivo* activity result revealed that some of the compounds possessed statistical significant therapeutic efficacy. Anti-anxiety screening on mice indicated that all the target compounds (5mg/kg) exhibited certain extent of an anxiolytic effect by increasing time spent on open arms and the percentage of open arm entries as compared to controlled group. More importantly, among the newly synthesized compounds some have strong anti-anxiety against mice.

The non steroidal anti-inflammatory activity drugs (NSAIDs) are plays a very important role to prevent the growth of cyclooxygenase enzymes which are responsible for inflammation and pain. The results indicates the halogen substituted compounds were showed good anti-inflammatory activity against carrageenan induced acute inflammation in rats comparable to diclofenac as reference drug. Molecular docking simulations were employed to find out the important binding modes responsible for the anti anxiety activity, thus supporting their effective anti-anxiety efficacy.

Source: Elsevier-Journal of Molecular Structure; Volume 1236, 15 July 2021, 130357.



हिन्दी विभाग





कुछ लेखकों और कवियों के मूल या उपनाम

संकलित : Aman
III B.Com.

१. जयशंकर साहू- प्रसाद
२. सूर्यकांत त्रिपाठी - निराळा
३. गुसाईं दत्त- सुमित्रानन्दन पन्त
४. धनप्रत राय- प्रेमचन्द
५. रामचारी सिंह- दिनकर
६. मिर्जा असदुलाह बेग खान- मिर्जा गालिब
७. मुन्नंन द्विवेदी- शांतिप्रिय द्विवेदी
८. हरिप्रसाद द्विवेदी- वियोगि हरि
९. वैद्यनाथ मिश्र- नागार्जुन
१०. हरिवंश राय श्रीवास्तव- बच्चन
११. रघुपति सहाय- फ़िराक गोरखपुरी
१२. सम्पूर्ण सिंह कालश-गुलज़ार
१३. धर्मवीर सक्सेना- धर्मवीर भारती
१४. पुष्पलता शर्मा- पुष्पा भारती
१५. शिवमंगल सिंह- सुमन
१६. मदन मोहन गुगलानी- मोहन रकेश
१७. कैलाश सक्सेना- कमलेश्वर
१८. उपेन्द्रनाथ शर्मा- अशक
१९. फणीश्वर नाथ- रेणु
२०. गोपालदास सक्सेना- नीरज
२१. श्रीराम वर्मा- अम्रकान्त
२२. रमेश चन्द्र- शैलेश मटियानी
२३. सुदामा पाण्डेय- धूमिल
२४. बालस्वरूप भटनागर- राही
२५. गंगाप्रसाद अनियाल- विमल
२६. रमेश्वर शुक्ल- अंचल
२७. वासुदेव सिंह- त्रिलोचन शास्त्री
२८. (सच्चिदानंद) हरिनन्द वात्स्यायन- अज्ञेय
२९. (तिरूमल्लौ) नम्बाकम (वीर) राघव (आचार्य)- रांगेय राघव
३०. (पाण्डेय) बेचन शर्मा- उग्र
३१. (राय) देवीप्रसाद - पूर्ण
३२. (पण्डित) चन्द्रधर शर्मा -गुलेरी
३३. बालकृष्ण शर्मा- नवीन
३४. गजानन माधव- मुक्तिबोध
३५. गोपाल शरण सिंह- नेपाली
३६. जनार्दन प्रसाद झा- द्विज
३७. सत्यनारायण- कविरत्न
३८. भगवान वर्मा- लाला भगवानदीन
३९. बालमुकुन्द गुप्त- शिवशम्भु
४०. गयाप्रसाद शुक्ल- सनेही
४१. अयोध्यासिंह उपाध्याय- हरिऔध
४२. नाथूराम शर्मा- शंकर
४३. वदरीनारायण चौधरी- प्रेमधन
४४. जगन्नाथ दास- रत्नाकर
४५. सदासुख लाल- नियाज
४६. सैयद गुलाम नबी- रसलीन
४७. सैयद इब्राहिम- रसखान



४८. मलिक मोहम्मद- जायसी

४९. विश्वम्बर नाथ शर्मा- कौशिक

५०. चण्डीप्रसाद- हृदयेश

५१. हरिकृष्ण शर्मा- प्रेमी

५२. गणेशबिहारी मिश्र, श्यामबिहारी मिश्र,
सुकदेवबिहारी मिश्र -मिश्रबन्धु

५३. गुलशेर अहमद खान- शानी

५४. रामरिख बंसल- मनहर

५५. काशीनाथ उपाध्याय- बेधडक बनारसी

५६. कृष्णदेव प्रसाद गौड- बेढब

शायरी

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गलती करने का हक ना छीन मुझसे
तुम भी कहाँ होते मेरी जिंदगी में
अगर ये हक ना होता ।

देखा ना कभी खुद को जी भर के
आईना किसी और की तस्वीर दिखाता रहा ।
कितना जानता होगा वो शख्स मेरे बारे में
मेरे मुस्कराने पर जिसने पूछ लिया तुम उदास क्यों हो ?
मुखौटे
चेहरा ही यह मुखोटे है
मुखोटे ही यो चेहरे हैं ।

अंदर का राम जला दिए कैसे उल्टे पडे दर्शरे ।
अपनी ही आवाज़ सुन न पाये हम पूर्ण रूप से बेहरे,
मन की नदी तूफान पा नही सके, हम देखते कितने गहरे ।
ये मुखोटे है कोई उतारना दे लगादे लाखों पेहरे,
चेहरे ही मुखौटे है और मुखौटे ही तो चेहरे हैं ।
मुखोटे ही अच्छे है इस दौर में
चेहरा दिखाओं तो लोग बुरा मानते है ।



श्रीमती

– के. मानसा
प्रथम बी.काम

श्रीमती शब्द महिलाओं के लिए उपयोग में लाया जाता है, जिसका अर्थ किसी को नहीं पता या कुछ लोग ही जनते होंगे।

श्रीमती का अर्थ होता है –

श्री +मती

इसमें श्री अर्थात् लक्ष्मी और

मती (बुद्धि) अर्थात् सरस्वती जहाँ लक्ष्मी और सरस्वती एक जगह निवास करी हैं, उसे श्रीमती कहते हैं।

महिलाएँ लक्ष्मी अर्जित करना भी जानती हैं और अपनी बुद्धि से उनकी बचत करना भी।

इसलिए महिलाओं को श्रीमती कहा जाता है।

जीवन के ७ सच्चे मंत्र

– के. मानसा
प्रथम बी.काम

१. दर्पण– झूठ बोलने नहीं देगा।
२. ज्ञान– भयभीत होने नहीं देगा।
३. अध्यात्म– मोह करने नहीं देगा।
४. सत्य– कमजोर होने नहीं देगा।
५. प्रेम– ईर्ष्या करने नहीं देगी।
६. विश्वास– दुःखी होने नहीं देगा।
७. कर्म– असफल होने नहीं देगा।

सच्चाई

वर्शिता सुवर्णा

हूँ मैं लड़की ! लड़की ही हूँ तो क्या हुआ !
अनेकों में एक हूँ– तो क्या हुआ? क्या हुआ
अगर लड़को जैसे कपड़े पहनती लड़कों के
जैसे व्यवहार करती...लड़को के जैसे बात करती....

पता है कमजोर हूँ मैं पर दिखाना नहीं जानती
थक गई हूँ मैं इन लोगों की बातों से जो मुझे
ही मेरी सच्चाई से डरा रहे हैं। क्या सच्चाई को
मानकर डूँटे रहना गलत बात है....?

हर रोज़ रोना हर रोज़ अपने खुद से आप से
लड़ाई करना हर रोज़ खुद को कोसना कि क्यों
हूँ मैं ऐसी...?

ना खुदा का, ना माँ बाप का साथ ना रिश्तेदारों
के..सिर्फ मैं ही यह सच्च जानती हूँ कि बरसों
से इस यह लड़की की शरीर में एक लड़के ने
जनम लिया था...

हूँ मैं लड़की ! लड़की ही हूँ तो क्या हुआ
अनेको मे एक हूँ तो क्या हुआ..

गुज़र गए इन बातों के पर यही हूँ मे तेरे
इंतज़ार मे यही खड़ी हूँ मैं। थोड़ी सी उमंग
थोड़ी सी घबराहट और थोड़ी सी लालच लेकर
नामुमकीन को मुक्कीन मैं बदलने की चाह हूँ। मैं
पता नहीं कब कैसे कहाँ मिलेगा, पर तेरी एक
जलक देखने के लिए ऐसे तडप रही हूँ। जैसे
नदियों को समुद्र मे समा जाने जैसे।



वे कृष्ण है ।

– रक्षा शेट्टी
प्रथम बी.एस.सी.

जो परम सत्य है ।
जो परम आनंद है ।
जो परम ज्ञानी है ।
जो परम सुंदर है ।
जो परम आत्मा है ।

उनका वर्णन कैसे करूँ मैं?

जो सर्वस्व है उनका वर्णन मैं इन पत्रों में कैसे आखिर करूँ? जो हम सब में परमात्मा के समीप बसते हैं और आखिर में हमें जिनमें समा जाना कैसे करूँ मैं वर्णन उनका? जिन्होंने स्त्री शक्ती को सबसे बड़ी और परम बताया शक्ती स्त्री की सम्मान का महत्वव बताने के लिए महाभारत जैसा युद्ध रचाके बताया जिसे हमें सीख लेना? चाहिए उसके बदले में आज भी हमारे समाज में स्त्री अत्याचार होरहा है यह सब जानते हुए जिसने हमें इतनी प्यारी माँ, बेटी और बहने दी कैसे करूँ मैं वर्णन उसका?

जिनके अवतारों ने समाज को अपने गुण, भाव और आदर्श से उज्ज्वल दिशा दिखाई समाज आज, अमिरी, गरीबी, जाति से अलग कर दिया है यह जानते हुए भी सबको एक समान अन्न, जल, वर्षा, फूल और फल देते हैं— कैसे करूँ मैं उनका वर्णन?

जिन्होंने हमें उनका रहने के लिए इतना सुंदर जहाँ चाँद, सूरज, नदियाँ, पेड दिया जिसका हमें शुक्ररगुजार होना चाहिए था बदले में हम उस प्रकृती को नष्ट करके अपनी समस्या का दोषी उन्हें मानते हैं । और वे सुनकर भी चुप रहते हैं, कैसे करूँ मैं वर्णन उनका?

मेरे लिए इस समाज मे मेरे सच्चे अस्तित्व है कृष्णा । जिनकी मैं हमेशा करती हूँ धन्यवाद । जो मेरा आदर्श है, जो मेरी प्रेरणा है । जो मेरे भगवान है । कृष्णा इस नाम से मुझे इतनी स्मृति क्यों मिलती है पता है ?

क्यों कि मुझे जब भी कोई समस्या आई या मुझे सही और गलत के बीच कुछ चुनना पडे उस नाम से मेरी सच्चाई और बीच अच्छाई के लिए मनोबल और आत्मा विश्वास बढता है । जो मुझे अपनी गाथाओं से, अवतारों से प्रेरित कर इस समाज के हर नजर और सोच से दूर रखता है । जिसकी बाते सुनतेही मैं हर बंधन से मुक्त हो जाती हूँ । जो मेरे लिए परमसत्य है । मेरा वे साहारा है । जो मेरी आत्मा बंधन में स्थापित है । मैं मीरा बाई की तरह कृष्णमय होना चाहती हूँ ।



मित्रता

– सिद्धेश्वर
द्वितीय बी.कॉम्.

मित्रता अनमोल धन है। इसकी तुलना किसी से भी नहीं की जा सकती है। हीरे- मोती या सोने- चाँदी से भी नहीं। मैत्री की महिमा बहुत बड़ी है। सच्चा मित्र सुख और दुख में समान भाव से मैत्री निभाता है ! जो केवल सुख में साथ होता है, उसे सच्चा मित्र नहीं कहा जा सकता। साथ-साथ खाना-पीना, सैर, पिकनिक का आनंद लेना सच्ची मित्रता का लक्षण नहीं। सच्चा मित्र तो दीर्घ काल के अनुभव से ही बनता है। सच्ची मित्रता की बस एक पहचान है और वह है विचारों की एकता। विचारों की एकता ही इसे दिनों दिन प्रगाढ़ करती है। सच्चा मित्र बड़ा महत्त्वपूर्ण होता है।

मित्रता करना तो आसान है, लेकिन निभाना बहुत ही मुश्किल। आज मित्रता का दुरुपयोग

होने लगा है। लोग अपने सीमित स्वार्थों की पूर्ति के लिए मित्रता का ढोंग रचते हैं। मित्र जो केवल काम निकालना जानते हैं, जो केवल सुख के साथी हैं और जो वक्त पड़ने पर बहाना बनाकर किनारे हो जाते हैं वे मित्रता को कलंकित करते हैं। मित्रता जीवन का सर्वश्रेष्ठ अनुभव है।

यह एक ऐसा मोती है, जिसे गहरे सागर में डूबकर ही पाया जा सकता है। मित्रता की कीमत केवल मित्रता ही है। सच्ची मित्रता जीवन का वरदान है। यह आसानी से नहीं मिलती। एक सच्चा मित्र मिलना सौभाग्य की बात होती है। सच्चा मित्र मनुष्य की सोई किस्मत को जगा सकता है और भटकनेवालों को सही राह दिखा सकता है।

गुलाब का फूल

– विजया बक्षी
प्रथम- बि.बि.ए.

कभी किसी गुलाब के फूल को गौर से देखा है? देखा है तो जरूर उसकी सुंदरता को भी देखा होगा। और अगर उसकी सुंदरता को देखा है तो उसकी प्रशंसा भी की होगी। पर क्या हमने कभी उस सुंदर फूल के नीचे लगे काँटों को देखा है? अगर नहीं देखा तो गौर से देखिएगा कि हम कभी उस फूल को तोड़ना चाहते हैं

तो हमें उस काँटों से भरी जगह को ही छूना पड़ता है। इसका मतलब अगर हमें उस गुलाब की सुंदरता को जी भर के देखना हो उसकी खुशबु का आनंद उठाना हो तो उन काँटों का सामना करना ही पड़ेगा।

यह हमारे जीवन से कितना तुलनात्मक विचार है। जीवन में भी अगर हमें परिणाम अच्छे



हाँसील करना है तो काँटों से भरी राह पर तो चलना ही होगा । अगर हमें सफलता पाना हो या दुनिया में अपना नाम रोशन करना हो, तो मुश्किलें तो आएंगी पर हम में इतनी शक्ति होनी चाहिए

कि उस काटों से भरे फूल को हम बिना हारे हासिल कर सकें । क्योंकि मुश्किलों से भागने के लिए यह जिंदगी बहुत छोटी है ।

स्त्री

– सुप्रिया तेंडुलकर
प्रथम बी.एस.सी. बी.

एक नहीं सी जान, एक छोटी सी परी
है जो घर की, संसार की प्यारी ।
मासूम सी कोमल सी फूल है
जिसको खिलने में खुशी, मुरझा ने में दुःख है ।
मन है अत्यंत चंचल जिसका
जब उतर आती है वो दूसरी जीवन के दूसरे पड़ाव में
है वो समय जब यह नहीं सी परी,
खुली आसमान की भाँति संसार को देखने के लिए तरसती है ।
पर है वो बंद
चार दीवारों की घेरे समाज की रीतों में
घर को सहाती, सपनों की कुर्बानी, देकर
वो वक्त एक नई जिंदगी की शुरुवात है ।
संभालती है अपने दो घर एक साथ,
जब एक ही पल में बढ़ती है जिम्मेदारी ।
भारी मन की इस ढेर में फिर एक बार आती है खुशी,
जब एक नई जान अपनी गोद में खिल उठती है
बढ़ती जिम्मेदारी में मुश्किल नहीं है,
यह स्त्री जो संभालती है भौतिक और सांसारिक दुनिया ।
स्त्री जो अपने मन में कुछ ठान ले
लिए, बगैर मानती नहीं है आसानी से ।
चाहती कुछ भी नहीं दूसरों से या अपनों से
चाहती है तो- एअ प्यार और स्व- सम्मान



टीकाकरण का मेरा अनुभव

- स्मृति
द्वितीय एस.सी.

हमे हमारे कक्षा के Whatsapp group में रविवार को यानि २७-०६-२०२१ को हमारे कक्षा की के द्वारा यह समाचार मिला कि अगले दिन कॉलेज में सभी छात्रों को टीका लगवाने का कार्यक्रम आयोजित किया गया है। यह समाचार पढ़कर मुझे एक तरफ तो खुशी हुई तो दूसरी तरफ दुःख। खुशी इस बात की मुझे इतनी जल्दी लसिका प्राप्त होगा और दुःख इसलिए कि मैं सुई देखकर ही रोने लग जाती हूँ। कॉलेज में यदि मैं सबके सामने रो दूँगी तो मेरा क्या होगा। इतने में मुझे मेरी सहेली से एक कॉल आया, थोड़ी देर बातचीत की और बाद में हमने यह तय किया कि हम दोनों एक ही समय पर कॉलेज पहुँचेंगे अगले दिन सभी ऑनलैन क्लास खत्म होने पर मैं और मेरी माँ कॉलेज को खाना हो गए। पहले तो मैं डर गई थी क्योंकि मैंने सुना और देखा भी था कि टीका लेने के बाद दस-बारह घंटे के बाद लोग कमजोरी अनुभव करते हैं बुखार आ जाता है, आदि जैसे जैसे हिम्मत झुटाकर हम कॉलेज चले गए। बहुत लोग थे। हमें रूम नं २४ में इंतजार करने को कहा गया। जब मैं जा रही थी तो मैंने अपनी सभी सहेलियों को दूसरी कक्षा में बैठे हुए देखा। मैं मेरी माँ को

नं २४ में बिठा दिया और अपने सहेलियों से मिलने चली गई। ढेर सारी बातें कि २.१५ को हमें कतार में खड़े होने को कहा गया। यह पहली बार हुआ है कि हम सुई लगाने के लिए मैं पहले-मैं पहले करके दौड़ रहे थे। कुछ स्वयंसेवक हमसे हमारे शरीरशास्त्र विभाग जानकारी ले रहे थे

जैसे आधार नंबर, उम्र, फोन नंबर आदि। उसके बाद मुझे Zoology Lab को भेजा टीका लेने के लिए। वहाँ जाने पर मैंने देखा कि नर्स सुई लेकर तैयार थी और उन्हें देखकर मेरी आँखें भर आईं। हिम्मत झुटाकर मैं कुर्सी पर जाकर बैठ, गई और सुई लगवाई। फिर एक लडकी ने बुखार का एक (गोली) दी और कहा कि दूसरे कमरे में जाकर आधा घंटा आराम करे। मैं और मेरी सहेलियाँ कुछ देर तक एक कक्षा में बैठ गये फिर हम सब अलविदा करके अपने अपने घर को खाना हो गए, खुश है कि मुझे जोड़कर ज्यादातर लोगो को ज्यादा कुछा तकलीफ जैसे बुखार दर्द कमजोरी नहीं हुआ। मुझे खुशी है कि मैं विश्व के सबसे बड़े टीकाकरण की हिस्सा बन गई।



भारतीय नारी – कल और आज

– प्रतीक्षा डी. सुवर्णा

नारी सृष्टि कर्ता का एक अदभुत वरदान है। इस जगत में नारी प्रकृति का प्रतिनिधित्व करती है। वह दया, ममता, कोमलता और समर्पण की प्रतिमा है। प्रसिद्ध उपन्यासकार मुंशी प्रेमचन्द ने नारी की महानता का वर्णन करते हुए कहा है कि यदि पुरुष में नारी के गुण आ जाते तो वह देवता हो जाता।

प्राचीन युग से ही हमारे समाज में नारी का विशेष स्थान रहा है। हमारे पौराणिक ग्रंथों में नारी को पूजनीय एवं देवीतुल्य माना गया है। हमारी धारणा रही है कि देव शक्तियों वहीं पर निवास करती है जहाँ पर समस्त नारी जाति को प्रतिष्ठा व सम्मान की दृष्टि से देखा जाता है।

मध्यकाल में भारतीय नारी का रूप समय के साथ परिवर्तित हुआ। हमारे समाज में अनेक कुप्रथा फैलनी शुरू हुईं और नारी का महत्व

घटना शुरू हुआ। स्त्री देवी न रह कर विलास की सामग्री बनने लगी। उसके प्रति श्रद्धा घटती चली गयी। परिणाम यह हुआ कि नारी पुरुष की एक ऐसी कठपूतली बन गयी कि जिसको वह घर की चारदीवारी के अन्दर बन्द करके सुरक्षित रखने लगा। उसे न शिक्षा का अधिकार रहा, न बोलने का। पुरुष के किसी भी काम में शामिल होना उसके लिए अपराध हो गया।

भारत में वर्तमान समय में नारी की स्थिति में हुए अभूतपूर्व बदलावों से देश के सामाजिक विकास का परिचायक कहा जा सकता है। यदि इसी तरह स्त्री पुरुष मिलकर समाज के उत्थान के लिए कार्य करते रहे तो इसमें कोई शक नहीं कि हमारा भारत एक बार पुनः शिखर तक की सफल यात्रा कर सकेगा।

परिश्रम का महत्व

– वि दीपिका
द्वितीय बि.ए.

श्रम का शाब्दिक अर्थ है – तन, मन से किसी कार्य को पूर्ण करने के लिए प्रयत्नशील होना। जिस जाति ने परिश्रम के बस तथा लाभ के साथ आगे बढ़ने की चेष्टा की वह बराबर आगे बढ़ी, विश्व का हर प्राणी परिश्रम से ही भोजन प्राप्त करता है।

परिश्रम का बहुत अधिक महत्व होता है। जब मनुष्य के जीवन में परिश्रम खत्म हो जाता है तो उसके जीवन की गाड़ी रुक जाती है, अगर हम परिश्रम न करें तो हमारा खुद का खाना-पीना, उठना बैठना भी संभव भी नहीं हो पायेगा। अगर मनुष्य परिश्रम न करे तो उन्नति और विकास की कभी कल्पना भी नहीं की जा सकती। आज के



समय में जितने भी देश उन्नति और विकास के स्तर पर इतने ऊपर पहुँच गये है वे भी परिश्रम के बल पर ही ऊँचे स्तर पर पहुँचे हैं ।

परिश्रम से अभिप्राय होता है वो परिश्रम जिससे विकास और रचना हो इसी परिश्रम के बल पर बहुत से देशों ने अपने देश को उन्नति और विकास के शिखर पर पहुँचा दिया है । जो

परिश्रम व्यर्थ में किया जाता है उसका कोई अर्थ नहीं होता है । जिन व्यक्तियों के जीवन में आलस भरी होता है वे कभी भी जीवन में उन्नति नहीं कर सकते है । परिश्रम के बिना किसी भी प्राणी का जीवन व्यर्थ होता है । आज मनुष्य ने परिश्रम से अपने जीवन को उन्नति और विकास के शिखर पार कर लिया है ।

भारत-पाक संबंध (कश्मीर के परिपेक्ष्य में)

- दीक्षा
द्वितीय बी.ए.

हमारे देश से अलग हुआ एक भारत भूमि भाग ही पाकिस्तान है । जब से उसका जन्म हुआ है वह निरंतर भारत के विरुद्ध लडता आया है । पाकिस्तान जब भारत से अलग हुआ है कई बार नहीं बल्कि हर बार भारत के विरुद्ध किसी न किसी नए संघर्ष की तैयारी कर ही लेता है । लेकिन भारत के साथ हुए चार युद्धों में पाक हार चुका है पर उससे कोई सीख उन्होंने नहीं पायी है ।

पाकिस्तान भारत के अंग कश्मीर में जो स्थिति उत्पन्न कर डाली थी वह बहुत ही हानिकारक है । इतना ही नहीं पंजाब, राजस्थान, जम्मू-कश्मीर और भी कई राज्यों में पाकिस्तान ने आतंकवाद को प्रोत्साहन दे रहा है । पाकिस्तान अपनी जलसेना, नावसेना और वायुसेना में आधुनिक हाथियारों को जुटा रहा है । आज भी परमाणु क्षमता विस्तार में भारत के साथ स्पर्धा कर रहा है ताकि दुनिया

को दिखा सखे पाकिस्तान के पास परमाणु हथियार है और वो किसी भी क्षण भारत को टं कर सकता है । लेकिन निज यह है कि भारत पास अभी से ही परमाणु हथियार हे पर कभी भी पाकिस्तान को धमकी नहीं दी है ।

भारत और कश्मीर की सीमा का विवाद बहुत पुराना है और भयानक भी है । कश्मीर की सीमा पर सैनिक तथा युद्ध संबंधी सामग्री इकट्ठा करके कश्मीर में आतंकवादियों को भेज रहा है । वह आतंकवादी लोग भारत के अंदर ही किसी गुप्त जगह पर अपने शिबिर स्थापित करके भारत के विरुद्ध शङ्खत्र रचते आये हैं । इस कारण के लिए महात्मा गाँधीजी को अपना प्राण देना पडा उस कारण था निर्णय का कोई मूल्य नहीं रहा मतलब जिनके लिए गाँधीजी ने विभजन का



निर्णय लिया था वे आज वही गाँधीजी के भारत को अपने शत्रु समझे हैं और अन्तुत्व निभा रहे हैं ।
कश्मीर विवाद:

कश्मीर विवाद कश्मीर पर अधिकार को लेकर भारत और पाकिस्तान के बीच १९४८ स् जारी है । कश्मीर और भारत के बीच दुख चार युद्धों में से १९९९ का कारगिल युद्ध इतिहास में बहुत महत रखता है ।

साल १९९९ की सर्दियों में पाकिस्तानी घुसपैठियों ने मौका देखकर जम्मू-कश्मीर की कारगिल समेत और कुछ जगहों पर कब्जा कर लिया था । २६ जुलाई १९९९ को इस युद्ध में भारत ने विजय हासिल की थी । करीब १८ हजार फीट की ऊँचाई पर कारगिल में लड़ी गई इस जंग में देश ने लगभग ५२७ से ज्यादा वीर योद्धाओं को खोया था और १३०० से ज्यादा धायल हुए थे । इसलिए २६ जुलाई को कारगिल विजय दिवस मनाया जाता है ।

कश्मीर विवाद का अंत्य:

भारत के प्रधान मंत्री श्री नरेंद्र मोदी जी ने ३७० विधि के अनुसार कश्मीर में भी भारतीय संविधान के रीति-नीतियाँ ही रहेगी न कि पहले की तरह कश्मीर के लिए अलग संविधान । जम्मू और कश्मीर को तीन विभाग किया गया है, जम्मू, कश्मीर और लडाख । यह सब बदलाव कश्मीर में होने के कारण पाक को कश्मीर पर अधिकार छूट गया और जो आतंकवाद वे कर रहे थे उसके लिए यह विधि अडचण हो गया । क्यों कि तब कश्मीर में अलग संविधान था जिससे पाक को बहुत आयेगा हो रहा था ।

भारत और पाक के बीच का संबंध परस्पर अच्छा नहीं था और आज भी नहीं है । जो हिंसा छः दशकों से जम्मू और कश्मीर में आते आया है वो २०१९ के ३७० विधि के कारण थोडा नियंत्रण में आया है वैसे ही वहाँ के लोगों का उद्धार भी हो रहा है, प्रमुख से वे भारतीय बन गये है ।

भारतीय समाज में बुद्धिजीवियों की भूमिका

- स्मृति
द्वितीय बी.ए.

किसी भी समाज के बुद्धिजीवी उस समाज की चेतना के प्रतिबिंब होते हैं । बुद्धिजीवी तत्कालीन समाज की दशा और दशा निर्धारित करने में निर्णायक भूमिका निभाते हैं । जो व्यक्ति बुद्धि के माध्यम से अपनी जीविका कमाता है, उन्हें बुद्धिजीवी कह सकते हैं । ये शरीर श्रम से ज्यादा बुद्धि का उपयोग करते हैं । अध्यापक, वकील तथा डाक्टर बुद्धिजीवी वर्ग के अंतर्गत आते हैं ।

समाज की उन्नती में बुद्धिजीवियों का महत्वपूर्ण योगदान है । समाज के निर्देशन में चिंतक और साहित्यकार जैसे बुद्धिजीवियों की भूमिका महत्वपूर्ण है । बुद्धिजीवियों के माध्यम से समाज के पुनः जागरण कार्य होता है ।

राजराम मोहन राय, स्वामी दयानंद तथा विवेकानंद ने समाज में नई प्राण प्रतिष्ठा करने के लिए अपने भाषणों, उपदेशों तथा वक्तव्यों का आश्रय लिया । जातिप्रथा दहेजप्रथा, बाल्यविवाह



तथा छुआछूत के विरोध में इन महापुरुषों ने आजीवन संघर्ष किया। आज भारत स्वतंत्र देश है। आजादी के बाद देश के सामाजिक, आर्थिक, राजनैतिक क्षेत्रों में परिवर्तन आया है।

राजनीति के क्षेत्र में बुद्धिजीवियों का प्रभाव क्रांतिकारी सिद्ध हुआ है। हम यदि संसार के इतिहास अवलोकन करें तो विदित होगा कि बुद्धिजीवियों ने यथा-स्थिति को भंग करने के लिए प्राण-पूर्ण से अपनी भूमिका का निर्वाह किया है। फ्रांस की राज्य-क्रांति की सफलता के मूल में वहाँ का उत्तेजनापूर्ण साहित्य ही था।

राजनीतिक स्थिति के कारण बुद्धिजीवी कर्तव्य विमूढ़ हो गये हैं। आज बुद्धिजीवी वर्ग धनिक वर्ग के हाथों का खिलौना बन गये। आज मान सम्मान और पुरस्कार के लोभ से बुद्धिजीवी वर्ग अपना प्रभाव खोकर निष्क्रिय होता चला जा रहा है। आज भारत में वोट की राजनीति चल रही है

। जितनी भी कल्याणकारी योजनाएँ बनायी जाये उनमें बुद्धिजीवी वर्ग को छोड़कर अन्य वर्गों को कार्यक्रम प्रस्तुत किया जाता है। बुद्धिजीवी यदि अपने दाइत्व के प्रति उदासी हो तो समाज के लिए वह कल्याणकारी नहीं है।

आज बुद्धिजीवी वर्ग को निर्भीक होकर समाज की परिस्थितियों से सामना करना है। बुद्धिजीवी अनैतिकता, भ्रष्टाचार, स्वार्थ आदि से परे रहकर देश की सेवा करनी है।

बुद्धिजीवी समाज के आधार शिला है। भारत जैसे देश में प्रजातंत्र की रक्षा बुद्धिजीवी वर्ग के हाथों में है। राजराममोहन राय जैसे विलक्षण व्यक्तित्व ने भारतीय समाज को नई दृष्टि दी थी। इनकी रचनाओं में राष्ट्रीयता कूट-कूटकर भरी थी। इस प्रकार यह कहा जा सकता है कि राष्ट्र-निर्माण में बुद्धिजीवियों की महत्वपूर्ण भूमिका रही है। इसलिए बुद्धिजीवियों को अपना उत्तरदाइत्व को यथा समय निभाना चाहिए।

कैद

– सुविधा तंत्री

प्रथम बी . एस.सी.

अपनो के लिए हो या परायों के लिए तुम्हारी उन आँखों में हर किसी के लिए फिक्र तो देखी है मैं ने महसूस तो बहुत कुछ करते हो-लेकिन जताने कुछ नहीं हो।

हर एक एहसास के पीछे वजह होने के बावजूद भी बेवजह से उन झजबातो को कैद क्यों करने हो? जो गुन्हा है ही नहीं उस चीज के लिए सजा देने का क्या मतलब ?

जब मन खुशी से उडना चाहता है तो उसे खुले आसमान में उडने क्यों नहीं देते हो? कोई न कोई तो इस उम्मीद कि तलाश में होंगे, जो;

गरजता हुआ बादल हो या बरसता हुआ आसमान। उस नजरिए की बात ही कुछ अलग है। एक बार उन सारे अनकही बातों को रिहा करके तो देखो, उबलते हुए गुस्से को बाहर ना लाने की वजह तो मैं जानती हू, कुछ रिशतो की एहमियत के लिए तो सब कुछ कुबूल है, जब आँखें भर आती है तो उसे बहने के बदले वहीं पर रोक क्यों देते हो? जब झजहार करने के लिए हजारों वजह है तो उन्हें उजहार क्यों नहीं देते हो?

जब आगे बढ़ना है तो बार बार पीछे मुडकर क्यों देखते हो ?



भारत में महिलाओं की सुरक्षा अब भारत में एक प्रमुख मुद्दा बन गया है। देश में महिलाओं के खिलाफ अपराध की हद पार कर चुका है। महिलाएँ अपने घरों से बाहर निकलने से पहले दो बार सोचती हैं, खासकर रात में। यह दुर्भाग्य से हमारे देश की दुखद वास्तविकता है जो निरंतर भय में रहती है।

भारत में महिलाओं को पुरुषों के समान अधिकार दिया गया है। हालाँकि, लोग इस नियम का पालन नहीं करते हैं। महिलाएँ हमारे देश की वृद्धि और विकास में योगदान करती हैं, फिर भी वे डर में जी रही हैं।

महिलाओं के खिलाफ हिंसा के मुख्य कारणों में से एक मानसिकता है जो महिलाओं को पुरुषों के न्यूनतम मानते हैं और केवल घर के काम, बच्चों की परवारिश और अपने पति को प्रसन्न करने और परिवार के अन्य सदस्यों की सेवा करने के महत्व को सीमित करती हैं।

यहाँ तक की समाज के आधुनिकीकरण के आज के समय में, कई कामकाजी महिलाओं को अभी भी एक गृहिणी और एक कार्यशील महिला की दोहरी जिम्मेदारी को अपने पतियों से बहुत कम या मदद के साथ कंधे पर सारी दबाव के अधीन रखा जाता है।

महिलाओं की सुरक्षा के लिए कानून होने का क्या मतलब है, यदि व्यवस्था प्रतिबंधात्मक और अवरोधक हैं ?

भारतीय न्यायपालिका के संचालन की धीमी गति भारत में बढ़ती महिला सुरक्षा का एक और प्रमुख कारण है। सामाजिक प्रभाव और शर्मिंदगी के नाम पर कई महिलाएँ सामने नहीं आईं और न पुलिस को मामले की सूचना दी। जाहिर है, महिलाओं के अधिकारों की रक्षा के लिए बुनियादी ढाँचे का उन्नयन करना होगा। यह कई कारणों में से एक है कि रिपोर्ट किए गए मामलों की संचया महिलाओं के खिलाफ हो रही हिंसा वास्तविक संचय से कम है।

महिला सुरक्षा एक सामाजिक मसला है। इसे जल्द से जल्द सुलजाने की जरूरत है। यह देश के विकास तथा तरक्की में बाधा बन रहा है।

अब बात यहाँ है—भारत में महिला सुरक्षा में सुधार के लिए समाज के हर क्षेत्र में महिलाओं की संख्या में सुधार करना कार्य है। साथ ही महिलाओं की सुरक्षा के लिए लोगों की सोच में बदलाव बहुत ज़रूरी है। परिवार से लेकर शिक्षण संस्थानों तक पुरुषों को महिलाओं का सम्मान करना सिखाया जाना चाहिए। भारतीय पुरुषों के दिमाग और विवेक में एक क्रांतिकारी परिवर्तन चाहिए।



OTHER LANGUAGES





BABU JEEBON ROY

Jennifer Chyrmang

II B.A.

MEGHALAYA

Babu Jeebon Roy ((Lakha haka snem 1838 ha. Saitsohen. Kaba don ha thain Sohra, ha India) U la dei U nong India uba bat ia ka kam sorkar. la tip ia u kum u kpa ka khasi ba mynta

Udei u khun by nynkong jong u Ram Sing Jait Rani ad U don u para shynrang by kyrteng Bon Roy bad ka para kynthei ka Tiewbon.

Babu Jeebn Roy Latip i a u Kum U kpa ka Jait Khasi ba mynta naka bynta ka jingnoh synniang Jong u Shaka ktien Khasi, ka jingthoh Jingtar, ki jait klien bapher bapher ki jingminot hakikam lajong bad haki jingpule puthi.

Ula long u nongtreikam Sorkar bad ula trei bad ka East India company. Hadien. ba ula ichnoh iaka kam kum ki nongtrei kam sorkar, ula teinoh ia ka kam tih mawshun. Ula long U khasi ba nyingkong ban kyntiew iaki par ka jingdon ka jing tip mausphun ha myntung mongjri kaba ki khat Mynta ka sheila. Ula pynmich iaka skeel ba nyingkong ha khasi ha rilum jaintia ha U snem 1880 hapole shillong. Kaba ngikip kumka shillong Government. Boys higher Secondary School bad Ula seng iaka printing press ba nyingkong ha rilum kaba la khot kumka Ri khasi press. ha unsosun ha shillong ha U snem 1896. bad latipruh ia u kum u nongthoh kot, Kumka kot Niam jong ki khasi (The Religion of the Khasi)

ENGLISH

Babu Jeebon Roy (born 1838 in Saitsohen, Sohra, India) was an Indian government servant he is known as the father of modern Khasi. He was the eldest son of Ram sing Jait Rani. He has a brother Bon Roy and a sister, Tiewbon.

Babu Jeebon Roy is known as the Father of Modern Khasi for his contribution to Khasi Language, Literature, Linguistics, entrepreneurship and education. He was a government servant working for the East India company. He later resigned his job as a government servant working for the East India Company and worked in Limestone mining. He became the first khasi to develop mines, having limestone quarries in Mynteng Mongysi of present day sheila. He established the first high school in khasi Jaintia Hills in the year 1880 in Shillong, now known as the Shillong. Government Boys Higher secondary school and has set up the first printing press in the hills called the Ri Khasi Press in Umsosun, Shillong in 1896. He also authored book such as Ka Niam Jong ki Khasi (The Religion of the Khasi)



TAMIL

ENGLISH

ஆத்திசூடி

அறம் செய விரும்பு.
ஆறுவது சினம்.
இயல்வது கரவேல்.
ஈவது விலக்கேல்.
உடையது விளம்பேல்.
உளக்கமது கைவிடேல்.
எண் எழுத்து இகழேல்.
ஏற்பது இகழ்ச்சி.
ஐயம் இட்டு உண்.
ஒப்புரவு ஒழுகு.
ஒதுவது ஒழியேல்.
ஒளவியம் பேசேல்.
அஃகம் சுருக்கேல்.

grains

Have desire to do good deeds
Anger should be reduced / controlled
Help to your best possible extent
Don't stop doing charity
Do not boast about your possession
Do not give up hope/self-confidence
Do not underestimate the power of learning
To accept alms is a shameful act
Before eating, share food with those who need
Act with high moral standards
Never stop learning
Never envy / talk bad about others
Do not be stingy in selling food grains

- ஒளவையார்

- AVVAIYAR



PONGAL - TAMIL

பொங்கல்

இந்த பண்டிகை துவழக மக்கள் கொண்டாடும் மிக முக்கியமான பண்டிகை ஆகும். இந்த பண்டிகை நாண்டு நாடகங்களுக்கு நீடிக்கும் மழையும் பொதுவாக 13 ஆம் தேதி ஜனவரி 6 ஆம் தேதி வரை கொண்டாடப்படுகிறது. விவசாயத்திற்கு ஆற்றலைக் கொடுத்ததற்காக சூரியனுக்கு நன்றி தெரிவிக்கும் வகையில் இந்த விழா முக்கியமாகக் கொண்டாடப்படுகிறது. பொங்கல் தென்னிந்தியாவில் மிகவும் பிரபலமானது மற்றும் அங்குள்ள பெரும்பாலான பண்டிகைகளில் கொண்டாடப்படுகிறது. இந்த மாதம் 'மார்கழி' மாதம் என்று அழைக்கப்படுகிறது. இந்த பண்டிகை நாண்டு நாடகம் கொண்டாடப்படுகிறது. முதல் நாள் 'பொங்கி' பண்டிகை ஆகும். இந்த பண்டிகை முக்கியமாக திந்திரணுக்கும் விவசாயிகளுக்குப் பெருமை சேர்க்கும் வகையில் கொண்டாடப்படுகிறது. வேளாண்மை வேலைகளில் களைசியாக செயல்படவேண்டிய மீதி பொருட்களை தீயிட்டு எறிக்கும் வேலைகள் செயல்பட்டன. முக்கிய பொங்கல் இரண்டாவது நாளில் கொண்டாடப்படுகிறது. இந்த நாள் 'தைப் பொங்கல்' என்று அழைக்கப்படுகிறது. இந்த நாளில் அனைத்து மக்களும் பாரம்பரிய ஆடைகளை அணிவார்கள். பிரசாதத்தில் கரும்பு மற்றும் தேங்காய் ஆகியவை சேர்ப்பார்கள். மாட்டுப் பொங்கல், முன்றாம் நாளில் கொண்டாடப்படுகிறது. பசுவிற்கு பல மணிகள், பூக்கள் கட்டப்படும் மற்றும் பசுவிற்கு பொங்கல் மற்றும் சீதில்கள் ஊட்டப்பட்டு வழிப்படுவார்கள். கடைசி நாளில், 'காணும் பொங்கல்' கொண்டாடப்படுகிறது. இந்த நாளில் பெண்கள் ஒரு மஞ்சள் கிழையைப் பிழிந்து அதில் பஸவிதமான வயாருட்களை நிரப்பி வழிப்படுவார்கள். இந்த நாளில் மக்கள் தங்கள் உறவினர்களின் வீட்டிற்குச் சென்று தங்களின் அன்பைப் பகிர்ந்து கொள்வார். இந்த கதைத்திருநாளானது எல்லா விதமான செல்வங்களும் கிடைக்கும் நல்லநாளாக அறிய வேண்டுகிறோம்

பொங்கல் நல்வாழ்த்துக்கள்.

SMITH A
I B.Sc



PONGAL - ENGLISH

- *Smitha*
II BSc

This is the most important harvest festival celebrated by the people of Tamilnadu. ‘ Pongal’ festival is similar to “shankaranthi” festival of Karnataka . It lasts for a period of 4 days and is normally celebrated from 13th to 16th of January. The festival is mainly celebrated to thank or show appreciation to the sun God for giving the source of energy for agriculture. The people cook the first harvest of rice grains. “Pongal” is also a popular delicacy which the tamilians love so much. It is celebrated for four days . The first day is known as “Bhogi” and is mainly to honour Lord Indra who provides the farmers with rain . People get rid of something old and get something new as a sign of a new beginning. All that was gotten rid of is burnt in the bonfire. The main pongal falls on the second day and is called “Thai Pongal “. All the people wear the traditional clothes on this day. The offering also includes sugarcane and coconut.” Mattu Pongal”, the third day of

the festival is mainly for cows. Many beads, bells, flowers are tied the cow. They are fed pongal and other dishes and are worshipped. The last day is called “ Kannum Pongal”. On this day women put a turmeric leaf and fill it with Various items and rice and pray for their households prosperity. It is also the day where families visit each other and many gifts are exchanged as a perfect end to a perfect festival.

Happy Pongal



GUJARATI

સ્ટેચ્યુ ઓફ યુનિટી

સ્ટેચ્યુ ઓફ યુનિટી આઝાદ ભારતનાં પ્રથમ ગુહમંત્રી 'લોખંડી પુરૂષ' અને સ્વતંત્રતા ચળવળના નેતા વલ્લભભાઈ પટેલ ને સમર્પિત ગુજરાત, ભારતમાં આવેલું એક સ્મારક છે. તે સરદાર સરોવર બંધની સામે આશરે ૩ કિ.મી. દૂર નદીમાં આવેલ સાધુ બેટ પર ભરૂચ નજીક આવેલું છે. આ સ્મારકનો વિસ્તાર ૨૦,૦૦૦ ચો.મી. છે. ૧૮૨ મીટરની ઊંચાઈ, જેમાં ૧૫૭ મીટર પ્રતિમાની અને પેડેસ્ટલની ૨૫ મીટર ઊંચાઈ છે. આ સ્મારક વિશ્વની સૌથી ઊંચી પ્રતિમા છે.

સ્મારકની ડિઝાઈન રામ વી. સુથાર દ્વારા કરવામાં આવી હતી. ૩૧ ઓક્ટોબર ૨૦૧૩ ના બાંધકામ શરૂ થયું હતું અને ઓક્ટોબર ૨૦૧૮માં પૂર્ણ થયું હતું. ૩૧ ઓક્ટોબર ૨૦૧૮ના સરદાર પટેલની ૧૪૩મી જન્મજયંતિ પર ભારતના ૧૪માં વડાપ્રધાન શ્રી નરેન્દ્ર મોદી દ્વારા ઉદ્ઘાટન થયું હતું. એક સર્વે મુજબ ૧૫ માર્ચ ૨૦૨૧ સુધીમાં ૫૦ લાખ પ્રવાસીઓએ સ્મારકની મુલાકાત લીધી હતી. સ્મારક દર સોમવારે સમારકામ માટે બંધ રહે છે. પ્રવાસીઓની મુલાકાત માટે સુવિધા માટે ૫ કિ.મી.ના અંતરમાં કેવડીયા રેલવે સ્ટેશનનું નિર્માણ કરવામાં આવ્યું છે. કેવડીયા ગામ થી આશરે ૪ કિ.મી. ના અંતરમાં આવેલું છે. વડોદરા થી ૯૦ કિ.મી. સુરત થી ૧૫૦ કિ.મી. અને અમદાવાદથી ૨૦૦ કિ.મી. ના અંતરમાં છે. હેલીકોપ્ટર દ્વારા ૧૦ મિનિટની મુસાફરી દ્વારા આકાશી વ્યુ નો આનંદ ઉઠાવી શકાય છે. ૨૯૦૦ વ્યક્તિ દીઠ ખર્ચ થાય છે. સ્ટેચ્યુ ઓફ યુનિટી ની સાથે બીજી અન્ય ૧૭ જગ્યાઓ ની ટિકીટ ખર્ચ વ્યક્તિ દીઠ ૨૯૦૦ તથા બાળકો ની ટિકીટ ૨૫૦૦ આસપાસ થાય છે.



સ્થળ	વયસ્ક ટિકિટ	બાળક
સ્ટેચ્યુ ઓફ યુનિટ એન્ટ્રી ફી	૧૫૦	૯૦
વ્યુઇંગ ગેલેરી	૩૮૦	૨૩૦
જંગલ સફારી	૨૦૦	૧૨૫
એકતા ફૂઝ	૨૦૦	૨૦૦
રિવર રાફ્ટીંગ	૧૦૦૦	૧૦૦૦
બટર ફ્લાય ગાર્ડન	૬૦	૪૦
કેક્ટસ ગાર્ડન	૬૦	૪૦
એકતા નર્સરી	૩૦	૨૦
વિશ્વ વન	૩૦	૨૦
ઈકો બસ	૩૦૦	૨૫૦
સરદાર સરોવર બોટિંગ	૨૯૦	૨૯૦
આરોગ્ય વન	૩૦	૨૦
ગોલ્ડ કાર્ટ	૫૦	૫૦
ચિલ્ડ્રન પાર્ક	૨૦૦	૧૨૫
કુલ	૨૯૮૦	૨૫૦૦

ભૈરવી આર પંડ્યા
હિન્દી વિભાગ
(સંકલિત માહિતી)



स्टेच्यु ऑफ युनिटि

स्टेच्यु ऑफ युनिटि स्मारक आज़ाद भारत के प्रथम गृहमंत्री तथा उप प्रधानमंत्री ' लोखंडी पुरुष' और स्वतंत्रता संग्राम के सेनानी वल्लाभभाई पटेल को समर्पित है। जो गुजरात में स्थापित है। यह स्मारक सरदार सरोवर बांध से लगभग ३ कि.मी. दूर साधु द्वीप पर भरुच के पास स्थापित है। इस स्मारक का विस्तार २०,००० चो.मी. है। इस प्रदेश की कुल ऊंचाई १८२ मीटर तथा प्रतिमा की ऊंचाई १५७ मीटर और पेडेस्टल की ऊंचाई २५ मीटर है। इस स्मारक को आज तक की विश्व की सबसे ऊंची प्रतिमा मानी जाती है।

इस स्मारक की रचना श्रीमान राम वी. सुथार द्वारा हुई है। ३१ अक्टूबर २०१३ में प्रारंभ हुआ था और अक्टूबर २०१८ में पूर्ण हुआ। २०१८म ३१ अक्टूबर को सरदार पटेल की १४३वीं जन्मजयंति पर भारत के १४वे प्रधानमंत्री श्री नरेन्द्र मोदी जी द्वारा उद्घाटित किया गया। एक सर्वे के अनुसार १५ मार्च २०२१ तक लगभग ५० लाख लोगों ने इस स्मारक की मुलाकात ली। इस स्मारक को प्रति सोमवार सफाई एवं अन्य कारणों से बंध रखा जाता है। प्रवासियों की सुवाधा के लिए पास में ही ५ कि.मी. के अंतर पर केवडिया गाँव से करीब ५ कि.मी अंतर में बनाया गया है। यह विस्तार बडौदा से ९० कि.मी.,सुरत से १५० कि.मी. और अहमदाबाद से २०० कि.मी की दूरी पर स्थित है। इस रमणीय प्रदेश का आकाशी व्यु का आनंद उठाने के लिए १० मिनट के सफर के लिए प्रति व्यक्ति २९०० रुपये का खर्च आता है। स्टेच्यु ऑफ युनिटी के साथ अन्य १७ स्थानों की टिकट का खर्च २९०० रुपये तथा २५०० रुपये आता है।

स्थल	वयस्क टिकट	बच्चों के लिए
स्टेच्यु ऑफ युनिटी प्रवेश शुल्क	१५०	९०
व्युईग गॅलेरी	३८०	२३०
जंगल सफारी	२००	१२५
एकता कूड़ा	२००	२००
रीवर राफ्टिंग	१०००	१०००
बटर फ्लाय पार्क	६०	४०
केक्टस पार्क	६०	४०
एकता नर्सरी	३०	२०
विश्व वन	३०	२०
ईको बस	३००	२५०
सरदार सरोवर बोटिंग	२९०	२९०
आरोग्य वन	३०	२०
गोल्फ कार्ट	५०	५०
चिल्ड्रन पार्क	२००	१२५
कुल खर्च	२९८०	२५००

भैरवी आर पंड्या, हिन्दी विभाग
(संकलित)



ପ୍ରଥମ ଜ୍ୟୋତୀ

Gayatri Pradhan
II B.Sc. - A
ଓଡ଼ିଆ / ଓଡ଼ିଆ ଭାଷା

ଆମ ଭାରତ ବର୍ଷରେ ପୁରୀ ଜ୍ୟୋତୀ ନିର୍ମିତ ହୁଏ କିନ୍ତୁ ତାହା
ନିର୍ମିତ । ତହିଁ ନିର୍ମାଣ ପାଇଁ ଦାନ ମଧ୍ୟରେ ତଳେ ଲେଖା ନିର୍ମାଣ
ଅଟେ । ତହିଁ ନିର୍ମାଣ କାର୍ଯ୍ୟକାରୀ । ତହିଁ ନିର୍ମାଣରେ ମୋଡ଼ାଧାର ।
ତହିଁ ନିର୍ମାଣରେ ପୁଣି ଶାନ୍ତ ଚଳିଥାଏ, ଜ୍ୟୋତୀ ସାମାଜିକ ସୁଖ
କି ସୁଖ ମାତ୍ର ଉପରେ ନିର୍ଭର କରେ । ନିର୍ମାଣ ଉପରେ ଶାନ୍ତ ହୁଏ ।
ନିର୍ମାଣ ଏହି ଲୋକେ ସମାଜରେ ନିର୍ମାଣ କରୁଥିଲେ । ନିର୍ମାଣ ସାମାଜ
ଏକ ଶାନ୍ତ ସୁଖ ଅଟେ । ନିର୍ମାଣ ଉପରେ ପ୍ରକାଶ କରିବା ପାଇଁ
ପ୍ରକାଶ ସୁଖକୁ ହିଁ କୁହା ଯାଏ । ନିର୍ମାଣ ସୁଖକୁ ପ୍ରକାଶ
କରିବା । ପ୍ରକାଶ ଉପରେ ସୁଖକୁ ହିଁ କୁହା ଯାଏ । ତା
ପରେ ନିର୍ମାଣ ଉପରେ ପ୍ରକାଶ କରିବା, ନିର୍ମାଣ ଉପରେ ଶାନ୍ତ
ଓଡ଼ିଆ ଓ ସାମାଜିକ ସୁଖକୁ କୁହା ଯାଏ । ପ୍ରଥମ ଜ୍ୟୋତୀ ସମ୍ପର୍କ
ଏକ ସୁଖକୁ ହିଁ କୁହା ଯାଏ । ଏଥିରେ ଶାନ୍ତ ସୁଖ
କିନ୍ତୁ ଆମେ ଓଡ଼ିଆଙ୍କୁ ପଢ଼ାନ୍ତି କରିବା ପାଇଁ । ନିର୍ମାଣ
ଆମେ ତହିଁ ନିର୍ମାଣ ନିର୍ମାଣ ଏକ ସୁଖକୁ ହିଁ କୁହା ଯାଏ
ଏକ ସୁଖକୁ ଏକ ସୁଖକୁ ପଢ଼ାନ୍ତି ପଢ଼ାନ୍ତି । ପ୍ରକାଶ ତାହା
ପଢ଼ାନ୍ତି ପଢ଼ାନ୍ତି କିନ୍ତୁ । ନିର୍ମାଣ ଆମେ ଏକ ସୁଖକୁ ଆଜି
ପ୍ରକାଶ ନିର୍ମାଣ ନିର୍ମାଣ କିନ୍ତୁ ପଢ଼ାନ୍ତି କିନ୍ତୁ ସମାଜ ସୁଖକୁ ନିର୍ମାଣ
ପଢ଼ାନ୍ତି ତାହା ତହିଁ ନିର୍ମାଣ ନିର୍ମାଣ ପଢ଼ାନ୍ତି କିନ୍ତୁ ଆମେ ଏକ
ତହିଁ ଓଡ଼ିଆଙ୍କୁ ପଢ଼ାନ୍ତି କିନ୍ତୁ ତହିଁ ସମାଜ ନିର୍ମାଣ
ଆମେ ତହିଁ ନିର୍ମାଣ ନିର୍ମାଣ ନିର୍ମାଣ ନିର୍ମାଣ ନିର୍ମାଣ



जगन्नाथ-पुरी

जगन्नाथ-मंदिर हिंदू जाति क सबसे बड़ा और श्रेष्ठ मंदिर है । यह मंदिर चार-धाम यात्रा में श्रेष्ठ माना गया है । इस मंदिर का निर्माण १४५१ में हुआ था। इस मंदिर में भगवान श्री जगन्नाथ अपने बड़े भाई बलराम तथा छोटी बहन सुभद्रा तथा जगन्नाथ जी की पत्नी माता लक्ष्मी के साथ स्थापित है । मंदिर की ऊँचाई २१३ फूट तथा १० एकड़ क्षेत्र में फैला हुआ है । मंदिर के सामने एक गरुड स्तंभ है । गरुड स्तंभ का महत्व यह है कि दर्शनार्थी प्रथम स्तंभ को नमस्कार करना अनिवार्य है । बाद में सिंह-द्वार से प्रवेश के बाद प्रथम भगवान सुदर्शन को नमस्कार करने के बाद प्रवेश कर सकते हैं । निज मंदिर में भगवान अपने भाई तथा बहनक साथ विराजमान है । भगवान जगन्नाथ की विश्वप्रसिद्ध रथयात्रा साल में एक बार होती है । इस रथयात्रा में विश्व के कोने-कोने से लोग शामिल होते हैं । इस मंदिर की खासियत यह है कि मंदिर के सर्वोच्च स्थान पर पतितपावन पताका है । जिसे प्रतिदिन सुबह बदली जाती है । इस पताका के पास सायंकाल दीप प्रज्वलित किया जाता है । सुदर्शन चक्र को कोई भी दिशा से देखने पर वह हमारी ओर देख रहा है । मंदिर के सर्वोच्च शिखर की विशेषता है कि आज तक उसके ऊपर से पक्षी या हवाई-जहाज नहीं गुजरा है । यह मान्यता है कि जब कोई सुदर्शन चक्र के ऊपर से पसार होगा तब सृष्टि का विनाश होगा । जगन्नाथ मंदिर के रसोई-घर की विशेषता यह है कि यहाँ एक साथ सात बरतन में एक-दूसरे के ऊपर खाना पकाया जाता है । सातवे बरतन में खाना पकते समय पहले बरतन का खाना पक जाता है । मंदिर के बाहर आनंद बाज़ार में सभी जाति के लोग ऊँच-नीच भूल कर एक साथ प्रसाद ग्रहण करते हैं ।



DEPARTMENTAL & ASSOCIATION ACTIVITIES



Students' Council Inauguration



Guest Speech

ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮ



ಶಿವಕುಮಾರ ಅಳಗೋಡು ಇವರ
ರಾಜ್ಯಮಟ್ಟದ ಪ್ರಶಸ್ತಿ ಪುರಸ್ಕೃತ ಯಕ್ಷಗಾನ ಕೃತಿಗಳ ಅನಾವರಣ
ಸಂಪನ್ಮೂಲ ವೃತ್ತಿ : ಶ್ರೀಮತಿ ಕಾವ್ಯಪ್ರೀತ ಅಚೇರು
ಕೆಂಕುತಿಟ್ಟು ಯಕ್ಷಗಾನದ ಪ್ಯಾಕ ಭಾಗವತರು



ಶಿವಕುಮಾರ ಅಳಗೋಡು ರಚಿಸಿದ ಯಕ್ಷಗಾನ ಪದಗಳ
ಗಾಯನ ಕಾರ್ಯಕ್ರಮ
ಭಾಗವತರು : ಶ್ರೀಮತಿ ಕಾವ್ಯಪ್ರೀತ ಅಚೇರು, ಮದ್ದಳೆ : ಅವಿನಾಶ್ ವಿಟ್ಟಿ,
ಚಂದೆ : ಗಣೇಶ್ ಭಟ್

ಸಂಸ್ಥಾಪಕರ ದಿನಾಚರಣೆ



DEPARTMENTAL & ASSOCIATION ACTIVITIES



"ಯೋಗದರ್ಶನಂ ಎಂಬ ರಾಷ್ಟ್ರೀಯ ಸ್ವರೀಯ ವೆಬಿನಾರ್" ಉದ್ಘಾಟನೆ - ಪರಮಪೂಜ್ಯ ಶ್ರೀ ಶ್ರೀ ವಿಕ್ರಪ್ರಿಯತೀರ್ಥ ಶ್ರೀಪಾದರಿಂದ



"ಯೋಗದರ್ಶನಂ" ಎಂಬ ರಾಷ್ಟ್ರೀಯ ಸ್ವರೀಯ ವೆಬಿನಾರ್‌ನಲ್ಲಿ ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿಗಳಾದ ಉಡುಪಿ ಸಂಸ್ಕೃತ ಕಾಲೇಜಿನ ಪ್ರಾಚಾರ್ಯರಾದ ಡಾ|| ಲಕ್ಷ್ಮೀನಾರಾಯಣ ಭಟ್ಟರಿಂದ ಉಪನ್ಯಾಸ



"ಕೌಟಲೀಯಾರ್ಥದರ್ಶನಂ" ಎಂಬ ರಾಷ್ಟ್ರ ಮಟ್ಟದ ವೆಬಿನಾರ್‌ನ ಉದ್ಘಾಟನೆ ಪರಮಪೂಜ್ಯ ಶ್ರೀ ಶ್ರೀ ವಿಕ್ರಪ್ರಿಯತೀರ್ಥ ಶ್ರೀಪಾದರಿಂದ



"ಕೌಟಲೀಯಾರ್ಥದರ್ಶನಂ" ಎಂಬ ರಾಷ್ಟ್ರ ಮಟ್ಟದ ವೆಬಿನಾರ್‌ನಲ್ಲಿ ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿಗಳಾದ ಉಡುಪಿ ಸಂಸ್ಕೃತ ಕಾಲೇಜಿನ ಅಲಂಕಾರಶಾಸ್ತ್ರ ಪ್ರಾಧ್ಯಾಪಕರಾದ ಡಾ|| ಅಮೃತೇಶ ಆಚಾರ್ಯರಿಂದ ಉಪನ್ಯಾಸ



ಸಂಸ್ಕೃತ ವಿಭಾಗ ಮತ್ತು ಮಂಗಳೂರು ವಿ.ವಿ. ಸಂಸ್ಕೃತ ತಿಕ್ಕಲ ಸಂಘದ ಸಹಯೋಗದಲ್ಲಿ ಬರುಗಿದ ಮೂರನೇ ಸೆಮಿನಾರ್‌ನ ಪದವಿ ತರಗತಿಗಳ ಪಾಠ್ಯಪುಸ್ತಕಗಳ ಅನಾವರಣ - ಪರಮಪೂಜ್ಯ ಶ್ರೀ ಶ್ರೀ ವಿಕ್ರಪ್ರಿಯತೀರ್ಥ ಶ್ರೀಪಾದರಿಂದ



ಸಂಸ್ಕೃತ ವಿಭಾಗ ಮತ್ತು ಮಂಗಳೂರು ವಿ.ವಿ. ಸಂಸ್ಕೃತ ತಿಕ್ಕಲ ಸಂಘದ ಸಹಯೋಗದಲ್ಲಿ ಬರುಗಿದ ನಾಲ್ಕನೇ ಸೆಮಿನಾರ್‌ನ ಪದವಿ ತರಗತಿಗಳ ಪಾಠ್ಯಪುಸ್ತಕಗಳ ಅನಾವರಣ - ಪರಮಪೂಜ್ಯ ಶ್ರೀ ಶ್ರೀ ವಿಕ್ರಪ್ರಿಯತೀರ್ಥ ಶ್ರೀಪಾದರಿಂದ

DEPARTMENTAL & ASSOCIATION ACTIVITIES



"ರೋಗ ನಿರೋಧಕ ಶಕ್ತಿಯ ಹೆಚ್ಚಳದಲ್ಲಿ ಮನಮದ್ದುಗಳ ಪಾತ್ರ"
- ಮುನಿಯಾಲಾ ಗಣೇಶ ಶೆಟ್ಟಿ



ಕೃತಿಗಳ ಅನಾವರಣ - ಡಾ. ಶ್ರೀಶಾಂತ ಸಿದ್ದಾಪುರ ಪಾಗೂ
ಅಂತಿಮ ಬಿ.ಎ. ವಿದ್ಯಾರ್ಥಿ ಶಿವರಾಜ್‌ಕುಮಾರ್ ಇವರ ಕೃತಿಗಳು



"ಯಕ್ಷಗಾನ ಕವಿಗಳು ಕಂಡಂತೆ ಶ್ರೀಕೃಷ್ಣ"
ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿ : ಖ್ಯಾತ ಸ್ತ್ರೀ ವೇದಾಂಗಿಗಳು



"ಗಮಕ ಶಾರ್ಯಕ್ರಮ" - ಚಂದ್ರಶೇಖರ ಕೆದ್ದಾಯ



A virtual talk on 'Introduction to Massive
Open Online Courses' by Mr. Sooryanarayana Bhat,
SDM College, Ujire on 9-9-2020(1)



Lecture on 'Victorian Literature' by
Prof. Namita Tholpadi, retired Prof. of English,
SMS College, Brahmawar on 17-2-2021



One Day International Webinar on 'Literature and
Pandemics- A Correlation and Societal Impact
of the Pandemic' on 31-7-2021



Online interview of Mr. Suhas,
a research scholar in Mathematics
and an alumnus of our college on 15-10-2020

DEPARTMENTAL & ASSOCIATION ACTIVITIES



Virtual talk on 'Career Prospects by Studying English Literature and Avenues for preparation of NET exam' by Mr. Vikyat Shetty, Post Graduate Scholar, Mangalore University on 5-9-2020



Workshop on 'Causes and Crisis in Cognitive and Behavioural State of Adolescents- Solution through Communication' on 10-3-2021 by Ms. Amberina, Post Graduate student of MPSW



Talk on 'Effective Communication Skills' on 11-12-2020 by Mr. Udayan Gan Chowdhury, Senior Manager, Accenture, Melbourne



Virtual lecture on ' The Origin of Idioms ' on 29-8-20 by Mrs. Clarine, lecture in English at Silas Mahesh PU College



Workshop on English- Key to Unlock a Brilliant Future on 3-2-21 by Mr. Rajath R, freelance writer



Felicitation of Prof. Sumana R. on the occasion of her Superannuation



Hindi Day Celebration
Chief Guest : Rtd. Smt. Madhavi Bhabdri
Principal of Poornaprajna Evening College



Book Launch Programme of "Principles of Economics" of Dr. Sowjanya S. Shetty on 1-01-2021 by H.H. Sri Vishnupriya Theertha Swamiji



International Trade & Banking Practices Book Launch Programm of "International Trade & Banking Practices" of Dr. Sowjanya S. Shetty & Dr. Prakash Rao on 23-7-2021 by Sri H.H. Sri Vishwapiya Theertha Swamiji

DEPARTMENTAL & ASSOCIATION ACTIVITIES



Inauguration of National Webinar on "India-China Border Dispute on 18-01-2021. Sri Sri Vishwapriya Theertha Swamiji of President Admar Mutt Educational Bangalore gave inaugurated the Program Dr. Venkataraman, Faculty South Asian Students University of Madras was the Resource Person



Prof Surendranath Shetty Retd Professor M.G.M Udupi gave talk on Relevance of tradition during the Pandemic on 8-1-2021



Dr. Rajashekhar Kumbhar resource person addressing the gathering on the occasion of one day workshop on "Enhancing the quality of e-consortium access" held on 24-08-2021



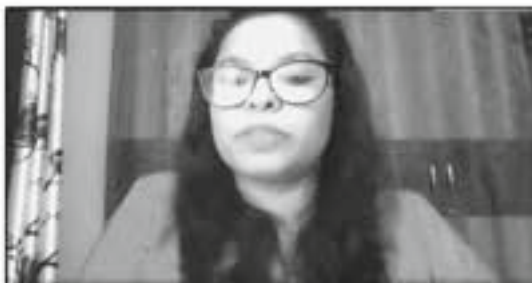
Librarian's Day Celebration - 2021



National Level Online Workshop on Astronomy & Cosmology



National Level webinar on opportunities in Space Science & Astronomy



Old Students Interaction Session on "My journey of Physics from PPC"

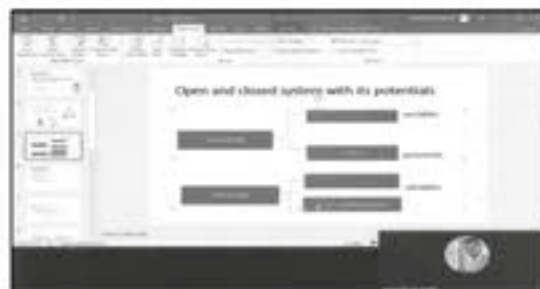


Gravitophycon 3.0 Organized by Physics Department

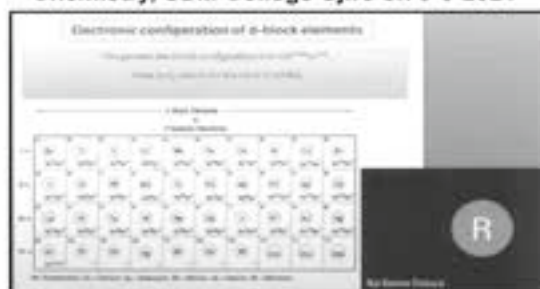
DEPARTMENTAL & ASSOCIATION ACTIVITIES



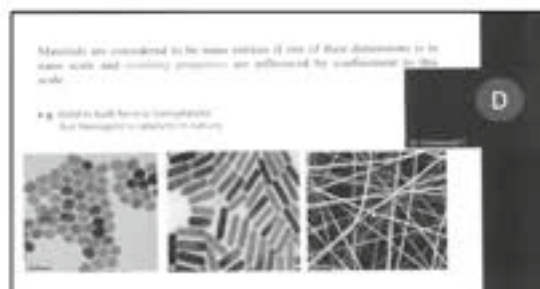
Virtual talk on "The invisible reality : A Bizarre world of particles," by Dr. Purandara H. Assistant Prof. PG. dept. of Chemistry, SDM College Ujire on 9-6-2021



JAM training on the topic "Thermodynamics" by Mr. Puneeth Thendulkar, M.Sc Chemistry Savitribai Phule Pune University on 19-6-2021



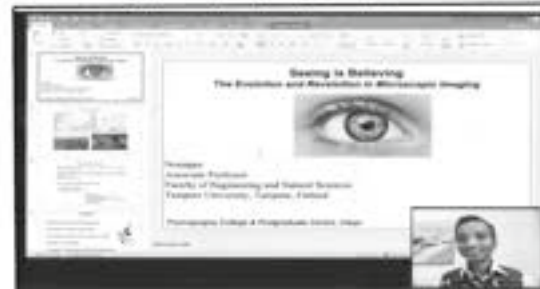
JAM training on the topic "d-block elements" by Ria Beena D'Souza, M.Sc. Chemistry, Dept of Chemistry Mangalore University, Mangalagangothri, on 26-6-2021



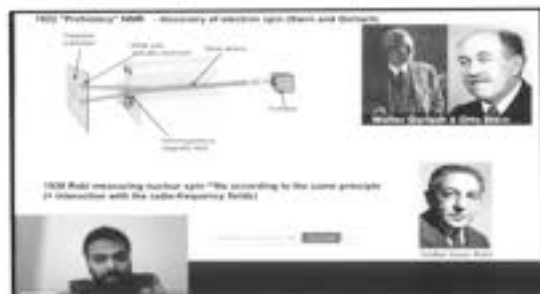
Virtual talk on "Nano Science & future perspectives" by Dr. Vishwanath T., Assistant prof. Dept of Material Science, Mangalore University, Mangalagangothri, on 22-7-2021



Inauguration & Blessings by H.H. Sri Vishwapriya theertha Swamiji, President Udupi Sri Admar Mutt Education Council in International Webinar "Recent Trends in Chemical Science: Development & Application (RTCSDA -2020)" on 9-9-2020



Talk on "Seeing is believing : The evolution and revolution microscopic imaging" by Dr. Nonappa Assistant Prof. in Material Science Faculty of Engineering & natural Science Tampere University in international webinar Recent Trends in Chemical Science : Development & application (RTCSDA -2020) on 9-9-2021



Student Scientist interaction "Application of NMR Spectroscopy in Structural Chemistry and Structural Biology", by Mr. Kiran Kumar Research Scholar, University of Quebec Montrel, Canada on 22-09-2020



International Conference on Discrete Mathematics & Combinatorics (July 22 & 23, 2021)

DEPARTMENTAL & ASSOCIATION ACTIVITIES



**PPC Campus Plant Survey by
VI Sem Students**



**Special talk on 'Preliminary study of
Mangrove Ecosystem and conservation of
Preliminary Mangroves' by Ms. Pratheeksha**



**Guest Lecture on
'Medicinal home yard plants'
by Dr. T. Shridhara Baiyy**



**National Level Webinar on "Invasive Plant
Species and their management" by
Dr. Saraswathi, Madurai University**



**Mr. Virendra Final Year B.Sc. Student Rank Made
IOT based "Automatic hand Sanitiser Machine"
and he was felicitated by
H.H. Sri Sri Vishwapriya Theertha Swamiji of
Sri Admar Mutt, Udupi**



**NPTCL - Special Lecture Series by the
expert from 18-01-2021 to 22-01-2021**



**H.H. Sri Vishwapriya Theertha Swamiji
addressing the audience on the occasion
of International Webinar on Investment
Strategy: A Global Perspective - 8-8-2020**



**Shravan of III BBA & Yajnes Shetty of
III BBA were secured First Place in Business
Event in an intercollegiate Competition held
by St. Aloysius College, Mangalore.**

DEPARTMENTAL & ASSOCIATION ACTIVITIES



Workshop on "Emotional Intelligence" Organised by Department of Commerce & Management in Association with Career Guidance Cell on 13-01-2021. Dr. Sandhya R. Assistant Professor, DOC, MAHE MANIPAL was the Chief Guest



Training Program on "What Got Us Here, Will not take There - How to be prepared for Real World, Outside the College" organised by Department of Commerce & Management in association with Career Guidance Cell on 2-3-2021 Mr. Praveen Gudi was the Resource Person.



Pre Placement Talk on account of Campus Placement Drive organised by Department of Commerce & Management in association with Career Guidance Cell on 4-3-2021



IQAC of the College Organised Faculty Development Program on "Professional Ethics in Workplace" on 23-8-2021. Dr. Robert Clive G. Associate Professor, Dept of Social Science, Crossland College, Brahmavar was the Resource person.



IQAC of the College Organised Faculty Development Program on Intellectual Property Rights on 26-8-2021. Dr. Prakash Kanive, Rtd. Principal, Vaikunta Baliga College of Law, Udupi was the Resource person.

DEPARTMENTAL & ASSOCIATION ACTIVITIES



IQAC of the College Organised Faculty Development Program on "Income Tax Filing - The Complexities & Solutions" on 27-8-2021. CA Lokesh Shetty, FCA, Practising Chartered Accountant was the Resource person.



Webinar Series - "The Path Finder. Campus to Corporate. Inaugurated by Dr. Raghavendra A. Principal on 22-09-2020. Mr. Praveen Gudi was the Resource person.



Inauguration of Virtual Workshop on "Introduction to Income Tax" for the highschool Teachers of Udupi District Organised by Department of Commerce & Management on 7-9-2020



The Department of Commerce and Management and Career Guidance Cell Jointly Organised a one week Virtual Training Programme on "The Path - Finder - Campus to Corporate" from 22-9-2020 to 27-9-2020



Faculty Development Program Organised by IQAC. Dr. Robert Clive delivered a Lecture on "Professional Ethics in Work Place" on 23-8-2021

DEPARTMENTAL & ASSOCIATION ACTIVITIES



March Past



Sports Day - Inauguration

ANNUAL SPORTS DAY



Swamiji is Blessings



**Guest Sri Movin Saldanha
Alumini - Former National Basket Ball
& Hand Ball Player**



Prize distribution by Swamiji



Track Event



Fit India

DEPARTMENTAL & ASSOCIATION ACTIVITIES



Fit India - Azadi Ka Amruth Mahotsav



Fit India - Oath Taking



Students Activities



Release of PAAC Planisphere by H.H. Sri Vishwapriya Theertha Swamiji



Great Conjunction of Jupiter & Saturn

POORNAPRAJNA AMATEUR ASTRONOMER'S CLUB (PAAC)



Sky Watch at Dr. TMA Pai School, Kallianpura



Sky Watch at Al- Ihsaan Academy, Muloor



Sky Watch & telescope training at MPUC, Manipal



Sky Watch at S.V.S. English Medium School, Katpadi



Talk on Astronomy at Belagavi Science Center(1)



Online Talk on Astronomy & Calendars for Dharwad Regional Science Center(1)

DEPARTMENTAL & ASSOCIATION ACTIVITIES



Talk on Career Opportunity in Defence by
Col F.P. Dubhash, Recruiting Officer
ARO Mangalore



Statue Cleaning

NCC



Independence Day



Blood Donation Inauguration



Blood Donation Camp - NCC



Republic Day

Fit India Run by NCC Navy



DEPARTMENTAL & ASSOCIATION ACTIVITIES



Hand over of face mask to Udupi district health officer, Dr. Sudheer Chandra Suda by H.H. Vishwapriya Theertha Swamiji.



Environment day Celebration with the blessings of H.H. Sri Eeshapriya Theertha Swamiji.

N S S



NSS in association with Electoral Literacy Club Celebrated National Voters day with Sri Ashoka Kamath.



Inauguration of Pipe Composting Unit by H.H. Sri Vishwapriya Theertha Swamiji.



Hadilu Bhoomi Krushi - Removing weeds in the field



Hadilu Bhoomi Krushi - NSS Valunteers worked in the field under Kedarattana Trust.



Rally on National Road Safety Month



Talk on "Youth and Leadership" by Sri Amaresh Hegde

DEPARTMENTAL & ASSOCIATION ACTIVITIES



Covid 19 - Vaccination Drive in College Campus (I Dose)



Covid 19- Vaccination Drive in College Campus (II Dose)

N S S



Rally to spread awareness on second wave of Covid 19



Distribution of Pamphlets to public to Spread Awareness on second wave of Covid 19



Talk on "Sadbhavana Diwas" by Sri Manjunath, Circle Inspector, Udipi.



Celebration of 158th Birth Anniversary of Swami Vivekananda



No Corruption pledge by Teaching and Non Teaching Staffs



Prize Distribution by Sri Ashok Kamath on National Voters Day

DEPARTMENTAL & ASSOCIATION ACTIVITIES



Yoga practice by NSS Volunteers on Yoga Day



A virtual talk on "NSS - A touch to work life "



Kitchen Gardening: Growing poison free Vegetables by Ladies Forum by Shri K Mahesh Shenoy, Udupi held on March 1st 2021



Craft Exhibition by Ladies Forum on 5th March 2021



Virtual talk on Yoga for Physical and Mental Fitness by Shri Gururaj Rao on the occasion of International Yoga Day Celebration held on 21-6-2021.



Virtual talk on Eye Care During Covid 19 by Dr. Krishna Prasad Kudlu ,Prasad Nethralaya, Udupi held on 28th May 2021- ladies forum activities

DEPARTMENTAL & ASSOCIATION ACTIVITIES



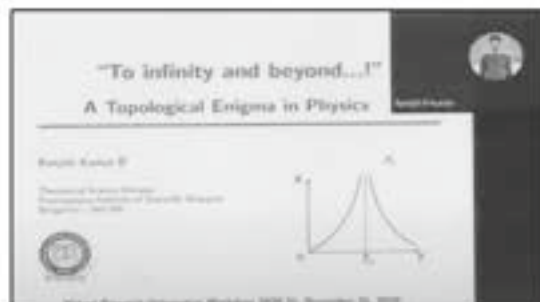
Inauguration and blessings by H.H. Sri Vishwapriya Theertha Swamiji President Udupi Sri Admar Mutt Education Council in Orientation: Research & Development on 30-12-2020



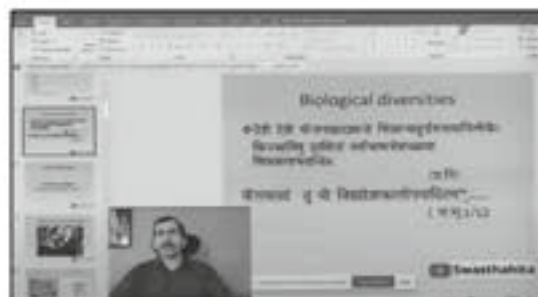
Virtual talk on "Introduction to biological Sciences division by Dr. Udupi Ramagopal. Associate Prof. and dean (Academic) biological Sciences PPISR Bangalore on 30-12-2020



Virtual talk on introduction to "Materials Science and Catalysis Division" by Dr. Ganapathi V. Shanbhag Associate Prof. Material Science, PPISR Bangalore, on 1-1-2021



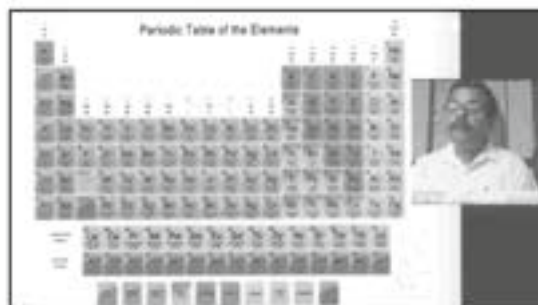
Virtual talk on "To infinity and beyond : A Topological Enigma in physics by Mr. Ranjith R. Kumar, Research Scholar PPISR, Bangalore on 31-12-2020



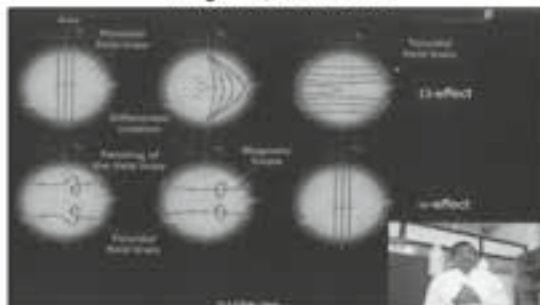
Talk on by Dr. T. Sridhara Bairy, former Prof. & Hod of Dravya guna SDM College of Ayurvedha Udupi, on 13-1-2021



Inaugration & Blessings by H.H. Sri Vishwapriya Theertha Swamiji, President Udupi Sri Admar Mutt Education Council in three days orientation on "Topics in basic Science" Sponsored by Pilikula Regional Science Centre, Mangalore, on 11-1-2021



Talk on "Recent advances in Chemistry & their applications", by Dr. Richard A. Gonsales, Associate prof. Director LCRI block & DDU Kaushal Kendra, St. Aloysius Mangalore on 12-1-2021

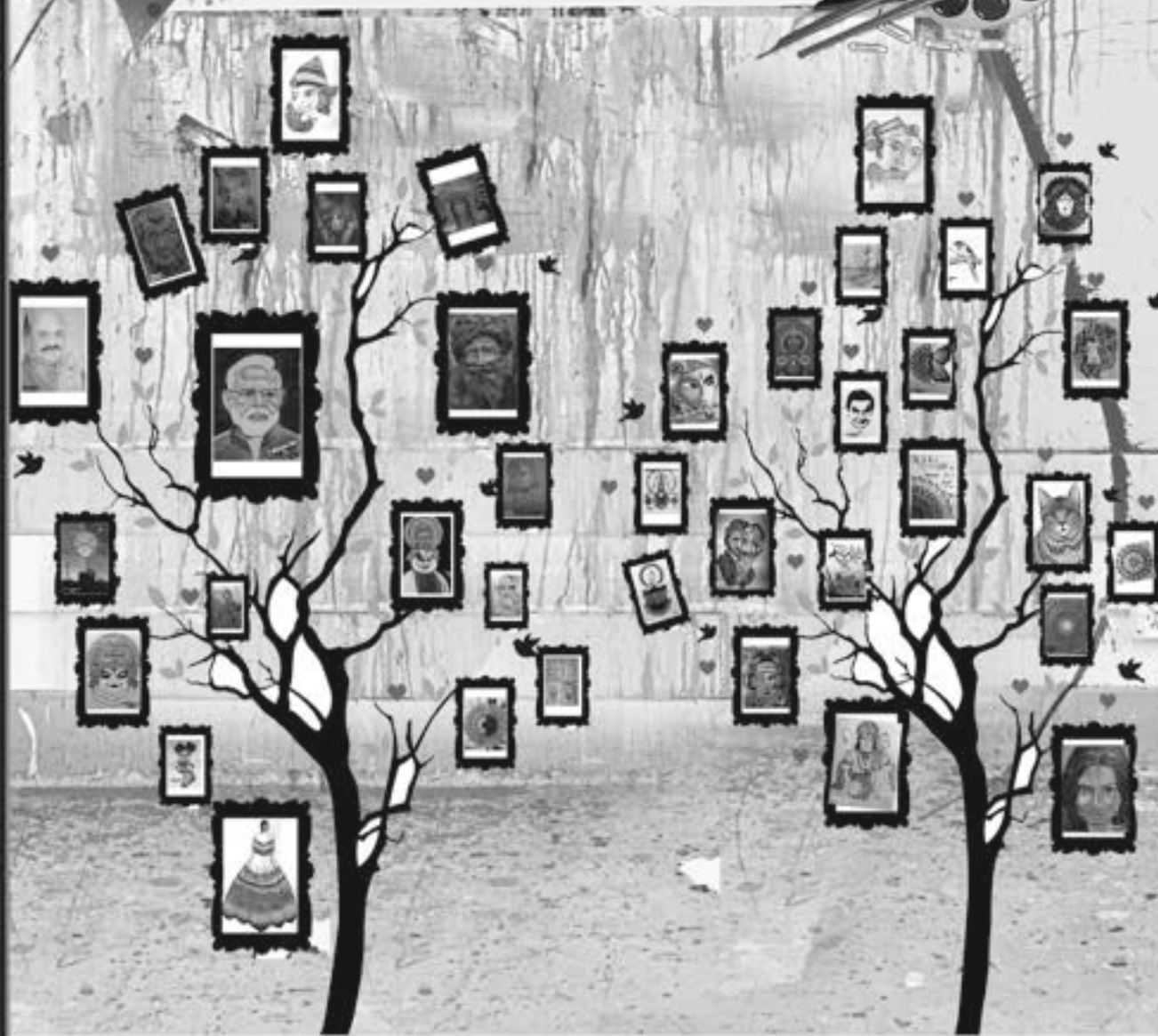


Talk on "Posaitating Physics by Dr. A. P. Bhat, Retired Principle, Poornaprajna College, Udupi, on 19-1-2021

**To lay Foundation for the New Science Block by
Karnataka Chief Minister Basavaraj Bommai**



PRAJNA ART GALLERY

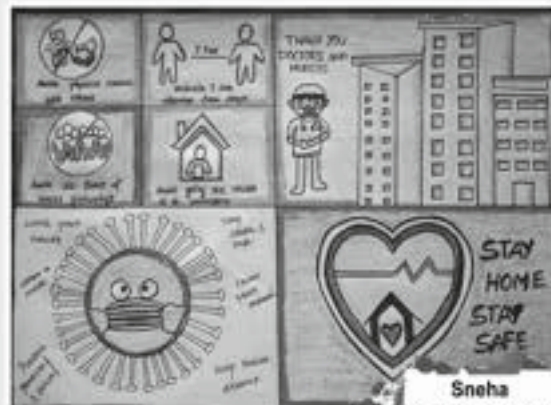




Anusha Sallian
IBA



Surabhi
III B.Com A



Sneha
Roll No. : 20672



Surabhi
III B.Com A



Anusha Sallian
IBA



Divya Acharya
II MSc

Divya Acharya
II M.Sc



Sanjana Nayak
I B. Com. B1



Prathiksha P
I BBA



Sushmitha Shetty
II B. Com B1



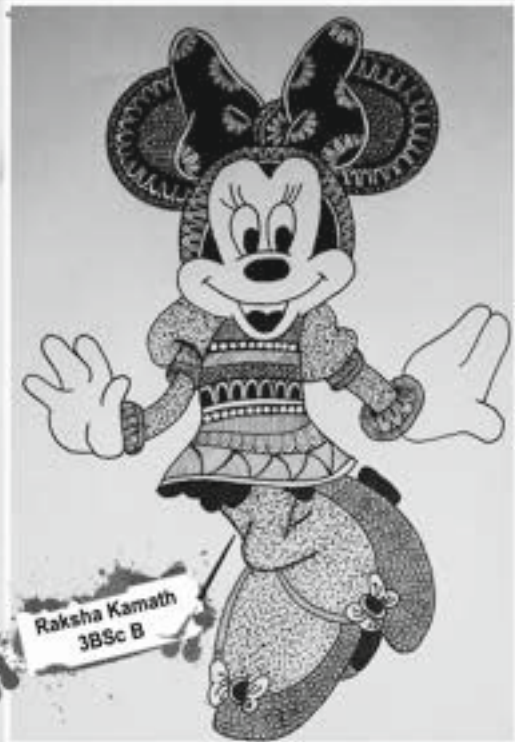
Sujana I.B.A



Preethi
II B . Com B1
19667



Prathiksha P.
IBBA



Raksha Kamath
3BSc B



Arpitha
II BBA



Supriya II BA



Nikitha
I BBA



NIKITHA
I BBA



Poojashree
II B. Com A



Ashitha
I B. Com A



Delicia
III B. Com B2



Sushmitha
I B. Com B1



Savithri Bhat
II B. Sc.



Shripad I
II B. Com A



Shripad
III B. Com A



Ashwini M.K.
II B. Com A



Thasleema
III B. Com B1



Ashwini M.K.
II B. Com A



SUPRIYA BHAT
II BA



Mayuri
III B. Com A



Nandana
III BA



Nandana
III BA



Mayuri
III B.Com A

Prathiksha G. Kamath
III B. Sc. B



B.N. Shradha
II B.Sc. Com

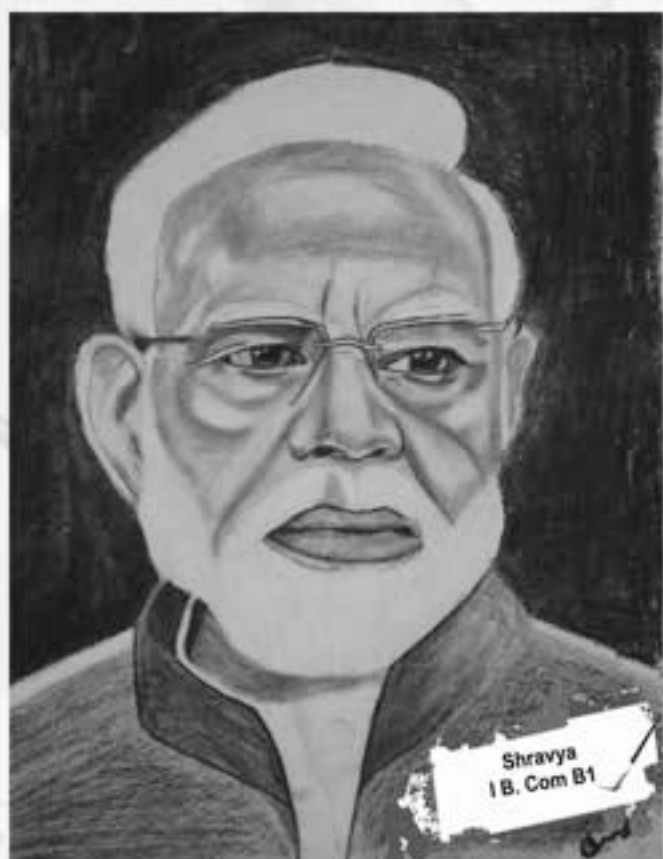


B.N. Shradha
II B.Sc. Com

B.N. Shradha
II B.Sc. Com B1



Amshumalini
2 B. Com B1



Shravya
I B. Com B1



Prathiksha G. Kamath
III B. Sc. B



Rakshak
II BA



Raksha Kamath
III B. Sc. B



CULTURAL ASSOCIATION & VIDYARTHI VEDIKE



SCIENCE ASSOCIATION



COMMERCE AND MANAGEMENT ASSOCIATION



PLACEMENT CELL



LADIES FORUM



SPEAKERS CLUB



SOCIAL SCIENCE ASSOCIATION



RED CROSS UNIT



3A/21 Coy. NCC ARMY UNIT



4/6 KAR NAVAL NCC SUB UNIT



RANGERS UNIT



A Bird Eye View of Sports Day



NSS UNIT - 1



NSS UNIT - 2



III B.Sc. - A



III B.Sc. - B



III B.Sc. - C



III B.Com. - A



III B.Com. - B1



III B.Com. - B2



III BBA



III BA



II M. Com.



II M. Sc.





