



# Presidency

# Kaleidoscope

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suggestions to  
[editor@presidencyuniversity.in](mailto:editor@presidencyuniversity.in)**





# Uptake

Picture this: on one side, there was a group of school students watching carefully at the beautiful columns that stood before them, absorbing everything that their teacher was describing to make them understand about the wonderful history of the land and exhorting them to take pride in the shared legacy that all the countrymen have acquired by virtue of being born and raised in India.

A little far away were a group of teenagers who were boisterously noisy and generally wanted to have a good time for themselves out on a holiday with their own ilk. Apparently, this is their idea of having a good time.

It set me thinking: what is it that makes obedient children who hang on to the words of their teachers and elders change when they reach their teenage years? Is it the hormones, the plain desire to dare, or the thrill of breaking the established norms and cocking a snook at rules?

Just imagine what a powerful nation we could become if this raw power could be channeled into productive pursuits.

Energy gets frittered away, and generations of young boys and girls grow up without realizing their true potential. Maybe it is time for schools to hit the pause button on the daily grind of studies and start having conversations with the youngsters on how each one of them can contribute to making this country a glorious one. If we miss the chance at that stage, then we are fighting a losing battle. What cannot be bent at five can never be redeemed later on.

That's why the maxim says, Catch them young. Perhaps this is what this country needs. Talk to children from the time they are young about their responsibilities and how they can carry the legacy of the country forward. Instilling pride and motivating them by painting a grand vision ahead will make them partners right from a young age. By the time they grow out of their school years, they will have been sufficiently inspired and their energy harnessed so that we do not end up producing graduates whose heads are puffed up with little to show by way of an irrigated heart or a skilled hand.



Initiatives that make the youth socially aware are aplenty in the University, be it the various camps or the clubs that provide avenues, and as students, it is essential that each one serve at least once during the course of their academic career. Scientists speak of the secretion of the happiness hormone endorphin when one indulges in activities that go beyond the self, besides, of course, helping our youth develop empathy.

So as you step into a new academic year, here's wishing you all a rewarding year.

Until we meet again, have a wonderful time ahead!

**Dr. Akila S Indurthi**  
Editor





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# BEYOND CLASSROOM

***A celebration of your talent.***





## ನಿನ್ಯ ಮತ್ತು ನನ್ಯ ನಡುವಿನ ಪದ

ಪ್ರಾಣಿಯೊಂದನು  
ಬೇಟೆಯಾಡುವಂತೆ  
ಆ ಪದವನು ಹಿಡಿಯಲು  
ನನ್ನ ಬಲೆ/ಕುಣಿಕೆಗಳನ್ನು ಹಾಕಿ  
ಕಾದಿದ್ದೇನೆ.

ಗಾಳಿಯಂತೆ ಸಂವೇದನಾಶೀಲವಾದ  
ದೇವರಂತೆ ಯಾಸೂರಿನು ಆ ಪದ  
ನನಗೆ ಸಿರದೆ ತೊಂದರೆ ಕೊಡುತ್ತಿದೆ.

ಎಲ್ಲರ ನೆಮ್ಮುಖದಲ್ಲೂ  
ನಿಮ್ಮನ್ನು ನನ್ನ ಮಡಿಬಿಟ್ಟಿಲ್ಲ  
ನಿಮ್ಮ ಹೊಣೆಯಿಂದ  
ಕರುಳನ್ನು ಕಿಟುವಂತೆ  
ಆ ಪದವನು  
ಕಿಟುವೆಕು ಎಂಬುದು ನನ್ನ ಬಯಕೆ

ನನ್ನ ಮೂಕರಳನು ಜುರುರುಟ್ಟುಕುವ  
ಆ ಪದವಂತೂ  
ನಿಮ್ಮ ರಕ್ತದ ನಂಜಾರಿ ಹರಿಯುತ್ತಿದೆ

ಒಂದು ಪದ ಅಷ್ಟೇ  
ನಿಮಗೆ ವರವಾರಿಯೂ  
ನಮಗೆ ಶಾಪವಾರಿಯೂ  
ಜನಿವಾರವ ಎದೆಯ ಮೇಲೆ ಧರಿಸುವ  
ಮಂತ್ರವಾರಿಯೂ

ನನ್ನ ಅರಲಿಸಿ ನಿಲ್ಲುವ  
ಬೈರುಕವಾರಿಯೂ

ನಾನು ಸೋಲಬಹುದು  
ಐಂದಲ್ಲ ನಾಕೆ  
ನಮ್ಮ ಮಕ್ಕಳು  
ಆ ಪದದ ಕೊಂಬನ್ನು ಹಿಡಿದು ನೂಕಿ  
ಅದರ ಧ್ವನಿಪಟ್ಟಿಯನ್ನೇ  
ಕತ್ತರಿಸುವರು

**ತಮಿಳು ಮೂಲ: ಅಚಗಿಯ ಪೆಲಿಯವನ್**

**ಅನುವಾದ: ಡಾ. ಮಲರ್‌ವಿಲಿ . ಕೆ, ಪ್ರೆಸಿಡೆನ್ಸಿ ವಿಶ್ವವಿದ್ಯಾಲಯ**

**Tamil original: Azhagiya Periyavan**



**Translated by**  
**Dr. Malarvili K.**  
Professor of Kannada,  
Department of Languages  
Presidency University.



## ಪ್ರಕಾಶದಿ ಹೊಳೆಯುತಿಹಳು ನಮ್ಮೀ ಭಾರತ ಮಾತೆ

# Verse Time

ಪ್ರಕಾಶದಿ ಹೊಳೆಯುತಿಹಳು ನಮ್ಮೀ ಭಾರತ ಮಾತೆ.  
 ಸಾದು ಸಂತ ಋಷಿ ಮುನಿರಳ ಜನ್ಮಧಾತೆ;  
 ಸಾಧಕರಿಗೆ ಜೈರಿತೆ.  
 ಅಪಾರ ಸಂಪತ್ತಿನ ರಣೆ;  
 ಬಣ್ಣ, ಗಾತ್ರ, ಅಂತ್ಯನ ಐಲ್ಲ ಹಿರಿಮೆ.  
 ಎಲ್ಲರಿಗೂ ಸಾರಿದೆ ಸಮಾನತೆಯ ರೀತೆ.  
 ಕೋಟಿ ಕೋಟಿ ಜನತೆಯ ನೆಲೆನೀಡು;  
 ಸತ್ಯ, ಶಾಂತಿ, ನೆಮ್ಮದಿಯ ಜೀಡು.  
 ಐಲ್ಲ ಐಲ್ಲ ಯಾವುದೇ ಕೊರತೆ;  
 ಎಲ್ಲರಿಗೂ ಪ್ರೀತಿಯ ಅರೈಕೆ.

ಓ ನನ್ನ ದೇಶ ಭಾಂಧವರೆ,  
 ಐದೋ ಬಂದಿದೆ ಶುಭದಿನ  
 ಪಾಶ್ಚಾತ್ಯರಿಂದ ಸ್ವಾತಂತ್ರ್ಯ ಪಡೆದ ಸುದಿನ  
 ಕೂಗಿ ಭಾರತ ಮಾತೆಯ ಶುಭ ಘೋಷಣೆ.  
 ಹಾರಿಸಿ ಸುವರ್ಣ ಧ್ವಜ ಶ್ರದ್ಧೆ ಗೌರವದಿ.  
 ನಮಿಸಿ ಭರತ ಮಾತೆರೆ, ಪ್ರಾಣ ತ್ಯಾಗ ಮಾಡಿದ  
 ದೀರ ಧೀರ ಸೈನ್ಯಕ್ಕೆ ಶೂರ ಮಹನೀಯರಿರೆ.  
 ಒಮ್ಮೆ ನೆನಪಿಸಿಕೊಳ್ಳಿ ದೀರರ ಪ್ರಾಣ ತ್ಯಾಗವ.  
 ಗಡಿಯಿಲ್ಲ ದೇಶ ರಕ್ಷಣೆಯಿಲ್ಲ ನಿಂತ,  
 ಮಹಾನ್ ಸೈನ್ಯವ.  
 ಹಿಮಾಲಯದ ಶೀತ ಗಾಳಿ, ಹಿಮರಣ್ಣುವ ಮಾರುತರಳು  
 ಅಡ್ಡಿ ಐಲ್ಲ ಐವರಿರೆ.  
 ದೇಶದ ಮುಂದೆ ಸಂಬಂಧರಳ ಗಡಿಯಿಲ್ಲ.  
 ಶತ್ರುರಳರೆ ಯಮವರೂಪಿ.  
 ದೀಪಾವಳಿ, ಹೋಲಿ, ದಸರಾಹಳು  
 ಲೆಕ್ಕಕ್ಕಿಲ್ಲ ಕರ್ತವ್ಯದಲ್ಲ.  
 ತಮ್ಮ ಕರ್ತವ್ಯವೇ ಸರ್ವಸ್ವ

ದೇಶಕ್ಕೆ ಆಪತ್ತು ಬಂದರೆ  
 ಪ್ರಾಣದ ಲೆಕ್ಕಕ್ಕಿಲ್ಲ.  
 ಸಂಪತ್ತಿನ ಆಲೆಯಿಲ್ಲ, ಅಧಿಕಾರ ಬೇಕಿಲ್ಲ.  
 ಶಾಂತಿ ನೆಮ್ಮದಿಯ ನೆಲನೀಡಿನ ಆಸೆ.  
 ನನ್ನ ದೇಶ ಭಾಂಧವರೆ  
 ಒಮ್ಮೆ ನೆನಪಿಸಿಕೊಳ್ಳಿ ನಮ್ಮ ಹೆಮ್ಮೆಯ ಸೈನ್ಯವ.  
 ಆವರ ಬಲದಾನ, ತ್ಯಾಗವ.

\* ಸಮಸ್ತ ದೇಶಭಾಂಧವರಿಗೆ ಸ್ವಾತಂತ್ರ್ಯ ದಿನಾಚರಣೆಯ ಹಾರ್ದಿಕ ಶುಭಾಶಯಗಳು \*



**ಡಾ. ಶಬಾನಾ**  
 ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು,  
 ಪ್ರೆಸಿಡೆನ್ಸಿ ವಿಶ್ವವಿದ್ಯಾಲಯ  
 ಬೆಂಗಳೂರು



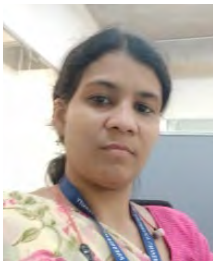


## प्रकाश से चमक उठी है, हमारी भारत माता

1. प्रकाश से चमक उठी है, हमारी भारत माता  
सादु संत ऋषि मुनियों कि जन्मदाता  
उपलब्धि हासिल करनेवालों को प्रेरित करति  
अपार संपत्ति कि खान  
रंग, आकार, ऊँचाई नहीं आन;  
सबके लिए समानता का गान I  
लाखों लोगों का निवास-स्थान;  
सत्य, शांति और सुख का स्थान ।  
यहाँ कोई कमी नहीं;  
सभी को प्यार भरी निगहबान I

2. मेरे देशवासियों,  
शुभ दिन आया है;  
अंग्रेजों से स्वतंत्रता पाने का दिन I  
भारत माता की जय जय कार करें;  
भक्ति से सम्मान से स्वर्ण ध्वज फहराएँ ।  
नमन करो भारत माता के लिए प्राणों का बलिदान दिये;  
वीर सेना को, शूर वीर को ।  
सेना कि बलिदान को याद करो ।  
सीमा पर देश की रक्षा में खड़े  
महान सेना को ।  
ठंडी हिमालयी हवाएँ,  
उनके लिए कोई बाधा नहीं है ।  
देश के सामने रिशतों की कोई सीमा नहीं  
शत्रुओं के लिये यमस्वरूपि ।  
दिवाली, होली, दशहरा  
कर्तव्य के आगे इसके कोई मूल्य नहि ।  
उनके लिये कर्तव्य ही सब कुछ है  
यदि देश पर विपदा आये  
जीवन का कोई महत्त्व नहीं ।  
न धन की चाहत, न सत्ता की जरूरत ।  
शांति और सुकून की चाहत ।  
उनके लिये देश है प्यारा  
हमारी गौरवान्वित सेना को याद रखें ।  
उनका त्याग, बलिदान को ।

**\* सभी देशवासियों को स्वतंत्रता दिवस की शुभकामनाएं\***



**Dr. Shabeena**  
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# Sitting Alone

## Verse Time

I was at a resort 15 kilometers south of Gonikoppal town in the Coorg district of Karnataka. It was a coffee plantation with tall trees. Nature set the stage for me to enjoy the chirping of the birds, the spine-tingling variations in the metallic musical notes from the beetles, the leaves fluttering in the breeze, and the sudden short spells of rain. The amalgamation of these notes created a communion with nature, and the poem shaped up.

Sitting alone; trekking on stone,  
I wonder, why life is playing games with me?  
Sitting serene; I want to atone,  
To nature, that's all around me.

Scented woods; serenely stood,  
Dancing to the melody of the breeze.  
Winged friends; vivid tweets,  
Making the woods lively as should be.

Beetle friends; Beating trends,  
Creating melody as complex as can be.  
Budding plants; blooming flowers,  
Oozing nectar as sweet as can be.

Dancing branches; fluttering leaves,  
The wind knows what melody it should be.  
Boisterous and loud; rain bearing clouds,  
You scatter moisture as welcome as can be.

Bright lover, Life giver;  
You like playing, hide and seek with me.  
Nature gifts, all that you Wonder;  
Gift her, for she needs more than we.



**Mr. C Naganathan**

Soft Skills Trainer  
Learning and Development



**Dr. Manisha Chaudhary**

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# Happiness

## Vignettes

It means so many things to so many people. For some, it could be when they get a new iPhone. For some, it might be when they win a competition. For some, it might be when they're making memories with their friends. For some, it might be just sitting on the beach and staring into the crimson sky as the sun sets. For some, it might be a job offer from a dream company. For some, it might be when they meet the icons they worship. For some, it might be getting an A on a test, while for others, it might be just passing the exam. For some, it might be when people take their photographs, while for others, it might be taking the photograph. For some, it might be sitting all alone under a tree reading a book, while for others, it could be spending time with friends at the mall. For some, it might be just along a quiet, lonely path—maybe alone, maybe with someone. While for others it could be from late-night parties or clubbing. For some, it might be learning the art of making a drink, while for others, it could be the amount they drink. For some, it might be succeeding at something that's important to them; for others, it might just be watching that person succeed. For some, it might be doing something they enjoy; for others, it might be doing that very thing to see that person enjoy it. Happiness could come from so many things. It could come from anywhere. The smallest of things can make someone happy. A compliment, a kind gesture, a small attention to detail, or a positive remark can all lead to happiness. And making someone happy can lead to all the joy in the world. Someone being happy because of you—well, that's an entirely new level of inner happiness. One that, when felt once, makes you thirst for more. You could go to any lengths to make someone smile. If that person was important to you or meant something to you, their happiness would mean the world to you. And when you experience it. It'll become a drug you want to live off. It's the best feeling ever.



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## **From a Soldier's diary:**

### **Romance of a Monsoon Morning in the Army**

# **Vignettes**

Physical training (PT) is one of the most difficult things in an Army Unit to start your day with. It becomes worse during the monsoon. One always waited for an early morning message that never came from the Company Havildar Major or that divine telephonic call from the Adjutant to announce that the PT had been cancelled. The moment your Buddy entered your Basha (a self-made hut for living) or tent, the first thing you asked him was, "Is it raining?" And you felt like kicking him and yourself when he responded mischievously, Nahin saab Bilkul saaf hai '.

You can check the records of any meteorology office in India, and you will find that it rarely ever rained between 0500 and 0600 hours on weekdays, particularly in Cantonments and military stations. 0600 hours is the standard time when the PT commences at the majority of places in the Indian Army. And to rub salt on the wounds, the rain gods, who seem to have spent some time in the Army, act gleefully with liberal amounts of rain during this time on Sundays and Holidays. On most other working days with an absolutely clear sky between 5 and 6 AM, it would start raining heavily only after the physical training had commenced. Rain or no rain, every contingency is worked out in the Army. You had your PT inside the barracks, on the verandahs, and even in the dining halls. Some enthusiasts continued in the open with that modified version of Rugby or Handball. You not only missed your early morning sleep but also came back fully drenched and soaked in mud.

Our Commanding Officer had a unique way of ensuring the attendance of each one of us on PT. He himself neither attended it nor depended on the others to find out about the absentees. Our route back from PT to the Officers' Mess fell by the side of his Basha. You could always make out the curtains of a window moving slightly apart after the PT to facilitate catching the absentees while he himself enjoyed those additional 60 minutes of monsoon sleep. No doubt the man had spent more years than all of us and had himself been a member of the gang of shamblers (persons who make deceitful pretences) once, missing the monsoon morning romance. He is not called Old Man for nothing, having seen many more monsoons than anyone else in the Unit.

Listening to the pitter patter of early morning monsoon showers falling on the tin roof while lazing around in bed or sitting in a rocking chair on a verandah and sipping tea could well be romantic, invoking melody and calm, but doing training in an open field with the rain gods at full fury takes the monsoon romance to another level.



# From a Soldier's diary: Romance of a Monsoon Morning in the Army

## Vignettes



**Major Gen. Gurdeep Narang (Veteran)**  
Dean Student Affairs & Chief Proctor





# Darr Ke Aage Jeet Hai

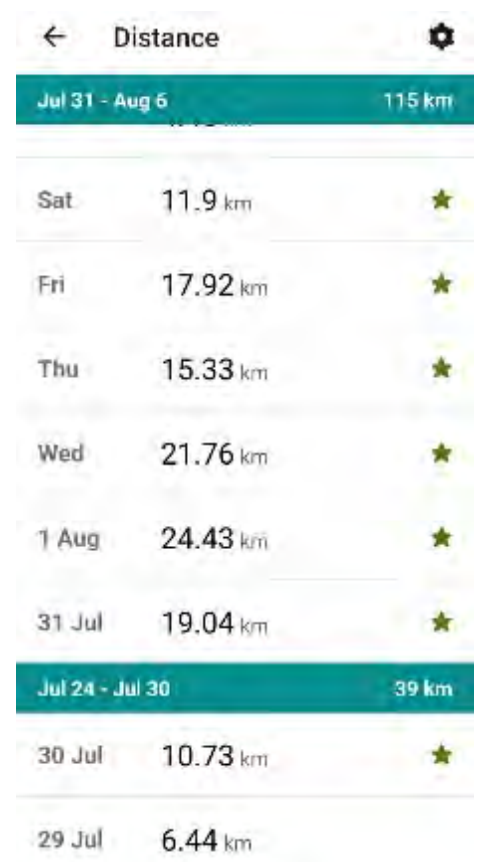
## Vignettes

The Mountain Dew tagline 'Darr ke age jeet hai, which means "There is victory beyond fear," proved right when I scaled a formidable height of 13,700 feet in beautiful Kashmir, conquering my OCD and self-imposed restrictions and limitations. I decided to venture on a 6-day trek to Kashmir. Of course, I was accompanied by a large group of known friends who all came for their own reasons. Our journey started on 29th July when we all stayed at Sonmarg for the night. The first day was full of excitement as we embarked on a thrilling journey. This, however, turned into fear the moment I saw the small tents, not to mention the makeshift toilets. However, the "josh" was high, and all these fears were pushed aside. My sleep was disturbed as I tossed from side to side. But I was determined to break away from my comfort zone. The next day, with scores of instructions from the guide, we started

Climbing comes with its own set of risks. Altitude-related stress and sickness, fear, physical and mental fatigue, testing of endurance, extreme climate, exhaustion, pressure to perform, self-doubt, etc. The first two days were enjoyable, as we loved the scenic Kashmir. 'If there is a heaven on earth, it is here; it is here; it is here". These famous lines by Amir Khusro hold so true to Kashmir. We were surrounded by rugged mountains, pristine valleys, rolling meadows, and clear blue alpine lakes..



The Path Taken



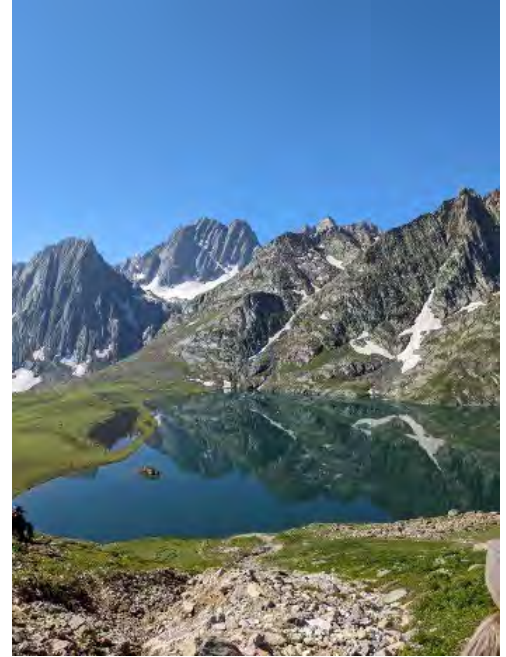
Distance Covered



# Darr Ke Aage Jeet Hai

## Vignettes

The effect started to be felt on the third day, when we climbed to Gadsar Pass, at a height of 13,700 feet. It was a long, steep climb, which, after hours and hours of walking, I finally conquered. The Maggi point at the top was a welcome sight. We devoured the hot Maggi and kehwa (a Kashmiri drink). The day ended with scores of photographs and a feeling of accomplishment. But we were just half done, and there were three more days to go. The trek, with its difficult landscapes, steep ascents and descents, boulder-laden track, and hardly any exit points, posed a challenge. There was no way sickness or body soreness could keep you back, as the campsite was at a different place every day and there was no choice but to trek along. But the effort was worth it. Each day was postcard-perfect, with small patches of glaciers, cool streams, animals grazing by, and picturesque valleys. The lakes we covered were Nichnai, Vishnugar, Kishansar, Gangbal, Nundkol, Gadsar, and Satsar. The evenings were good despite the torturous treks. Antaksharis, Dumb charades, and sharing each other's challenges and follies generated a lot of laughter. Each morsel was relished after a hard day's work. The last day was the toughest, as the descent was slippery and had hairpin bends. After a few falls, I finally reached base, absolutely exhausted but completely grateful. The achievement was not just reaching the top or completing the trek, but the lessons learned in the process. Some universally applicable and valuable life lessons learned were:



1. Mental resilience and self-awareness are extremely important. A few of the team members fell ill, but it was their sheer willpower that made them achieve their daily goals. Willpower gives one the strength to be tough and overcome difficulties; it gives one the power to respond calmly as opposed to emotionally. "Whether you think you can or you think you can't, you're right—Henry Ford Our thoughts have immense power over our





# Darr Ke Aage Jeet Hai

## Vignettes

beliefs. In this case, along with physical fitness, one's attitude also determines success or failure. So be observant of your thoughts. Be positive.

2. Having guides/mentors can play crucial roles in overcoming challenges. In real life, too, mentors raise our self-confidence and problem-solving abilities. They help navigate obstacles easily. Just choose the right one.

3. Teamwork is extremely important. Whether it was walking together, encouraging the slow walkers, lending a hand to pull someone up, or even sharing supplies, teamwork got us through. Open communication, encouragement, support, and building relationships can always propel a person or organization toward growth.

4. People come with different goals—fame, self-esteem, facing challenges, and testing themselves. Whatever the motive for this trek, everyone had the same strong urge to reach the top. Purpose and passion are important.

5. Fear is not always negative. It can force one to be careful, which is required on uneven terrain. It can help us learn new techniques and habits and be more self-aware. It is natural to be scared, but it is important to move past the stage of paralysis or stress.

6. Taking responsibility for oneself and not blaming others On a mountain, every step or decision has a consequence, and we can't blame others for our mistakes. Just throwing up your hands in despair is not the solution. Mountaineering teaches us to be accountable for our own actions.

7. No pain, no gain I remember this proverb from my childhood. The acute conditions while climbing make it a daunting task. We learn that to achieve great heights, one has to undergo pain and be uncomfortable.

8. And finally, I learned to survive without WhatsApp, Facebook, Instagram, and Google. A much-needed Digital detox.



**Ms. Mini Pushkar**

Adjunct Faculty  
Learning & Development



# Hormones

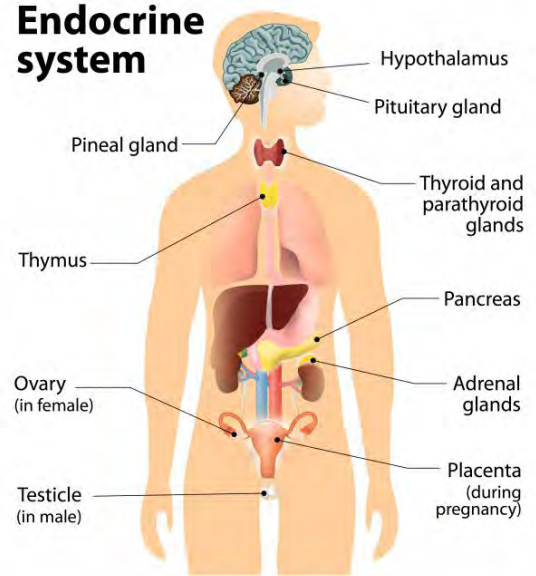
## Chemical messengers of our body

Hormones are often referred to as chemical messengers. Their role is to provide an internal communication system between cells located in distant parts of the body.

### Endocrine system

The endocrine system comprises glands and organs that make hormones and release them directly into the blood so that they can travel to tissues and organs all over the body. The hormones released by the endocrine system control many important functions in the body, including growth and development, metabolism, and reproduction.

### Endocrine system



The following are the major glands that make up the endocrine system:

- The hypothalamus, pituitary gland, and pineal gland are in your brain.
- The thyroid and parathyroid glands are in your neck.
- The thymus, between your lungs,
- The adrenals, on top of your kidneys,
- The pancreas, behind your stomach.
- Your ovaries (if you're a woman) or testes (if you're a man) are in your pelvic region.

The pituitary gland is sometimes called the master gland of the endocrine system. This is because it controls the functions of many of the other endocrine glands.

### Features of Hormones

- Hormones act as chemical messengers.
- Released into the blood stream to act on an organ
- Hormones reach all parts of the body, but only target cells with compatible receptors are equipped to respond.
- When a hormone binds to a receptor, the receptor carries out the hormone's instructions.



## Hormones

### Chemical messengers of our body

Many people believe that they're completely in control of all of their physical and mental states. However, our moods and bodies are largely dependent on chemical fluctuations. It only takes a small amount of hormonal change to have an impact on our bodies. When you become aware of these different kinds of hormones, you can better understand why you might be feeling the way you do. You can make use of changes in diet and treatments to regulate your hormones and improve your quality of life.

Hormones control or regulate many biological processes. Examples of such processes include:

- blood sugar control (insulin);
- differentiation, growth, and function of reproductive organs and
- body growth and energy production (growth hormone and thyroid hormone).

Some examples of hormones include:

**Estrogens** are the group of hormones responsible for female sexual development.

- produced primarily by the ovaries and in small amounts by the adrenal glands.
- are a group of steroid hormones that promote the development and maintenance of female characteristics in the body.
- Women with low levels of estrogen might experience low levels of energy, depression, and hair loss.

**Androgens** are responsible for male sex characteristics.

#### **Thyroxine and Triiodothyronine**

- The thyroid gland secretes two main hormones, thyroxine and triiodothyronine, into the bloodstream.
- These thyroid hormones stimulate all the cells in the body and control biological processes such as growth, reproduction, development, and metabolism.



## Hormones

### Chemical messengers of our body

**Cortisol** is also known as the stress hormone.

- It will generally make a person feel stressed out.
- Your body pumps it out when your brain recognizes that you're experiencing suffering or misery.
- It's pumped out by your adrenal glands to help you get out of difficult situations.
- High levels of cortisol over long periods of time can result in weight problems, difficulty sleeping, migraines, heart problems, anxiety, and irritability.
- It's important to make sure you keep your cortisol under control because almost every single part of your body has cortisol receptors and may experience full-body pain.

#### **Insulin**

- Is a chief concern in the lives of diabetics. The release of cortisol triggers the bodily release of insulin.
- Insulin is produced by the pancreas and converts glucose in the foods we consume into a form our body can use for energy.
- The release of extra insulin can cause your blood sugar to drop.
- If you don't make insulin, which is the case for people with type 1 diabetes, your blood sugar levels can get dangerously high.

#### **Human Growth Hormone**

- Human growth hormone, or HGH, is produced by the pituitary gland.
- Responsible for stimulating growth as well as cell reproduction and generation.
- It is most important for children to have high levels of Human Growth Hormone so that they can grow up.

#### **Serotonin**

- Serotonin is a chemical produced by your nerve cells, and it has a wide variety of functions.
- It is considered a natural mood stabilizer, and it helps out with human learning, regulation, muscle functions, and digestion.
- People with low levels of serotonin are very susceptible to bouts of depression.
- Exposure to sunlight, exercise, and a healthy diet have all been proven to increase levels of serotonin in the body.



## Hormones

### Chemical messengers of our body

#### Melatonin

- Melatonin is a chemical produced by your body that's largely responsible for helping you stay awake or get to sleep.
- As light levels are reduced, your body produces more and more melatonin, which should make it easier for you to get to sleep.
- Late-night exposure to blue-light screens (such as our phones, laptops, and tablets) has been proven to trick the brain into thinking that it's daytime and thereby produce less melatonin.
- To combat this, one can limit their exposure to blue-light screens or take melatonin supplements.
- Melatonin supplements are non-addictive and readily available at most pharmacies. cherries, goji berries, eggs, milk, fish and nuts—in particular almonds and pistachios.

#### Adrenals

- Best known for making the "fight or flight" hormone adrenaline, these two glands also make hormones called corticosteroids.
- Affect your metabolism, heart rate, oxygen intake, and blood flow, among other things.

#### The Major Glands-Overview

##### Hypothalamus

- The hypothalamus is located at the base of the brain.
- The hypothalamus secretes hormones that stimulate or suppress the release of hormones in the pituitary gland, in addition to controlling water balance, sleep, temperature, appetite, and blood pressure.

##### Pineal body

- located in the middle of the brain.
- produces the hormone melatonin, which helps the body know when it's time to sleep.

##### Thyroid and parathyroid

- located in front of the neck, below the larynx (voice box).
- has an important role in the body's metabolism.
- regulates the body's calcium balance.



## Hormones

### Chemical messengers of our body

#### **Thymus**

- located in the upper part of the chest and produces white blood cells that fight infections and destroy abnormal cells.

#### **Adrenal gland**

- located on top of each kidney.
- The adrenal glands work hand-in-hand with the hypothalamus and pituitary glands.
- releases hormones to maintain blood pressure and regulate metabolism.

#### **Pancreas**

- located across the back of the abdomen, behind the stomach.
- plays a role in digestion, as well as hormone production.
- Hormones produced by the pancreas include insulin and glucagon, which regulate levels of blood sugar.

#### **Hypothalamus**

- The main function is to tell your pituitary gland when to start or stop producing hormones.

#### **Pituitary gland**

- master gland that uses information it gets from your brain to tell other glands in your body what to do.

#### **Pineal gland**

- makes a chemical called melatonin that helps your body get ready to go to sleep.

#### **Thyroid gland**

- makes thyroid hormone, which controls your growth and metabolism.
- If this gland doesn't make enough (a condition called hypothyroidism), everything happens more slowly. Your heart rate might slow down. You could get constipated. And you might gain weight.
- If it makes too much (hyperthyroidism), everything speeds up. Your heart might race. You could have diarrhea.





## Hormones

### Chemical messengers of our body

#### Thymus.

- makes white blood cells called T-lymphocytes that fight infection and are crucial as a child's immune system develops.

*So..... Be Aware of these different kinds of hormones, understand why you might be feeling the way you do, plan a healthy diet, take treatments to regulate your hormones, and improve your quality of life.*

**Dr. Snehaprabha. T V**

Prof-EEE





## Twenty-First Century Skills for Success at the Workplace

In the 21st century, the workplace across all sectors, including the education sector, has seen major changes due to advancements in technology, COVID, changes in the global economy, changes in mindset, etc. Hence, there are specific skills that have become increasingly important for students and young professionals to succeed in today's new work environment. These skills are also commonly referred to as "21st-century skills" or "future skills." Below are a few of the important 21st-century skills that are highly valued and respected in the workplace:

**Critical Thinking and Problem-Solving:** Students and employees at all levels should be able to analyze complex situations, identify problems, and try to develop innovative solutions. This also involves logical reasoning, creativity, and the ability to think outside the box and provide solutions to real-life problems.

**Digital Literacy:** In today's digital world, employees are expected to be reasonably proficient in using technology and digital tools. This includes using computers (desktops, laptops, tablets), online platforms like Zoom, Google Meet, etc.

**Media Literacy:** This is the ability to critically assess and navigate through various forms of media, including social media, to separate credible information from misinformation. Many times, what you read on social media is not the truth.

**Communication and Collaboration Skills:** Effective communication skills are extremely crucial in the 21st century workplace. This includes written, verbal, and non-verbal communication. Collaborative skills involve the ability to work well with people and in teams, respect different perspectives, and contribute constructively to team goals and organizational goals and objectives.





# Twenty-First Century Skills for Success at the Workplace

## Vignettes

**Cultural competency:** In today's globalized world, workplaces often include diverse people from various social, cultural, and educational backgrounds. Cultural competency is essential for understanding and respecting cultural differences and effectively collaborating with others to meet organizational objectives.

**Entrepreneurial Mindset:** An entrepreneurial mindset involves being proactive, resourceful, and having the ability to take calculated risks. This attitude is valuable for driving innovation and adapting to new challenges.

**Financial Literacy:** This includes an understanding of basic financial concepts, budgeting, and managing personal and professional finances effectively.

**Leadership and Management Skills:** Employees who are not designated managers can also benefit from leadership skills, such as the ability to influence, motivate, and guide others. For employees in leadership and management positions, effective leadership and team management are critical for success.

**Resilience:** The capacity to bounce back from setbacks, handle stress, and maintain a positive attitude in challenging situations. This is one of the most important skills in the 21st-century workplace.

These are some of the important new skills required to succeed in the 21st century at work. Recruiters highly value people who possess these 21st-century skills, as they are better equipped to adapt to the rapidly changing work environment and contribute to the success of their organizations and Universities.



**Mr. Harsha Eswaraiah**

Soft Skills Trainer  
Learning and Development



**Believe in Yourself!** If we had a rupee for every time we got this advice during rough times, we would all be millionaires, wouldn't we?

It's everyone's favorite piece of advice to give. However, that's where it ends. No one has anything to offer when it comes to answering the question, "How do I believe in myself?" Either that or there's something very generic like "Don't doubt yourself," which is just "Believe in yourself" rephrased.

However, the absolute importance of self-belief when it comes to achieving happiness and success in life is also undeniable. So is the importance of learning how to do it, as according to Experts, 90% of the people in India have low self-esteem.

So here are 5 simple tips to give that self-belief a boost whenever you start doubting your own capabilities:





# Yourdost

## **Eat that frog.**

The best way to achieve our dreams is to lay out a planned path, aim for the farthest star, and take baby steps down from there. Narrow down a list of all important tasks and conquer them in descending order, starting from the most difficult (frog) to the easiest ones.

This proven technique by self-development author Brian Tracy helps inculcate self-discipline and stay on track.



## **Celebrate your achievements.**

Acknowledging our achievements makes us feel good about ourselves. So every time you achieve something, no matter how small it may seem to you, reward yourself. Maybe order your favorite food or buy something you like.

Psychologists suggest that self-rewards give a positive boost to our self-enthusiasm and motivation to keep moving forward.





# Yourdost

## **Practice positive self-talk.**

Affirmations are proven to be the most powerful tool based on studies that say that telling good things about ourselves helps maintain our sense of self-integrity. All you have to do is pick a positive phrase about yourself and repeat it on a regular basis.

For example, try telling yourself, "I know I can accomplish anything I set my mind to" or "I turn obstacles into learning opportunities."



## **Journal your thoughts.**

Try to find your happy place and dump everything in it that you appreciate about yourself or plan to work on. For example, for a career development goal, you can write "I will find a networking group in my field of interest and join it by March" or appreciate yourself, "Today, I accomplished my task successfully". Research says that associating our thoughts with written words boosts mood, improves working memory, and reduces anxiety.





## **Relish moments of pride.**

Remind yourself that you've come a long way from previous challenges and that you are stronger. Spend a few minutes each day thinking about past successes. As per research, cherishing such memories strengthens our neurological pathways responsible for positive thought processes. This changes our brain structure, helping us look on the bright side.

Here are three steps you can follow as a reminder to believe in yourself:

- For every good day, such as when you got appreciated or achieved something, mark 'Green' on the calendar.
- For every okay or average day, mark 'Yellow'.
- On days you feel low or not so confident, mark 'Orange' and look back to embrace the good days. This will boost your self-belief.

You're capable and we all believe in you. If you're looking for further motivation, our experts are here to help 24x7.

## **Connect with an expert now**

If you have any further doubts, concerns, queries, or simply want to say hello, drop a mail at [campus@yourdost.com](mailto:campus@yourdost.com)





# Time to Shower Some Gratitude to Life's Biggest Teachers

Teacher — a word that can send some into nostalgia and some into jitters! For some, it was a merry-go-round, and for some, it was a breezy ride, but nevertheless, they've been our role models through life and continue to be. Studies state that 83% of students say a teacher has boosted their self-esteem and confidence. Indeed, "Better than a thousand days of diligent study is one day with a great teacher." So sit back and thank some of the best teachers the world has known in the history of learning:

## 1. The Honesty Hat

Honesty is, in fact, the best policy. No kidding! Being true to yourself and your environment brings so much happiness internally. Being accountable for your own actions, standing up for the truth, and staying true to oneself are signs you've adopted this teacher's lessons by heart.

## 2. The Punctual Tie

A lesson we've learnt through homework! Punctuality comes with being on time and respecting one's own time and that of others. As perfect as your tie is how you should plan your time. Alarms, reminders, and time boxes are your starters in this teacher's class!

## 3. The Confidence Sleeve

The next best thing a person can wear after their smile is confidence. So roll the sleeves up and high! Being confident inculcates optimism and focus. Research before speaking to stay head-on during conversations and in life. If you have met this teacher once, you already know what we mean.

## 4. The Hardworking Shoe

From teaching "One Two Buckle My Shoe", to introducing you to the hardworking shoe, this teacher is our hero. It's been a long haul. But, hey, you are here now! On a busy day, planning ahead, taking short breaks, and staying focused on your goal is the perfect epitome of the lesson this teacher offers.

Teachers have been our support system and a reason why you are able to read (even this!). It's time to thank them for blessing us with these life lessons, and if you ever feel stuck, remember our experts are here to help you ace it!



# Time to Shower Some Gratitude to Life's Biggest Teachers

For further queries or concerns, please reach out to us at [campus@yourdost.com](mailto:campus@yourdost.com).

Use the link below to connect with Yourdost 24/7 Online Counseling Sessions:  
[https://yourdost.com/?yd\\_source=IIITG\\_NL&yd\\_medium=IIITGMailer&yd\\_campaign=5TipsToBeatTheMehFeeling](https://yourdost.com/?yd_source=IIITG_NL&yd_medium=IIITGMailer&yd_campaign=5TipsToBeatTheMehFeeling)

Always with You,  
Team YourDost



# Yourdost





## Assertiveness for Mental Health

Improving assertiveness is a valuable skill for students, as it can positively impact their communication, self-confidence, and relationships. Students can improve their assertiveness by following this useful advice.



Remember, assertiveness is about expressing yourself honestly and respectfully while considering the feelings and rights of others. With practice and perseverance, students can cultivate assertiveness, leading to improved communication, increased self-esteem, and healthier relationships in all aspects of life.





## **Embracing the Boundless Skies Within: A Journey to Freedom for Self**

**Here Are Some Major life-changing lessons everyone should know:**

We frequently find ourselves caught up in the web of society's standards, expectations, and obligations in the rush and bustle of daily life. We frequently overlook the most important component of our existence—our freedom for ourselves—in our effort to satisfy expectations from beyond. True freedom is the emancipation of our inner selves, which enables us to soar in the limitless sky of self-discovery and honesty. True freedom is not just about external rights. This reflective post explores the importance of accepting independence for oneself in order to open the way to true happiness and fulfilment.

### **Breaking the Chains of Conformity**

We are taught from an early age to conform to predetermined roles and ideals in order to fit into societal moulds. The courage to escape these restrictions on personal freedom is the first step on the path to liberation. It entails challenging the conventions and ideas we have inherited and directing our decisions in accordance with our genuine passions and ideals. The first step towards self-liberation is accepting our individuality and daring to be different.

### **Unraveling the Layers Within**

Understanding the depths of our inner selves is necessary for real freedom. Our genuine aspirations, anxieties, and dreams can only be discovered through introspection and self-awareness. We frequently hide our true selves beneath society's norms and our past encounters. By removing these layers through self-reflection, we can face our most profound realities and follow a path that speaks to our soul.

### **The Power of Acceptance**

Accepting all aspects of who we are without judgment or self-criticism is a requirement for embracing freedom for oneself. It involves accepting both our flaws and our virtues with the same amount of love and compassion. Self-acceptance promotes a sense of wholeness, giving us the confidence and resilience to meet life's obstacles head-on. In this acceptance, we discover the key to opening the door to our inner freedom.



## Embracing the Boundless Skies Within: A Journey to Freedom for Self

### **The Art of Letting Go**

Self-freedom involves letting go of things that no longer serve us in addition to learning who we are. It involves letting go of restrictive thoughts, unhealthy connections, and old traumas that impede our development. By letting go of emotional burdens, we make room for fresh encounters and chances, enabling the development of our true selves.

### **The Boundless Journey of Self-Discovery**

The quest for one's own freedom is a never-ending process of self-discovery, not a destination. It necessitates continuous reflection, self-improvement, and education. We find hidden passions, undiscovered skills, and unrealized potential when we delve deeper into our souls. The process enables us to live in alignment with our genuine purpose and inner calling, which is both freeing and empowering.

### **Cultivating Mindful Living**

In order to foster freedom for oneself, mindfulness is essential. We may truly enjoy life's experiences when we are in the present. It provides focus and clarity, enabling us to make deliberate choices that are consistent with our true selves. By engaging in mindfulness practices, we can disconnect from outside demands and re-establish a connection with the core of who we are.

### **The Ripple Effect: Freedom in Connection**

As we find freedom for ourselves, it ripples outward, transforming our relationships with others. Embracing our authenticity inspires those around us to do the same. We become beacons of courage, encouraging others to break free from societal constraints and embrace their true selves. This interconnected freedom creates a harmonious dance of authenticity and acceptance, nourishing the collective spirit.

It is a spiritual path of self-discovery and emancipation to seek one's own independence. It is a journey into the limitless expanses of authenticity, where we let go of societal norms and soar as our actual selves. We discover the secrets



## Embracing the Boundless Skies Within: A Journey to Freedom for Self

to our inner freedom by embracing our individuality, accepting our shortcomings, and letting go of what is no longer useful to us. Inspiring others to follow in our footsteps as we carefully progress down this path of self-discovery produces a contagious wave of authenticity and liberty that raises humanity to higher states of consciousness. In order to find the true meaning of true pleasure and fulfilment, let us embrace the road of freedom for ourselves with open hearts.



**Ms. Lenin Thejashwini**  
Student Counsellor  
(Counselling Psychologist & Psychotherapist)  
Department of Student Affairs, PU

Scan the below to book appointment with  
Ms. Lenin Thejashwini.





## Be Confident!

Confidence is the belief in oneself, the conviction that one has the ability to meet life's challenges and succeed, and the willingness to act accordingly. Confidence can be looked at as a skill to be mastered or an art to be perfected over years of learning. Confidence becomes a very important concept for college students. Studies have shown that students who are high on confidence are more willing to learn, challenge themselves, and be more resilient to life's challenges.

Confidence also motivates students to attend college regularly, have better focus during classes, and complete course work and exams to the best of their ability. Confidence also plays a key role in establishing your career. It increases your employability by giving you a competitive academic background and the ability to apply your knowledge to new solutions in the workplace.



**So let's dive in and learn some simple ways to boost our confidence!**

**Set Achievable Goals:** Break down your larger goals into smaller, more achievable tasks. Crossing off these tasks will give you a sense of accomplishment and boost your confidence.

**Positive Self-Talk:** Positive self-talk has a direct link to increased confidence. We must try to replace our negative self-talk with positive affirmations. Remind yourself of your strengths and past successes.

**Preparation:** Thoroughly prepare for classes, presentations, and exams. Being well prepared can boost your confidence in your abilities.

**Embrace Failure:** Failure is an essential part of life; one must learn to view failures as opportunities to learn and grow rather than as setbacks. Each experience contributes to your personal development.



## Be Confident!

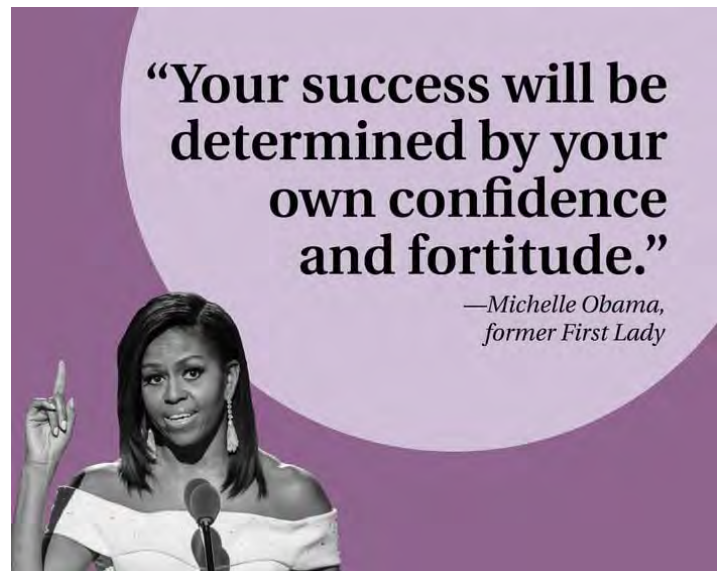
**Healthy Lifestyle:** Eat well, exercise regularly, and make sure you get enough sleep. A healthy body equals a healthy mind and improved self-confidence.

**Positive Surroundings:** Surround yourself with supportive friends and mentors who encourage your growth and success.

**Step Out of your comfort zone.** Push yourself to try new things and take on challenges that stretch your abilities. Overcoming obstacles can significantly boost confidence.

**Self-Care:** Take time for activities you enjoy, whether it's reading, painting, or spending time in nature. Nurturing yourself can improve your overall outlook.

Remember, confidence takes time to build, so be patient with yourself. Each small step you take will contribute to your overall confidence!



**Ms. Shruthi Ramesh**  
Student Counsellor  
Counselling Psychologist



## Q&As on mental health concerns, psychological issues, and recommendations

**\* Disclaimer: The situations below are solely provided for informational and educational purposes. These are not meant to identify specific individuals. \***

**Person A:** I don't like to explain things to people, and sometimes I just feel like it is too much for me when they start getting close or showing more care for me. It makes me feel exhausted and suffocated around them. I feel extremely safe and at ease with myself. Is there anything wrong with being this way because I am happy this way?

**Student Counsellors:** There are different types of personalities that are developed and formed based on individual circumstances and upbringing. It is absolutely okay to enjoy your own company, but remember, don't shy away from asking for help. Whenever you feel distressed or are undergoing difficult emotions, it is encouraged that you reach out to friends, family, or even professional help. Building meaningful connections and having emotional expression is vital for personal growth!

**Person B:** Being among people makes me uneasy and afraid, especially during large gatherings. I believe there is a problem with me because I wasn't always this way; I changed, becoming really angry and acting in a hurtful way before feeling awful about it and sobbing for being such a heartless person.

**Student Counsellors:** Firstly, it's important for us NOT to label or tag ourselves during tough situations. We must learn to be compassionate with ourselves so we can take some steps towards positive growth. What you are experiencing right now is emotional dysregulation.

Some simple ways to cope with it are:

- Making sure to engage in one positive event per day.
- Taking care of our physical health—having a balanced diet, getting enough sleep, exercising, etc.
- Practicing mindfulness and gratitude
- Engaging in emotional expression with our trusted people.





## Q&As on mental health concerns, psychological issues, and recommendations

Additionally, feel free to connect with a mental health professional who could help you navigate through your difficult emotions and equip you with effective coping skills to cope with them.

**Would you like to contribute articles to the University magazine?**

**Send your entries to [editor@presidencyuniversity.in](mailto:editor@presidencyuniversity.in) as a word document along with your photograph and credentials.**



## The Dream Catcher

The teacher brought her class of gaily chatting kids with happy faces to the large farm. They were to see and learn all about organic farming and go back to the basics as part of their school project.

The owner, Anappa, was there in person to conduct the group around. He gave them cool, tender coconuts freshly plucked from the trees and filled their little hands and pockets with apples, nuts, and berries. The smell of fresh earth wafted across, and the hungry crowd was treated to hot ooru oota. Before they bid goodbye to the gracious host, the teacher strained her eyes at the photograph framed on the wall. It looked like a scroll of honor. The teacher took a few steps and was aghast at the large red X that ran across the paper.

She remembered the day distinctly. All the students had to write their goal in life on a sheet of paper as part of the English composition assignment. There was much laughter and giggles in the class as each student presented his or her goal in the class. Actor, lawyer, doctor, engineer—the usual goals. Yet one paper stood out. The boy wanted to raise a large farm with cattle, poultry, orchards, and a horse to boot.

The teacher was irritated. That's not a goal. She had reprimanded the young boy who stood innocently in front of her. Take it back and rewrite the composition, she had said. The boy went back home and asked his dad, showing his paper, What's wrong with this goal, dad? The father, wishing to humor his son, replied, "stick to your dream if you are passionate about it. It's your dream, not anyone else's."

The next day, the boy brought the paper as it was and gave it to the teacher. She gave him one look and, with her face turning crimson, asked him why he was defiant. The boy said calmly, "This is my dream. You keep the paper, and I'll keep my dream". The angry teacher gave him a D on the assignment.

The teacher's eyes swelled as she looked at the paper framed on the wall.

"Sorry, son, I was a dream stealer. I stole the dreams of many kids. But I am glad you had the gumption to follow your heart."

Anappa smiled, recollecting the strange turn of events.

*Don't let anyone steal your dreams. Follow your heart, no matter what.*

- Jack Canfield





# **Events Galore**

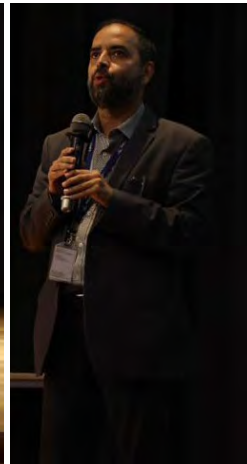
## **Presidency University**

### **Happenings**

**Roundup of activities  
in June, July 2023**



## DSA – An Orientation 26 July 2023



DEPARTMENT OF  
**STUDENT AFFAIRS**

**Club Activities**



## School of Management







## School of Management





## School of Computer Science and Engineering

An Interaction with Bangalore Police: Online security 21st July 2023







## School of Engineering

### Department of Civil Engineering





## School of Commerce

### 19th July Orientation



### 20th July Presentation on Wellness





# Events Galore



21st July SoC





## Department of Learning and Development

### Mock Campus Demo 20th July to 23rd July 2023

A mock campus demo activity was organized by the Department of Learning and Development for the students of Management from select sections, in order to engage students and introduce them to the recruitment process. Soft Skills Trainer, Mr. Dhiraj Kumar, led the session. All the students actively participated throughout the session. This activity included the following aspects of the recruitment process.

1. **Aptitude Test:** An aptitude test was organized for the students based on Quantitative Aptitude, Verbal Ability, Logical reasoning, and Business Awareness for a duration of 20 minutes.
2. **Mind Game:** This puzzle-solving round helped students learn about critical thinking, problem solving, and strategic planning, thereby enhancing their cognitive abilities, adaptability, and creativity. They learn to make decisions in challenging situations.
3. **Group Discussion:** Round table discussions, panel discussions, round-robin discussions, and open discussions were held.
4. **Mock Interview:** An interview is organized in a completely professional way with a hard copy of the resume with questions being asked to students simulating the actual interview process. Feedback sessions helped students make course corrections and improve subsequent performances. Over 300 students participated in these sessions.







## Update from the Office of the International Affairs

### 25th July, Distinguished Visits







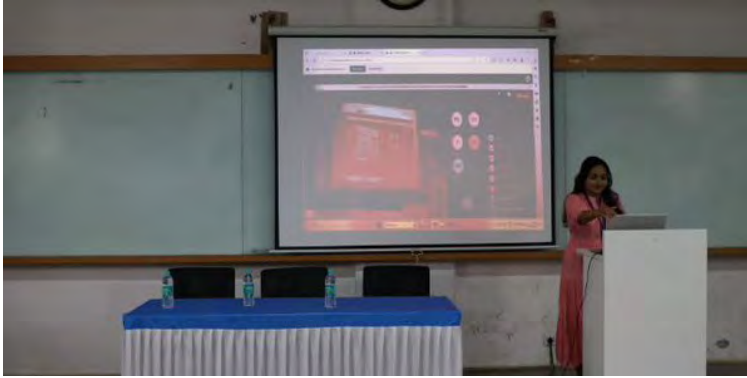
## Update from the Office of the International Affairs







## Research and Development Department- Update







## Welcome Freshers!

Orientation 19th July 2023





## Anti Ragging Compliance Session



### Calling all Staff/Faculty

**Have you published papers, written books, bagged awards or won accolades recently? Send us a short report with an accompanying photograph. Have it featured in Kaleidoscope by mailing it to [editor@presidencyuniversity.in](mailto:editor@presidencyuniversity.in)**





## Answer to the July edition of the Picture Calling Photo contest.



### The Bangalore Palace in the 1890s

The following got it right.

1 Deepak V Gowda  
20211CAI0193  
CSE - AIML

3 Swathi. S  
Admin executive  
School of Design

2 Dr. S. Gokulakrishnan  
Assistant Professor  
School of Computer Science Engineering  
and Information Science

4 Devi S  
Assistant Professor  
School of CSE & Information Science

*Congratulations*



**Here is another picture to test your general awareness.**



**Identify the person in the picture**

**Send the details of this picture, your name and your role/ class details to [editor@presidencyuniversity.in](mailto:editor@presidencyuniversity.in)**





## Red Letter Day 10th July 2023

Our honorable chairman and founder, Mr. Nissar Ahmed, was conferred with the honorary degree of Doctor of Letters (D. Lit.) during the second annual convocation of Bangalore City University.

The convocation was held at the Jnana Jyoti Auditorium of the university on July 10, 2023. His Excellency the governor of Karnataka, Shri. Thawar Chand Gehlot, and the Chancellor of Bangalore University presided over the program in the presence of Dr. M. C. Sudhakar, Minister for Higher Education, GoK, and pro chancellor of the university.





# Red Letter Day 10th July 2023







## Red Letter Day 10th July 2023







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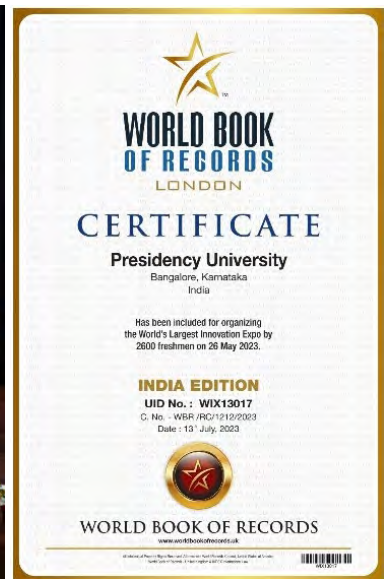






## Congratulations

to the students of the School of Engineering and School of Computer Science Engineering and Information Science, Presidency University, for successfully setting the record as the World's Largest Innovation Expo with 2600 freshmen showcasing innovative projects done during their 2nd semester in a single kiosk on May 26, 2023.



## Congratulations

to Dr. Prachi Beriwala, Associate Professor, SoM, for having received the Women Achiever Honor and Leadership Award from Ear to Hear, a countrywide social welfare organization. Dr. Prachi, a regional leader in Karnataka, was acknowledged for her outstanding efforts in making a significant impact in the field of women's empowerment.

5,000+ women from 18 states attended the annual meet on July 26, 2023, in Delhi.





## Kangaroo Words

A kangaroo word is a word that contains the letters of another word in the same order and with the same meaning. For example: The word 'acid' contains the word 'acid', which is a synonym of 'acid'. Acid is called a joey word, referring to a word contained in the kangaroo word. Kangaroo words became popular due to a word game created by Ben O'Dell in an article for The American Magazine, volume 151, during the 1950s, which was later reprinted in Reader's Digest.

A **twin kangaroo** is a kangaroo word that contains two Joey words. Example: **container** has both **tin** and **can**, synonyms of container.

An **anti-kangaroo** word is a word that contains its antonym. Example: **covert** carries **overt**, an antonym of covert.

A **grand kangaroo** is a kangaroo word that has two joeys, one of which is in the pouch of the other. Example: **alone** is a grand kangaroo since it contains lone, which carries its own synonym, **one**.

**Here is a list from which you can make kangaroo words. Try them. Remember the rule: look for words within the given word in the same order with the same meaning. (Answers given in page 61)**

- |              |              |
|--------------|--------------|
| 1. Chocolate | 11. Arena    |
| 2. Masculine | 12. Artifice |
| 3. Blossom   | 13. Astound  |
| 4. Chicken   | 14. Banish   |
| 5. Isolate   | 15. Bombard  |
| 6. Deceased  | 16. Capable  |
| 7. Respite   | 17. Feast    |
| 8. Action    | 18. Gigantic |
| 9. Allocate  | 19. Myself   |
| 10. Alone    | 20. Observe  |



## Answers

1. Chocolate-cocoa
2. Masculine-male
3. Blossom-bloom
4. Chicken-hen
5. Isolate – sole
6. Deceased – dead
7. Respite – rest
8. Action – act
9. Allocate – allot
10. Alone – one
11. Arena – area
12. Artifice – art
13. Astound – stun
14. Banish – ban
15. Bombard – bomb
16. Capable – able
17. Feast – eat
18. Gigantic - giant
19. Myself – me
20. Observe – see





## From gothilla to gotthu (don't know to know)

Here are words, phrases and sentences put together by the Department of Languages-Kannada for non-Kannadigas to make yourselves at home in Bengaluru. Happy learning.

### Words relating to Education

- Book- Pusthaka
- Exam- Pareekshe
- Result- Phalithaamsha
- Education- Shikshana
- School – Shaale
- Teacher - Upadhyaya
- College – kaaleju (Maha vidhyaalaya)
- Headmaster- Mukhyopaadhyaya
- Student – Vidhyarthi
- Salary- sambala
- Class- tharagathi
- First – modhalane
- Second- eradane
- Third – moorane
- Read – Odhu
- Write – bare
- Holiday – Raja/ Raje
- Rest – Vishranthi
- Graduation – Padhavi
- Post-Graduation – snaathakotthara padhavi

### Industry- Related Words

- Labourer – Kaarmika
- Factory – Kaarkhaane
- Employer – yajamaana
- Poorman – Badava
- Rich Man – Shreemantha
- Work- kelasa
- Wages- Kooli
- Strike – Mushkhara
- Fast- Upavaasa
- Servant – Noukara
- Office- Karyaalaya
- Assistant- Sahayaka
- Clerk- Gumastha
- Capitalist- bandavaalagara Bandavalashaahi





## From gothilla to gotthu (don't know to know)

### Industry- Related Words

- Profession – vrutthi
- Washerman- Agasa
- Barber- Napitha
- Potter- kumbara
- Carpenter- Badagi
- Goldsmith- Akkasaaliga
- Hunter- Betegaara
- Doctor- Vaidhya
- Farmer—Raitha
- Oil Man –Gaaniga
- Fisher man – Bestha

### Sentences

1. You are looking happy today - Ivatthu neenu santhoshavaagi kaanistha iddiya
2. Can someone help me? - Yaradru nanage sahaaya madthira?
3. What is the time now? Eega samaya eshtu?
4. When did you come? Neenu yavaga bandhe?
5. Where is your college? Nimma kaaleju ellidhe?
6. What is your Professor's Name? nimma pradhyapakara hesaru Enu?
7. What is your child's name? Nimma maguvina hesaru Enu?
8. Did you understand what I said? Naanu heliddu ninage Artha Aayithaa?

### Negatives *Negatives are those words which tells you not to do*

1. Do not go - Neenu hogabeda
2. Do not see him - Neenu avanannu nodakoodadhu
3. You should not read - Adannu odhabhaaradhu
4. Should not write with pen - Pennindha bareya baaradhu
5. Don't sing - Haadabeda
6. This cart should not go - Ii gaadi hogakoodadhu
7. Don't be here - Illi irabeda
8. You should not do this work - Ea kelasa maadabaaradhu



# Incredible India

## Chitrakot Waterfall: The Niagara Falls of India

# Trivia



Chitrakot Waterfall is a picturesque waterfall situated on the River Indravati in Bastar district of Chhattisgarh state, India. The 90-foot-high waterfall looks absolutely stunning and is one of the gems tucked away deep in the interiors of this country. While the waters appear reddish during the rains, they look pristine white during the summers. Situated at a distance of 40 km from Jagdalpur and 273 km from Raipur, it is Chhattisgarh's largest and most water-logged fall. The Kanger Valley National Park, the Kailash and Kutumsar Caves, and the Kalinjar Fort are some of the tourist places worth visiting around Chitrakot Waterfall. However, tourism is still in its nascent stage here, perhaps the main reason why it is still guarding its biodiversity and being able to preserve its natural fauna and flora.



**We would love to hear from you.**

**Please send your comments and suggestions to  
[editor@presidencyuniversity.in](mailto:editor@presidencyuniversity.in)**

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**Kaleidoscope wishes to thank all those who have contributed to this edition of the magazine.**



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