

Presidency

Kaleidoscope

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Please send your comments and
suggestions to
editor@presidencyuniversity.in



I Uptake

The simple villagers who visited Girish Bharadwaj one fine day had a strange request: they wanted a bridge to be built across the river so that their children could cross over to the nearest town and continue with their education. They were done leading a life of isolation. It was the turning point in his life. Girish Bharadwaj graduated with an engineering degree in 1975. He realized, sadly, that his education did not give him any scope for innovation or experimentation. He looked at the eager faces that came to him with hope and eagerly waited for him to take up the near-impossible task of connecting the remote village to the nearest town. Those were the days before the internet and Google search engines. His only reference was perhaps Lakshman Jhoola and the Golden Gate in San Francisco! He studied all the books he could lay his hands on and then came up with a design. The villagers helped raise funds and helped him with labor. A bridge was constructed, and the "Bridge Man" of India was born.

Girish Bharadwaj built his first bridge in 1989 across the Payaswini River at his native place, Arambur village, in Sullia,

Karnataka. Over the last 28 years, he has constructed 128 Suspension Foot Bridges (SFB) of varying spans and dimensions across 32 rivers in four States in the country. These are tales that gladden our hearts as we read about the lives of such ordinary men who dared to pursue dreams beyond the ordinary. These are people who do not shout from the rooftops about what they plan to do or weave grandiose plans about a distant golden future, but embrace the present situation and go about silently doing whatever they can to help others.

There are more than eight billion people on this planet. If each one of us thinks that we can make a difference in this life and bring about a small change to make this world a better place, then imagine what a wonderful world it can become. It need not be earth-shaking great deeds but small little deeds that go beyond one's self that can bring about this kind of transformation. The energy is infectious, and when everyone works collectively to do something good and positive, we can perhaps reach the tipping point that is required to create a paradigm shift in this world.



As students, you can do myriad things to spread some cheer. Follow the road rules. When you travel in your vehicles, remember that you are not the sole custodian of the road; there are others who share the same resources as you. As you walk on the campus, when you meet your friends, be conscious to move aside and continue your tete a tete rather than stand right at the center, oblivious to others walking behind you and blocking their way. Bin the leftover covers and packets correctly, following segregation rules. At home and in the neighborhood, always be ready to lend a helping hand. All these do not require great

investments, but yes, they need a heart to go beyond the I-Me-Mine. When the mind is busy thinking of doing something good for others, it does not dwell on the petty things that seem to preoccupy our young minds. You are able to see it from a different perspective. That frees you from anger, jealousy, one-upmanship, and the need to challenge others.

Are we willing to walk the extra mile?
Think about it.

Until we meet again, have a wonderful time ahead!

Dr. Akila S Indurti
Editor

Not for ourselves alone are we born.
- Marcus Tullius Cicero



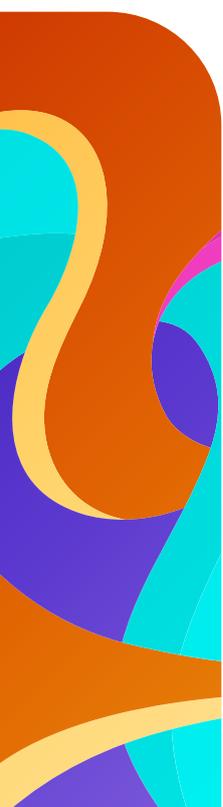
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BEYOND CLASSROOM

A celebration of your talent.





Verse Time

ಹೃದಯದಿ ಪ್ರೀತಿ

ಆಸೆಯ ಬಲೆಗೆ ಆಸರೆ ಸಿಕ್ಕರೆ ಆಕಾರ ಪಡೆದೀತು
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ಹೃದಯದಿ ಕರುಣೆ ಉಕ್ಕಿದರೆ ಪ್ರೀತಿ ಹುಟ್ಟಿತು.

Indira M.

Research student
Department of Commerce
Presidency University.





My Mountain Retreat

The city life drives me crazy. It's a life full of noise, anxiety in the mind and in action, people judging one another, abuse of all kinds and a big run - after money, which they think defines life. My favorite retreat is this home, made of logs, deep in the mountains, in which lives this old lady, taking care of her garden which houses fruit trees and plants that yield aromatic vegetables. After every five months, I spend a month's time with her in her lovely home. The nature around refreshes my soul. I see and feel kindness and caring, which is devoid in city life. This poem is about my walk to that place in the high mountains.

The city bleeds my heart and leaves me sad;
Fear of judgments and I feel bad.
My heart longs; for the misty mountains,
Where kindness reigns, there are no curtains.

Dust and din of the city, I leave
Where kindness is lacking, there is no reprieve.
Two sets of clothes and plenty of seeds,
That will grow into the future, good deeds.

I don't wonder or worry about,
What people think; many in doubt?
I walk my way oblivious of the world,
Making my choice, my heart unfolds.

I trudge on a path my heart whispers,
No beaten trail, it's my cat whiskers.
The sun is shone soft on my face,
The caressing breeze is full of grace.

Many hours of walk, my body thirsts,
I long for a rest and water first.
My weary self, is greeted by a stream,
Merrily gushing, it wasn't a dream.



My Mountain Retreat

I go on my knees and dip my face,
Into the stream, the water has a pace.
The dust and grime is flushed by the liquid,
Refreshes my heart, my vision is lucid.

A butterfly flutters her way towards me;
She is searching for pollen, and nectar free.
She surprises me by perching on my cap;
I understand; She is tired after a lot of flap.

I close my eyes and my senses tingle,
The aroma of the grass and earth mingle.
I drift into, a state of peace;
Only known to sages; with total ease.

My senses stirred by the chirping birds,
Brings me back to this universe.
My awareness, that was sober in sleep
Tells me to move, towards the forest deep.

I wind up my pack and make my way,
Through the grass lands, with a light sway;
I stretch my body and shake my arms,
Sensing the direction; my heart is calm.

I start moving up the alpine slope,
The canopy of conifers, a green envelope;
That I shall find a corner to repose;
And warm my soul in the embers of hope.

A squirrel's squeak here, an owl's hoot there;
The wolves howl echoes, a feeble fare.
I feel a whiff of cold breeze air,
The sun is dipping into its lair.



My Mountain Retreat

I know a cabin that's not very far,
Occupied by a lady full of care.
I reach the place that is like a home
Full of warmth and shaped like a dome.

I knock the door and she opens the latch,
She pecks my cheek and a hug to match.
She ushers me in to the home of hers,
Her happiness she shows with a flow of tears.

There is a big garden by the home,
That she cares, to warm her bone.
There are fruit trees and vegetable plants,
Herbs to spice up the food at hand.

Tending to the plants, I learn to care
With kindness and compassion, time to spare.
Chirping different tunes, the birds fly down;
They sit on my shoulder, saying "welcome home".



Mr. C Naganathan

Soft Skills Trainer
Learning and Development



Philo.. Sophia!

Transient

I fly in the vacuum of eternity
Transient I become in fraternity
Senseless I am in the ultimate state
Sensation is just a transient's fate!

The One

All colours spun to transform into one
The resultant one is to be none
All the noises heard around will get spun
To turn into one to be quiet and fun

Laughing and Proud

Fascinated by the marvellous clouds,
Took off laughing and proud
In haste, crossed the thunderous clouds
Here the scene is different, wanted to say it aloud.

What Am I Doing?

Mind is galloping,
Body is cantering
And the sense is trotting
What am I doing?



Sub Maj Rajeev N (Retd)
Presidency University (Administration)



From a Soldier's Diary Armed Forces Veterans: Band of Brothers



After a couple of days of my joining Presidency University, the Pro VC asked me one day, "General, I find you write "Veteran" after your name; what is the significance of this word? With a smile on my face and humility in my heart, I proceeded to elaborate:

To understand an Armed Forces Veteran, you must know:

- * We left home as teenagers or in our early twenties for an unknown adventure.
- * We loved our country enough to defend it and protect it with our own lives.
- * We said goodbye to friends, family, and everything we knew.
- * We learned the basics, and then we scattered in the wind to the far corners of India.
- * We found new friends and new family.
- * **We became brothers and sisters regardless of color, race, or creed.**
- * We had plenty of good times and also plenty of bad times.
- * We didn't get enough sleep.
- * We smoked (not me) and drank too much.
- * We picked up both good and bad habits.
- * We worked hard and played harder.
- * We didn't earn a great wage.



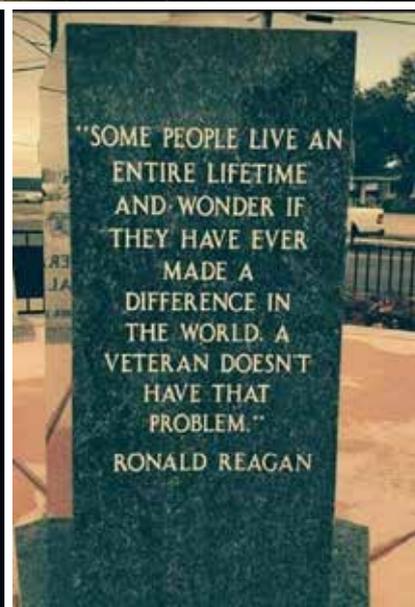
Armed Forces Veterans: Band of Brothers

- * We experienced the happiness of mail calls (we did not have mobiles or internet) and the sadness of missing important events.
- * *We didn't know when, or even if, we were ever going to see home again.*
- * We grew up fast, and yet somehow, we never grew up at all.
- * *We fought for our freedom as well as for the freedom of others.*
- * Some of us saw actual combat, and some of us didn't.
- * Some of us saw the world, and some of us didn't.
- * Some of us dealt with physical warfare; most of us dealt with psychological warfare.
- * We have seen, experienced, and dealt with things that we can't fully describe or explain, as not all of our sacrifices were physical.
- * We participated in time-honored ceremonies and rituals with each other, strengthening our bonds and camaraderie.
- * We counted on each other to get our job done, come what may.
- * We have dealt with victory and tragedy.
- * We have celebrated and mourned.
- * *We lost a few along the way.*
- * When our adventure was over, some of us went back home, some of us started somewhere new (like me), and some of us never came home at all.
- * We have told amazing and hilarious stories of our exploits and adventures.
- * We share an unspoken bond with each other that most people don't experience and few will understand.
- * We speak highly of our own branch of service and poke fun at the other branches.
- * We know, however, that, if needed, we will be there for our brothers and sisters and stand together as one in a heartbeat.
- * Being a Veteran is something that had to be earned, and it can never be taken away.
- * It has no monetary value, but at the same time, it is a priceless gift.



ARMY VETERANS DO NOT DIE, THEY JUST FADE AWAY.

Vignettes





Point to Ponder

Vignettes

Back in the 1940s, the philosopher Karl Popper came up with something called "The Paradox of Tolerance". It goes like this:

If everyone is tolerant of every idea, the intolerant ideas will emerge. Tolerant people will tolerate intolerance, and the intolerant people will not tolerate the tolerant people. Eventually, the intolerant people will take over and create a society of intolerance. Therefore, Popper said that to maintain a society of tolerance, the tolerant must be intolerant of intolerance, hence the paradox.



Major Gen. Gurdeep Narang (Veteran)

Dean Student Affairs & Chief Proctor



Calling all students

Vignettes



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Live Your Life Consciously

Vignettes

The first day of our lives starts with our birth and ends with the time we die. We were born with incredible potential. But the scale for measuring the same is different in each. Most of us realize in the later phases of our lives that we did not use our capabilities. Then we start hurrying up to fulfill our dreams, which many times may not be accomplished. So, why don't we focus from the start on goals to achieve?

The meaning of life is different for each person, and you have to find out how to spend your day to accomplish the purpose of your life. No one can help you, but there are gurus to help you realize that. You have experienced many times that some tasks are difficult and some are good opportunities. You have to analyze why this is so and plan accordingly. Learn from past experiences to choose the right path. In between, there may be failures that are lessons for achieving the goals of life. Thank failures, for you can choose a different path.

Many feel purposeless and just move on. The first step is to understand your passion or interest, then plan how to fulfill that interest. Connect with the people who are interested in taking that up. Communicate with your circle about your area of interest. Life will open up slowly to accomplish the same. When you look back, you note incidents that happened with great ease; that is life. When you dream continuously, you see opportunities to accomplish the same.

Forcefully come out of your comfort zone. Though you do not like to travel, step out of your home and you can view different ways of life, diverse ideas, and how other people lead their lives. Some live with many difficulties, while others lead comfortable lives. The outside world makes you understand the purpose of life.

Try new things; it releases dopamine, a chemical in the brain that makes you feel good. You can connect with people, and in the present technical and digital world, you can start with your own passion or join a group of your choice to learn, practice, and develop more.

When you help others and mentor them, there is countless happiness and a meaningful life.

Dr. Snehaprabha T V
Prof-EEE



Understanding the Most Complex Machine in the Universe

For a long time, there was me and my brain. Me was composed of stories, of cravings, of strivings, and of desires for the future. Having said that, what if I told you that whoever sits next to you or the person you see when you look at the mirror can ace the skill of emotional intelligence or can become null and void of emotions just by altering the physical composition of our brain or even a simple brain tissue damage?

His Accident and Impact On Psychology

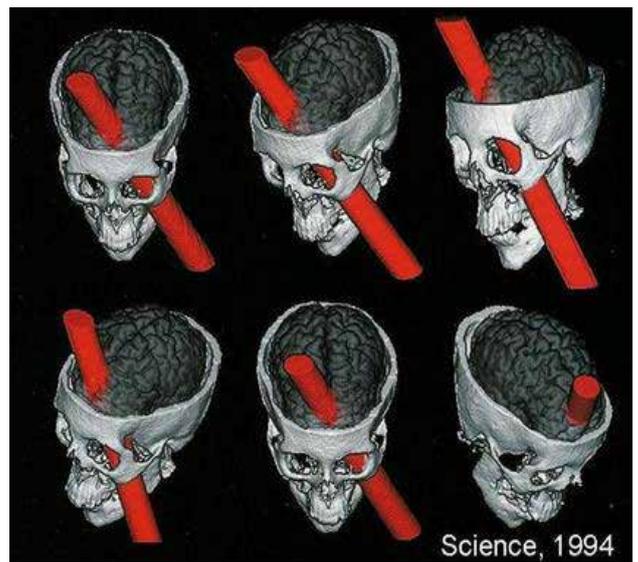
Dr. Williams recalled that Gage vomited, which led to about a teacupful of his brain falling to the floor from the hole at the top of his skull.

Yes!!! You read that right. The case of Phineas Gage has been of huge interest in the field of psychology and is a largely speculated phenomenon.

On September 13th, 1848, when Gage was 25 years old, he was working in Cavendish, Vermont, leading a crew which was preparing the Rutland and Burlington Railroad by blasting rocks to make a roadbed.

This was done by using an iron tamping rod to pack the explosive powder into a hole. While Gage was doing this, however, the powder detonated, and the tamping iron he was using launched from the hole and entered the left side of Gage's face from the bottom up.

The iron rod (which was 43 inches long and 1.24 inches in diameter) penetrated Gage's left cheek, traveled behind his left eye, entered through his left side brain, and exited his skull, landing 80 feet away.





Understanding the Most Complex Machine in the Universe

Please wait!!! From here, the case took a steep turn and started disproving umpteen studies and research done over the years in the fields of Neuroscience and Psychology. Gage then spent September 23rd to October 3rd in a semi-comatose state.

From Harlow's (the physician who treated Gage) written account, Gage was considered to be fully recovered and felt fit enough to reapply for his previous role as a foreman.

However, his contractors, who had regarded Gage as 'efficient and capable' before the accident, could no longer offer him work due to considerable changes in Gage's personality.

Harlow (1868) described him as follows:

He is fitful, irreverent, indulging at times in the grossest profanity (which was not previously his custom), manifesting but little deference for his fellows, impatient of restraint or advice when it conflicts with his desires, at times pertinaciously obstinate, yet capricious and vacillating, devising many plans of future operations, which are no sooner arranged than they are abandoned in turn for others appearing more feasible.

In this regard, his mind was radically changed so decidedly that his friends and acquaintances said he was 'no longer Gage.'

On May 21st, 1861, twelve years after his accident, Gage died after having a series of repeated epileptic convulsions.

After reading the above-mentioned case history, we can deduce that the ability for the brain to change in this way is called brain plasticity. Unequivocally, Gage's was the first, and arguably the most important case to reveal that some faculties can be associated with specific regions of the brain.

From my point of analysis, I always wonder about the word "it" Indian Army recruitment tagline, which says, "Do you have it in you?" But I have never thought about the word you."

– So let us think what are we? The Brain, Mind, Soul or?????

P. Saravanapandian
Soft Skills Trainer
Learning and Development





30 Life Lessons in a VUCA World

Vignettes

1. Practice the attitude of gratitude. In the post covid world, things can change in an instant not because of you, but because of the organizational situations and other external factors.
2. Don't keep complaining and keep having a negative attitude to work – every organization has certain rules and you have to comply with it. If not, quit gracefully. The organization is always bigger than the individual.
3. Keep reinventing yourself with time.
4. Be a lifelong learner. At the same time, do not let go of your core competencies and keep working on them.
5. Embrace change– yes, change is not easy, but change is the only constant in the VUCA/ post covid world.
6. Do not feel guilty for things not in your hands / not in your control
7. Do not live in the past. Learn to move on quickly. Always, look forward.
8. Life is never fair - period. So, stop cribbing and focus on doing your best- what's in your control.
9. Before you get into anything new, ask yourself – why am I doing this - know the WHY?
10. Learn to be mindful/ practice mindfulness every day.
11. Develop a high degree of self-awareness. Know your strengths and weakness well. In other words, know what you can do and what you cannot do.
12. Train your mind to be calm amidst the chaos. It is easier said than done, it needs constant practice.
13. As you grow old, the only thing your parents want from you is your undivided time and attention.
14. Take complete control and ownership of your life.
15. Sometimes, in life, it is important to move two steps backwards in order to move five steps forward.
16. Do a digital detox periodically. It will help you refocus and realign yourself to your goals.



30 Life Lessons in a VUCA World

Vignettes

17. Start investing and increasing your income from a young age. The way to get rich is by investing, not by saving.
18. Your family is your strongest team and biggest cheerleader.
19. Choose your first circle friends wisely. Friends who support you, encourage you, and motivate you.
20. Believe in yourself even if the world does not.
21. Be a real life influencer, not just a social media influencer. Do not lose touch with the ground reality.
22. Things happen twice in life - once in your mind and once in reality.
23. Whenever possible, help people - if not, mind your own business. Do not harm them.
24. Master the art of time management - that's the constant challenge in life.
25. It is never too late to learn something new /start all over again.
26. If you have to choose between money versus working with the right people, choose the latter.
27. Be an easy person to work with – it is a very important, but extremely under-rated skill.
28. Whenever things become overwhelming and too much to handle, take it one day at a time.
29. Amidst all the confusion and chaos happening in the world and in your life, do not forget to listen to your inner voice.
30. Disagree, but do not disrespect.



30 Life Lessons in a VUCA World

Vignettes

What is meant by VUCA?

VUCA stands for volatility, uncertainty, complexity, and ambiguity. It describes the situation of constant, unpredictable change that is now the norm in certain industries and areas of the business world.

V = Volatility: the nature and dynamics of change, and the nature and speed of change forces and change catalysts.

U = Uncertainty: the lack of predictability, the prospects for surprise, and the sense of awareness and understanding of issues and events.

C = Complexity: the multiplex of forces, the confounding of issues, no cause-and-effect chain and confusion that surrounds the organization.

A = Ambiguity: the haziness of reality, the potential for misreads, and the mixed meanings of conditions; cause-and-effect confusion.



Mr. Harsha Eswaraiah

Soft Skills Trainer

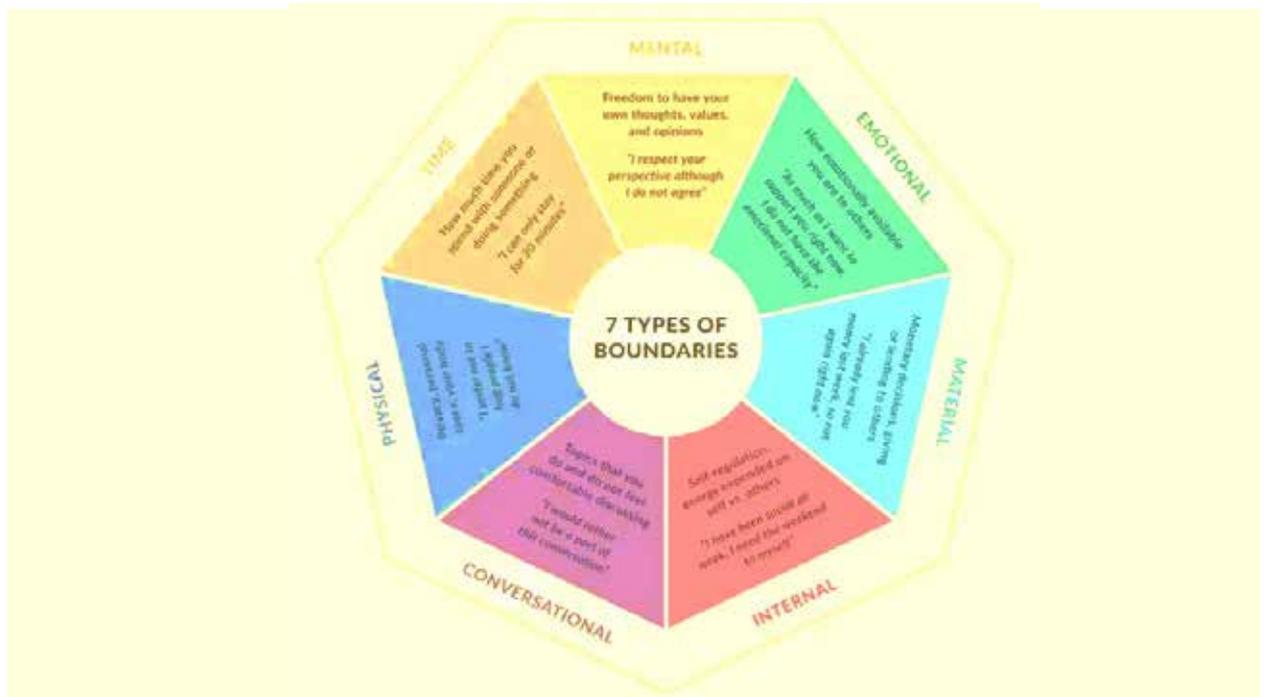
Learning and Development



The Key to Thriving Connections

Nurturing Healthy Boundaries in Relationships

In any relationship, be it romantic, familial, or even friendship, establishing and maintaining healthy boundaries is crucial for fostering mutual respect, emotional well-being, and the overall growth of the individuals involved. Healthy boundaries serve as essential guidelines that help define personal limits, needs, and values, ensuring that relationships remain balanced, supportive, and fulfilling for all parties. Let's explore the importance of healthy boundaries and how they contribute to thriving connections.



1. Respecting Individuality

The idea of individuality is promoted within a partnership through healthy boundaries. Recognizing and accepting these distinctions is essential since every person has their own special set of experiences, convictions, and goals. Individuals can express their wants and values and come into their actual selves by creating and communicating personal boundaries. By cultivating an atmosphere of acceptance and promoting honest and open communication, this mutual regard reduces misunderstandings and conflicts.



The Key to Thriving Connections

Nurturing Healthy Boundaries in Relationships

2. Preserving Emotional Well-being

Protecting one's mental wellbeing requires setting limits. We are better able to recognize and express our emotional needs, providing and receiving assistance in the right ways, when we have established clear boundaries. We can avoid emotional exhaustion, resentment, and feelings of being taken for granted by being aware of our boundaries and properly communicating them. Healthy boundaries ensure that both parties feel secure and valued in the relationship by establishing a healthy balance between personal autonomy and emotional connection.

3. Encouraging Mutual Growth

Boundaries are crucial in a healthy relationship for promoting personal development. Individuals can follow their unique objectives and desires while encouraging each other's efforts by respecting each other's boundaries. A culture of independence where both parties are free to pursue their interests and passions is fostered by healthy limits. By enabling people to bring their best selves to the relationship and eventually supporting personal progress, this autonomy fosters a profound sense of contentment and happiness.

4. Maintaining Clear Communication

Strong boundaries encourage frank and efficient communication. Individuals can respectfully convey their wants, expectations, and concerns by defining limits. This open communication makes sure that everyone is on the same page and is aware of each other's capabilities and constraints. Transparency and honesty become the pillars of the partnership, increasing trust and minimizing misunderstandings. Conflicts can be handled positively by open communication, which strengthens the relationship and enables development and resolution.



The Key to Thriving Connections

Nurturing Healthy Boundaries in Relationships

Conclusion

In order to create and keep fulfilling relationships, it is crucial to nurture healthy boundaries. Healthy boundaries set the stage for solid and flourishing interactions by valuing and preserving individuality, protecting emotional wellbeing, fostering reciprocal growth, and fostering open communication.

Here are some quick tips on setting healthy boundaries when it comes to saying “no” in different situations

TYPES OF SITUATIONS /CONSTRAINTS	HOW TO SAY NO DURING THOSE SITUATIONS
Time Boundary	“I can only stay for an hour” or “If you’re going to be late, please let me know ahead of time.”
Energy Boundary	“I don’t have the energy to help you with (their request) right now, but maybe (this resource) can help.”
Emotional Dumping	“I understand you’re having a hard time & I want to be there for you, but I don’t have the emotional capacity to listen right now.”
Personal space boundary	“It makes me feel uncomfortable when you (touch or action). If you can’t respect my space, I’ll have to leave.”
Conversational Boundary	“This is not a topic I’m willing to discuss right now.”
Comment Boundary	“I don’t find those types of comments funny.”
Mental Boundary	“I understand we see things differently and I respect your opinion, but please don’t force it on me.”
Material Boundary	“Please ask me first before borrowing my (possession)” or “I would appreciate it if you didn’t touch my (material thing).”
Social Boundary	“I don’t feel comfortable with you posting that on Instagram or your social media handles.”



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

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





Prioritizing Mental Health: The Power of Self-Care

Prioritizing our mental health is crucial in this fast-paced and demanding world of today. Self-care for mental health has become an important tool for cultivating and preserving a healthy mind. It means taking proactive measures to engage in pursuits that advance mental health, lessen stress, and improve general happiness.

What is Mental Health Self-Care?

Mental health self-care refers to the deliberate and conscious effort to prioritize activities that support and enhance mental well-being. It involves recognizing our emotional needs, managing stress, and practicing self-compassion. It is important that we practice self-care activities on a regular basis.

Let's look at fun and simple self-care activities for our mental health!

- 1. Make self-care activities a priority in your daily routine.** This could involve practices like mindfulness or meditation, working out, reading a book, or indulging in a pastime.
- 2. Establish Boundaries:** Set clear boundaries to protect your mental well-being. Learn to say no when you feel overwhelmed or when a situation doesn't align with your values or priorities. Allow yourself time and space for rest and relaxation without guilt.
- 3. Connect with Others:** Nurturing meaningful connections with friends, family, or support groups can significantly contribute to your mental well-being. Socializing, sharing experiences, and seeking support when needed can help reduce stress and foster a sense of belonging.

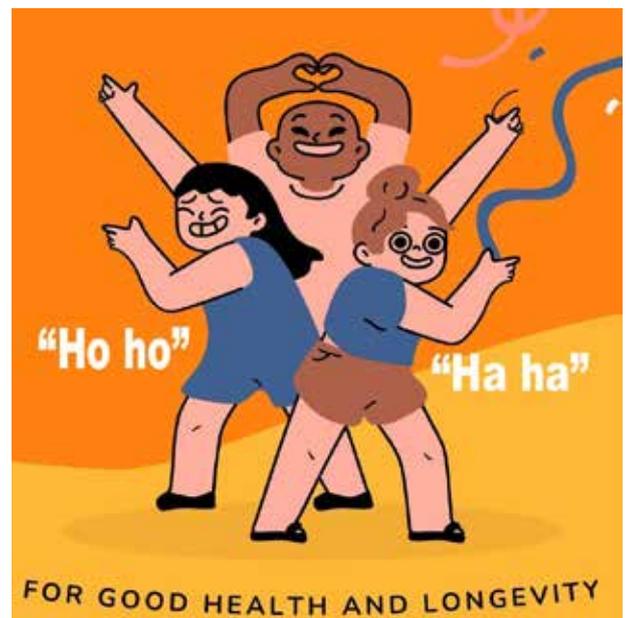


Prioritizing Mental Health: The Power of Self-Care



4. **Unplug and Reconnect with Nature:** Take a break from technology and reconnect with nature. Go for a walk in a park, sit by a serene lake, or venture into the woods. Engaging with the natural world can be incredibly calming and grounding!

5. **Indulge in Laughter Therapy:** Laughter truly is the best medicine when it comes to uplifting your spirits. Watch a hilarious comedy show, spend time with funny friends, or dive into a collection of jokes.





Prioritizing Mental Health: The Power of Self-Care



6. Take Care of Your Physical Health: Remember that mental and physical health are interconnected. Engage in regular physical exercise, prioritize quality sleep, and maintain a balanced diet to support your overall well-being.

Remember, self-care is not selfish; it is an act of self-love and an investment in our overall well-being. By prioritizing self-care activities, establishing boundaries, and fostering meaningful connections, we can nurture our mental health and build resilience to face life's challenges!



Ms. Shruthi Ramesh
Student Counsellor
Counselling Psychologist

Scan the below to book
appointment with
Ms. Shruthi Ramesh





Take a look at this quick self-care checklist!

Your Daily
SELF-CARE CHECKLIST
To Feel Great Today

Emotional self-care checklist

- Mindfulness
- Connecting with others
- Time for yourself
- Disconnect

Mental health self-care checklist

- Managing stress
- Setting boundaries
- Learn new things
- Personal development
- Relax and have fun

Physical self-care checklist

- Sleep
- Health
- Good food
- Hydrate
- Movement
- Physical Touch
- Connect with nature
- Body care

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HRCOM



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

Person A: I feel that people often take me for granted, and I find it very difficult to say no. Sometimes I end up overdoing things which exhaust me physically and mentally, but I never feel appreciated for my efforts.

Student Counsellors: It seems like you find it hard to assert yourself in different spaces. The lack of assertiveness also indicates poor boundary setting. It is very important that you set healthy boundaries, which will help you preserve your mental as well as physical peace and energy.

Some simple ways to practice setting boundaries are:

- Saying 'NO' wherever required.
- Understanding that it's completely okay to set limits and accepting that not everyone will favor your limits.
- Taking some time for yourself.
- Understand your personal needs and wants and value your own opinions.

Person B: I've been feeling very emotional lately, I cry very easily and get annoyed very easily. I feel very low on energy, even though I eat well. I find it difficult to fall asleep, as I'm consumed by my thoughts. What should I do?

Student counsellors: Firstly, you need to acknowledge that you're not okay and that it's time for you to introspect about yourself. During this time, it is vital that we acknowledge what our mind and body need. It may be time for you to engage in some self-care to re-energize yourself.

Pointers you can include in your self-care:

- Stay away from 'toxic positivity, you may feel that you need to stay strong through this ordeal, but remember that it's always okay to take a step back and ask for help!
- Add a few self-care activities like your hobbies and interests, to your daily routine.
- Try to open up to someone who you feel is reliable and trustworthy.
- Reach out to a mental health professional.

Feel free to contact us if you believe you or anyone around you requires additional support with this issue discussed above or any other behavioral or emotional concerns.



WANT SOME HELP?

Sharing can help your recovery so write us at lenin.thejashwini@presidencyuniversity.in or shruthi.ramesh@presidencyuniversity.in with your question, name and contact details. But if you wish to stay anonymous, do indicate that in your email.

It's perfectly OK to ask for expert assistance if you still find it tough and burdensome to handle things. A professional may assist you in finding a positive solution to your problems that will last. Just like you take a medicine when your body needs one, seeking therapy when your mind needs it is **ABSOLUTELY NORMAL**.

Would you like to contribute articles to the University magazine or wish to present a report on the activities of the various student clubs?

Are you good at painting or sketching?

Here is your chance to showcase your creativity.

Send your entries to editor@presidencyuniversity.in as a word document along with your photograph and credentials.



The Conquest

The young man had won several contests and was proclaimed a champion archer. Yet he had one last battle to overcome: fight against the master archer, who was never known to fail. He decided he would challenge the master, demonstrate his skill in archery, and overpower him.

He found the master sitting with his eyes closed, in unruffled concentration. When he opened his eyes, he smiled calmly at the young man. The man did not wait a second longer. He aimed his arrow at the target set up for practice and hit a bull's eye in his first attempt. He took another and shot through the first, splitting it in the process.

He looked at the master with a look that conveyed “Can you match that?”. The master did not reply but merely beckoned the young man to follow him. High up in the mountains, they went until they reached a perilous spot. There was a gap connected by a flimsy log. The master stepped on to the shaky make-believe bridge, stood there, took aim at a distant tree, and sent his arrow whizzing straight to the tree.

“Your turn”, said the master. The young man looked and saw a deep abyss; the log kept rolling even as he tried to keep the first step. He broke into a cold sweat and asked for pardon for having challenged a superior individual.

The master replied, “You have much skill with the bow but little with the mind. Conquer that first, and you will be the uncrowned champion.”

Concentration and toughness are indeed the hallmarks of victory.



Events Galore

Presidency University Happenings

**Roundup of Activities
in May, June 2023**



DEPARTMENT OF
STUDENT AFFAIRS

Club Activities



International Yoga Day 21st June 2023





School of Computer Science and Engineering

Full Stack Project Exhibition 2023

The School of Computer Science and Engineering organized a "Full Stack Project Exhibition 2023" on 2nd June, 2023, for the final-year students' of the 2019 batch. Students had an opportunity to showcase their industry-driven projects to their peers, juniors, faculty, and parents. The event was judged by an industrial expert, Ms. Sukanya Sarma, IT Specialist, HCL Tech Bengaluru SEZ.

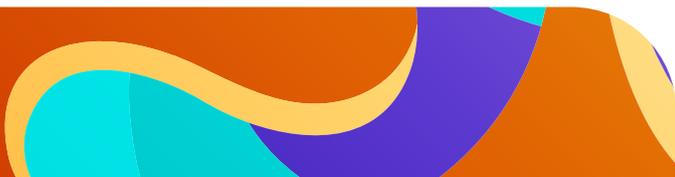
A total of 43 project groups participated in the exhibition, comprising a total of 122 students. The students demonstrated their proficiency in full-stack development by presenting innovative and creative projects that incorporated both front-end and back-end technologies. The projects covered a wide range of domains, reflecting the diverse interests and expertise of the students. The exhibition received a total of 100 visitors, including 3rd-year junior students and faculty members from CSE and other departments. The presence of these visitors not only provided encouragement to the participants but also allowed for the free flow of ideas.





School of Computer Science and Engineering

Full Stack Project Exhibition 2023





Release of Conference brochure

The IEEE Students Chapter, School of Computer Science and Engineering and Information Science Presidency University, Bengaluru, are organizing an IEEE international conference titled "New Frontiers in Communication, Automation, Management and Security" from October 27–28, 2023, in association with the IEEE Computer Society. A curtain-raiser event for the upcoming conference took place on May 22, 2023.

Researchers are invited to participate in the conference and share their quality research work. All the presented articles will be published in IEEE Xplore and indexed in Scopus.





School of Engineering Department of Mechanical Engineering Project Expo

Project Expo was inaugurated on June 5, 2023, by Mr. Hanume Gowda B. H., Manager, HAL, who, as the industry expert, evaluated students' projects. The Department of Mechanical Engineering has organized the exhibition to provide a platform to unleash the potential of the students by showcasing their innovative projects and to provide an opportunity for the students to demonstrate their learning experience. The students showed good enthusiasm in displaying their projects. 37 projects were exhibited, and a total of 130 students participated in this event.





Department of Civil Engineering Lake Rejuvenation

The School of Engineering, B. Tech., Sections 2CIV and 4CIV, in association with Presidency University National Service Scheme, actively organized a site visit to 'Singanayakana Halli Lake Rejuvenation' on the 17th May 2023 at Yelahanka, Bengaluru.

Lakes and water bodies, also referred to as wetlands, are one of the most productive ecosystems contributing to ecological lakes, and wetlands are directly dependent on the integrity of their watershed. Urban lakes have been aiding in recharging groundwater resources, microclimate moderation, flood mitigation, supporting local livelihoods (fish, fodder, etc.), and local water (irrigation and domestic) demand, apart from recreation facilities. Washing, household activities, vegetable cultivation, and fishing are the regular activities in the lake for livelihood. In the last couple of decades, rapid urbanization coupled with unplanned anthropogenic activities has severely altered the wetland ecosystem across the globe.

Changes in land use and land cover (LULC) in the wetland catchments influence the water yield and quality of the lakes. The reduction of wetlands in Bengaluru and the pollution load have increased over the years due to population growth, urbanization, industrialization, land use changes, encroachments, etc. The sustained inflow of untreated wastewater has increased pollution levels, which is evident from the nutrient enrichment and consequent profuse growth of macrophytes, impairing the functional abilities of the wetlands. Reduced treatment capabilities of wetlands have led to the decline of native biodiversity. Apart from this, prevailing unhygienic conditions with mosquito menace and contamination of groundwater levels have been affecting the livelihood of wetland-dependent populations, which necessitated the rejuvenation of lakes in Bengaluru.





Department of Civil Engineering Lake Rejuvenation

Lake restoration or rejuvenation, is an endeavor towards the recovery of lakes that have been degraded or damaged. Restoration is very important, as the pollutants in lakes can cause serious problems for human health and the environment. In Bengaluru, there are many parastate agencies connected with governance like BBMP (Bruhat Bengaluru Mahanagara Palike), BDA (Bengaluru Development Authority), BWSSB (Bengaluru Water Supply and Sewerage Board), and PCB (Pollution Control Board) at the Central and State Governments and various departments including Revenue, Fisheries, Minor Irrigation, Forest, Ecology, and Environment Department, Citizens, NGOs, etc.

Different activities involved in the lake rejuvenation process are:

1. Fencing around the lake helps to prevent land encroachment (due to construction of roads, infrastructure, residential layouts, and other land uses) and dumping of garbage, loss of wetland area, and shrinkage in the water spread area.
2. De-weeding, which involves regular harvesting and removal of macrophytes in lakes through manual operations or machines, will improve the quality of lakes. The accumulation of silt in lakes and the loss of interconnectivity among lakes have been contributing to frequent floods. Dredging (dry or wet dredging) helps enhance the water storage capacity of a lake. The removal of contaminated silt and sediments deposited at the lake bottom helps in decontamination. Before initiating dredging in lakes, one needs to consider the following points: the amount of sediment to be removed, a designated place to dump sediment after removal, feasibility, the associated transportation costs, and the release of contaminants into lake water during the dredging operation.





Department of Civil Engineering

Lake Rejuvenation

3. Creating islands for birds resting, roosting, and nesting activities
4. Creating walkways or jogging paths for visitors that provide opportunities for recreation and tourism
5. Afforestation activities, which include planting trees of native species in lake areas, provide nectar and fruits, attract butterflies, bees, birds, and other biota. The trees will also provide shade and a cool environment for visitors.
6. Construction of idol immersion tanks (Kalyani) in lakes for the people to offer pooja and immerse idols during festivals. The chemical paints used for idols generally contain heavy metals like lead, copper, cadmium, iron, calcium, manganese, chromium, Zinc, mercury, arsenic etc. That can leach into lake water and alter its quality. Thus, immersing idols at the designated locations, like Kalyani, will prevent water pollution with heavy metals.
7. The construction of a Sewage Treatment Plant (STP) in lakes will help with wastewater treatment and optimal reuse. Raw sewage or industrial effluents should not enter the water bodies. In Bengaluru, sewage is subjected to secondary treatment standards, and then the treated water may be allowed to flow into the lakes through constructed wetlands to ensure nutrient removal.
8. Construction of artificial wetlands in lakes to enhance their self-purification capacity
9. Installation of fountains or aerators in lakes to increase the dissolved oxygen level in the water, which helps aquatic organisms survive.

The main objective of the present work was to assess the water quality status and efficiency of the restoration endeavors in Bengaluru lakes. This study will help the different stakeholders implement appropriate remedial measures to enhance the ecosystem's services to society.



Department of Civil Engineering Lake Rejuvenation

About 45 students participated in the field visit and assessed the present scenario of the lake. The session was led by faculty coordinators Dr. Shwetha A., Dr. Madhavi T., and Mr. Dayalan J., who educated the students regarding lake rejuvenation and the recovery of lakes that have been degraded or damaged. It was emphasized that lake restoration is vital as the pollutants in lakes can cause serious problems for human health and the environment. Steps to rejuvenate the lake were briefed, which included cleaning the lake, removal of superficial sediment that can be used to support the recovery process of very eutrophic lakes and of areas contaminated by toxic substances, pre-treatment, churning, and homogenization of lake water, application of spark floc, and disinfectant.





Integrating projects outcomes with the three dimensions of sustainability

Presidency University, Bengaluru, celebrated World Environment Day by organizing Project Expo 2023, a platform for final-year students from various branches of engineering to showcase their projects.



Dr. Jagdish Godihal, Professor, Department of Civil Engineering, who is an environmental and sustainable engineer, shared valuable insights and knowledge about various projects, fulfilling both academic requirements and benefiting society. The key focus of his talk was integrating project outcomes with the three dimensions of sustainability.





Integrating projects outcomes with the three dimensions of sustainability

Under the theme #BeatPlasticPollution, Prof. JaGo highlighted the detrimental effects of plastic pollution. He stressed that it is essential for each of us to take personal responsibility and minimize our use of plastic, starting at an individual level and gradually extending to our communities and society as a whole. Together, he stressed, we must adopt and implement the best management approaches to preserve our planet.

To make this day truly memorable, a plantation drive was organized, thanks to the efforts of the NSS Team and DSA.



Esteemed industrial experts evaluated the projects and provided valuable feedback. Kudos to all the students, faculty members, staff, and everyone else involved in making Project Expo 2023 a success.



Integrating projects outcomes with the three dimensions of sustainability



Congratulations to the outgoing students, Abhishek, Nikhil, Uday, and Navneet, who worked under Prof. Jago's supervision on the project "Sustainable Eco-Friendly Mud Blocks Using Agricultural, Industrial, Construction, and Demolition Waste." Their outstanding work earned them the Best Project Award in Project Expo 2023, aligning perfectly with the spirit of this occasion.



School of Media Studies

India Media Conclave 2023

On June 1st, 2023, the School of Media Studies, Presidency University, Bengaluru, conducted an event on Journalism NXT, focusing on the digital disruption. Mr. Vijay Grover (Senior journalist, BMF) and Mr. Giri Prakash (Business Editor, The Federal) graced the occasion as chief guests. Digital disruption is fast evolving and taking over traditional journalism. An interactive session between the students and the guests set the stage for an interesting discussion on digital journalism and the role of journalists on the beat in modern times.



A book on 'Reporting India: TV Journalism' authored by Prof. Rajesh Sisodia and fellow colleagues, Head of the School of Media Studies, was released by the chief guests, along with another book titled 'Journalism, Public Relations, and Advertising in a Digitized Environment'. The guests exhorted the students to read and educate themselves.



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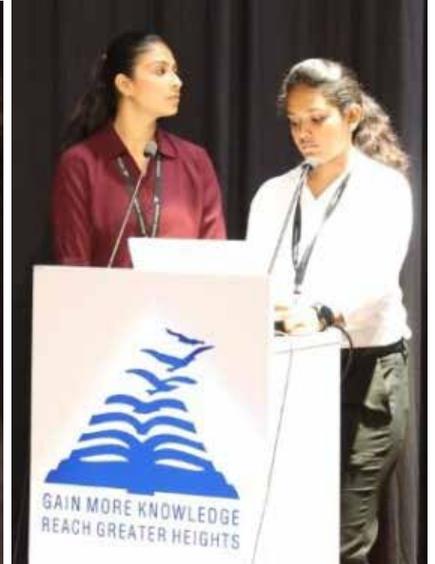




School of Management

Transformation in India's Techade

TechSparks 2023 will decode India's digital journey, capturing the spirit of ingenuity, determination, and collaboration during September 21-23, 2023 in Bengaluru. Tech Sparks Bengaluru will take a deep dive into powering India's digital transformation in the heart of tech. Giving a peep into the run-up to this event was Uday Birje, Co-Founder and Director, Think Street Technologies, on 20th June. Uday Birje, who has 30 years' experience in the IT, telecom, and Network industries, motivated the audience to participate in the startup revolution in the country.





School of Management

Transformation in India's Techade





Launch of the Digital Marketing Club

A Digital Marketing Club under the auspices of So M was inaugurated on the 27th June 2023.





Launch of the Digital Marketing Club





Department of Mathematics

The Department of Mathematics held an International Workshop on Combinational Methods in Graph Theory between 15th and 16th June 2023. Eminent mathematicians and scientists like Prof. Arvind Ayyer, IISc, Bengaluru, Prof. R. Balakrishnan from Bharathidasan University, Prof. Gyula Katona from Hungary, Prof. Narayanan from IIT Madras, Prof. Ryan Martin from Iowa State University and Prof K. Somasundaram from Amrita Vishwa Vidyapeetam, Coimbatore, were invited as speakers.





Department of Mathematics





Gearing up for the future

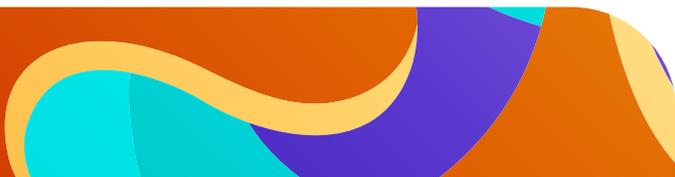


Dr. Amir Ullah Khan, Professor at MCRHRDI, Visiting Professor at ISB, NALSAR, TISS, ISPP and KSPP and Academic Advisor to the Presidency University, addressed the faculty members on the holistic vision of progression required by faculty in Higher Education on the 24th June 2023.





Gearing up for the future





Update from the Office of the International Affairs Collaborations and Partnerships



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



Answer to the June edition of the Picture Calling Photo contest.



Four children were found alive after surviving a plane crash and spending weeks fending for themselves in Colombia's Amazon jungle. Colombia's president said the rescue of the siblings, aged 13, nine, four and one, was "a joy for the whole country". The Cessna 206 aircraft the children and their mother had been travelling on before the crash was flying from Araracuara, in Amazonas province, to San José del Guaviare, when it issued a mayday alert due to engine failure. The bodies of the three adults were found at the crash site by the army, but it appeared that the children had escaped the wreckage and wandered into the rainforest to find help.

The following got it right.

1. K. Divya, 20221CSE0681, B. Tech CSE
2. Saman Ali, Admin Associate, Registrar Office
3. R Aruna, Admin Associate, Registrar Office
4. Dr. Gokulakrishnan Sivanandham, Assistant Professor (CSE)

Congratulations

Picture Calling



Here is another picture to test your general awareness.



Identify the picture

Send the details of this picture, your name and your role/ class details to editor@presidencyuniversity.in



Congratulations



Dr. Vijayasree,

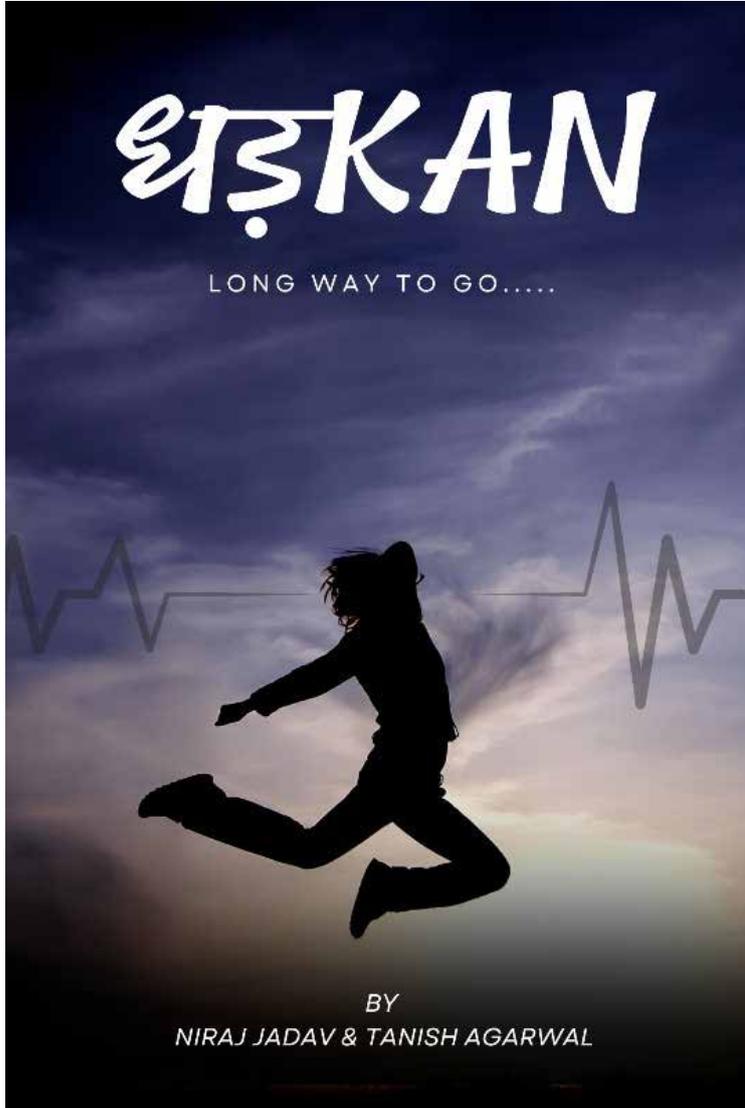
Assistant Professor, School of Commerce (SOC)
Faculty in charge of Entrepreneurship Association (PRAGYA)

for receiving the Innovation Ambassador Certificate from the Ministry of Education, GoI, after successfully completing the Foundation and Advanced levels of the Innovation Ambassador Training course.





Congratulations



Young achiever
Tanish
Agarwal of
second BBA
for co
authoring

“धड़KAN: A
Captivating
Journey into
the Heartbeats
of Life”

Life, with its myriad emotions and experiences, is a beautiful symphony of heartbeats. In their thought-provoking book, "धड़KAN," authors Niraj Jadav and Tanish Agarwal invite readers on an introspective journey through the ups and downs, the joys and sorrows, and the triumphs and tribulations of the human spirit.

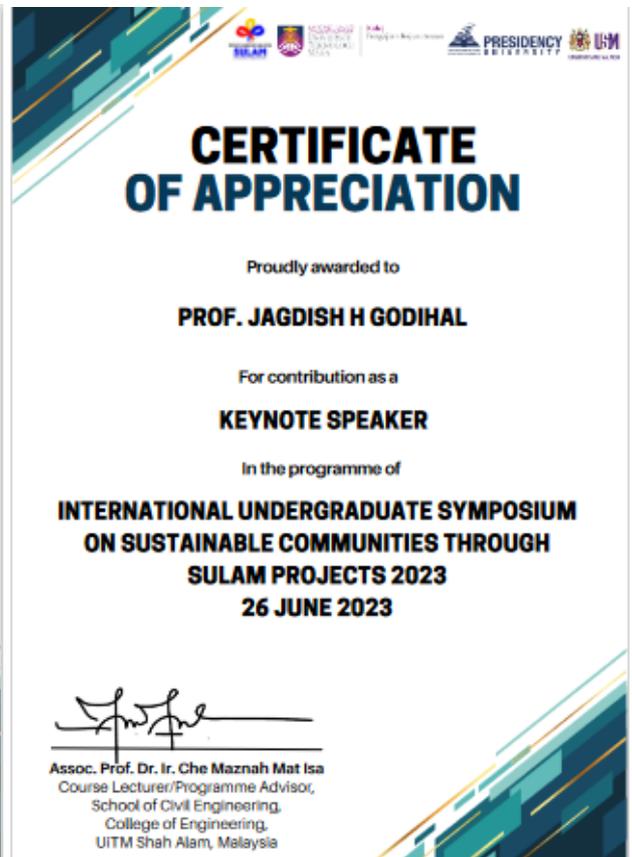
"धड़KAN" encapsulates the essence of the Indian youth, capturing their dreams, aspirations, and relentless pursuit of happiness in a society steeped in tradition and rapid change. Through their honest and relatable storytelling, Niraj and Tanish weave together a tapestry of experiences that resonate with readers of all ages.



Congratulations to Prof. Jagdish H. Godihal for the international recognition.



Professor Jagdish H Godihal (JaGO)
Professor, CIV and Deputy Dean,
Academic Research, PU





Inter-disciplinary courses: A Way for the Future

Education in India is moving towards interdisciplinary studies, as recommended by the NEP. It refers to the transfer of knowledge across subject boundaries. The term ‘interdisciplinary’ dates right back to the ideas of Greek philosophers such as Plato and Aristotle, who have been associated with the term ‘interdisciplinary thinkers’. This kind of thinking developed right after the First World War, when problems like population shifts, housing, social welfare, war, labor, and crime needed to be addressed by a range of different disciplines rather than through the lens of just one, to work towards the ‘unity of knowledge’. Thus today, even in schools, classic school subjects like Mathematics or English are taught in the context of broader, cross-cutting topics, such as food safety and climate change. Therefore, what is true is that traditional academic subjects that are referred to today, such as chemistry, maths and geography, are simply artificial boxes used to understand the growing awareness of our lives and universe.

Students can opt for different subjects when their specific career goals cannot be accommodated within one of the traditional courses offered; this is true of engineering courses too. Programs offer great flexibility by including numerous electives that allow a plan of study to meet a student's educational goals. This affords bringing together multiple engineering and non-engineering disciplines at an advanced level to solve societal challenges.

Interdisciplinary knowledge is critical for connecting students with current industry trends, where multitasking is the norm. Interdisciplinary knowledge aids in the bridge-building process between academic institutions and industry. It aids pupils in expanding their knowledge and innovating by allowing them to create something new. In addition to studies in other engineering fields, it is now necessary to teach or expose students to a variety of social science, community, environmental, and legal problems.

After a firm foundation in the core subjects, students can choose from a basket of options available to them in order to make themselves future-ready.

In the longer run and for wide-reaching issues, more creative solutions tend to come from imaginative interdisciplinary collaboration.

- Robert J. Shiller



Here are sentences with common errors that speakers tend to make often.

1. I hope you will come in Bengaluru soon. - Wrong
I hope you will come to Bengaluru soon. – Right

2. I did a phone call to her last night. - Wrong
I made a phone call to her last night. – Right

3. He gave an exam this semester. – Wrong
He took an exam this semester. – Right

4. Ram is married with Sita. – Wrong
Ram is married to Sita. – Right

5. We walked till the gate and back. - Wrong
We walked to the gate and back. – Right

6. There was a fight among two boys. - Wrong
There was a fight between two boys. - Right

7. Divide the apple between you three. - Wrong
Divide the apple among you three. – Right

8. Their apartment is opposite from ours. - Wrong
Their apartment is opposite to ours. – Right

9. Raju has been ill from last Friday. - Wrong
Raju has been ill since last Friday. – Right

10. She's lived here since two years. - Wrong
She's lived here for two years. - Right

What I mind in modern society very much is the awful lack of grammar.

- Ruth Rendell



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

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

Conversation using Pronouns and Interrogatives

Adhu Enu? What is that?
Avanu Huduga. He is a boy.
Adhu pusthaka. That is a book.
Idhu kaaleju. This is College.
Raamanu bandhanu. Rama has come.
Adhu ellidhe? Where is that?
Ninna hesaru enu? What is Your Name?
Yaaru ivanu? Who is he?
Yaaru ivaru? Who is this?
Ellindha bandhe? Where are you from?
Niivu yaaru? Who are you?
Avanu Ravi. He is Ravi.
Avalu Radha. She is Radha.
Avaru vidhyarthigalu. They are students.
Idhu mane. This is house.
Adhu College. That is College.
Adhu nanage. That is for me.
Idhu ninage. This is for you.
Ninna Room. Your room.
Nanna Room. My room.
Idhu avanige. This is for him.
Idhu avalige. This is for her.
Nanna Class Room. My class room.



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

Adhu avanige. That is for him.
Idhu avarige. This is for them.
Adhu ivalige. That is for her.
Nanna Pusthaka. My book.
Namma kaaleju. Our college.
Namma ooru. Our village.
Nanna snehitha. My friend.
Avara snehitha. Their friend.
What is that? Adhu Enu?
That is a book. Adhu Pushthaka.
That is a window. Adhu Kitaki.
That is a door. Adhu baagilu.
That is a table. Adhu meju.
That is a room Adhu kotadi/kone.
Which is that? Yaavudhu adhu?

Pronouns

Naanu - Me
Niinu - You
Avanu - He
Avalu - She
Nanna - My
Nannadhu - Mine
Ninnadhu - Yours
Nanage - For me
Nannondhige - With me
Nammondhige - with us



Trivia

A Canadian court has recently ruled that a thumbs-up emoji (👍) sent as a text message can be interpreted as consent to a contract, – in what is being seen as an unusual case, with courts deciding on the meaning of emojis that are now liberally used in daily online conversations.

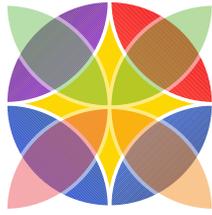
Emojis are now recognized as a valid means of communication and not merely the pastime of bored individuals. But what was the origin of emojis in the first place?

Using images to communicate is not a new idea. Pictograms have always been a part of human expression in many cultures. Remember the hieroglyphics of Egypt? However, it was the Japanese designer Shigetaka Kurita who is considered the founder of today's emojis. In 1999, NTT DOCOMO, a Japanese cell phone company, released a set of 176 emojis for mobile phones and pagers. Emoji is a blend of two Japanese words: picture and letter. (It's a mere coincidence that "emoji" sounds like it was derived from the English word emotion.") Kurita used Japanese graphic novels and the Zapf Dingbats typeface, as well as illustrations and pictograms, to create the first emoji library.

In 2015, Oxford Dictionary deemed an emoji as the Word of the Year. Today, there are a total of 3000 emojis, including 117 new ones that were introduced in 2020. Emojis help people express their personality and humor, especially during the dark days of the pandemic. Emojis helped enliven the remote work in the virtual world. Research confirms that our brains process emojis in a similar way that we process human faces.

Did you know you can now create your very own emoji? Imoji is a free app for iOS and Android that can morph any picture into a custom emoji that you can share with your friends. Showcase your creativity by creating new emojis. What are you waiting for?





We would love to hear from you.

Please send your comments and suggestions to
editor@presidencyuniversity.in

The Team

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Dr. Akila S Indurti - Editor

Abdulla T A - Designer

Pingal Chanda - Photographer

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



PRESIDENCY

KALEIDOSOPE