

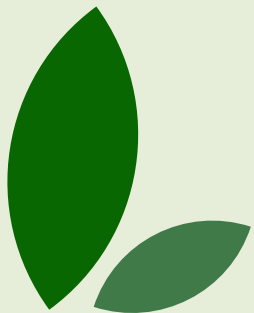


# Presidency Kaleidoscope

VOLUME 04

ISSUE 06

JUNE 2023





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



# Uptake

Have you noticed a toddler trying to hold a book with those teeny-weeny, sweet hands? They almost invariably hold the book upside down but take delight nonetheless in cooing irrelevant sounds while looking at the pages, especially if they have seen an older sibling reading. All life is imitation, and that is how we first learn to read, first at home and then in school in a more formal setting. In those initial days, we learn to read so that, as we grow, we can read to learn and enrich ourselves.

Oh, the joy of opening freshly printed books, the smell of fresh ink wafting through the air, and thumbing through the pages in sheer delight. The library, with its smell of books, both old and new, can offer a delightful olfactory experience to those yearning to unlock doors to faraway magical lands of fantasy.

The pleasures of reading are dwindling, what with various other attractions taking over our time, and there are myriad things that hold sway over our attention, not the least of which are

social media distractions. Reading as a skill is fast becoming nonexistent, and a vast majority of the schools in India do not promote reading as part of the school curriculum. This continues as students move to colleges and universities and limit themselves to reading with a focus on completing assignments or facing assessments. Reading has to be promoted as a deeply fulfilling activity by every teacher worth their salt, right from the time a child steps into school.

As we celebrate National Reading Day on 19th June each year and then National Reading Month, it is worth recalling the unalloyed joys of reading and spending at least a few minutes of the day to indulge in this pastime. Reading improves our analytical skills as the brain is trying to process what is being read and also organizes and sorts the information constantly. Not to speak of giving wings to our imagination and helping us soar into a much better world of make-believe. Reading a good book, whether fiction or otherwise, helps us improve our vocabulary and our





communication skills. After a long, hard day, reading a good book acts as a stress buster. Reading helps us fall asleep and drift joyously to faraway lands. Research says that the simple act of reading even a few pages each day can make people happy. Reading a good book automatically lifts our spirits as it stimulates the brain to release endorphins, oxytocin, serotonin, and dopamine, which are happy hormones, making the reader feel worthwhile, pleasurable, and happy. Perhaps we will not be such an angry nation if more and more people start reading at a young age and grow up to be tolerant, wise, and empathetic. But that's a story for a later date.

Here's to happy reading! Until we meet again, have a wonderful time ahead!

**Dr. Akila S Indurti**  
Editor

*Once you learn to read, you will be forever free.*  
- Frederick Douglas





# Contents

<b>Beyond Classroom</b>	<b>03</b>
<b>Rise and Shine</b>	<b>23</b>
<b>Events Galore</b>	<b>24</b>
<b>Picture Calling</b>	<b>59</b>
<b>Presidency Family News</b>	<b>61</b>
<b>Career Quest</b>	<b>62</b>
<b>Know your English</b>	<b>64</b>
<b>Let's get Bengalurued</b>	<b>65</b>
<b>Trivia</b>	<b>67</b>



# BEYOND CLASSROOM

This section is a celebration of your talent and achievements, dear readers. Kaleidoscope salutes your accomplishments. You make the PU family proud.





## Live by The Second

Feel every minute; your energy run,  
Create through the hour; life has begun.  
Sowing seeds; through the week,  
The saplings grow, with the fruits you seek.

Be in Gratitude, at every step,  
Kindness in your act, you never regret.  
By being Present, in every choice you make,  
You will get the icing; with the cake.

You speak to many through the day,  
Judging people with their points of play.  
Be in Allowance and let it fill your space;  
Without judgment's; you are full of grace.

If you sit idle, you attract thoughts,  
They are filled with energies to create a plot;  
You will lose sight of your creative slot,  
Shouting and cursing, you create drought.

Ask the Universe, what you seek;  
And become the action freak.  
Then the Universe will give a tweak;  
For others it will be Latin and Greek.

So, play with your time by the second,  
Your creative abilities, you must beckon.  
To make your life a creative session,  
And rejoice your space; without concessions.

When you create this space for thee,  
There is nothing to worry; you are free.  
You will create abundance in a spree,  
Many long for, to live and see.





# Verse Time

Note: We all desire to create an awesome and amazing life for ourselves. What we are today has been created by us, for ourselves. However, if we are present, or, let us say, aware of what we are creating (our thoughts and actions), we can create abundance for ourselves and for others. So, we must go about this process by being present in every second of our beautiful existence on this planet. The poem above represents my learning in this process. I am learning to be present, for it creates an amazing space to flow my creative abilities and focus my energies.



**Mr. C Naganathan**

Soft Skills Trainer  
Learning and Development





## Watchful

### Morning Glory

In the wake of morn  
The sky in the East adorn  
A shy cosmic blush  
And see the greenish lush!

### Confluence

Look at that child's countenance.  
Hey, there I see beaming confidence,  
Display of positive influence  
Body, mind and spirit: What a confluence!

### Captured

Moving snow-white clouds around,  
The smiling Moon hale crescent  
A distant star peeping from above  
Simply I captured its brilliance and lo!

### Morning Walk

Went out for a morning walk  
No one else was there to talk  
Saw many a one in the bustling street  
Dwelling in different worlds and retreat



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

# Sketch Time



Nagavaishnavi K  
B.Tech 8CCE01  
20191CCE0034





## From a Soldier's Diary

*Major General Gurdeep Narang is a distinguished veteran who has served the Indian Armed Forces for over 37 years. In the following column, he shares snippets from his illustrious life to give us a peep into the life of a soldier.*



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





# Army - A Way of Life.

## Vignettes

When a cold and shivering jawan gets you a cup of hot tea at 13,000 feet with the temperature hovering at minus 40 degrees,

When your sixth sense tells you there is something dangerous lurking at 50 metres.

When you meet with an accident and the first thing you check is the serviceability of your legs.

When you speak the language of your fellow soldiers, be it Gorkhali, Tamil or Marathi and you are at ease using expletives with Sikh troops.

When you sit from dusk to dawn in an ambush on Valentine's Day, you know the Army is giving you the red rose.

When you sweat in training as much as possible in peace so that you bleed less when at war.

When you are a master at pump stoves, lanterns, solar lights, bukharis (kerosene oil heaters), and travelling in trains without reservations.

When you become master of jugaad (innovations to overcome adverse situations), like the use of a safety pin by DSA to help students display their identity card if the tag is broken,

When you know more about cramps and cold injuries than your average doctor.

When a girl in the pub is indicated by the clock-ray method (Hey Dude, gorgeous green-eyed brunette at your three),





## Army - A Way of Life.

# Vignettes

When only your buddy can dig out the thing you want from your rucksack.

When your pain submits to your Will.

You say it repeatedly to yourself, “When the going gets tough, the tough get going.”

When you find it funny when your relative says he’s going on a holiday to a hill station.

When your profession is a matter of discussion during marriage proposals.

When you do not believe in ghosts but do believe in Peer Baba and other high altitude babas.

When you know the real meaning of camouflage (merging into the background, making yourself inconspicuous), you use it in the field, at parties, in unit routines, and in your own house.







## Army - A Way of Life.

# Vignettes

When you are the biggest consumer of foot powder, mosquito repellent, oil, water sterilisation kits, ORS packets, and “Ready to Eat Meals”.

When you give it ALL that you have got and some more.

When you are the only one to get trained in bayonet fighting. And expect it to happen.

When your girlfriend thinks you are Rambo, Commando, Gladiator, and Braveheart all rolled into one.

Your commanding officer, by the way, thinks you are NONE.

When you get lost in a multiplex with signboards but are at ease in a jungle with a compass.

When you can die, WHAT YOU HAVE LIVED FOR.

People call it the Army,

I call it “a Way of Life.”

We are not just “PEOPLE” in ordinary life.





# Gipsy: The Golden Retriever

## Vignettes

I joined my first unit as a lieutenant in September 1975 at Alhilar. Does that sound like an exotic place? It is in India, near Palampur, Himachal Pradesh. A small military station.

Our commanding officer was Col. Naval Adi Tata. His family consisted of Mrs. Gloria Tata and Mama Tata, a most affectionate and kind lady who has ever walked this earth. Mama Tata was forever baking cakes to feed us, the forever hungry youngsters, and then they had this beautiful four-legged canine, a Golden Retriever named Gipsy, with whom I fell in love at first sight. We spent many cosy evenings at the house of Colonel Tata, in the warmth of a burning fire, eating delicious cakes and cookies and drinking hot cocoa, with Gipsy lying snuggled at my feet.

In 1994, I got posted to Siachen Glacier, the world's highest icy battlefield. Just before my departure, one of my friends gifted me with a Golden Retriever pup, whom I promptly named Gipsy.

I returned home on leave after four months. Gipsy had grown taller. My wife complained that she could not handle her alone. I decided to take Gipsy along with me to Siachen Glacier. At Siachen Battle School, which is located at 12000 feet, we all get trained to climb ice walls, cross crevices, and avoid avalanches. An avalanche is a mass of snow falling rapidly down a mountainside. Dogs are also trained here to retrieve soldiers in case they get caught in an avalanche and get buried under the snow. I put Gipsy also in the training.





## Gipsy: The Golden Retriever

# Vignettes

In October 1994, one of my officers and his men were returning from a post located at 19000 feet after spending three months there. They had to walk it down over three days, doing approximately 8–10 km every day. On the third day, I decided to surprise them by meeting them halfway. We set off in the morning, all roped up (see the photograph), with Gipsy following me.



We reached the meeting point at 10 a.m., and there was no sign of the returning party. We waited for an hour, but still there was no sign. An eerie silence prevailed. I got worried, and then Gipsy started whimpering. I gave her a quizzical look. She got up, her ears pricked, moving restlessly. I gave orders to my team to be ready, and we started climbing up the route that the returning party was to take. After a kilometre or so, we came across fresh snow, which could have been the result of a fresh avalanche.

Gipsy ran towards it and started digging furiously. I immediately realized that our returning party had fallen under the avalanche. We radioed for help and also started digging with whatever equipment we had with us. After about 20 minutes, we noticed the outline of the first soldier. It took us approximately four hours to retrieve every one. By the grace of God, all had survived. The hero or heroine of the day was clearly Gipsy, our Golden Retriever.







# It Is Okay Not to Be Okay

## Vignettes

"AAL IZZ WELL" became a sensation amongst youngsters. This song from the movie 3 Idiots mesmerised us all with its catchy tune and lyrics. It meant to pacify the heart by saying that everything would be alright and life would spring back. Calm your nerves, even if things are not okay. Whatever the challenges right now, it is okay. Don't lose heart. But what if you are not able to calm those anxious nerves? What if you are not able to say, "It is okay? What if you want to cry and howl? Is that not okay?"

Well, well, to say, "NOT AAL IZZ WELL" is absolutely okay. Admitting to others and yourself that things are not going in the right direction is okay. Many times we are overcome with emotions like anger, self-doubt, rejection, and despair, but we don't talk about them. We struggle with thinking about what others will say. Or am I the only one not able to handle my life? What's wrong with me? Am I a loser? Self-blaming, directing anger inward, and ignoring these emotions can become destructive. Who says it is not alright to show that you are vulnerable? What makes it difficult for us to admit that things are not under control? This is exactly when the phrase "It's okay to not be okay" comes into effect. The pressure to act well is the one that creates stress and plays havoc with our mental health. Why is it not acceptable to not go by the image created by society? Isn't each person unique? Do we need to stifle ourselves because we are worried about criticism and being judged? There is no rule that says you have to be strong at all times. Don't resist "feeling bad". Yes, of course, you have to work to improve. But give it some time. Allow yourself to heal. It is rightly said, "We should all be allowed to fall apart sometimes so that we can find ourselves all over again". Self-love is important here. Be gentle with yourself when life is at its lowest. Finally, understand that it is okay to cry. It is healthy and brave to admit that things are not okay.



# It Is Okay Not to Be Okay

## Vignettes

Having said that, it is important to make the dejection temporary. Don't let disappointment win over you. It is important to come out of it. It is how we react when we are at our nadir that is the defining moment. You are not doomed; though things will be tougher, you will eventually find your place and survive.

So what do you do when you do not feel okay?

- Share and reach out to your family, friends, teachers, and confidants.
- Value yourself. Treat yourself with kindness.
- Take care of your body and mind: eat healthy, exercise, meditate, and follow a hobby.
- Help others—volunteer with NGOs, etc. It will make you feel nice and fortunate, too.
- Set realistic goals and expectations. Aim high, but don't overstretch.
- Don't quit on life; one day you will be happy for this.

Trying again is okay. Trying again and again is also okay. You need to do it because the alternative to that is not trying, and that is not okay.



**Ms. Mini Pushkar**

Adjunct Faculty  
Learning & Development





## The Power of Positive Affirmations

Whether you are feeling proud of a recent accomplishment or feeling bad about something that upsets you, how you talk to yourself is very important. Positive affirmations are simply positive statements or phrases an individual uses to challenge or combat negative or unhelpful thoughts. The method for practising positive affirmations is fairly simple; you just need to pick a phrase and repeat it to yourself. It may seem a little silly at first, but try to put it to use as frequently as possible.

You may choose to use self-affirmations to boost your confidence or self-esteem. You may choose to use it to motivate yourself, or you may use it to comfort or calm yourself down when you feel anxious. Often times, when we are stuck in a negative thought pattern that we can't seem to break out of, positive affirmations serve as a powerful tool to combat this pattern and replace it with a more positive and adaptive narrative.

### What are the benefits of positive affirmations?

- Self-affirmations are seen to reduce stress and its implications, such as overthinking, anxiety, low mood, demotivation, etc.
- Self-affirmations help guide and drive goal-oriented behavior.
- Positive affirmations have been linked to academic achievement by being a motivating factor, driving students to work harder and achieve their goals.
- Positive affirmations help us become more resilient and face threats in a more effective manner.
- They help to create a positive frame of mind and enhance our overall sense of wellbeing!

### How do I create positive affirmations?

- Firstly, think of areas of your life you would like to change—maybe your academics, your relationships with your peers, or your work day. Write these areas down and the behaviors you want to change.
- Always start your affirmation with an 'I Statement'.
- Keep your affirmation concise, precise, and easy to read or say out loud.



## The Power of Positive Affirmations

- Write your affirmations in the present tense, and they must depict a positive outcome.
- A ‘feeling’ or a ‘descriptive word’ will make your affirmation more impactful. The affirmation you create should have meaning for you.
- Lastly, make it your own. Your affirmations are personal and relate only to your goals, aspirations, and behaviors rather than others.

### Examples of positive affirmations:

- I am confident!
- I am getting better and better every day.
- I am grateful for everything I have in my life.
- I am not defined by my past; I am driven by my future.
- Happiness is a choice, and today I chose to be happy.
- I am proud of myself for getting this far!
- I am beautiful!
- I am focused!

Keep in mind that positive affirmations require regular practice if you want to make lasting, long-term changes to the way you think and feel. Try to practise your affirmations at least twice a day for 4 weeks before they become a regular habit. These inherently positive statements help foster an optimistic mindset. Optimism itself is a very powerful tool. So whether you want to change certain behaviors or just be more optimistic, try creating your own set of positive affirmations!



**Ms. Shruthi Ramesh**  
Student Counsellor,  
Department of Student Affairs

**Here is a simple exercise  
to get you started!**



*If you want to change the way you feel about yourself, first you have to change the way you think about yourself.*

**- Gavin Bird**





## Mind Feed

**People complaining of either oversleeping or undersleeping concerns, which affect one's mood and behavior throughout the day, are becoming more common. What steps can be taken to combat it? How can we unlock the secrets to a good night's sleep? Read on**

### Unlocking the Secrets to a Restful Night's Sleep

It's no secret that many of us struggle to obtain a full night's sleep in our fast-paced and demanding lifestyles. We struggle to get the restful sleep we require as we toss and turn with our thoughts racing. Adopting good sleep hygiene habits could be the answer. The term "sleep hygiene" describes a set of customs and practices that encourage restful sleep and enhance regular sleep cycles. This article will discuss the value of good sleep hygiene and offer helpful advice for getting that elusive, restorative sleep.

1. **Maintain a Regular Sleep Schedule:** Maintaining a regular sleep schedule is essential for preserving a sound sleep-wake cycle. Even on weekends, try to wake up and go to bed at the same time each day. This constancy aids in regulating your body's circadian rhythm, which improves the quality of your sleep and makes it simpler to go to sleep and wake up naturally.
2. **Make Your Space Sleep-Friendly:** Your sleeping environment has a big impact on how well you sleep. Here are some suggestions for making your sleeping environment more conducive:
  - Keep it cool, quiet, and dark in your bedroom. If necessary, take into account employing white noise generators, eye masks, or earplugs.
  - Spend money on a cozy mattress and supportive pillows for your body.
  - Take electronics out of your bedroom, including laptops and smartphones. These gadgets' blue-light emissions can interfere with your regular sleep and wake cycles.



## Mind Feed

3. Create a relaxing pre-sleep habit. By establishing a pre-sleep habit, you can tell your body that it's time to unwind. Consider the following:

- Steer clear of stimulating activities right before bedtime, such as strenuous exercise and drinking caffeine or nicotine.
- Using relaxation techniques like meditation, mild stretching, and deep breathing exercises
- To induce relaxation, read a book, take a warm bath, or play soothing music.

4. Limit Stimulant Exposure: Because some drugs might disrupt your sleep cycles, it's crucial to watch what you eat and drink, especially in the evening. Think about the following:

- Consume caffeine in moderation and avoid doing so in the afternoon or evening.
- Use caution when drinking alcohol since it can cause sleep fragmentation and cycle disruption.

5. Establish a digital detox before bed: Melatonin, a hormone that controls sleep, can be suppressed by the blue light emitted by electronic gadgets. If you want to improve your sleep hygiene, then

- Shut off all of your electronics at least an hour before going to bed.
- Do relaxing activities that encourage relaxation in place of checking social media or watching TV.

6. Engage in regular physical activity: Physical activity might enhance sleep quality. Early in the day, moderate activity can assist in regulating your sleep patterns. However, avoid doing vigorous activity right before bed because it can have the reverse effect and keep you up and energized.

7. Keep an eye on your diet: Eating well can have a positive effect on how well you sleep. Take into account these suggestions:

- Avoid eating large meals and spicy foods right before bedtime because they can make you feel sick and irritable.
- Choose items that help you fall asleep, such as almonds, bananas, chamomile herbal tea, or a small glass of warm milk.



## Mind Feed

8. Control Stress and Anxiety: Stress and anxiety left unchecked can negatively affect your ability to sleep. Think about implementing stress-reduction practices into your everyday routine, like:

- Trying mindfulness meditation or relaxation techniques to induce calm
- Getting assistance from a mental health expert if stress and anxiety continue
- Journaling or outlining your concerns in writing before bed will help you relax.

The maintenance of ideal physical and mental health requires putting good sleep hygiene first. You may increase the quality and length of your sleep by incorporating these sleep-promoting habits into your everyday routine. You'll wake up feeling rejuvenated and renewed. Be patient with yourself as you set out on this journey to a restful night's sleep. Remember that developing healthy sleep habits requires time and consistency. Dreamy night!

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

**\*Disclaimer: The scenarios given below are only for the purpose of awareness and education. These are not intended to point at anyone.**

**Person A:** I am unable to sleep. Even if I am sleepy, my brain cannot stop thinking. I work from home and have night shifts. It's affecting my productivity. I sleep in fragments, but not more than 5 hours. I have tried rescheduling my routine, but nothing works for more than 2 days. I am becoming angrier and irritated.

**Student Counsellor:** Melatonin is often referred to as the sleep hormone; without a good dose of daily sun exposure, we do not produce optimal levels of it, which affects sleep quality and quantity. Proper sleep is required for the body to detoxify and the brain to rejuvenate in order to function at an optimal level without causing disturbances in behavioral and emotional levels. It is suggested that you maintain a consistent sleep routine, practice proper exercise and diet, and also provide your body with sufficient sun exposure.



# Mind Feed

## Vignettes

### Quick Tips:

- Keep your electronic gadgets away for at least an hour before going to bed.
- Don't try to think about complicated things before going to sleep.
- Try to think about or imagine exploring in detail a happy moment or favorite place.
- Imagine yourself sleeping soundly while taking deep, slow breaths.

**Person B:** I sleep more than 12 hours and still feel insufficient and sleepy all day. I'm not interested in doing any work in the daytime, and I am sure to be very tired and irritated throughout the day, which is making it difficult to focus on work and other things.

**Student Counsellor:** There are high chances that your brain might be exhausted or overloaded, sometimes with apprehensive fears or insufficient information to process things. It may look like a huge task where the brain sometimes avoids or gives up helping the body work on it, which often results in the above situation.

- Ask yourself what is bothering you.
- Challenge your thoughts with positive affirmations.
- Break down the complex work into small chunks.
- Maintain a strict sleep routine and encourage your body to do something it is comfortable with as soon as you wake up.

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





## WANT HELP?

Sharing can help your recovery, so write to us at [lenin.thejashwini@presidencyuniversity.in](mailto:lenin.thejashwini@presidencyuniversity.in) with your question, name and contact details. But if you wish to stay anonymous, do indicate that in your email.

You can also scan this QR code to book an appointment.



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**.



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

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





## Ownership

Long, long ago, there was a woman who was traveling away from home to visit her relatives who lived across the mountains. This was before the advent of trains and planes, and so she had to cover a distance before reaching her destination. On the way, she stopped by a stream to refresh herself. And there it was—a gleaming stone reflecting the light of the sun and emitting brilliant hues. She knew it was a precious stone beyond value. As there was no one around, she knew it was nature's gift to her, and so she picked it up calmly and put it inside her bag.

And the woman continued on her journey. She met a hungry wayfarer on the way, and she stopped by to share her food with the traveler. He caught a glimpse of the bright stone and, covering his eyes, told her that it was incredibly beautiful and asked if she could give it to him. The woman opened the bag without any trace of hesitation and handed it over to him with a smile, saying, "Take it, be happy, my son." The traveler could not believe his stroke of good fortune. He knew he did not need to work for a long time, as he could make a tidy fortune selling the stone.

The woman continued her journey after this brief encounter. After covering a few miles, she could hear the sound of someone calling out to her. She turned back and saw the traveler she had met a few hours earlier running to catch up with her. She paused.

What do you want? She asked kindly.

I know you have something more precious, and I have come to ask you for it. Please give it to me so that I can always be happy.

What is that, my son?" asked the woman. I do not have anything precious with me, she continued, looking confused.

The young man replied, "Give me that precious thing that you have within you that enabled you to give me the stone without any hesitation. So saying, he fell at her feet.

*Detachment is not that you should own nothing. But that nothing should own you.*

- Ali ibn abi Talib



# **Presidency University Happenings**

**Roundup of Activities  
April and May 2023**



**DEPARTMENT OF  
STUDENT AFFAIRS**

**DSA Club Activities  
at a glance**



## Data Science Club

Workshop on Deep Learning with Natural Language Processing (NLP) conducted by Dr. V Gajapathi on 17th May 2023.





## Mental Health Club



## Mental Health Awareness Month







## Yoga session for EEE students



## Flash mob



## Euphoria' 23

The Department of Student Affairs organized Euphoria 2023 on the 6th of May, a fest that aimed to ignite the fire of competition and unity among the eight schools at Presidency University and was inaugurated by the Vice Chancellor, Dr. Subhakar.

This flagship event was the culmination of 23 different events, including 3 sports events, 2 online events, and 18 cultural events. The competitions were spread across three days and held at various venues within the sprawling campus. The auditorium was the venue for events like the fashion show, group dance, group singing and solo instrumentals. whereas street play was held behind the auditorium, occupying all the real estate to showcase the miming skills of its participants.





## Euphoria' 23

The lawn area in front of the Department of Student Affairs served as the perfect choice to host solo events like singing, dancing, beat boxing, rap battles, and 1V1, with a staggering crowd cheering for the participants. Sports events like tug of war, futsal, and basketball were conducted on the sports lawn.

SOCS and IS bagged the overall championship trophy, with an unexpected twist where SOC and SOL were tied for the runners-up. There was a toss held by the Dean of DSA between the Deans of the respective schools to decide who would hold the trophy for the first six months. The valedictory ceremony ended with the awarding of the champion's trophy to SOCS and IS and the runner-up trophy to SOC. After which, there was an open DJ in the lawn area in front of DSA for both faculty and students. The fest saw active participation from students of all schools, making it a huge success.



# Events Galore



## Euphoria' 23





# Events Galore



## Euphoria' 23





## Felicitation of Euphoria Volunteers



## NSS Event







## SoL Events at a glance Moot Court Session in progress



## Inauguration of the Legal Services Clinic in Rajanukunte







## SoL Events at a glance



# Events Galore



## SoL Events at a glance







## SoD Highlights

Students of FD visited the Vimor Living Museum, Bangalore, on 2nd May 2023, and learnt about the 'Traditional Textiles of India'. An MoU was signed with the officials for continued collaboration with the SoD in terms of conducting live projects and potential internship and placement opportunities.



Nine students of the sixth semester from the Department of Communication Design visited the "Museum of Art and Photography" on 4th May 2023 as part of an immersion program on user experience design.



Fourth, sixth and eighth semester space design students visited the HMG Stones experience centre at Vasanth Nagar and the factory at Hosur Road, Bangalore on 12th May and were introduced to natural stones for wall cladding and flooring, the characteristics of various types of stones, their applications in interiors and exteriors, and a market study of the same.



Students of FD explored Angadi Heritage Pvt. Ltd., Bangalore, on 17th May 2023 and learnt about showroom designing, window display, product placement and design-related aspects.



## SoD Highlights

An online webinar was organised by the Department of Game Design for the students of the 6th and 4th semesters on 27th May, 2023 on "Economy Design for F2P Games" with the aim of introducing students to the concept of F2P (free-to-play) games. Students learnt to identify the different layers of player retention to design games and also the means to earn profits from free games using basic monetization strategies.



A team of CD students visited the NGMA National Gallery of Modern Art on 16th May to understand the art and culture of India.







## New Environs

Inauguration of the SoD 15th May







## New Environs

Inauguration of the SoD 15th May





## Zeitgeist – The Design Show 30th and 31st May







## Zeitgeist – The Design Show



## Land D Department updates



A "Talk on Time Management" by Dr. Aurobindo Kiriyeke from SoM, was organized on the 27th April 2023. Through this audio-visual, interactive, and lively session, students learnt about the significance of time management for professional success. They also recognized time stealers where their time was being wasted, and the session equipped them with the basic sets of tools and techniques to help them help themselves, along with a time management matrix to help them segregate the urgent and important tasks and how to remain focused. The Q&A session, filled with anecdotes, personal experiences, and stories, was the highlight of the program.



## L and D Department updates



A virtual session on the “Art of Asking Questions” was held on 29th April 2023 with Ms. Garima Sachdev, advocate, Delhi High Court, sharing her thoughts and insights about the significance of questions and the role they play in the conduct of cases and reaching the set outcome. With apt and ample examples, the resource person made the session interactive, interesting and insightful for the students.





## SCS & E Updates

On May 3, 2023, the HACKEYE club organized its first event with Mr. Ujwal K as the chief guest for the session. He is the founder of various companies, like Chillitray and Zintr. He has built the services agency to over a million dollars in revenue and is growing continually.

He's currently bootstrapping his product, which is valued very highly by several investors globally. It deals with intelligence related to millions of companies globally, which can help with actionable sales outreach and easier conversions. He also built Mr. Pentester, a security sub-org within his agency, which was also a finalist in Elevate Karnataka by the government of Karnataka. Mentioned in the hall of fame of various brands globally, the agency has a 100% track record in incident response and has saved tens of millions for customers by helping them hit back after they were hacked.

Besides, he's personally worked with hundreds of companies globally, including Fortune 500 companies, to secure them. He has also helped secure the infrastructure of the government of India and other governments globally.



PRESIDENCY UNIVERSITY  
HACKEYE INAUGURATION  
31.03.2023 12:33  
13.1682, 77.5333  
5G9M+876, DIBBUR, KARNATAKA 560089





## SCS & E Updates

A webinar titled "Modularizing Front End Development Using React.js" was organized by the School of CSE & IS at Presidency University on 17th May 2023, in order to provide participants with insights into the best practices and techniques for modularizing front-end development using React.js. The session was conducted by Mr. Ishan Singh, a senior software engineer at eQ Technologic in Pune with expertise in software engineering, specifically in the field of front-end development. He has worked on complex projects and has extensive knowledge of React.js, a popular JavaScript library for building user interfaces.



## Other events





## SoE Updates





# Events Galore



## SoE Updates





## SoE Updates







## SOMS Updates

### Students with Nabila Jamal News Anchor - India Today on 8th May







## Nukkad performance





## India Media Conclave 2023 PR NXT the Digital Disruption

The School of Media Studies, Presidency University Bangalore, organized the INDIA MEDIA CONCLAVE 2023, Chapter-I, 'PR-Next: The Digital Disruption' debate on 18th May. Advertising professional Milan Vohra, PR expert Anindita Sarkar, senior journalist T. R. Vivek, Dhiren Dukhu of Genesis BCW, and corporate communications expert Rama N debated various aspects of PR and advertising practices in the age of digital disruption. Students interacted and gained clarity on the future of media jobs, skill set requirements, and emerging trends in the media industry.







## India Media Conclave 2023 PR NXT the Digital Disruption





## Inauguration of the multimedia experience centres







## Inauguration of the multimedia experience centres



## Incubation Notes





## SoC Updates

PRAGYA – The Entrepreneurship Association of SOC, in association with Presidency Launchpad, conducted a seminar titled "Be Your Own Boss: A Roadmap to Entrepreneurship" on 16th May 2023 with the aim of providing valuable insights into the world of entrepreneurship and equipping the fourth-semester students of SOC with the necessary knowledge and tools to embark on their entrepreneurial journey. With his extensive experience in the field of entrepreneurship, the key speaker, Mr. Pramod Prabhudev, Head of Presidency Launchpad, shared a comprehensive roadmap for aspiring entrepreneurs, highlighting salient aspects such as idea generation, market analysis, funding, and scaling businesses. His expertise and practical examples resonated well with the audience, providing them with valuable guidance. Additionally, Mr. Suresh, Senior Manager from Presidency Launchpad, shared his personal experiences as an entrepreneur. His contributions brought a practical perspective to the discussion, offering students a well-rounded understanding of the challenges and opportunities in the entrepreneurial world.







## SoC Updates







## SoC SoM Faculty Development Program





## So long, farewell







# Events Galore

## OIA Updates - Eminent Visits







# 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 May edition of the Picture Calling Photo contest.



### Dogs from This Gujarat Village Are So Rich That They Own Land Worth ₹5 Crore

Panchot village, near Mehsana in Gujarat, has made quite a name for itself by making dogs, landed sentries. Over the years, the dogs have benefited in crores. An informal village trust named 'Madh ni Pati Kutariya Trust' holds about 21 bighas of land on behalf of the dogs. All the income from the land, mainly through annual auctions for farming, is set aside for the dogs. Also, the proximity of the land to the Mehsana bypass sets its estimated value at almost 3.5 crore rupees per bigha.

Some reports mention the name of the village as Kushkal in Palanpur taluka of Banaskantha.

**Only one got it right this time.**

**Tanish Agarwal,  
SOC - 20221BBA0067 - BBA**



**Best wishes to all those who tried. Better luck next time.**

# Picture Calling



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



**What does this scene refer to?**

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







## Congratulations

to the team that won the first prize in the Maze Runner Event at Innovatex, organized by the Build Club, School of Engineering and School of Computer Science & Engineering and Information Science, Presidency University, on 31st March 2023.

### Team members

Abhishek Kumar - 20221BCA0249

Arya Pratap Singh - 20221BCA0158

Roopjot Kaur Gandhi - 20221BCG0007

## Presidency University Welcomes

### Ms. Shruthi Ramesh, Student Counsellor

A psychologist with a specialization in clinical psychology Ms. Shruthi has experience catering to a wide variety of mental health concerns like anxiety, burnout, stress, body-image issues, self-esteem issues, interpersonal conflicts, personality concerns, anger issues, emotional dysregulation, lack of motivation, rehabilitation, trauma, abuse, and others and providing therapy to clients of all ages. She employs a wide variety of therapeutic techniques and advocates having open conversations about mental health with clients.





## Career in the Armed Forces



**The Indian Armed Forces** are the military forces of India, which consist of four professional uniformed services: the Indian Army, Indian Air Force, Indian Navy, and Indian Coast Guard. The various paramilitary organizations and various inter-service institutions also help the Indian Armed Forces. The Ministry of Defence is responsible for the management of the armed forces in India. If you are looking for a career of excitement and adventure that is not only challenging but also fulfilling, then you can explore career options in the armed forces.

The Union Public Service Commission recruits commissioned officers in the Armed Forces by conducting two exams in the All India Competitive Examinations category.

### **National Defence Academy (NDA) and Naval Defence Academy (NA)**

- The UPSC holds entrance examinations twice a year for entry into the NDA and Naval Academy. Candidates on completion of the 10+2 examination or while in the 12th standard are eligible to compete.



## Combined Defence Service Examination

- The CDSE is conducted by the UPSC twice a year. University graduates or those in their final year of graduation are eligible to appear in the examination. Successful candidates join the Indian Military Academy, Air Force Academy, and Naval Academy for permanent commission, and the Officers Training Academy (OTA) for short service commission.

## Short Service Commission (Technical) Entry

- The Short Service Commission (Technical) Entry Scheme provides avenues to eligible technical graduates and postgraduates for recruitment in technical arms. After the SSB and Medical Board, the selected candidates are required to undergo approximately 49 weeks of pre-commission training at OTA, Chennai. Apart from recruitment through the UPSC, commissioned officers are also recruited in the Army through non-UPSC entries.

If you are interested in joining the armed forces, there are plenty of opportunities waiting for you.

To know more, log onto

<https://www.india.gov.in/spotlight/career-defence-and-paramilitary-forces>



*Bravery is not the absence of fear, but the ability to overcome it.*

- General Pran Nath Thapar





## Shades of meaning

Language is rich and complex, and speakers use different words or phrases to convey different shades of meaning depending on the context and their intention. These subtle distinctions add to the beauty of the language, making communication precise and specific.

Shades of meaning thus refer to the subtle differences in the connotations, implications, or nuances of words or phrases. Words can have similar or related definitions but carry different associations or emotions.

Example: sip, gulp, drink

It is important for students to learn these words, as they help enrich their vocabulary. It helps them articulate better and become more expressive. Words have varying degrees of strength; they are also known as synonyms.

Example:

Happy - satisfied – pleased – content - peaceful –cheerful – delighted – thrilled – overjoyed – jubilant – elated.

See – look – observe – stare – glance - examine

Said – observed – analysed – declared – mentioned – remarked - mumbled

Big – huge – large – giant – enormous - gigantic

Small – puny – tiny – petite – little

*Vocabulary is a matter of word-building as well as word-using.*

- David Crystal





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

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

### Conversation - 1

- Madam naale naavellaa Mysore ge hogonavaa? Madam. Shall we go for a picnic tomorrow to Mysore
- Aagali hogona. All right let us go
- Eshtu gantege horadona madam? What time shall we start Madam?
- Belagge nimma maneya hattira barodhaa? Bus stand ge barodhaa? Shall we come to your house in the morning or to the bus stand?
- Sumana, niinobbalu entuuvarege mane hattira baa. Bereyvaru entu mukkaalu gantege bus stand hattira barali.
- Sumana, you alone come to my house at 8. 30am. Let others come to bus stand at 8-45 am.
- Naavellaa enu thindi tarona? What food shall we bring Madam?
- Thindinaa? Svalpa iru. Ye Shobha, baammaa illi
- Is it Breakfast? wait a minute hey Shobha come here.
- Enu madam? What madam?
- Nodu, naale niinu puliyiyogare thagomba Sumana sweet tharali, Keerthana baalehannu tharali
- Look, you bring puliyogare. Let Sumana bring sweets and Keerthana will bring banana
- Naanu Enu tharali madam? What shall I bring madam?
- Nine helu. You yourself say
- Vade tharalaa? Shall I bring vada?
- oho thagombaa, bereyvaru enaadaru thanni.
- Oh, yes, bring it. Rest bring whatever you like.
- Naavinnu baronava madam? Shall we take leave of you, madam?
- Iri. ii kaafee kudiyiri. Amele Hogi. Wait, drink this coffee, then go.



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

### Conversation -2

- Jyothsna pariiksheyalli hege baredidiyaa? Jyothsna, how did you write the examination?
- Chennagi barediddini Akshatha. Olle Marks barabahudu niinu hege barredidiya?
- I have written well Akshatha. I might get good marks How have you written?
- Olleya maarks bandre M. D. ge hogona antha iddini.
- If I get good marks, I am thinking of joining M.D.
- Olleya maarks barade iddare Kyaapiteshan fee kottu serkothiiya?
- If you don't get good marks would you join by paying capitation fee?
- Olleya maarks barade iddare M. D ge seralla. Namma thandheya nursing home idhe. Alli praaktiis Maadthini. nInu Enu maadtiyaa?
- If I don't get good marks, I won't join M. D. My father's nursing home is there. I will practice there. What will you do?

*Wisdom is not a product of schooling but of the lifelong attempt to acquire it.*

- Albert Einstein







# Trivia

## Which is the largest living structure on earth?

Coral reefs, the world's largest living structures, are a marvel of nature. Home to an incredible diversity of species that outnumbers even the rain forests, these tiny coral polyps combine to form vast communities that are visible even from space. The Great Barrier Reef, the largest coral reef system on the planet, stretches a whopping 1,429 miles across 133,000 square miles of the Coral Sea off the coast of Queensland, Australia. Made up of nearly 3,000 individual reefs, this magnificent wonder of the world is a breath-taking sight to behold.



Did you know that India also boasts some incredible coral reefs? The Gulf of Mannar Marine National Park in Tamil Nadu and the Andaman and Nicobar Islands are both home to beautiful coral reefs. These reefs are home to a diverse array of marine life, such as sharks, turtles, and colorful fish. Additionally, coral reefs play an important role in protecting coastlines from erosion and providing food and income for local communities.



We would love to hear from you.

Please send your comments and suggestions to

[editor@presidencyuniversity.in](mailto:editor@presidencyuniversity.in)

## The Team

**Mr. Salman Ahmed - Chief Patron**

**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.

