





Presidency Kaleidoscope

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





Uptake

Kaleidoscope is one. As we reach this milestone, we look back and reflect on our experiences and cherish our interactions with so many who have been featured until now. The University has been buzzing with events and activities, and the magazine has captured slices of these happenings to bring a sense of belonging to all. Our contributors have helped us fill the pages with so much joy that our request to them is to keep them coming. For others yet to open an account, we invite you all to make the magazine truly inclusive and eclectic.

Looking ahead, while we cherish our past achievements, we are conscious of the present moment that is constantly ebbing away and promise to work towards a better future through these pages.

Speaking of time, we constantly hear ourselves or people around us

complaining that we do not have time. While we are flitting from one task to another and the list seems endless, it is perfectly understandable when we are running out of time and consequently out of steam. Here is a tip that I read not so long ago. How do we look at our waiting time? As a waste of time or a gift of time? The time we take while travelling, when we wait for the doctor's appointment, or at a salon... These are *me times*, though most would use it to scroll for messages and reply. This time can be used in what is known as the Pomodoro Technique of Time Management.

Frequent breaks improve your mental agility, letting you feel more refreshed and recharged, ready to tackle new tasks. Each such short work interval is called a pomodoro. More importantly, the Pomodoro technique minimises any distractions, which these days come in





distractions, which these days come in the form of a WhatsApp message or a tweet. The Pomodoro technique forces these distractions to wait so that you can concentrate on yourself. This also translates to higher productivity in getting work done, and you can have more time to do other things. Worth trying!

We are adding another new segment, "Rise and Shine," which will bring an inspirational story each month to help us stay motivated.

Until we meet again, have a wonderful time ahead!

Dr. Akila S Indurti
Editor

I dwell in possibility.
- Emily Dickinson





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Dr. Ashok Itagi

Head, School of Design, PU

Life can only be understood backward, but it must be lived forward. wrote the nineteenth-century Danish philosopher and theologian Soren Kierkegaard. Profoundly inspired by this philosophy, which exhorts one to use past experiences of life as a great learning experience while at the same time looking forward to newer ones to shape the present, Dr. Ashok Itagi, Head of the School of Design, has had varied experiences that have enriched the rich tapestry of his life. Design education is still in its nascent stage in this country, and it is little wonder that Dr. Ashok has been instrumental in setting up or strengthening design departments at every college or university that he has been associated with in the course of his career.

It has been an eventful journey at PU, as he joined as the head of the School of Design in July 2020, a year after it was launched in August 2019. The first batch had completed the foundation programme, and with the disruption of learning brought about by the pandemic, Dr. Ashok had to quickly put in place improvisations, ensuring at the same time that there was no loss of learning. Along with his colleague, Dr. Madhusudana, he

This column will spotlight distinguished members of the PU family.





The Galleria

went about the task of building the infrastructure quietly and efficiently, and today the hard work has all paid off as we see the busy labs bustling with groups of students engaged in hands-on experience at these design labs. With 200 students, 23 faculty drawn from different backgrounds, and five specializations in B. Des and one B. Sc degree in multimedia offered to students, the School of Design at PU has come of age.

Starting his career at the Central Silk Board in Bengaluru, he worked there for four years before being transferred to Bihar, where he spent two years. At a deciding point in his career, he quit the industry and moved to academia when he joined an engineering institute in Ichalkaranji, Maharashtra, and served there for ten years. Another watershed moment in his career was the move to KLE Institute of Fashion Tech in Belgaum as the principal, where he served for twelve long years. Bringing design education to this part of the state and making it available to eager, interested

students must have been a fulfilling journey indeed. Helping students seek order among chaos or symmetry in nature, synergy between form and functionality, combining aesthetics with affordability, unveiling the therapeutic nature of design using metaphors, and infusing emotions into a product whose shelf life may not always be marked by its utility are all part of the everyday lessons imparted to batches of raw young minds.

Inspiring students to look beyond the ordinary and shaping their thought processes during their period of stay at the university comes easy to this son of a teacher whose early life was moulded by the environs of the Sainik school in Bijapur, where he studied. Though he passed the entrance exam with flying colours, he could not join NDA as it was not meant to be. But the universe channelled his life for the better as Dr. Ashok took over the task of mentoring hundreds of students who benefited from his experience and wisdom.





The Galleria

From Belgaum, he moved to experience the rough and tumble of city life as he took over as the Vice Principal of the Vogue Institute of Art and Design in Bengaluru. After a year there, PU beckoned him with the challenging assignment of strengthening the design school, and he has been handling its affairs since July 2020. Ably supported by his homemaker wife and son, who is pursuing his master's in psychology, Dr. Ashok is passionate about making design education quantifiable and thoroughly professional. To this end, the curriculum the School designs includes industry experience, internships, presentations to the jury, assignments, and installations, all of which prepare the students to take on the world.

The Convocation Mace, designed by

students of the School, occupies pride of place in the University. Students have also taken part in designing learning spaces and the landscape here. These give us a peek at the hard work that goes on inside classrooms and design labs. Many achievers occupy pride of place in the design school, and Kaleidoscope will feature them in the coming months.

It was an eventful morning as I concluded the interaction by visiting the various labs where students, under the guidance of their faculty, were engrossed in creating magic with the available material at their disposal. The design school is fast reaching many milestones, thanks to the hard work of the faculty under the stewardship of Dr. Ashok Itagi.

Design is not for philosophy, it's for life.

- Issey Miyake

Would you like to be featured or nominate someone for this column in the forthcoming issues? Please mail your interest to editor@presidencyuniversity.in





BEYOND CLASSROOM

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





Verse Time

ಪ್ರೀತಿಯ ಬಣ್ಣ ಕಪ್ಪು

ಗಂಭೀರವಾಗಿ ಆನೆಯಂತೆ
ನಿಂತಿದ್ದೆ

ಅಂಜಿ ಸಲಿದು ಹೋದರು
ಹಲವರು

ತಿಳಿಯದೆ ಕಂಬ ಒನಕೆ
ಮೊರ ಗೋಡೆ
ಎಂದು ಮಾತಾಡಿಕೊಂಡರು ಕೆಲವರು

ಬಳಿ ಬಂದು
ಬೆರಗಾಗಿ ನಿಂತರು ಕೆಲವರು

ಹತ್ತಿರ ಬಂದು ನೋಡಿ ಪರಿಚಯವಾಗಿ
ಸ್ನೇಹಗೊಂಡರು ಕೆಲವರು

ಮರೆಯಿಲ್ಲದ್ದು
ಯಾವುದರಿಂದಲಾದರೂ ಹೊಡೆದು
ಪ್ರತಿಕ್ರಿಯೆಯನ್ನು ಗಮನಿಸಿದರು ಕೆಲವರು

ಸುಮ ಮಾಲೆ ಹಾಕಿ
ಲಿಂಗಲಿಸಿ ಪೂಜಿಸಿದರು ಕೆಲವರು

ಕಷ್ಟ ಕೂದಲ ಕಿತ್ತು ಧಲಿಸಿ
ದೋಷಮುಕ್ತರಾದರು ಕೆಲವರು

ಮೇಲೆ ಹತ್ತಿ ಆರೋಹಣಗೈದು
ಸೊಕ್ಕಿನಿಂದಿದ್ದರು ಕೆಲವರು

ಯಾರೂ
ಮನಸ್ಸನ್ನಲಿಯಲಿಲ್ಲ

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ಗಂಭೀರವಾಗಿ ನಿಲ್ಲುವ
ಆನೆ

ಎಲ್ಲವನ್ನೂ ರ್ರಹಿಸಿ
ಉಂಡು ಜೀರ್ಣಿಸಿದ ನಂತರವೂ
ಯಾವುದನ್ನೂ ಪ್ರತಿಘಂಟಿಸದ

ಪ್ರೀತಿಯ ಬಣ್ಣ ಕಪ್ಪು.



Madhumitha

Tamil Poet and Translator

Kannada Translation

Dr. Malarvili K

Professor-Kannada

Department of Languages

Presidency University

Sketch Time



Tulika Dutta
Assistant Professor, CSE





The House Wife

Vignettes

While on rounds on campus, I come across a number of students not wearing and displaying their identity cards; the usual excuse is, “Sir, my identity card tag is broken”. I often take out a safety pin from my pocket and pin their identity card on their chest like a gold medal, and we move on smiling. Once a student asked me, “Sir, how did you get this idea of using a safety pin?” I told him, “When I joined the Army as a trainee cadet, I was provided with a housewife.” “A housewife? You mean...?” he asked, looking very surprised. I said very seriously, “Not me alone; all 300 of us who joined the training on May 20, 1974, were provided with a brand new House Wife”. He and his friends looked at me incredulously. I had a hearty laugh and introduced them to my housewife by showing the following photographs and then elaborating:

An Army “Housewife” is a small sewing kit that has been used over the centuries and is often carried by soldiers when at war to mend their uniforms. Inside, it contains a thimble, two balls of grey darning wool (for socks), 50 yards of linen thread wound around a card, needles, brass dish buttons (for battledress), and plastic buttons for shirts. The ‘Housewife’ was often contained within the holdall and stowed within the soldier’s haversack.



I carried on with this wonderful housewife for four years until I was provided with my better half by my parents in 1978. My first housewife, although a bit neglected now, is still with me somewhere.



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





Battle of the Bulge

Vignettes

Those of us who read military history would be well familiar with the Battle of the Bulge. This “Battle” was the largest and bloodiest single battle fought by the United States in World War II and the third-deadliest campaign in American history. Called “the greatest American battle of the war” by Winston Churchill, the Battle of the Bulge in the Ardennes region of Belgium was Adolf Hitler’s last major offensive in World War II against the Western Front. It was the US Army’s greatest struggle to deny Adolf Hitler’s last chance for victory. General George Patton had turned his 350,000-man army north and punched through the German flank to win this battle.



But closer home at Presidency, I got involved in a different type of battle of the Bulge. Last week, while getting ready for the office, to my horror and utter embarrassment, I found that I could not button up my trousers because of a slight bulge in my belly. I tried second and then third trousers, and the result was the same. I quickly rummaged through my suitcase and found an old pair of baggy trousers that I could fit in that day.

Cause Analysis

I sat down and jotted down a list of people and circumstances leading to this sad state of affairs:

- The first person was me, who has a weakness for sweets; one or two pieces a day are not sufficient for me.
- My mother, who is 85 now (God bless her), can eat as much ice cream as is served. We have meals together; how can I avoid the temptation?





Vignettes

- Shailaja, our attender, who likes to put four spoons of sugar in my tea or coffee twice a day. Her logic: “You keep shouting at the students the whole day; extra sugar will sweeten your scoldings.”.
- Sukh Sagar Caterers: Fried and oily food at times, and lots and lots of sugar in their tea.
- Last but not least, 3-5 students come to my office every day and offer me sweets, celebrating their birthday, getting placed, or winning a competition. Now how do you refuse them?

I also have a strong suspicion that there is a conspiracy to make me look like a person with flab, and the conspirator is Dr. Vinay Joshi, who himself, being slim and trim, is jealous of me and wants me to have a nice baby bump.

No, Joshi, sir, I am not going to allow you to win this friendly battle. I resolve to come back to my normal figure by doing the following:

- Eating plenty of soluble fibre, avoiding foods that contain trans fats, and not eating a lot of sugary foods
- Doing aerobic exercises (cardio). Any one or more of these: walking or running, cycling, crunches, Zumba, and strength training





Vignettes

- tracking my food intake and trying intermittent fasting
- Getting plenty of restful sleep.
- Reducing my stress levels.
- Changing my lifestyle and combining different methods

Dear Readers, I promise, I will win the battle of my bulge. I will also not allow Dr. Joshi (with due respect) to have a last laugh on this issue. You will find a fitter Chief Proctor back soon.



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





Law..Fully!!

Vignettes

Youthfulness! Vigour...Dynamism... A dashing display of youthfulness was visibly there on their resplendent faces.

Standing still, I observed them with delight. As they came near, I stopped them. The trio wished me good morning. So far, so good. I reciprocated.

Their inquisitive faces got the answer through my query, “Where is your ID card?”

“Sorry, sir, it is there in my pocket.” The answer came instantly from one.

The second one said, “Sorry, sir, I forgot.”

By this time, the third was displaying a separate tag and the ID Card holder. “Sir, it comes out so often,” was his answer.

The teacher and philosopher in me woke up. “Boys, do you know that “whatever you say for not doing something is an excuse,” and you are all making an excuse only for not wearing your IDs?”

“Sorry, sir, next time we won’t repeat,” came the rhetoric.

Not convinced or reassured, I decided to explore.

“Boys, tell me, why don’t you wear I cards?” Tell me the truth. Don’t you like it?

Perhaps the sudden and straightforward question prompted them to tackle me with honesty. With a naughty smile, the reply came in chorus! “Sir, truly, we don’t like it.”

I paused for a second. The mentor in me woke up, no... resurrected!

“See boys, there are some rules that, even if you don’t like them, you have to follow. For example, I don’t like wearing a helmet. But whenever I ride my bike, I wear it. Why? The first reason is that my head is precious to me; I want to protect it. Second, I do not want to lose my money by paying a fine or waste my time with the traffic police. Third and most importantly, I want to live as a law-abiding citizen.”





Vignettes

The trio was listening to my words with full attention. The teacher in me was delighted to have such an obedient assemblage (a rare species!).

I continued. We, at the university, are trying to groom you into law abiding and responsible citizens of this great country. When you enter the corporate world and join reputed companies, you have to follow certain rules. Wearing the ID Card is one of the rules regularly followed in most of the companies.”

“See, boys, there are rules and regulations to follow; customs and etiquette to observe; and laws to abide by. We are living in a civilised society.

Having had a full session...they left.

To cut the story short, after the incident, whenever I chance to cross their path, I get a smile from them, and I do not miss noticing their hands touch their ID cards properly hung as if to say, “We are law abiding citizens.’ So far..so good!



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

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.





Prof. JaGo's Gallery

Earth day Every day

Vignettes

April 22 is observed as "Earth Day." We celebrate this day by appreciating and respecting the natural world.

Here are a few ideas to inspire you all to celebrate Earth Day in the coming years.

1. Clean up the plastic in your neighbourhood. One of the best ways to connect with the earth is through clean-ups. Go on a walk with a trash bag and help clean up any plastic that you find.

2. Plant trees and native plants.

We love our trees! They capture carbon and cool overheated places. Did you know that planting one Neem (ಬೇವಿನ) or Mango (ಮಾವಿನ ಮರ) tree brings in more positive environmental and bird species than an entire yard of plants?

3. Practise Reduce, Reuse, Recycle.

Use reusable materials, reusable cups, etc.; avoid plastic and paper cups.

4. Think about your meals.

About one-third of the food that we produce every year goes to waste. How do we avoid waste in our own lives? (It also saves money.)

5. Conserve Water

We waste a lot of water. Avoid wasting water. Harvest your rainwater from a roof and a court yard, and recharge the bore well.



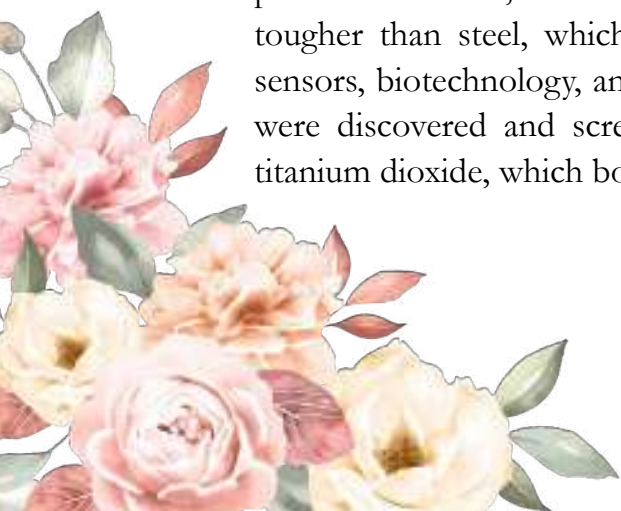


The following article was published in a national daily News Trail.

Current and Futuristic Trends in Nano Science and Technology

Scientists discovered the features of extremely small materials and constructed protocols for making nanoscale particles. Materials at the nanoscale have unique features regarding chemical, physical, and biological properties that differ from their features on larger scales. Interestingly, a large number of new materials were introduced that provided radically different properties through their functioning at nanometer dimensions, where new phenomena are associated with quantum effects and the large surface area-to-volume ratios that cannot be seen in the larger dimensions. Properties such as fluorescence, melting point, electrical conductivity, chemical reactivity, and magnetic permeability of the material at nanometer sizes are different from those of the material at larger sizes. One of the fascinating results of the quantum effects of nanoscale materials is the concept of tunable properties. For example, normal-scale gold exhibits a yellow color, while nanoscale gold can appear red, purple, or blue, depending on the size of the gold particles. The electronic properties are significantly changed at the nanoscale level as compared to bulk materials. The catalytic properties of dispersed metal particles with nanometer dimensions pose a significant enhancement as compared to normal-size metal particles. Nanomaterials with these unique features were used to address several challenges in many scientific areas and industries, including the food industry. Along with these advanced features, nanotechnology has become one of the most promising technologies of the 21st century. Increasing knowledge of nanoscale objects led to the formation of nanotechnology. Nanotechnology refers to any fields of science and engineering that deal with dimensions on the nanometer scale (1 to 100 nanometers) involving the manipulation of individual atoms and molecules for the construction of materials, structures, devices, and systems. Nanotechnology enabled the unique quantum and surface phenomena of the materials. For example, the element carbon can be found naturally in graphite and diamond, whose carbon arrangements exhibit softness and hardness properties, respectively. However, one layer of carbon, called graphene, shows powerful features, such as being harder than diamond, lighter than aluminium, and tougher than steel, which enabled applications of graphene in coatings, electronics, sensors, biotechnology, and so on. In addition to graphene, various nanomaterial types were discovered and screened, such as silver, copper, gold, iron, cobalt oxide, and titanium dioxide, which boosted the development of nanotechnology.

Vignettes





Vignettes

The diversity of types and structures of nanomaterials has various applications in many fields. For example, in healthcare, nanotechnology resulted in the formation of nanomedicine, which applied nanomaterials for diagnostics, medical imaging, nanotherapeutics, vaccines, and regenerative medicine. For the environment, nanotechnology contributed significantly to remediation and water purification. For energy sustainability, the development of nanotechnology also helps to resolve the problems of energy conversion, distribution, storage, and usage. In the food industry, nanotechnology improved the quality of the products, from raw materials to processed items. For food monitoring, various nano-based techniques were developed, such as molecular assays, immunological assays, electrochemical analysis, surface-enhanced Raman scattering (SERS), and calorimetry. These techniques enable the detection of heavy metals, pathogens, pesticides, food allergens, and antibiotics during food processing as well as in commercial products. Food contaminants generally fall into two main categories: chemical contaminants and biological contaminants. Chemical contaminants in foods involve heavy metals (lead, mercury, copper, cadmium, arsenic, etc.) and antibiotic residues (kanamycin, chloramphenicol). For the detection of chemical contaminants, nanotechnology can incorporate colorimetric analysis as an on-site detection method. As another strategy for the detection of chemical contaminants in foods, SERS-based methods, along with the significant future of nanomaterials, provide ultra-sensitive target analysis.

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





Mind Matters

The key to a healthy life is having a healthy mind. How can one negotiate through the various mental problems that we confront in our daily lives?

Second in the series of articles by our Student Counsellor Ms. Lenin Thejashwini, Student Counsellor, Read on

Mind Feed

Part- 2: Impact of Self- Esteem on Social behaviors' and Relationships

Have you ever wondered how this low self-esteem impacts your life, triggering issues that form a vicious circle?

We believe that most complicated issues start with a small, instigating event. The solution lies sometimes in a simple yet unidentified or unrealized underlying factor.

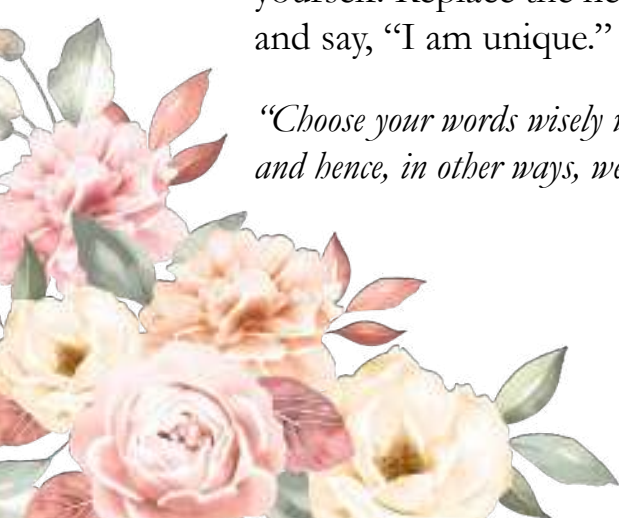


We believe that most complicated issues start with a small, instigating event. The solution lies sometimes in a simple yet unidentified or unrealized underlying factor.

Simple yet most effective ways to overcome low self-esteem and social anxiety

“Things change around you only when things change inside you.” Start making small changes in the way you look at yourself to change your outlook on yourself, which starts with self-acceptance and changing the way you talk to yourself. Replace the negative self-talk with positive self-talk. Look in the mirror and say, “I am unique.”

“Choose your words wisely when you are talking to yourself because they are the casting spells, and hence, in other ways, we call words spellings.” - Bruce Lee





Vignettes

Challenge your inner voice:

Try to listen to what your inner voice tells you or how it talks to you, observe the patterns, and acknowledge the good things about you and the abilities you have instead of constantly worrying about what you don't have. Appreciate the things you did right instead of blaming yourself for what has gone wrong. Practise positive self-love affirmations.

"Talk to yourself like you would to someone you love." – Brene Brown

Be compassionate to yourself:

Develop the habit of asking yourself what you need, how you want to be, and what can be done to make yourself happy. Think, analyse, and work on fulfilling your necessities and wishes, which improves your self-love and sense of self-respect.

"The way you treat yourself sets the standards of how others treat you."

Be optimistic and stay in the present:

Don't cling to past failures and fixate your mind on failures where you no longer live. One mistake or failure can never decide your whole life. Don't overthink the future, expecting negative things to happen. Think about the best outcome and work towards your full potential. Think of positive and good things you have done; these will increase hope and confidence.

"When things change inside you things change around you."

Forgive yourself:

Accept yourself for who you are and work on things for the better instead of self-sabotaging. Understand that we are humans, and all humans err. We have a tendency to make mistakes, and that's where we learn. Accept the bad and good emotions equally, yet don't let these emotions sweep out your happiness and self-love.

"In order to love who you are; you cannot hate the experiences that shaped you. Life is too short to spend it at war with yourself."





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.

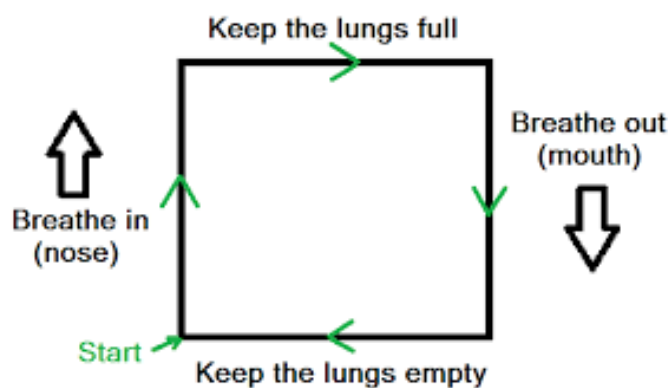
Person A: Stressed over little things I get stressed over small things. I'm under confident and have social anxiety and a fear of taking on or having responsibilities. I feel that my heart starts racing over every little thing. I always feel low and exhausted.

Student Counsellor: It must be quite overwhelming when you are tied up with lots of work; just like how our phones hang up when we open a lot of tabs, similarly, our brain does get stuck and hung up.

It is important to close something that is taking a lot of energy from you. So,

- Calm yourself first by meditating or grounding.
- Identify the problems that you are currently going through.
- Think about it: what can you do about them?
- Prioritize or organize based on the severity that is most affecting you.
- Start by working one after the other by analysing the situation and the reasons for that issue.
- Differentiate facts from maybes and what-ifs (?) and focus on possibilities.

It is really important to ground yourself (calm or settle down) before starting the above process. Below is one simple and easy method to ground and calm yourself using “box breathing.”





Vignettes

Benefits of the above exercise: (every step should be done for 4 seconds each; repeat the cycles of the above breathing technique till you feel better.)

- Brings balance to your mind and body.
- Regulates your natural rhythm
- Effective in dealing with stress, anxiety, and anger.

If you still feel it's hard to manage things, it's always okay to seek help from a professional who could help you navigate through your difficulties in a positive and sustainable way. It's absolutely normal to seek help just when your mind requires it, just like you take a pill when your body requires it.



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





Starting this month, Kaleidoscope will feature an inspiring passage or story in this section. Contributions are welcome.

The Strategy

A young boy had lost his left arm in a devastating accident. But he was interested in learning judo and approached many masters, asking them to accept him as their disciple. No one was ready except an old Grand Master, who took him in as his student. The boy was an eager learner and was doing very well in his training. The only problem was that even after three months of hard training, the grand master had taught him just one move. The boy was not able to understand why.

Sensei,” he finally asked, “should I not be learning more like the other boys?”

“This is all that you need to know,” the master replied kindly.

The boy believed in his teacher and kept training.

A few months later, the master took him to his first tournament. He played the first two matches. The boy beat his opponent easily. The third and bigger match was quite difficult. After a few moves, his opponent became impatient and started moving menacingly.

The spectators wondered at the uneven match between an armless young lad and an experienced, powerful opponent. The match referee asked the Sensei if he wanted to call off the match. But the master smiled and asked them to continue. The opponent was overconfident. He sneered and dropped his guard. The alert boy used the only move that he had mastered to pin him down. The boy won the tournament.

“How did I win the tournament with only one move?” asked the boy in amazement.

The master replied calmly. You have mastered one of the most difficult throws in judo. The only defence for that move is for your opponent to grasp your left arm.

The boy's biggest weakness had become his biggest strength. And only his teacher knew how to convert the student's weakness into his greatest strength.

Good teachers know how to bring out the best in students.

- Charles Kuralt





DEPARTMENT OF
STUDENT AFFAIRS





Roundup of activities in March-April 2023

DSA Club Activities

Kabaddi and Karate





Mindfeeds Club



Music Club





Photography Workshop



Yoga



Talent Galore



Events Galore



Talent Galore



Quiz Club





Quiz Club





NSS events at a glance

Report on Menstrual hygiene awareness program



Presidency University National Service Scheme, in association with Prashraya Welfare Foundation, actively organised a “Menstrual Hygiene Awareness Program” recently in the labour camp at Presidency University.

About 15 students from different schools participated in the program. The students interacted with the labour women and made them aware of menstrual hygiene. They also gave brief information about the problems faced by women during the menstrual period and guided them about the hygienic measures to be taken during that period. The interaction happened in both Kannada and Hindi. Sanitary pads were distributed to them, and they were advised to use sanitary pads during their period.

NSS Cell, Presidency University, in association with the campus-to-community team, participated in the school bell project of Nehru Yuvak Sangha, Bengaluru. The government school located in Turbanahalli, Yelahanka, Bengaluru, was the location where a newly registered batch of NSS students joined hands to decorate the walls of the school to bring joy to the faces of students studying in that school. The colourful wall has definitely changed the environment of the school, motivating the students to come to school regularly. Around 56 students were involved in the campaign, and they painted around 15 walls with beautiful drawings and sketches.





NSS events at a glance

Report on Menstrual hygiene awareness program



The NSS team at PU participated in the Green Campus Project called Haritvam in coordination with EY Global Ltd. Company and Sparsha Trust for the Environment Literacy Campaign held on December 15, 2022, at Viveka Auditorium, Jayanagar. Six schools were selected, and a mentor was assigned by the Yuvaka Sangha to each group consisting of five volunteers from Presidency University. The volunteers visited the schools and created awareness about water conservation and waste management. Students were asked to create projects on the themes, and they came up with very creative projects like terrariums, piggy banks made from plastic bottles, etc. PU volunteers hosted competitions for the students such as essay writing, pick and speak, drawing competitions, and slogan writing.

The PU NSS volunteers had organised an essay competition on the occasion of "International Women's Day" on the topic of "women.". The history of "International Women's Day" can be traced back to the early 20th century, when women around the world began advocating for better working conditions, voting rights, and other forms of equality. Around 50 volunteers participated in this event, with boys also taking part enthusiastically. The event was monitored by the NSS coordinator, Mrs. Renuka Bhagwat, Asst. prof. ECE SOE, and the student coordinators, Manasa CS and Abhinav Kashyap.





Mentorship



Women Empowerment





Women Empowerment





Events Galore

Emporio 23





Euphoria 23

The Department of Student Affairs organized Euphoria 2023, a fest that aimed to ignite the fire of competition and unity among the eight schools at Presidency University. This flagship event was the culmination of 23 different events, including 3 sports events, 2 online events, and 18 cultural events. The fest saw active participation from students of all schools, making it a huge success.

Watch out for a detailed report in the June issue.





Events Galore

Euphoria 23





Presidency University-Happenings

'Anthrops' – The HR Club

'Anthrops' – The HR Club was inaugurated in the School of Management (SOM), Presidency University, on 5th April, 2023 by Dr. Saji PA, Director, Iolite Technologies, in the presence of Dr. Muddu Vinay, Pro Vice Chancellor, Presidency University; Dr. K Krishna Kumar, Professor and Associate Dean of SOM; Dr. Akhila R. Udupa, Professor and HOD of SOM; and Dr. Anni Arnav, Associate Professor and Area Chair, HR. The event was coordinated by Dr. Krishnan Hariharan, Associate Professor and Faculty Coordinator of HR Club-SOM.

National Symposium on Current and Futuristic trends in Nanoscience and technology-NSNST 2023

A national symposium on "Current and Futuristic Trends in Nanoscience and Technology" (NSNST 2023), aimed to bring together students, scientists, engineers, and stakeholders from academia, government laboratories, industry, and other organisations working in the field of nanoscale science and technology to discuss exciting and new advances in the field, was held at PU on the 12th and 13th April 2023. NSNST 2023, co-sponsored by SERB, provided a national forum for the exchange of technical information through plenary sessions and oral and poster presentations by researchers and scientists.





National Symposium on Current and Futuristic trends in Nanoscience and technology-NSNST 2023



Eminent speakers at the two-day symposium included Dr. Raghu, Professor, BLDE university who elaborated on "Nanoscience: Frontiers in Medical Science and Environmental studies", Dr. Balaraju, Scientist, NAL who spoke on "Nanocrystalline nickel alloy coatings for aerospace and engineering applications", Dr. Swathy Manohar, Assistant Professor, IIT, Bombay, on "Application of micro analytical characterization tools in construction materials", Dr. Deepthy Menon, Professor, Amritha Vishwa





National Symposium on Current and Futuristic trends in Nanoscience and technology-NSNST 2023

Vidyapeetam, Cochin on “Nanotechnology: Limitless possibilities in modern medicine”, Dr. Basavaraju Manu, Associate Professor, NITK, Surathkal on “Sustainable synthesis of Nano materials and its application in water and wastewater treatment”, Dr. C S Ramesh, Dean, Research and Development, Presidency University who discussed the “Challenges in Metal Matrix Composites” and Dr. Kavya Dashora, Associate Professor, IIT, Delhi, on “Recent Trends in Soil Toxicity Due to Nanoparticles with Special Reference to Soil Actinomycetes.”





Events Galore

International Collaborations





Events Galore

International Collaborations





Visit by KSHEC Inspection Committee Members





Behaviors: A discussion



E Cell Event





Recent Advancements and Challenges in Information Technology





Events Galore

Research and Innovation Centre





Frames to Fame

On April 26th, 2023, the School of Media Studies (SoMS) organised an event to showcase short films created using smartphones. The event was graced by Ms. Antara Lahiri, a renowned editor and filmmaker based in Mumbai, known for her work on Netflix like Delhi Crimes, Tooth Pari, Four More Shots, etc., and Mr. Ritesh, a filmmaker and resource person from the Film and Television Institute of India (FTII), Pune, who shared their experiences and insights about short filmmaking. It was a great opportunity for young filmmakers to showcase their creativity and talent. The event showcased four short films produced using smartphones, namely “AAINA,” directed by Saarisha Gupta; “THE UNSPOKEN,” directed by Sudhanshu Kashyap Singh Rajput; “IT FOLLOWS,” directed by Sudheepthi; and “INFLUENCE,” directed by Athulya Nair. The guests, Ms. Antara Lahiri and Mr. Ritesh Taksande, praised the creators for their remarkable work and shared their valuable insights on smartphone filmmaking. The participants also engaged in insightful discussion with the guests, sharing their experiences and learnings. The session highlighted the historical connections between cinema, magic, and films; as Jean Godard once said, “Cinema is the most beautiful fraud in the world.”

Earlier, a week-long training program on smartphone filmmaking was conducted in November, when Mr. Ritesh Taksande mentored the young filmmakers from across India.

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 March edition of the Picture Calling Photo contest



This is the newly inaugurated railway terminal at Baiyyappanahalli.

Sir M. Visvesvaraya Railway Station (SMVB), is Bengaluru's new third railway station at Baiyyappanahalli. It has the distinction of being the first air-conditioned railway station in the country.

The following got it right.

- 1. Dr. S. Gokulakrishnan,**
Assistant Professor, School of Computer Science and Engineering and
Information Science, Presidency University
- 2. Saman Ali,** Admin Associate, Registrar's Office
- 3. Tanish Agarwal,** SOC - 20221BBA0067 - BBA
- 4. Akshay K S,** 20191ISE0009



Picture Calling



Here is another picture to test your general awareness.



What is special about this scene?

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





Congratulations

Mr. U. Aswani Kumar, Deputy CoE, and Mr. Ajaz Baig, Admin Executive, on their excellent work in developing in-house software for publishing results to students. The software is user-friendly and allows students to view or download their results, semester-wise, with a single login. It is worth noting that this software was not developed using our ERP software (CAMU).

Previously, students encountered difficulties when trying to view or download their results, as they had to log in separately for each examination and search by month. This new software has greatly simplified the process and improved accessibility for our students.

The webpage (www.presidencyexams.com) is user-friendly for the students, and the students need not remember the month and year of the last examination as it lists all the examinations appeared by the student along with the student information. It becomes easier for the students and their parents to verify their wards' results with a single login.

Students can use their old login credentials only for logging into the new software (i.e., username: student roll number and password: students' date of birth in "ddmmyyy" format).

The manual serves as a ready reckoner and will help the students log into the latest result server and view or download their admit cards as well as their results. Students can utilize this feature and benefit. This feature is not included in CAMU.

Congratulations

Prof. Jagadish H. Godihal for being recognised as Eminent Expert of the Construction Industry Development Council (Established by the Planning Commission NITI Aayog, Government of India)

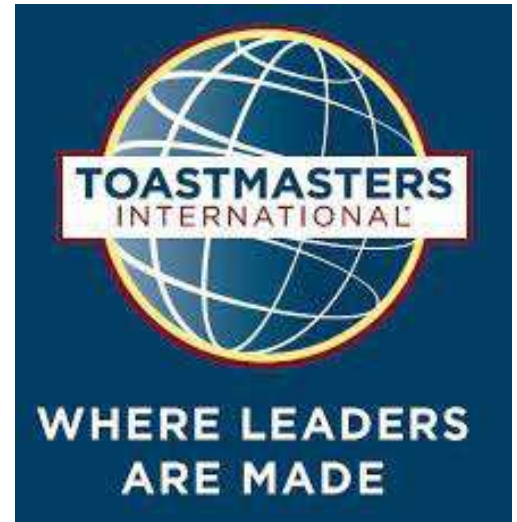




Calling all students

About Toastmasters International

Toastmasters International is a nonprofit educational organisation that teaches public speaking and leadership skills through a worldwide network of clubs. With its headquarters in Eaglewood, Colorado, it has a membership of about 2,80,000 members in more than 14,700 clubs across 144 countries. Since 1924, Toastmasters International has helped people from diverse backgrounds become more confident communicators and leaders.



Presidency University Toastmasters Club

P U T M C was initiated with the aim of providing the students with a platform to improve their communication and leadership skills. Currently, 15 students have registered and have completed seven pre-charter meetings since February 2023. The pre-charter meetings are in progress.

I strongly believe that you are as good as you communicate. You may be technically very strong, with good skills in coding, getting results on the Excel sheet, visualising data using Power BI, and more.

If you cannot express or present to your audience what you have done or achieved with confidence and in a creative way, you fail to make the cut. Communication is all about expressing yourself. Toastmasters gets you to build on your communication and leadership skills in a very unique way. It is experiential learning, and you have mentors to guide and facilitate you.

**We meet every Wednesday from 14.25 hr. to 15.55 hrs.
at G - 0 1 classroom**

From – Toastmaster C Naganathan (Coordinator)





FEATURES, BENEFITS AND VALUE

Features	Benefits	Value to the individual	Value to the Organization
▶ A self-paced program	▶ Flexibility	▶ Unlimited personal growth	▶ Employee goal achievement
▶ Speech writing and presenting	▶ Critical thinking ▶ Effective presentation delivery	▶ Clear communication ▶ Confidence	▶ Effective employee communication ▶ Better leaders
▶ Weekly interactive meetings	▶ Ongoing experience ▶ Overcoming fears	▶ Skill reinforcement	▶ Improved morale ▶ Enhanced performance
▶ Table Topics®	▶ Thinking quickly	▶ Self-confidence	▶ Better customer communication
▶ Evaluations	▶ Keen listening skills ▶ Constructive feedback	▶ Increased self-awareness ▶ Positive mentoring	▶ More productive teams
▶ Participation in meeting roles	▶ Ease in front of a group	▶ Improved leadership skills	▶ Effective meetings
▶ Opportunity to conduct meetings	▶ Time management skills ▶ Self-confidence and poise	▶ Effectively lead meetings	▶ Increased productivity
▶ Small groups	▶ A supportive environment ▶ A positive atmosphere	▶ Relationship-building	▶ Better teamwork ▶ Improved retention
▶ Opportunity to fulfill officer roles	▶ Leadership development opportunities	▶ Leadership growth ▶ Career advancement	▶ Better leaders
▶ Affordable dues	▶ Cost effectiveness	▶ Positive return on investment	▶ Positive return on investment





In a departure from the routine, Career Quest looks at the top 10 most in-demand job skills right now, according to the World Economic Forum and why it is important for students to constantly upskill themselves if they have to be in the reckoning.

The World Economic Forum (WEF) predicts that the next few years will see a significant transformation in the workforce, with millions of jobs being created and eliminated due to various factors, including technological advancements and climate change. Therefore, it is essential for workers to have the skills to adapt to these changes. According to the latest WEF report, companies currently value analytical and creative thinking skills and self-efficacy skills like resilience, flexibility, and agility.

According to the WEF, "employers estimate that 44% of workers' skills will be disrupted in the next five years." The demand for creative thinking is expected to surge in the near future, followed by analytical thinking and technological literacy. The latter is of utmost importance, as advancements in technology will be a crucial driver of new job opportunities and the elimination of existing ones, as highlighted in the WEF report.

AI and big data knowledge are ranked seventh, raising concerns about the potential disruption they could cause to jobs. Soft skills such as curiosity, lifelong learning, resilience, flexibility, and agility will become increasingly essential for workers, occupying the fourth and fifth positions, respectively.

The 10 most important skills for workers this year, according to the World Economic Forum's Future of Jobs report.

1. Analytical thinking
2. Creative thinking
3. Resilience, flexibility, and agility
4. Motivation and self-awareness
5. Curiosity and lifelong learning
6. Technological literacy
7. Dependability and attention to detail
8. Empathy and active listening
9. Leadership and social influence
10. Quality control

Happy people plan actions; they don't plan results.

- Denis Waitley





Summation Plurals

The scissors is in the top drawer. – Incorrect

The scissors are in the top drawer. – Correct

Words like scissors, pants, tongs, tights, spectacles are all plural in construction but singular in meaning.

Many students attribute an incorrect verb form and this is a common error in English.

Phrasal Verbs

A phrasal verb is a verb that has a basic verb and another word. These words together are known as a phrasal verb. When the phrasal verb has a direct object, they can be separated.

Example: The candidate **turned down** the offer.

The candidate **turned** the offer **down**.

Both sentences are correct. However, if there is a pronoun as a direct object, then there is no choice but to separate it. Let's see the example of switch on,

Switch on the fan.

Switch the fan **on**.

Both of these are correct, but if you use them as under, then

Switch it on. Correct

Switch on it. Incorrect.

Sometimes the words cannot be separated in a phrasal verb. When prepositional verbs are used, they cannot be separated. Look at the following examples:

Jill **ran after** the dog. Correct

Jill ran the dog after. Incorrect.

Language shapes the way we think, and determines what we can think about.

- Benjamin Lee Whorf





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.

- You are looking happy today. Ivatthu neenu santhoshavaagi kaanistha iddiya.
- Can someone teach me Kannada? Yaaraadru nanage Kannada kalisutthiraa?
- Yes, I will teach you Kannada. Sari Naanu Kannada kalisutthene.
- Can someone help me? Yaaraadru nanage sahaaya maadutthira?
- What is the time now? Iiga samya eshtu?
- When did you come? Neenu yaavaaga bandhe?

Basic Conversation

- What is your name? Ninna hesarenu?
- My name is Gagan. Nanna hesaru Gagan
- Are you going to work? Niivu kelsakke hogutthiddiraa?
- No, I am studying at the college. Illa, Nannu kaalejinalli odhutthiddhene.
- My name is Siri. Nanna hesaru Siri.
- Which class are you studying? Neenu yaava tharagathiyalli odhutthiddiya?
- I am studying in 8th class. Naanu entane tharagathiyalli odhutthiddhene.
- What is your father's name? Ninna thandheya hesaru Enu?
- My father's name is Krishna. Nanna thandheya hesaru Krishna.
- What is your father doing? Ninna thandhe enu kelasa maadutthiddaare?
- My father is a farmer. Nanna thandhe Raitha.
- How many brothers do you have? Ninage eshtu jana sodhararu iddhaare?
- I have two older brothers. Nanage ibbaru annandiru iddhaare.
- Do you have sisters? Ninage akka thangiyaru iddhaara?
- Yes. I have two elder sisters, and I don't have any younger sisters.
Haudhu nanage ibbaru akkandhiru iddhaare matthu thangi illa.
- Okay, sir, I will meet you tomorrow.
Sari sir, naanu nimmannu naale bhetiyaagutthene
- See you again. Bye. Matthe sigona, hoga banni.

To have another language is to possess a second soul.

- Charlemagne





Why do we see stars when we bump against something?

Our brain is floating in a fluid inside our skull called ‘cerebrospinal fluid’. It protects our brain when we hit our head against something. But if the impact is high, our skull collides against the “visual cortex’ on the back of the brain. This collision can disrupt the flow of blood and lead to a rapid discharge of electrons in the region, which could result in seeing “stars.”

What is “visual cortex”?

The visual cortex is a crucial part of the brain that receives, integrates, and processes visual information from the retinas. The visual cortex is situated in the most posterior region of the brain. Its role in processing visual data is critical to our ability to perceive and interpret the world around us.



Trivia





We would love to hear from you.

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

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