



PRESIDENCY KALEIDOSCOPE

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and suggestions to editor@presidencyuniversity.in



Uptake

“How I wish I had more time; twenty-four hours is just not enough for me.” How often have we heard this lament from the busy bees who are there all around us? There are so many things to do and see, and with all the distractions around us, it is simply not possible to shut ourselves off and focus on just one thing. Well, take heart. For all of you bemoaning the lack of time, this might get solved sometime in the near future.

Scientists are now convinced that the earth is moving towards a 25-hour day as its rotation changes. Contrary to the widespread belief that the earth's rotation adheres to a precise 24-hour cycle (remember all those geography lessons that we painstakingly mugged up?), researchers say that there are fluctuations in rotation. According to the study, the heterogeneous composition of the earth, that is, a blend of various solids and liquids, influences the planet's rotational speed. With climate changes happening at breakneck speed, as we ourselves are witnessing here in Bengaluru, there is an urgent need for these scientists to study the fluctuations in rotation in order to create accurate climate models and to understand weather phenomena like El Niño better. So how did they conclude that a day stretches to 25 hours now? The team from the Technical University of Munich came up with a sophisticated device capable of measuring the earth's rotation with remarkable precision. This device, housed within the Geodetic Observatory Wettzell, operates within a specially designed

pressurized chamber buried 20 feet underground. It comprises a laser ring gyroscope and a 13.1-foot-wide “racetrack,” all meticulously calibrated to ensure that external factors minimally influence the laser's readings. These scientists who study the earth are called geodesists. Geodesists measure and monitor the Earth's size and shape, geodynamic phenomena (e.g., tides and polar motion), and gravity field to determine the exact coordinates of any point on Earth and how that point will move over time.

These geodesists have incorporated a corrective algorithm; thus, they can now precisely eliminate discrepancies from their measurements, enabling them to measure Earth's rotation to an astonishing nine decimal places. This equates to a variance of approximately a fraction of a millisecond each day. It's mind-boggling, isn't it?

Conventional systems used reference points in space, often created by observing the stars or using satellite data. The standalone ring lasers function completely independently without requiring reference points in space and are hence extremely precise. Some interesting facts about how Earth's revolution has evolved include: The Earth's day length has been gradually increasing over time. During the era of the dinosaurs, a day lasted only 23 hours, and 1.4 billion years ago, it was a mere 18 hours and 41 minutes.



Projections suggest that in 200 million years, a day will extend to 25 hours. So the often repeated plea, How I wish we had more time, might come true some day in the near future. One more hour is on hand!

Kaleidoscope extends a warm welcome to the new batch of students on campus. As you settle down quickly to your academic routines, look around, and you will find plenty to catch your eye. If you are good at penning a poem or spinning yarn to create interesting stories, narrating an anecdote, wielding a brush to create gentle strokes, then here is the opportunity to showcase your creativity. Send your entries to editor@presidencyuniversity.in along with your photograph, Class and University ID details.

Until we meet again, have a wonderful time ahead!



Dr. Akila S Indurti
Editor

The Earth does not belong to us: we belong to the Earth.
Chief Seattle



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BEYOND CLASSROOM

A celebration of your talent

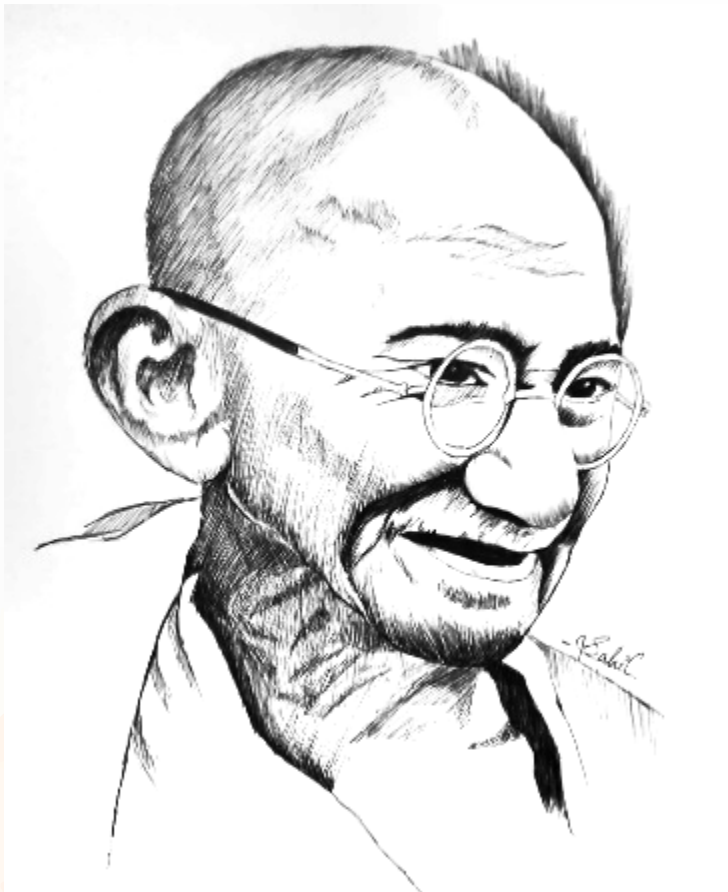


Different Strokes

Sketch Time



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Different Strokes

Sketch Time



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Too deep in a feeling

The world of yours is small, they said.
So why do we miss out on so many things?
Be it a moment too big or one too small
maybe a memory of child you on a swing.

How did we go from staying up excited
to staying up being unable to sleep?
The change of time sweeps us all in
into its realities, a little too deep.

From falling out of adoration for items
to falling out of your own will to live?
overthinking, over examining your mind,
what a strange compulsion, a high drive.

Sometimes it glues you down, your
thoughts.

Perhaps you may think, maybe it's just
"me."

Perfectionism is only a thought too far
I'll always be the dreamer who couldn't be.

Self-isolation from the people you love
while sitting in that very same swing
and there it is again, that little stop in life.
Its only just a moment too deep in a
feeling.

A Painting

There lay a quiet in her portrait
the one that hangs in utter silence
bringing a peculiar aura to viewers
bleeding towards them in a distance.

Paintless smudged skies halved
over loud whispers with no sound.
Leaving behind a shattered piece;
The artist is now nowhere to be found.

Entry of Details:

Those pair of teary, dried eyes seemed to have lost a soul in the battle of the petals on the earth and the stars by the celestials. Rubyless, the frozen lips of hers to always smilingly please those who talk of friendship but never in friendship. Own blood on her fingers, a bouquet of flowers in those arms. For what? To say a last farewell to the woman she murdered. Her posture stood in solitude, strong with the unexplainable finished frame that oozes out a vivid confusion.

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Ode to the Teacher

ನಮ್ಮನ್ನು ಯೋಚಿಸುವಂತೆ ಮಾಡಿದ ವ್ಯಕ್ತಿ;
ನಮ್ಮನ್ನು ಕಲಿಯುವಂತೆ ಪ್ರೇರೇಪಿಸಿದ ವ್ಯಕ್ತಿ;
ನಮ್ಮನ್ನು ಉತ್ತಮ ಪೌರರನ್ನಾಗಿಸಿದ ವ್ಯಕ್ತಿ;
ನಮ್ಮನ್ನು ಗುರಿ ತಲುಪಿಸಲು ಸಹಕರಿಸಿದ ವ್ಯಕ್ತಿ;
ನಮ್ಮನ್ನು ಇತರರಿಗಿಂತ ವಿಶೇಷರನ್ನಾಗಿ ರೂಪಿಸಿದ
ವ್ಯಕ್ತಿ;

ನಮ್ಮನ್ನು ವೈಯಕ್ತಿಕ, ಔದ್ಯೋಗಿಕ ಲೋಕ
ತೋರಿಸಿದ ವ್ಯಕ್ತಿ;
ನಮ್ಮನ್ನು ಒಬ್ಬ ಮಾಧರಿ ವ್ಯಕ್ತಿಯಾಗಿ ಕೆತ್ತಿದ ವ್ಯಕ್ತಿ;
ಯಾರದು?ಯಾರದು?
ಅದು ಬೇರಾರು ಅಲ್ಲ. ಅವರೇ ನಮ್ಮ ಗುರುಗಳು.

* ಎಲ್ಲರಿಗೂ ಶಿಕ್ಷಕರ ದಿನದ ಶುಭಾಶಯಗಳು *

A person who made us think;
A person who teaches us to learn;
A person who moulds us into good
citizens;
A person who helps us reach our goal;
A person who created us to be unique;

A person who showed us all the personal,
professional world;
A person who carved us to be model
people;
Who's that???? Who's that????
That's one and only our teacher.

* **HAPPY TEACHERS DAY TO ALL** *

जिसने हमें सोचने पर मजबूर किया है;
जिसने हमें सीखना सिखाया है;
जिसने हमें अच्छे नागरिक बनाया है;
जिसने हमारे लक्ष्य तक
पहुँचने में मदद किया है;
जिसने हमें अद्वितीय बनाया है;

जिसने हमें सारी निजी,
प्रशिक्षित और कुशल दुनिया दिखाई है;
जिसने हमें आदर्श व्यक्ति
बनने के लिए तराश कर तैयार किया है;
कौन है वो ??? कौन है वो???
वह और कोई नहीं, वह हमारे शिक्षक हैं।

* शिक्षक दिवस की शुभकामनाएं *



Dr. Shabeena
Assistant professor,
Presidency University
Bengaluru.



பாசம்

நான் ஒரு முத்தத்தை கேட்டேன்
மாலையே அணிவித்தாள்
சொட்டுத் தண்ணீருக்கு
ஆசைப்பட்டேன்
அமிர்த்தத்தையே பருகச்செய்தாள்

தெரியாமல் இதய அறையில்
ஊடுருவி நின்றாள்
பாசக் கோலமிட
இதய வாசலைக் கூட்டினாள்

தனிமை வாழ்வு
மாறுதலற்றிருப்பதை வெறுத்தேன்
இதயத்தந்தியை மீட்டிப்
புதிய ராகம் இசைத்தாள்

எனதனைத்துத் துன்பங்களையும்
நீக்க என்னை சேர்ந்தாள்
வாழ்க்கையின் புதிர்களை
ஒவ்வொன்றாக விடுவித்தாள்

ஏழெட்டுக் கேட்டால், இரு மடங்கு
கொண்டு வந்து வைப்பாள் என்னவள்

ஒவ்வொரு கைபிடி உணவிலும்
பாசத்தை நிரப்பி பரிமாறினாள்!



Kannada Original: Dr. Shreeshaila Madannanavara
Translation: Dr. Malarvili K
Professor of Kannada
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Verse Time

दोस्ती

दोस्ती है
सूरज की तरह
हर दिन
सम्पूर्ण रहती है।

दोस्ती है
समंदर की लहर की तरह
हमेशा
लगातार आती रहती है।

दोस्ती है
आग की तरह
सभी मैली को
विनाश कर देती है।

दोस्ती है
पानी की तरह
जहाँ भी डाला जाए,
एक ही स्तर पर रहती है।

दोस्ती है
धरती की तरह
सब कुछ संयमपूर्वक
झेल लेती है।

दोस्ती है
हवा की तरह
हर जगह
भरी रहती है।

நட்பு

நட்பு என்பது
சூரியன் போல்
எல்லா நாளும்
பூரணமாய் இருக்கும்

நட்பு என்பது
கடல் அலை போல்
என்றும்
ஓயாமல் அலைந்து வரும்

நட்பு என்பது
அக்னி போல்
எல்லா மாசுகளையும்
அழித்து விடும்

நட்பு என்பது
தண்ணீர் போல்
எதில் ஊற்றினாலும்
ஓரே மட்டமாய் இருக்கும்

நட்பு என்பது
நிலம் போல்
எல்லாவற்றையும் பொறுமையாய்
தாங்கிக் கொள்ளும்

நட்பு என்பது
காற்றைப் போல்
எல்லா இடத்திலும்
நிறைந்து இருக்கும்



Tamil Original: Padma Bhushan Kaviperarasu Vairamuthu
Hindi Translation: Dr. Vinodhini Chinnaswamy
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Filter Coffee

When the monsoon arrives, Bengaluru city transforms into a nostalgic paradise, reminiscent of simpler times. The city unveils its timeless charm with the arrival of cool, refreshing rains and the lush greenery that flourishes in its wake, and the air becomes cool and cozy, inviting people to indulge in comfort treats. It is the season of relishing on crispy bhajjis, a steaming bowl of maggi; if not, even a piping hot cup of tea or coffee will do the magic.

One person in our group had a strong craving to have filter coffee with breakfast. So we decided to set out on a Sunday morning. Only one demand was non-negotiable; no matter which restaurant we go to, filter coffee must be on the menu! After narrowing down our options, we chose Bengaluru's beloved vintage gem, Central Tiffin Room in Malleswaram.

Sunday greeted us with pleasant weather, the remnants of the previous night's rain leaving the sky overcast and cool. We reached CTR around half past nine only to find a long, stretched queue along the side of the road. We ran and stood at the end of the queue.

Next to CTR, other restaurants had their customers peeping out, staring at the people standing in the queue we were in. Those people probably bailed out of the line thinking that they might turn into statues waiting that long!

Honestly, I can't blame them. I even stocked up on chocolates, worried that I might start seeing stars due to hunger if we had to stand there forever!

Mr. Filter Coffee kept pacing back and forth to the entrance of CTR, showing his impatience to sip his morning caffeine. He kept watching the rush inside, sizing up the long queue, and darted back to us as the queue inched forward. Every time it did, he'd return, chat with us a bit, and then resume his patrol.

As I was observing the surroundings, one man caught my eye. I'll never forget him. He was an old hunched man dressed in a clean coat, an undershirt, pants, and a nice pair of sneakers. Nothing unusual about it, right? But he had three to four golden necklaces draped around his neck. You couldn't miss that for sure! He walked through the crowd of people outside CTR holding a Tamil newspaper and approached us. With a toothless grin, he spoke to us in a mix of Kannada and Tamil. After taking a few rounds of walks, he started extending his hand for alms. Some people gave him money, but since I was relying on Google Pay, I was short on cash. Despite feeling sorry for him, I couldn't give him anything. Seeing people like him makes me wonder their past. I thought did this slightly demented man reach the streets from a home he had or was he abandoned by his family? I just wished that the social workers took care of this poor soul!



vignettes

Soon, we finally made it inside CTR. Initially the hotel operated on the ground floor, but its popularity over the years led the owners to add a floor above to accommodate the increasing number of customers. The ground floor still retained the old-world charm, while the upper floor had modern yet cramped space. The tiny hall had windows covered with thick grills, making it chaotic and unbearable as the noise was too high.



And what happens to me? Well, I turn into a noise-phobic person in a while! Honestly, it seems many of us Indians are still figuring out what public manners are, and the main villain among those is talking loudly in public places. I often wonder why people feel the need to shout, whether in public spaces or on the phone. I am pretty sure nobody nearby is dying to hear your personal drama. I really believe that public etiquette should be taught at home so that we act like civilized beings when we are out and about.

My friends quickly realized that I was practically drowning in the loud noise. I had no other option than to close my ears and sit tight. On top of that, I was having a hard time speaking as I have a low voice that could be mistaken for a whisper. Watching me struggle to talk like a mime, Mr. Filter Coffee joked, "You definitely need a megaphone to be heard." Oh great—just what I needed a cherry on top of my silent struggle!



When the waiter came, we ordered the favorite dishes of CTR, including Benne Masala Dosa, Rava Idli, and Kesari Bath, and in the end, when we ordered three filter coffees, Mr. Filter Coffee was having the perfect smiling emoji face 😊

Even though the ambience was a bit stressful, the delicious food quickly made me forget about it. Sitting and eating in such old places like this brings a wave of nostalgia, like we have stepped into a movie scene from the eighties or nineties. Ahh, what a beautiful feeling!!

We left CTR with happy hearts, and our tummies filled, promising ourselves to seek out more of these delightful spots to savor the pleasant weather as much as possible!

Ms. Roshni Raman
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From the Diary of a Soldier

As the country celebrated its 78th Independence Day on August 15, 2024, Maj Gen Gurdeep Singh Narang (Veteran) shared a note penned by his friend, Major General Jagatbir Singh, in honor of a brave soldier who lost his life fighting valiantly against a terror attack in the Doda encounter in July 2024. Let us never for a moment forget the price of peace that we are able to cherish each day, which is due to the sacrifices of the brave men and women guarding our nation and who do not hesitate to lay down their lives as the ultimate sacrifice in the line of duty.

A Matter of Honour but also an Impossible Burden of Grief By Maj Gen Jagatbir Singh, VSM (Retd)

Amongst the four personnel of 10 Rashtriya Rifles who laid down their lives in an encounter in Doda District in J&K on 15 July was 27-year-old Captain Brijesh Thapa, the son of Colonel Bhuwanesh Thapa (Retd) from the Garhwal Rifles. The other three soldiers were Naik D. Rajesh, Sepoy Bijendra, and Sepoy Ajay. As Brijesh's mother, Nilima Thapa, said, "he will never come home."

Brijesh was born on 15 January 1997 in Jalandhar, and after studying in various schools around the country, including Army School Mumbai, he did his BTech in Computer Science and joined OTA Chennai, from where he was commissioned into the Army Air Defence in September 2019. Promoted as a Captain last month, he was serving with 10 Rashtriya Rifles. A third-generation Army officer, Brijesh was a music lover and played the guitar well. He is survived by his parents and an older sister.

The Defence Minister Shri Rajnath Singh stated that he is 'deeply saddened by the loss of our brave and courageous Indian Army soldiers in a counterterrorism operation in Urrar Baggi, Doda (J&K). My heart goes out to the bereaved families. The nation stands firmly with the families of our soldiers who have sacrificed their lives in the line of duty'.

Facing Up to the Tragic Loss

Colonel BK Thapa, the father of Captain Brijesh Thapa, who is settled in Darjeeling, said, "Brijesh spoke to me last on the morning of 14 July. He said he had just come down (from the higher reaches where militants are holed up) and that he had been asked to go back to the hills following an intelligence input. He said he would be leaving soon, and I asked him to be careful."

He said he learned about the loss of his son at 10.45 pm on 15 July from the Army. "The CO called me and said that Brijesh fought well, but unfortunately we lost him." "I am proud of Brijesh. He fought from the front and gave up his life for the country. He didn't run away. It's a hard climb of six to seven hours, where they had to go up." "I could not believe when I was informed that he was no more. He always wanted to be in the Army, right from his childhood. He used to wear my Army dress and roam around. Even after he completed his engineering, he still wanted to join the Army." "He cleared the exam in the first attempt and joined the Army. I feel proud that my son has done something for the security of the nation. The sad part is we won't be able to meet him again."



What makes a nation strong are people like Colonel Thapa who, after the loss of their son, are able to maintain their poise. It requires tremendous courage to express feelings in the manner he did. Hiding grief and displaying strength is not easy.

The Final Salute

The scenes at the funeral of young Brijesh were enough to bring tears to anyone's eyes as his parents along with the sister walked in step to pay their last respects to their son, whose mortal remains lay in a coffin draped in the national flag. With his sister trying to comfort both her parents, and yet after laying the wreath, Colonel Thapa raised his right hand to say, 'Bharat Mata ki Jai'.

The sound of the last post and the handing over of the folded national flag at military funerals, though extremely dignified, is not something that needs to be witnessed, especially on a recurring basis. It is even more traumatic for the family to bid such a farewell.

The Ethos of the Army

The Army has a long list of martyrs, which includes those like Brijesh who followed in the family footsteps and donned the uniform, as well as those who took the path of soldiering based on a sense of patriotism. What binds all of them together is the values they stood for and the fact that they always put the interests of the country and the organization above anything else.

They continue to stand by the credo of the Army, which has been beautifully encapsulated in the words of Sir Philip Chetwode in 1932.

'The safety, honour and welfare of your country come first, always and every time. The honour, welfare and comfort of the men you command come next. Your own ease, comfort and safety come last, always and every time'.

The fate of a country depends on how well its soldiers fight. In the Indian context, there are innumerable examples of ordinary men achieving extraordinary results on the battlefields. The ethos of the Indian Army plays a vital part in shaping them. This also includes a high sense of regimentation and the fact that the 'izzat'; 'Naam, Nimak, and Nishan' of a unit is above all. There is also a strong moral code, sound leadership, good training, motivation, and high morale.

At a time when we look back at twenty-five years of the Kargil Conflict, there are many other stories that exemplify the spirit of the Armed Forces. These include Lieutenant Manoj Pandey and Captain Vikram Batra, whose exemplary conduct during the Kargil war typifies the code of conduct of the Armed Services. Lieutenant Manoj Pandey constantly and persistently volunteered for the most difficult missions. In his diary, he had noted before the commencement of the war, "If death strikes before I prove my blood, I promise I will kill death." He continued to lead mission after mission on the snow-covered slopes, and when he



Vignettes

was mortally wounded and lay dying on his last mission, he said, "I regret that I have only one life to give up for my country."

Captain Vikram Batra was nicknamed 'Sher Shah' by the Pakistanis. He is the one who made famous the quote 'Dil mange more' that typifies the spirit of the Indian Army. Prior to his last mission, he said, "Either I will come back after hoisting the tricolor or I will come back wrapped in it, but I will be back for sure!" Another name that comes to mind is Lieutenant Vijyant Thapar, and the nation is privy to the last letter he wrote home: "By the time you get this letter, I'll be observing you all from the sky, enjoying the hospitality of the Apsaras. I have no regrets; in fact, even if I become a human again, I'll join the Army and fight for my nation.

These are ordinary men who led from the front and exemplified the spirit of the Indian Army while achieving extraordinary results. It is men such as these and many more of their ilk, including Brijesh Thapa, who continue to inspire future generations with their legacy of bravery and determination. The Indian Army stands tall because people like them have further enriched its rich military culture. This demands a special camaraderie, spirit, and readiness to go to combat and lay down lives whenever required.

Conclusion

These young soldiers with a rare DNA and drive have displayed uncommon bravery and sacrificed their lives for the love of the country. Their dedication and commitment remain unparalleled, for which we salute them. While there is no doubt that there is a sense of pride, there is also a sense of grief, as the loss suffered is impossible to cope with. The burden of loss endures.

In 1935, General Ludwig von Beck, the German Chief of the General Staff, announced that "the principles underlying the successful waging of war had not been changed by the technical revolution. [and that] human beings and not machines were still the real instruments of war."

Our human resources remain our prime battle-winning factor, and while we pay our tribute to the soldiers who laid down their lives for their courage and commitment, it is also the responsibility of the state to ensure that a situation for them to make the supreme sacrifice does not arise, and if it does, it should not go in vain. We cannot afford a constantly inflating Braveheart's list.



There are many questions that need to be answered regarding the rise of terrorism in this area, and there are also issues relating to what has caused this rise as well as the manner in which it should be dealt with. But the best tribute to them would be to prevent the adversary from capitalizing on a weakness it has identified. The challenge needs to be overcome with intent and resolve. Terror needs not only to be eliminated, but such incidents must be made costly and futile.

Vignettes



Maj Gen Gurdeep Singh Narang (Veteran)
Dean and Chief Proctor
Department of Student Affairs
Presidency University



Mind Matters

Why So Lonely?

Have you ever come across the sentence “You can be alone and yet not feel lonely”? Quite familiar, right? Well, there has been a distinctive difference between being alone and “feeling lonely.” Now we ought to include the idea of perception in what these two words imply. Let’s break it down in simpler terms. Being alone in a physical sense can mean that you are in the room alone, all by yourself. Now, when we say we are looking at the emotional term “lonely,” this is to indicate that there is a constant feeling of being left out from the rest of the other people around you. In a way, the psychological and emotional implication of being left out or isolated is what we refer to as “loneliness.”

Now that we have come to an understanding of what the difference is, we ought to be looking at the term “loneliness.” This becomes a dominant feeling when one is going through separation; maybe they are an introvert by personality, or maybe they are in a situation where there has been a distance from loved ones, both physically and emotionally. A few clinical disorders mention that it can become a cause as well as a consequence for many life circumstances. For example, the death of a loved one to whom a person is attached forms a cloud of persistent loneliness around this person for a long time. In saying so, they may not be physically “alone” in the room, but they would still feel lonely. So this goes on to say that you may not be alone but yet feel lonely. Another situation can be that there has been a break in the friendship that you held very close, but they aren’t around. This feeling can easily slip in, and you helplessly fall into the trap of filling it with inadequate things like substance abuse, getting the aggression out with violent behavior, etc.

So how do we tackle this deepening, disturbing, and lingering feeling of “loneliness”? In many disorders, one of the listed symptoms is isolation, or “feeling lonely.” The root of the disorder may be just this: frustration and a lot of pent-up emotions become wild and may add yeast to developing into a serious mental illness. The thought patterns while going through phases that accompany loneliness are quite on the negative side. It is extremely important to seek professional psychological help or turn to the ones you can trust. And always remember that this does not define your life or represent who you are to other people. You are the personality inside of you. Feelings are temporary indicators of life, but you can always get back up instead of drowning in negativity. One takeaway for you is that you are never alone; we are all in this together, whatever that may be!



Ms. Namratha Jessica
Psychologist/Student Counsellor
Department of Student Affairs
Presidency University



“Scroll Less, Live More: Escaping the Comparison Trap”

Hi Readers!

Before you start reading, take a deep breath and smile. Let's take a moment to center ourselves and approach this article with an open heart.

In today's world, comparison has become almost second nature. With the constant stream of curated images on social media, it's easy to fall into the trap of measuring our worth against others. But this often leads to feelings of inadequacy and a distorted self-image. Instead of comparing ourselves to others, what if we could learn to embrace self-compassion and cultivate a positive self-image? I believe there's a better way forward.



Understanding the Comparison Trap

- **Social Media's Impact:** We're constantly bombarded with images of seemingly flawless lives on platforms like Instagram and TikTok. These highlight reels can make us feel like we're always falling short, feeding a relentless cycle of comparison.

- **The Psychology Behind It:** Our brains are naturally wired to compare as a survival mechanism, a trait that once helped us assess where we stood within a group. But in today's context, this instinct often backfires, leading to feelings of inadequacy and self-doubt.

Example: Imagine scrolling through your feed and seeing a friend's post about landing a prestigious internship. Suddenly, your own achievements feel insignificant, even though you've worked hard and accomplished great things. This is the comparison trap that distorts our perception of reality.

Signs You're Caught in the Comparison Trap

Recognizing when you're falling into the comparison trap is crucial for breaking free. Here are some common signs:

- **Constant self-criticism:** You find yourself frequently criticizing your own abilities, appearance, or achievements because they don't seem to measure up to others.
- **Feelings of Inadequacy:** Despite your accomplishments, you often feel like you're not good enough or that you don't measure up to your peers.
- **Obsessing over social media:** You spend an excessive amount of time on social media, comparing your life to the curated highlights of others, and feeling worse about yourself as a result.
- **Fear of Missing Out (FOMO):** You often feel anxious or depressed when you see others participating in events, achieving milestones, or enjoying experiences that you're not a part of.

Vignettes



The flip side of comparison

- **Mental Health Consequences:** When we constantly compare ourselves to others, it's easy to fall into a downward spiral of anxiety, depression, and self-doubt. This relentless self-criticism can erode our self-esteem and lead to a pervasive sense of "not being enough."
- **Paralysis by Analysis:** Overthinking and comparing can paralyze us, preventing us from taking action. We become so focused on what others are doing that we forget to celebrate our own progress and successes.

Example: In the workplace, you might delay applying for a leadership role because you believe others are more qualified, even though you have the necessary skills and experience. This self-doubt, fueled by comparison, can prevent you from advancing in your career.



Shifting the Focus: From Comparison to Embracing Self-Compassion

- **What is Self-Compassion?** Self-compassion is about treating ourselves with the same kindness and understanding that we'd offer a friend. It's recognizing that we're all human, with strengths and flaws, and giving ourselves grace during tough times.
- **The Benefits of Self-Compassion:** Embracing self-compassion can transform our mental health. It's linked to higher levels of happiness, resilience, and overall well-being, helping us break free from the negative effects of comparison.

Example: Instead of criticizing yourself for not being the top performer on your team, imagine acknowledging your dedication and effort. Recognize that everyone has different strengths and contributions, and that your value lies in your unique skills and qualities.



Tips for Embracing Self-Compassion and Building a Positive Self-Image

1. **Keep a Self-Compassion Journal:** Jot down moments when you catch yourself being critical, then reframe them with kindness. This practice helps rewire your brain for compassion over time.
2. **Set boundaries with social media:** Create healthy boundaries by limiting your time on platforms that trigger comparisons. Unfollow accounts that don't contribute to your well-being.



Vignettes

3. Practice Affirmations: Use positive affirmations daily to reinforce your worth and capabilities. Start your day with words that empower you and set a positive tone for the day ahead.
4. Celebrate Others Without Comparing: Practice celebrating the successes of others without comparing them to your own. This shift in mindset can help you feel genuinely happy for others while remaining content with your own path.
5. Practice Mindful Breathing: When you feel overwhelmed by comparison, take a moment to practice deep, mindful breathing. This simple technique can calm your mind and bring you back to the present moment.
6. Focus on Personal Growth: Rather than comparing yourself to others, focus on how far you've come and where you want to go. Set personal goals and measure your progress against your own achievements, not others'.

In a world where external validation seems to dictate our self-esteem, it's crucial to shift our focus inward and cultivate self-compassion. Addressing this topic is vital because by embracing our unique journeys and fostering a positive self-image, we can achieve greater mental and emotional well-being, and ultimately, live more fulfilling lives. Remember, you are enough, just as you are.



Ms. Shivani M
Student Counsellor
(Counselling Psychologist, Career Counsellor & Life skills Trainer)
Department of Student Affairs
Presidency University

Whether you're looking for a listening ear or ready to dive deep into your journey, I'm here to walk alongside you.

[Click here to book your session and start our conversation.](#)

Scan me



Would you like to contribute articles to the University magazine?

Send your articles to editor@presidencyuniversity.in as a Word document along with your photograph and credentials before the 15th of each month.

Note: Images and photographs may be sent separately as attachments.



As You Think, So You Become

Two young men decided to visit their master before they set out from their village on a long journey.

“So what brings you here, my dear young men?” asked the master.

Oh, I just don’t want to stay in my village any longer. People have all become narrow-minded and selfish. I have had enough of them, for sure, replied the young man.

Oh, that’s really sad, replied the master. But I must urge you to stay on and adjust.

And what about you? Why are you going away? asked the master, looking at the other man.

I am going on a journey to see new places and add to my experiences. I plan to come back and see how I can use these experiences to do some good for my village. I love my place; it has made me who I am, and I want to give back and build a better place.

Go on; you have my blessings, said the master.

The first man objected, saying, oh master, both of us came with the same request. Yet, one you ask not to proceed, while for the other, you bless his journey. I don’t understand.

It is simple, said the master. The problem you state is not outside but in the way you look at things. Wherever you go, you will find imperfections. These will continue to trouble you. Change your way of looking at things, and the whole world will look different. As you think, so you become, replied the master.

The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty.

Winston Churchill



**PRESIDENCY
KALEIDOSCOPE**

Events Galore

**Roundup of activities
in June, July, August 2024**



New Beginnings

A ten-day orientation program for the fresh batch of students of the academic year 2024-25 was held between July 15-29. This annual exercise provided students with a comprehensive understanding of their respective schools, other departments, infrastructure and amenities, extracurricular activities, and the various facilities available at the University. The program was attended by students who have enrolled for undergraduate programs in BCA, BSc, BA LL.B. (Hons), B. Com LL.B. (Hons), BBA LL.B. (Hons), BBA, and B. Com.

Events Galore





Introducing Compliance Navigator: Towards Compliance Excellence

A robust compliance management system that covers everything from the fundamentals of compliance to advanced strategies in order to streamline compliance processes and elevate overall compliance was unveiled at Presidency University on July 1, 2024. Here are a few glimpses from the function.



DEPARTMENT OF STUDENT AFFAIRS

Toastmasters Meet

The session for this academic year began with a glorious start on July 19, 2024.





Sports for Staff

It is not always only academics at the university. All work and no play makes Jack a dull boy indeed. Taking advantage of the semester breaks, various sports activities were conducted throughout July for the teaching and non-teaching staff at the university.

Events Galore





Events Galore



Presidency School of Engineering

The orientation program for new students from the School of Engineering and the School of Computer Science and Engineering, two of the largest schools at Presidency University, was held on July 31, 2024. Extending their best wishes on the occasion, key officials emphasized the University's commitment to academic excellence, research, and innovation, as well as the holistic development of students. The Deans of the respective schools introduced their teams while other heads explained the entire gamut of services available for the students.





Presidency School of Information Science Presidency School of Computer Science and Engineering

Events Galore

The Presidency School of Computer Science and Engineering (PSCS) in collaboration with Cardiff Metropolitan University, Wales, hosted an impactful international webinar titled "**AI for Net-Zero Systems**" on July 17, 2024. This online event, featuring Dr. Angesh Anupam, Head of Department and Data Scientist at Cardiff Metropolitan University, drew over 213 participants from across India. Dr. Anupam's presentation delved into AI's crucial role in achieving net-zero emissions, enriched by compelling case studies and forward-looking strategies. The webinar resonated deeply with the participants, who actively participated in discussions, demonstrating a strong commitment to sustainable development through AI. Feedback was overwhelmingly positive, emphasizing the event's success in inspiring innovative approaches to addressing global sustainability challenges.

The Presidency School of Computer Science and Engineering (PSCS) in collaboration with the IEEE Student Chapter, hosted a ground breaking webinar titled "**Quantum Horizons: Revolutionizing Healthcare with Quantum Computing**" on July 17, 2024. The event featured Dr. Raghavendra V, a distinguished Quantum Research Faculty member from the SRM Institute of Science and Technology, Chennai. Over 135 participants benefited from the insights into the transformative potential of quantum computing in healthcare espoused by Dr. Raghavendra. From enhancing diagnostics to accelerating drug discovery and personalizing treatments, the webinar shed light on how quantum advancements are poised to revolutionize the medical field. The interactive Q&A session served as a befitting finale to the program.

The Presidency School of Computer Science & Engineering (PSCS) in collaboration with ICT Academy and UiPath, hosted a successful 5-day Faculty Development Program (FDP) on "**Robotic Process Automation Associate**" from August 5 to 9, 2024. The offline program, held on campus, featured Mr. Kumara Guru S, Senior Technical Trainer from the ICT Academy of Tamil Nadu, as the lead speaker. The FDP saw active participation from all 18 attendees, including 15 internal and 3 external participants. The program provided a comprehensive understanding of Robotic Process Automation (RPA) tools and techniques, equipping participants with practical skills to implement RPA in various domains. Upon completion, participants were awarded e-certificates endorsed by the ICT Academy and UiPath, marking their successful mastery of the course. The FDP was a significant step towards fostering RPA expertise within our academic community.





Events Galore

The Presidency School of Computer Science & Engineering (PSCS) and Presidency School of Information Science (PSIS) successfully hosted a technical talk on **“Enhancing Data Quality and Validation in Deep Learning”** on July 26, 2024. Dr. Shilpa N, Professor at the Presidency School of Engineering (PSOE), provided an in-depth exploration of mathematical techniques for data preparation, highlighting their crucial role in improving validation processes and overall model performance. The talk offered a comprehensive overview of optimizing signal and image data before its integration into deep learning frameworks, emphasizing how such enhancements can ensure robust validation practices and elevate model efficacy. The event provided valuable insights into advancing data quality and validation in deep learning applications.

The two schools in collaboration with the **IOTVA Club and Data Science Club**, successfully organized a five-day online Student Development Training program on Programming Fundamentals from August 5th to 9th, 2024. The training covered key topics, including basic concepts of programming, data structures, the design and analysis of algorithms, and computational thinking. Dr. Sukruth Gowda, Dr. Nagaraja S R, Dr. Raghavendra T S, Dr. Madhusudhan M V, and Dr. Asif H B, faculty members from the Schools served as resource persons, providing valuable insights and hands-on experience to the participants. With around 150 students registering and actively engaging throughout the sessions, the training program was a resounding success. This initiative not only strengthened the students' foundational knowledge but also equipped them with essential skills required to excel in the fields of computer science and information science.

The Presidency School of Computer Science and Engineering (PSCS) and Presidency School of Information Science (PSIS) hosted a Faculty Development Program titled **“Transformative Teaching: Elevating Pedagogy in Higher Education,”** led by Prof. (Dr.) Sameeruddin Khan, Pro Vice-Chancellor and Dean of PSCS and PSIS, on August 9, 2024. This engaging session delved into advanced pedagogical strategies, the revised Bloom's Taxonomy, innovative methods like flipped classrooms and peer learning, and the integration of technology. Participants explored effective techniques such as slip tests, active learning strategies, and gamification to enhance student engagement and collaboration. They gained valuable skills in curriculum development, assessment design, and technology use, all crucial for creating dynamic, student-centered learning environments. The program significantly boosted teaching effectiveness, aligning with contemporary educational needs.





Induction for Freshers: ground report

The school-level induction program for the 2024 batch of SoCSE students was held in the auditorium from August 1st to August 9th. The first-year students were divided into three batches, with each batch consisting of approximately 600 students.



Dr. Md. Sameeruddin Khan, Dean, School of Computer Science and Engineering, inspired the students and provided an overview of how engineering studies will impact their lives, including a comprehensive introduction to the entire School of Computer Science and Engineering.

Dr. Pallavi, Associate Professor and HoD of the CSE department, provided an in-depth overview of the university's complete academic procedures. She also explained the comprehensive list of courses offered by the School of Engineering, detailing the credit structure and requirements for each program.



Dr. Saira Banu Atham, the HoD, explained the roles and responsibilities of the class coordinator and class representatives and the importance of CCMs. She emphasized the importance of academic diligence, the vital resources available in the university, and the enriching overall student life on the Presidency campus.

Dr. Sudheendra provided a comprehensive explanation of the examination procedures, passing criteria, and grading systems at Presidency University. He also detailed the process for accessing hall tickets and downloading grade sheets.

Mr. Pramod Head Incubation, PLA, provided an overview of the establishment of the incubation center at Presidency University. He highlighted the successful startups that have originated on campus and encouraged students to bring forth their innovative ideas. He also detailed the extensive support and resources that the university offers to aspiring entrepreneurs, including mentorship, funding opportunities, and networking events.



Maj Gen Gurdeep Singh Narang provided detailed instructions on the campus regulations and the dress code that must be adhered to at Presidency University. He outlined the prohibited behaviors and activities on campus and emphasized the importance of maintaining a respectful and disciplined environment. Additionally, he briefed the students about the anti-ragging committee, its role in ensuring student safety, and the measures in place to prevent and address any incidents of ragging.



Events Galore

Dr. Anu Sukhdev explained the process for organizing events at Presidency University, providing a detailed introduction to the various clubs available on campus. She outlined the procedure for registering with these clubs and encouraged students to actively participate in the diverse range of events and activities offered. She emphasized the benefits of involvement in extracurricular activities, including skill development, networking opportunities, and personal growth.



Dr. Roshan, from the finance department, explained to the students about the fee payment and the bank loan facility available for fee payment.

Col. R. K. Pathak, Director of Administration, discussed the hostel and transport services available for the students at Presidency University.



Gender sensitization and POSH training session by Mr. Sofiul Ahmed, Asst Prof. SOL, and Ms. Bhavana Chandran, Asst Prof. SOL, gave an overview of what constitutes sexual harassment, including examples of verbal, non-verbal, and physical harassment. They also explained about the Gender Sensitization and Prevention of Sexual Harassment (POSH) training session for creating a safe and inclusive study place.

Ms. Namratha Jessica N, the student counselor from DSA, emphasized the role of the student counselor in shaping the personalities of the students and spoke about the guidance, support, and resources provided by the counselors to handle the academic pressure, social issues, and personal concerns.

Dr. Mohammad Shahid G, Assistant Registrar, addressed the students regarding the government and university scholarships and the procedures to apply for the scholarships.





School of Management

Industry Visits: iD Fresh Food Factory

The second semester students of MBA visited iD Fresh Food Factory, Bengaluru, on July 23, 2024, and got acquainted with the various stages of food manufacturing, including selection of ingredients, batter preparation, and the hygiene practices of packaging. The students also interacted with the industry executives, which helped them to gain practical insights into the operations of a prominent food factory facility. Students gained first-hand knowledge on the high-quality standard procedures as well as the marketing and branding strategies adopted by iD Fresh.



Led by Dr. Virupaksha Goud and Dr. Uttam Chakraborty, second semester, Sec 8 students visited AUMA India Pvt. Ltd. on July 23, 2024. Second Semester, Sec 10 students visited the AUMA Manufacturing Unit on July 24, 2024, led by Dr. Mohamad Imrozuddin and Dr. Ragu Prasad Rajendran.

AUMA India is part of the AUMA Group, headquartered in Mulheim, Germany, the world's largest manufacturer of electric actuators (explosion/weatherproof) and gear boxes (quarter-turn/multi-turn worm/bevel/spur) for automation of all types of valves and dampers. AUMA India Pvt. Ltd., a subsidiary of AUMA Riester GmbH & Co. KG (Germany), is a prominent player in the field of electric actuators and valve gearboxes. With a rich legacy spanning 50 years, AUMA has established itself as a leading manufacturer globally. Students gained invaluable insights from visiting this facility.

Second-semester MBA students visited Apeksha Logistics Pvt. Ltd. on August 8, 2024, accompanied by faculty members Dr. Srikanth Reddy and Dr. Hena M, in order to enhance their understanding of logistics and supply chain management.

Apeksha Logistics Pvt. Ltd. is a prominent player in the logistics industry and offers a wide range of services, including warehousing, customs clearance, freight forwarding, transportation, and insurance. The company's commitment to optimizing supply chain processes and ensuring the seamless movement of goods makes it an ideal company for an industrial visit. Students gained valuable insights and practical perspectives on various logistics processes such as warehousing, customs clearance, freight forwarding, customs-related activities, ship cargo movements, transportation, and insurance.



Development Workshops

The School of Management, Presidency University, in collaboration with EDEX EDUCOM, conducted a one-day management development program on 'Selling Strategies & Sales Effectiveness for Sales Executives, Managers, Individual Contributors, and Startup Founders' for improving the sales strategies, effectiveness, and achieving sales goals and targets. The theme of the workshop was Fireside Selling to Meet Aggressive Goals and Timelines.



Events Galore

The School of Management, Presidency University, in collaboration with EDEX EDUCOM, conducted a one-day management development program on 'Emerging Investment Strategies in the Era of AI for bankers and executives from financial services companies, on July 26, 2024, at Hotel Royal Orchid, Jakkur, Bangalore.

The keynote address by Mr. Bhavani Shankar Routray, Senior Vice President, Motilal Oswal On Financial Planning: 'Today's Investment for Tomorrow's Gain' highlighted financial planning and wealth creation by investments in markets providing high rates of return in the short and long term. Mr. Vijay Raghavan, a SEBI-registered research analyst and a National Stock Exchange subject matter expert and founder of Stockathon Academy, presented a session on technical analysis in stock markets comprising candlestick pattern analysis that traders and investors can use to gauge the market pattern and predict whether price will rise, fall, or move sideways. Participants were taught how to assess bullish and bearish reversal signals. Insights were provided on how to screen stocks for buying and selling. He introduced the popular tools used by successful and careful investors to gauge the volatility of stocks. Tips were provided on how to determine if stocks are overvalued or undervalued. Participants then had hands-on training on real equity market data to create screening and interpret technical analysis output. Professor of Practice at Presidency University, Prof. Krishna Durbha's highly thought-provoking session on how to calculate risk vs. return indicators and predict future prices using advanced Excel features demonstrated how advanced AI and ML tools can be used for portfolio optimization using Python. From obtaining real-time data and indicators from equity markets to using CAPM (capital asset pricing model) to check if stock is fairly valued, given its key risk factor. Dr. Sreevas VTK, Associate Professor, Presidency College, demonstrated online resources for fundamental analysis of companies and the latest AI tools like Claude AI and finology for investment analysis. Practical demonstrations showed how to combine the latest technology and financial acumen to ensure optimized investment returns.





School of Law Ringing in the New

The comprehensive two-week orientation program for the freshmen from July 15-26, 2024, conducted by the School of Law was designed to facilitate a smooth transition for the learners into academic life, building a sense of community and offering essential guidance. The program featured emotional wellness sessions, committee orientations, and interactive activities. Distinguished alumni, including Ms. Shraddha Sharma, Adv. Ashish Ram, and Ms. Sindhu S. Patil, shared their valuable insights on diverse legal careers, inspiring incoming students with their experiences and guidance. An industry expert session by Mr. B. Ramaswamy from Fox & Mandal Global Advisory Services Pvt. Ltd., who discussed the essential competencies for legal careers, offering careers, offering invaluable insights and practical advice, was the highlight of the program. A visit to the High Court and Vidhan Soudha during the final three days helped students gain practical understanding of the legal system.



School of Design Exploration: Visit to MAP

Freshmen from the School of Design visited the Museum of Art and Photography (MAP) in Bengaluru on July 19, 2024, as a part of the orientation week. The visit provided the students the opportunity to explore a world of artistic expression through captivating exhibits at MAP. Students viewed the offerings through the lens of various artists, gaining fresh perspectives that will help trigger their creative processes.





Creative Clicks: Photography workshop for the new multimedia batch

As part of the orientation process, a photography workshop was held for students of the new batch of B.Sc. Multimedia on July 18, 2024. Mr. Sarath A. Pradeep, assistant professor, led the session, providing insights into the art of photography, the evolution of cameras, the scientific principles underlying modern photography, comparisons between mobile cameras and DSLRs, etc. A hands-on session reinforced concepts with students applying their newly acquired knowledge and bringing out quality images.



Orientation Overview

The ten-day orientation program from July 16–26, 2024, helped in getting the students school-ready for the academic journey ahead. The program featured a photography workshop by Mr. Melwin R, Assistant Professor, and his team; a doodling workshop by Vibin Kumar V. G., Assistant Professor; an origami paper designing workshop by India's only paper engineer, Mr. Arun Desai; a field trip to the Musuem of Art and Photography; and a fashion show organized by Ms. Suvidha, Assistant Professor, and her team and the foundation students of design and multimedia. Besides giving a peek into the activities beyond the classroom, these programs helped in setting the stage for new learnings and exciting possibilities that await them over the course of the next few years at the University.

Fashion Show: Glimpses





Events Galore



The Foundation program (B. Des. & B.Sc. Multimedia) showcased an extraordinary display of creativity and ingenuity with their Origami Fashion Show on July 26, 2024. The event transformed the runway into a paper wonderland as students presented breathtaking garments crafted entirely from paper. The show was a testament to the students' ability to think outside the box and explore unconventional materials. Each design was a unique masterpiece showcasing intricate folds, patterns, and textures.

From elegant evening gowns to avant-garde streetwear, the students' creations pushed the boundaries of what is possible with paper. The show was a celebration of innovation, sustainability, and the boundless potential of design. The students' ability to transform a simple sheet of paper into wearable art forms was truly inspiring.

The Origami Fashion Show was more than just a fashion event; it was a platform for students to experiment, collaborate, and showcase their design talents.





Doodling Workshop

Aimed at igniting the creative spark within, the doodling workshop for Design Foundation students explored the art of doodling as a powerful tool for idea generation, problem-solving, and visual communication on July 22, 2024. Through a series of engaging exercises and prompts, participants learned to harness the potential of spontaneous drawing to foster innovation and develop their design thinking skills.



Office of the International Affairs

The Achievers Dialogue 2024

The Office of International Affairs organized Achievers Dialogues 2024 on August 2, 2024 in partnership with the National Indian Students and Alumni Union UK (NISAU UK) and the British Council in India.

The Achievers Dialogue 2024 featured a stellar lineup of speakers, including Aditi Rao Hydari, Indian actress; James Godber, Deputy Head of Mission, British Deputy High Commission, Bengaluru; Jahnvi Phalke, filmmaker and historian; Founding Director Science Gallery, Bengaluru; Janaka Pushpanathan, Director South India, British Council; Sanam Arora, Chair, NISAU UK; and Commissioner of the UK International Higher Education Commission. In addition to these distinguished speakers, the event also featured participation from 23 top UK institutions, such as Imperial College London, King's College London, University College London (UCL), and many more.





Academic Visit

Dr. Dinesh Rajan, Associate Dean for Faculty and Curriculum Innovation, and Cecil and Ida Green Professor of Electrical and Computer Engineering from Southern Methodist University, Dallas, United States, visited the University to explore collaborative opportunities such as joint conferences, faculty exchanges, and participation in International Week.



Research and Development Cell

A three-day workshop on Research Methodology and Data Analysis was held at Presidency University from July 25 -27, 2024.





Presidency Launch Pad Round Up

1. The Budding Entrepreneur

In the bustling city of Bangalore, Syed Yunus, a budding entrepreneur, hails from a middle-class family. His parents, Syed Feroz, an electrical engineer, and Ayesha Begum, a dedicated homemaker, provided him with a nurturing environment that fueled his curiosity and love for creating things. Since childhood, Yunus has displayed a keen interest in building, often turning ordinary toys into ingenious creations.

The arrival of smartphones marked a pivotal moment in Yunus's technological journey. At the age of 14, fueled by determination and a quest for knowledge, he ventured into the unexplored realm of app development. With online tutorials and the wealth of resources available on YouTube, Yunus self-taught the intricacies of coding. The culmination of his efforts was his inaugural creation: An Android health app titled "Natural Medicines." The positive feedback from users, coupled with the app's subsequent publication on the Play Store and Amazon App Store, signified the early successes of Yunus's budding career.



Keen to expand his technological expertise, Yunus explored the field of web design. At the age of 17, he started "Wideflare," a web design firm focused on creating websites for small businesses. Despite facing initial challenges, Yunus persevered, driven by an unwavering passion for innovation. As technology evolved, Yunus observed shifts in market dynamics. The increasing demand for websites and apps prompted him to reassess his approach and adapt to the changing landscape.

2. PU-PLA congratulates Mr. **Neelraj**, the founder of **M/s. Kavastra Pvt. Ltd.**, for his achievement.

Kavastra is an online platform that connects wholesalers directly with retailers in the textile industry, eliminating intermediaries to reduce costs and prevent scams.





3. PU-PLA congratulates **Mr. Zeeshan Ali**, the founder of **M/s Quanta**, for his enterprise. Quanta is an AI platform that brings custom AI solutions to life and transforms industries.



4. Congratulations to startup **Brahmash Technologies** for their newly launched product, “**Smart Band.**” Quantum Band revitalizes your nervous system, enhancing sleep, reducing stress, and improving brain health for natural mind and body healing.



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****



Picture Calling

Answer to the July edition of the Picture Calling photo contest



The Tunga Bridge in Thirthahalli, Karnataka, India, is one of the oldest bridges spanning the Tunga River. Built over 75 years ago, it was designed and supervised by Bharat Ratna Sir M. Visvesvaraya. This bridge links the Kuruvalli area with Thirthahalli and is also known as Jayachamarajendra Bridge. The Tunga Bridge is a popular weekend destination for visitors who admire its unique structure. The bridge features an arc-like design supported by a series of pillars on both sides. Beam-like structures on top connect the two arcs, giving the appearance of a roof. The design resembles the Sydney Harbour Bridge, although with a few differences. The bridge was completed in 1943, inaugurated by H. H. Jayachamarajendra Wadiyar, the Maharaja of Mysore, and also named in his honor.

The following got it right.

1. Deepa V
Front Office Executive,
Presidency University

2. Sajith S
Management Information Officer,
Incubation, Presidency LaunchPad (TBI)
Presidency University

Congratulations



Picture Calling

Here is another picture to test your general awareness.*



Image courtesy: Shubhangini. R. Kamat, 20221CSE0766

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

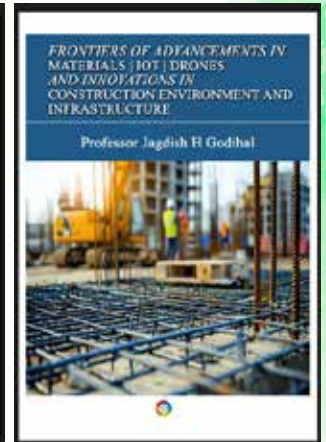
Here is an exciting chance to contribute to the Picture Calling Section. In case you have an image that is unique and would like it to be featured here, please post it to editor@presidencyuniversity.in for the contest along with your name and role/responsibility at the University. Due credit will be given for the contribution.



Congratulations

Congratulations to **Professor Jagdish H. Godihal** for his recent publication of two books.

Congratulations to Professor Jagdish H. Godihal for being felicitated by the Karnataka Science and Technology Academy (KSTA), GoK, Karnataka, on June 21, 2024, for his active participation and for providing his insightful views on four key aspects of sustainable groundwater management: stakeholders, allocation and distribution systems, sustainability, and governance.



Synopsis of the talk

Professor JaGo was a panelist at the Karnataka Science and Technology Academy KSTA Panel Discussion on “Sustainable Groundwater Management for Water Security” on June 21, 2024. He discussed four key aspects of sustainable groundwater management: stakeholders, allocation and distribution systems, sustainability, and governance.

Firstly, stakeholders: inculcating attitudinal changes among individuals and communities is essential. We must emphasize the importance of efficient water use at the individual level and then extend this practice to the broader community. Secondly, allocation and distribution: Adopting the requisite technologies is vital. Technology-enabled water distribution systems in the domestic, industrial, and agricultural sectors—using sensors and data analytics—can ensure efficient water allocation. Thirdly, sustainability: We need to implement sustainability concepts at every level. Practices like the 4 Rs (reduce, reuse, recycle, and recover) should be encouraged both individually and communally. Policies with incentives and penalties should be enforced through technology to ensure compliance without human intervention. Lastly, governance: The shift to Gov4.0 involves the complete execution of water management through technology. This includes data collection, interpretation, and execution without human intervention. Practices such as reusing sullage with small domestic machines akin to water purifiers were cited along with numerous practical examples to illustrate how we can achieve water security, particularly in groundwater management.

Congratulations to **Dr. Snehaprabha, Professor, EEE Dept.**, for being selected as a finalist in Mrs. India International Queen 2024, which is a beauty pageant (MiiQ) for married women across the globe. The competition consisted of various rounds like ramp walk, Q&A sessions, talent round, etc. There were a total of 47 contestants across the globe, and Dr. Snehaprabha came in the top 9 contestants. She won the Mrs. India Congeniality title and received the crown and sash.

We would love to hear from you.

Please send your feedback to editor@presidencyuniversity.in



The Presidency Alumni



ALUMNI 
CONNECT

Each month, Kaleidoscope features an exclusive section dedicated to Presidency University alumni.



Creative Corner

In the old halls where memories stay,
I once was a student, now I lead the way.
From lively rooms to quiet spaces,
These places now feel empty, with vacant faces.
In classrooms and movies, we shared our dreams,
We laughed and fought in those special scenes.
Now the echoes of our voices seem to fade,
And the bonds we made feel far away and made.
Care was the thread that held us tight,
Now I navigate through this quiet night.
Years have gone by, but I still yearn,
For the laughter, the lessons, and friendships that burn.
As an alumni, I walk these familiar grounds,
But without you, the silence surrounds.
Adjusting to change takes a bit of time,
Yet the memories stay, vivid and prime.
So here's to the moments, big and small,
To the bonds we cherished, through rise and fall.
Though paths may diverge and friends may stray,
In the heart of Presidency University, you're never far away.
Happy Friendship Day!



Ashwini R
Alumni Coordinator
Presidency University
MBA
Batch of 2021-23



Star of the Month

Ms. Sharanya P.C

EEE, SOE

Batch of 2019 - 2023 , Business development associate
Intellipaate software solutions private limited

Since setting sail from the harbor of Presidency University in 2024, my career journey has been a thrilling adventure of twists and turns. The solid foundation I built during my time at the university was the wind in my sails, propelling me into the dynamic world of work. As I navigated the uncharted waters of my profession, I encountered hidden treasures and unexpected storms. But with each challenge, I discovered the treasure trove of resilience and adaptability within me.



Mistakes and misjudgements became my trusted navigators, guiding me through the choppy seas of project setbacks and unexpected outcomes. With each obstacle, I learned to rechart my course, refining my skills and strategies. The journey was far from smooth, but with every wave, I grew stronger, more confident, and more determined.

Today, I stand proud as a strong and independent woman, fortified by the lessons learned along the way. My mistakes and obstacles have not only shaped my professional expertise but also tempered my character. I now embrace challenges as opportunities for growth, armed with a solution-oriented mindset and a sense of determination.

As I continue to explore new horizons, each project feels like a thrilling adventure. My compass is set, guided by the knowledge and experience gained from navigating past challenges. I approach each task with enthusiasm and caution, aware that the journey ahead will present new obstacles but also new opportunities for growth.

Reflecting on my journey, I'm deeply grateful for the path laid out by my alma mater, Presidency University. The education and experiences I had there provided the bedrock upon which I've built my career. As I look to the future, I'm excited about the adventures that await and confident in my ability to tackle whatever comes my way. Each new chapter is an opportunity to continue growing, learning, and making a meaningful impact in my field. Bring on the next adventure!



Dear Alumni,

If you would like to be featured in the Star of the Month column, please mail information about milestones, your professional, and extracurricular achievements to editor@presidencyuniversity.in and Kaleidoscope will feature them in the Alumni Connect.



This month is a fun edition. Answer as many as you can and check your lateral thinking.

1. What has to be broken before you can use it?
2. What gets wetter the more it dries?
3. This has an eye but cannot see. Name it.
4. I promise that I am coming but will never arrive. What am I?
5. The two things that work only when they are open.
6. I have keys but you can't open any door with it. What am I?
7. The more I clean, the dirtier I become.
8. This only goes up but never comes down. What is it?
9. What has a mouth, a bank and a bed?
10. This room has no windows or doors. What is it?

Answers

1. An egg
2. A towel.
3. A needle.
4. Tomorrow
5. Parachute and mind.
6. A keyboard/ piano
7. An eraser
8. Your age.
9. A river.
10. A mushroom.

Willingness to be puzzled is a valuable trait to cultivate, from childhood to advanced inquiry.

Noam Chomsky



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

From the Department of Languages, Kannada, for non-Kannadigas to make yourselves at home in Bengaluru. Happy learning.

Adjectives / Guna Vaachaka

- quality • number • quantity

Quality / Guna

Good	Olleya/ Chennagi	ಒಳ್ಳೆಯ
Bad	Ketta	ಕೆಟ್ಟ
Beautiful	Sundara	ಸುಂದರ
Ugly	Kuroopa	ಕುರೂಪ
Taste	Ruchi	ರುಚಿ
Old	Hale	ಹಳೆ
New	Hosa	ಹೊಸ
Cold	Thampu	ತಂಪು
Hot	Bisi	ಬಿಸಿ
Poor	Badava	ಬಡವ
Rich	Shrimantha	ಶ್ರೀಮಂತ

Colours / Banna

Red	Kempu	ಕೆಂಪು
Green	Hasiru	ಹಸಿರು
Blue	Neeli	ನೀಲಿ
Yellow	Haladi	ಹಳದಿ
White	Bili	ಬಿಳಿ
Black	Kappu	ಕಪ್ಪು
Pink	Gulaabi	ಗುಲಾಬಿ

Size / Alathe

small	chikka	ಚಿಕ್ಕ
big	dodda	ದೊಡ್ಡ
tall/long	etthara /uddha	ಎತ್ತರ/ಉದ್ದ
short	chikka /sanna	ಚಿಕ್ಕ/ಚಿಕ್ಕದು/ಸಣ್ಣ
width	agala	ಅಗಲ
thin	thelu/sanna	ತೆಳ್ಳು/ತೆಳ್ಳಗೆ
fat	dappa	ದಪ್ಪು

Quantity / Pramaana

little/some	swalpa/kadime	ಸ್ವಲ್ಪ/ಕಡಿಮೆ
more/many	hecchu	ಹೆಚ್ಚು
less	kadime	ಕಡಿಮೆ
few	kelavu	ಕೆಲವು

The art of communication is the language of leadership

James Humes



Heart to Heart- The Tree Conversation

We have all heard of the World Wide Web, where we are all connected in the virtual world. But have you heard of the wood-wide web? Peter Wohlleben, a German forester and author, has a rare understanding of the inner life of trees and is able to describe it in accessible, evocative language. His book *The Hidden Life of Trees: What They Feel, How They Communicate* speaks authoritatively with sufficient evidence that trees are far more alert, social, sophisticated, and even intelligent than we ever thought. Calling the sophisticated network, the wood-wide web, he says that all the trees in a forest are connected to each other through underground fungal networks. Trees share water and nutrients through these networks and also use them as a means of communication. They send distress signals about drought and disease, for example, or insect attacks, and other trees alter their behavior when they receive these messages, thus increasing their chances of survival. These fungal networks are called mycorrhizal networks. They are the fine, hairlike root tips of trees connected together with microscopic fungal filaments to form the basic links of the network, which appears to operate as a symbiotic relationship between trees and fungi.

The fungi consume about 30 percent of the sugar that trees photosynthesize from sunlight. This sugar fuels the fungi as they scavenge the soil for nitrogen, phosphorus, and other mineral nutrients, which are then absorbed and consumed by the trees. The young trees survive because of these sugars that are pumped into their roots by these networks, as they do not have direct access to sunlight. The book declares that trees have a sense of taste and a sense of smell. Scientists are only just beginning to learn the language of trees.

So the next time you see trees bending and cradling each other in a forest or a thicket, be sure you are witnessing the tree whisperers.

Trivia





The Team

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



PRESIDENCY KALEIDOSCOPE

