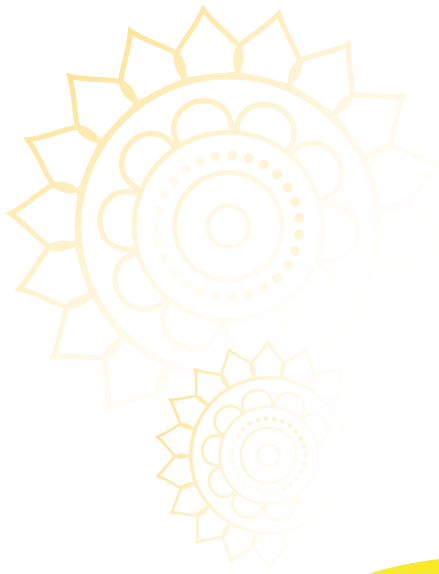




PRESIDENCY KALEIDOSCOPE

Volume 05 | Issue 10 | October 2024





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and suggestions to editor@presidencyuniversity.in





Uptake

A man went to his doctor and confided that he suspected his wife's hearing was deteriorating. He was sure she would never admit it and would instead start a quarrel if he suggested she was hard of hearing. The well-meaning doctor recommended a simple test. "Stand behind her and ask a routine question softly. If she doesn't respond, repeat the question, raising your voice slightly each time. Do this three times, and you'll know if she's really having trouble hearing."

The man followed the advice. Standing behind his wife, he softly asked, "What's for dinner?" When she didn't respond, he raised his voice and asked again. Still no reply. Feeling confident on his diagnosis, he spoke even louder and repeated the question a third time.

His wife finally turned around and, shouted, "For God's sake, for the third time, it's dosa for dinner!"

The man was astounded. He had assumed she was the one with the hearing problem. Had he taken a moment to reflect, he might have realized that the issue was his, not hers.

As a race, we have a tendency to size up others—drawing conclusions based on their personality, dress, appearance, and countless other factors. The Biblical saying, "Judge not, lest ye be judged," offers timeless wisdom, but do we really pay heed to it? What drives this obsession with judging others? Is it a means to cover our own insecurities, or does it give us a sense of superiority to know that others may have more flaws than we do? Whatever the reason, judging others seems ingrained in human behavior.

It's essential, however, to distinguish between evaluating our everyday choices—what to eat, where to go, who to trust—and judging the character of others. Evaluating everyday decisions is necessary and often subjective, based on personal values, beliefs, and preferences. But problems arise when we create mental images of people and expect them to conform to these images. Often, this leads to disappointment, misunderstandings, and negative emotions. It is important to resist falling into this trap and pull ourselves quickly, as it hinders our personal growth.



So, how can we prevent ourselves from being consumed by judgment? The Bible offers a powerful reminder: “And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye?” In other words, when we become aware of our own imperfections, our failings, we develop deep empathy and the ability to look at others follies and foibles with a lot more tolerance. Instead of rushing to judge, we begin to see their flaws with greater understanding and compassion.

There is nothing right or wrong in terms of behavior; we will never understand what causes people to behave in a particular fashion at a given point in time. The role of judging others through the narrow lens of our own perceptions has not been outsourced to us. By cultivating empathy and avoiding quick judgments, we not only grow as individuals but also lead a more positive and fulfilling life.

Until we meet again, have a wonderful time ahead!



Dr. Akila S Indurti
Editor

Judging a person does not define who they are. It defines who you are.
Wayne Dyer



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BEYOND CLASSROOM

A celebration of your talent



The Menagerie

Sketch Time



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Sketch Time

The Man



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The Traveller





Sketch Time

Father-daughter



Cat tale



Fine strokes



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Expressions

Sketch Time



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Bereft

Every stare
to that mirror.
Reminds,
a part of
me that's
never told,
never consoled,
but withdrawn.
Her glancing
back at me
with questions,

Masculinity

Of course
To you it's as simple
as being strong, huge or
a shirtless guy with all 6 packs!

Yes, I'm no-one to judge.
If tears didn't feel threatened,
Flowers weren't embarrassing.
Good wasn't the new toxic.
Or being soft no more looks manly.

You don't agree?
Well then,
when was the last time he wore pink?
A kind deed with 0 expectations?
Or acknowledge the fact that it's okay to
cry?

An eye with a
whole ocean inside,
But too mindful to
not cause a Tsunami.

"Be a MAN"
Expectancy to feed the family.
"Have enough strength"
Minimum odds on finding a girl.

Being accepted in society as a goal.
If not, called cowards fit for no use.

whose answers
are unknown.
Eyes holding
back a story
that's hard
in words.
Aimed to contain
in a reflection
that never feels.
Indeed hoping,
if this was my

Men with no mercy are impeccable
Men with humanity are sickening!
Like shards of glass which
needs to be FIXED!

You sail all 7 seas to hide away.
Is it worth all your time?
Run into an arm and let them know,
Isn't it easy that way?

Wanting to be cared for is no selfish.
Dressing well never changes a gender.
Being sweet now looks handsome.
Cause it's the brand new normal.!

It's okay.
To not have that Perfect Jawline
your no less than the guy next door.
Your no art piece, that's supposed to amuse
a crowd.

Hug yourself more often.
Let that kid deep down know.
'It's ok to stumble your way through Life'

Let Masculinity be beautiful,
colour, care and kindness.
Embrace Its very form in bliss,
"afterall your Human too, right?"



Proserpina

She never deserved this.
He hardly cared!
What was she wearing?
Why was she late?
Questions could be illogical,
but women must behave!
He tore her dignity,
He scarred her life,
but it's always - her fault!
His claws gripped her skin
as she struggled to exist.
The terror she witnessed,
her eyes blinked with ache.

The white coat she earned,
now soaked in blood.
All she could do was
watch her soul taken away.
He was an animal,
she was forced to be the prey.
And I wonder why,
we always victim blame!
This isn't just about a
woman on a TV screen
but a concern to all the,
Daughters of our Nation.!

Minor

Once considered too
small to handle a flame.

Now, saving money for
an afternoon meal.

Hugged and kissed
them a goodbye.

Now, sends an emoji
with a fake heartbeat.

Taught to always say,
sorry...

But lately, never got a remorse

for the damage made.

Seasons passed since
the first day of school.

While here I am
seeing myself grow.

Currently looking down
the rode we say,

Love has changed
over the years.

But so are we..!

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You flip through unending love poems

Your Pinterest and Instagram is drenched
in it-
Of love found under the blinding street-
lights,
Of love lost in fancy restaurants,
Of love unleashing butterflies in your
stomach,
Of love turning your mind into a moth
seeking a flame.
Despite the denial, the ink in you is
enriched in self
concocted love potions from lifetimes ago.
Miracles are manifested in happenstance,
And love sneaks up on you like a spell.
Somewhere between craving coffee and
settling for tea,
You got inflicted with nostalgia and Deja
vu,
In the midst of cricket song and under
Orion,

The rhythmic pulse sang the most memo-
rable melody.
Love made you remember passwords and
dates,
And strangely enough you found solace in
both your reality and dreams;
You hide in poetry and prose that you
refuse to acknowledge,
Yet dedicate journal entries and sonnets to
them.
In summers of anticipation and hopeful
winters,
Life in love happened like a golden day-
dream-
You felt like you fell even before you met
them,
And as all your whims were carried gently-
In the infinite delicateness a recklessness
follows,
You embraced the way you loved.



Neeraj Prakash Mahto
Lab Instructor
SOM



Presidency University is blessed with a diverse crowd of both learners and faculty from different parts of the country. Recognizing this spirit of diversity, here is a poem in Bengali that evokes the season of autumn, heralding the arrival of the divine mother Durga.

Verse Time

শারদ শুভ্রতা

শারদ আকাশে নীলিমার ছোঁয়া, শিউলি ফুলের সুবাস,
চাকের বাজন, শঙ্খের সুরে মায়ের আগমনী আশ্বাস।
মণ্ডপে আলো, প্রতিমায় শোভা, রঙের খেলা চারিধার,
আরতির মশালে নাচে আলো, পূর্ণতার হাওয়ার ছোঁয়া।

অঞ্জলি ভোরে, ধূপের ধোঁয়ায় পূজার গভীর তান,
দেবীর চোখে ফুটে ওঠে শান্তির মধুর গান।
নবমীর আনন্দ, দশমীর বিদায়ে বিষাদের ছোঁয়া,
তবু মনে থাকে মায়ের মায়া, আশার আলো জ্বলা।

মিষ্টির গন্ধে মুখরিত পথ, হাসি খুশির ছড়া,
বন্ধুদের সাথে শাড়ির মেলা, আনন্দে দিন ভরা।
দুর্গাপূজার রঙিন দিনে মিলন ঘটে সবার,
আনন্দে ভরে ওঠে মন, স্বপ্ন দেয় নতুন হার।

বনশ্রী পাল



Banashree Pal
SOMS
20241BAJ0009



Pause for Positivity

The Strength Within: Qualities that Define a Strong Person

In a world filled with constant challenges, strength isn't always about physical power. True strength lies in the qualities that enable individuals to navigate life with grace, resilience, and empathy. These traits together form a well-rounded strength that is not just physical but emotional and spiritual as well.

Let's explore the core attributes that make a person truly strong.

Confidence

That is the quiet voice that says, "I can." It's the belief in oneself, not in an arrogant way, but with a humble assurance that whatever the challenge, it can be met. Confident people inspire others through their conviction and positive outlook.

Patience

In a fast-paced world, patience can seem like a rare trait. However, the ability to stay calm, persevere, and wait for the right moment is a true testament to one's strength. Patience allows a person to endure setbacks, knowing that progress is not always immediate but inevitable with persistence.

Generosity

One of the most profound expressions of strength is the willingness to give to those in need. Whether it's time, resources, or a simple act of kindness, generosity shows that strength is not about hoarding power but sharing it. A strong person uplifts others, recognizing the value in community and support.

Courage and Fearlessness

Being strong doesn't mean never feeling fear. Rather, it's about facing fear head-on with courage. Courageous individuals take risks, embrace challenges, and push boundaries. They understand that fear is part of growth and that overcoming it leads to greater strength.

Tolerance

In today's diverse and dynamic world, tolerance is more important than ever. It reflects a person's ability to understand and accept others' differences without judgment. Tolerance is not a sign of weakness but of inner strength, allowing for harmony and collaboration in a world of varying perspectives.

Through these qualities, "confidence, patience, generosity, courage, and tolerance," true strength emerges. It is a strength that not only carries a person through life's challenges but also leaves a lasting, positive impact on others.

Ms. Sowmyashree T
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Temple Run

According to my experience, trips to places of worship have a unique ability to calm people down, encouraging a deeper level of thought and reflection. These trips have always been my favorites, because of which I even had a nickname, 'Ambala Pravu' meaning 'temple pigeon'. This is the story of two pigeons, one of whom is my friend. One day, she told me about a dream she had. In it, she saw three temples. A dream like that was intriguing, but the problem was, we had no idea where these temples might be.

Determined to solve the mystery, we turned to Google, piecing together clues from the names she had remembered. The first one we found was a temple dedicated to a goddess. Excited, we checked the distance and discovered it was less than two hours away.

Caught up in the thrill of our discovery, we made the spontaneous decision to leave right away. That's when we realized—it was already midnight. With a laugh, we decided it was better to start fresh in the morning, so we called it a night.

We set off at seven sharp that morning, leaving behind the city's hustle and bustle as the car glided onto the peaceful rural roads. The further we drove, the more the surrounding greenery soothed my mind, each stretch of the countryside bringing a sense of calm.

After about an hour, the road began to follow the path of a wide, tranquil stream. Its waters flowed gently, and on both banks, we could see villagers bathing and washing, completely in tune with the rhythm of nature.

We passed two or three small roads before finally arriving at an ancient Devi temple. As we stepped out of the car, my friend looked around in astonishment. "It's exactly like what I saw in my dream," she whispered, her eyes wide with surprise.

We stepped out of the car and slowly made our way into the temple's enclosure. Due to the presence of the peaceful deity who resides within, the surroundings of this temple had an enchanting calmness and serenity.

When we arrived, the temple was about to close for a few hours. We hurried inside, making our way to the sanctorum. As I walked around the cold stone-paved floor of "Garbagriha," I felt my mind begin to ease, as it always does in such sacred places. There's something about entering a place of worship that brings an unspoken calmness, a subtle but powerful shift in energy that you don't fully notice until it envelops you. It's the peace of knowing you're in a place of safety, surrounded by an aura of positive energy that vibrates through every corner of the sacred space.



After we exited the temple, our next curiosity led us to ask about the temple pond. A kind soul pointed us to a narrow path behind the temple gate. Intrigued, we followed the path, which led us to a small door at its end.

Peering inside, we were greeted by the sight of a tranquil pond. But unlike the usual dark green waters often seen in such places, this pond shimmered with a clear, light blue hue. We quietly sat on the small stone steps leading to the pond and looked at the water in silence.



As I sat there, gazing at the water for a while, a thought came to mind...

Despite plenty of fish swimming and other living organisms beneath its surface and enduring the ever-shifting pressure of the water's weight, the pond is able to maintain a calm exterior all the time—an image of quiet resilience.

Now, what if we compare this pond to ourselves?

We are the pond. The calm surface is our face, while the fish, algae, and creatures moving beneath it represent our emotions. The weight of the water, pressing and shifting, mirrors the stress and burdens we carry in our minds. If you think about it, aren't we just like this pond? Aren't we also wearing different masks every day, concealing the different emotions and their fluctuating pressures?

I was lost in thought when my friend gently patted me on the shoulder.



"What are you thinking so deeply about?" she asked, her voice pulling me back to the moment.

"Hey... I was just comparing this pond to us," I said, standing up with a smile.

She nodded thoughtfully. "Hmm... I was thinking along the same lines too," she replied as we began walking back.

As we left the peaceful temple behind, our conversation flowed easily, centered on the profound connection between humans and nature. The serenity of the place lingered in our minds, deepening our reflections as we made our way home.

vignettes



Ms. Roshni Raman
Content Writer
Presidency University



Mind Matters

Invisible Yet Real: Prioritizing Mental Health Through Self-Care and Awareness

Every year, **World Mental Health Day**, observed on October 10th, serves as a crucial reminder that mental health is just as important as physical health. This year's theme, "**It's Time to Prioritize Mental Health in the Workplace**," draws attention to how work environments can significantly affect our mental well-being. However, this focus on mental health extends far beyond the office—it impacts every facet of our lives, and addressing it is essential for our overall health.

As a psychologist, I've seen first-hand how mental health issues can be overlooked simply because they aren't as visible as physical ailments. However, they are no less real. By prioritizing mental well-being, we can better navigate the complexities of modern life, support each other, and foster healthier, more resilient communities.



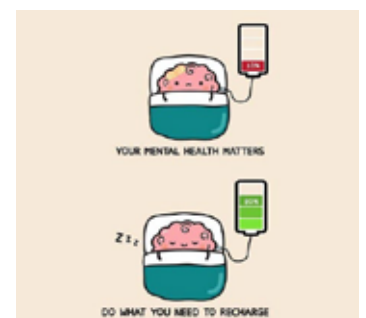
1. Mental Health: Invisible but Real

Unlike physical injuries, mental health challenges don't show up on the surface, making it easy to dismiss or ignore them. However, their effects can be just as debilitating, impacting daily life, relationships, and even physical health. Depression can lead to fatigue, changes in sleep patterns, and an inability to focus. Stress can manifest in headaches, digestive issues, and even weakened immunity. When left unchecked, mental health issues can also lead to long-term physical conditions like high blood pressure or chronic pain.

Mental and physical health are deeply intertwined. Ignoring mental health can take a toll on the body, just as untreated physical issues can worsen mental health problems. This connection underscores the need to take mental health as seriously as physical health. When we neglect one, the other suffers, making it critical to approach well-being in a holistic way.

2. The Role of Self-Care in Mental Health

Self-care is a vital tool in maintaining mental health. It goes beyond occasional indulgences like spa days or treats, it's about consistently making choices that support emotional, mental, and physical well-being. Here are key self-care practices that can help:



- **Mindfulness and Meditation:** Practicing mindfulness or meditation for just a few minutes a day can significantly reduce stress and anxiety.
- **Exercise:** Physical activity releases endorphins, which naturally boost your mood and energy levels.



- **Sleep:** Adequate sleep is essential for emotional regulation and mental clarity.
- **Balanced Nutrition:** Eating a nutritious diet supports not only physical health but also mental well-being by providing essential nutrients for brain function.
- **Social Connections:** Maintaining strong relationships with family, friends, or peers offers emotional support and reduces feelings of isolation.
- **Creative Outlets:** Engaging in hobbies such as writing, painting, or playing music provides an emotional release and a sense of accomplishment.
- **Setting Boundaries:** Clear boundaries between work, social commitments, and personal time are crucial for preventing burnout.
- **Journaling:** Writing down thoughts and feelings can help process emotions and track progress in managing mental health.

Self-care isn't a luxury; it's a necessity. By prioritizing it, you can prevent mental health issues from escalating and develop resilience to cope with life's challenges.

3. Breaking the Stigma Around Mental Health

One of the greatest barriers to improving mental health is the stigma surrounding it. Many people feel uncomfortable discussing mental health, worrying about how they'll be perceived or fearing judgment. This stigma prevents individuals from seeking help, which can lead to worsening symptoms and prolonged suffering.

It's crucial to understand that mental health issues are not a sign of weakness. Just as we seek treatment for physical ailments, we should feel no shame in seeking help for mental health concerns. Addressing mental health is an act of strength, courage, and self-compassion. Breaking the stigma starts with normalizing these conversations in our homes, schools, and workplaces.



4. The Importance of Open Conversations

Talking about mental health is one of the most powerful ways to support those who are struggling. Open conversations create a safe space for individuals to share their experiences, reducing feelings of isolation and despair. These discussions not only validate what people are going through but also provide them with the opportunity to seek help.

Schools, universities, and workplaces can encourage these conversations by organizing mental health awareness campaigns and creating peer support groups. By fostering an environment where it's okay to talk about mental health, we pave the way for individuals to feel more comfortable seeking help when needed.



5. Recognizing the Signs of Mental Health Struggles

Mental health struggles often reveal subtle signs long before they become severe. Recognizing these signs early can help prevent a crisis. Some common signs include:

- Persistent feelings of sadness, hopelessness, or emptiness.
- Difficulty concentrating, making decisions, or staying focused.
- Changes in sleep or appetite patterns (either excessive or too little).
- Withdrawal from social activities, friends, or family.
- Increased irritability or frequent mood swings.
- Unexplained physical symptoms, such as headaches, stomach aches or fatigue.
- Engaging in harmful behaviors, such as substance abuse or reckless activities.
- Feeling overwhelmed by daily tasks or responsibilities.
- A sense of worthlessness or self-blame.

If you or someone you know exhibits any of these symptoms, it's crucial to reach out for help. Early intervention can make all the difference.

6. The Importance of Addressing Mental Health

Mental health issues affect individuals in profound ways, influencing how they think, feel, and behave. As a psychologist, I've seen first-hand how mental health challenges can erode a person's well-being, relationships, and productivity. Yet, these issues often go unaddressed due to societal stigma and misunderstanding.



Mental health needs to be treated with the same urgency and care as physical health. When we openly discuss mental health, we break down barriers that prevent people from seeking help. By addressing these issues with compassion, we foster an environment where individuals can thrive both emotionally and mentally.

I chose to focus on self-care and mental health awareness for this article because mental health is often dismissed as less important than physical health. In reality, both are interconnected. Mental health challenges may be invisible, but their effects are very real. By increasing awareness and normalizing conversations about mental health, we can help individuals feel seen, supported, and empowered to seek the care they need.

The importance of mental health cannot be overstated. It's time we acknowledge that mental health is health. Together, we can create a more compassionate and understanding world where mental health is valued and supported.



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

vignettes



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Presidency University

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.



The 999 Club

“Until last week, Aman was so happy and cheerful. I wonder what happened to him now; he looks so morose and broods all the time. I hate to see him like this,” said Rohit to his friend Ronit one day.

“Oh, he must have joined the 999 Club,” replied Ronit casually.

“The 999 Club, what is that?” asked Rohit.

Brushing his question, Ronit quickly added, “By the way, you have won a cash prize of 1000 Rs in the Dasera game stall. I collected it on your behalf; here it is,” said Ronit, going to his desk and returning with a cover that had the cash.

“Thanks, buddy,” called out Rohit.

“Mention not,” said Ronit, dashing off quietly.

Rohit went home, and as he was about to change, he felt the cover in his pocket and took it out. Out of curiosity, he opened the cover and started counting the cash. He counted it again and ---- again. It was one rupee short of 1000.

Rohit thought and thought and felt his pocket to see if the coin had slipped out from the cover by mistake. But it was sealed, so it could not have gotten out of the cover.

Did Ronit miss giving him that one rupee? It can't be; why would he take it? Maybe the guys manning the stall did not count properly while handing over the prize money. He counted once again, but the mystery of the missing rupee occupied his thoughts. He realized he had spent a precious half an hour trying to trace the coin. He was about to shake himself and go about his chores when the phone rang.

Ah, it is Ronit. I am sure he is going to tell me that he has got the coin, thought Rohit as he took the call.

“What, buddy, are you still thinking of the missing rupee?” There was no prize or coupon. I just quickly made it all up to drive home my point. Did you think of the 999 rupees you had, or were you brooding on the missing one rupee?”

Rohit smiled sheepishly.

“That's how we all are. We never stop to be grateful and happy for the blessings we receive in life, but keep thinking of the many things we never get and lose our sleep.”

“Now do you understand what joining the 999 club means?”

Many people lose the small joys in the hope for the big happiness.

Pearl S. Buck



PRESIDENCY KALEIDOSCOPE

Events Galore

**Roundup of activities in
August, September
October 2024**



Mind Rocks 2024

Presidency University hosted a mega youth summit on its campus—India Today Mind Rocks—on September 14, 2024. India Today Group partnered with Presidency University to bring a daylong infotainment program. With the ‘who’s who’ in the field of journalism like Rajdeep Sardesai, Raj Chengappa, and Saurabh Dwivedi interviewing icons from the world of politics, films, literature, business, and social media, 'Mind Rocks' became the most talked about event in town.

The day started with an opening act by the talented Bengaluru-based band, Mysore Xpress, that set the tone for the day, followed by a very interesting discussion between celebrated author Chetan Bhagat and Rajdeep Sardesai. Popular television host and anchor Nabila Jamal had an interesting conversation with South Star Shraddha Srinath on her multilingual outings.

Raj Chengappa, the Group Editorial Director (Publishing) of the India Today Group, interviewed Pawan Kumar Chandana, the founder of Skyroot Aerospace, to inspire the young crowd to go the startup way. There was a fair share of politics and current affairs discussion too, with Union Minister Kiren Rijiju, State Ministers Priyank Kharge, Madhu Bangarappa, and Bangalore Police Commissioner B Dayananda discussing how the youth of the nation can make a significant contribution towards nation-building.

The Presidency University campus was abuzz with excitement when social media star Bhuvan Bam spoke about his journey of becoming an actor from being a digital content creator. With Gen Z star Ananya Pandey making the right dance moves on the stage and stand-up comedian Zakir Khan giving the right comedy punches to his stand-up act, Mind Rocks was a treat for the students who thronged the campus lawns.

The day ended with an energetic performance by rapper MC Square, and as a fitting finale, Indo-Canadian singer, Jonita Gandhi, set the stage on fire with her superb performance.





Events Galore





Department of Student Affairs

Sports Round Up

The Presidency University men's volleyball team bagged the runner-up trophy in the FALAK Cup-2024, organized by Manipal Academy for Higher Education from October 1-4, 2024.



The Presidency University men's Football and Kabaddi team won the Garden City University intercollegiate tournament, which was held between October 14-16, 2024.



Events Galore



NSS Updates

On the occasion of NSS day, Presidency University Bangalore, in collaboration with the Lion Club Blood Bank, Sanjay and Rajiv Gandhi blood banks successfully held a blood donation program on September 24, 2024. A total of 2000 pupils and 35 staff members donated 913 units of blood.



Fostering Emotional Wellness

The Mind Blossom Club of the Department of Student Affairs conducted an engaging workshop "Mood Check: Prioritizing Joy Over Stress—The Happiness Project and Music Personality Test" on the occasion of World Mental Health Day at the University campus on October 10, 2024.

The program commenced with a seminar, "Understanding Your Mood," where experts explored the complexities of mental health, stress management, and emotional intelligence. This insightful discussion set the tone for a day of self-discovery.

The engaging "Sounds of Self" music personality test allowed participants to explore how their music preferences influence their mood and emotions. This interactive session fostered meaningful connections among attendees. Also, a music personality test was conducted to understand the personality types through choice of music.

The creative "Cultivating Mindfulness" self-growth garden exercise invited participants to visualize and illustrate their ideal emotional landscape, symbolizing personal growth and well-being. This therapeutic activity encouraged mindfulness, self-reflection, and introspection.



Throughout the day, attendees benefited from a supportive community, fostering connections and camaraderie. The event concluded with a renewed sense of emotional awareness, empowering individuals to prioritize their mental health.



Presidency School of Engineering

The Department of Civil Engineering, in association with the Office of International Affairs (OIA), Presidency University, Bangalore, organized a webinar on "Understanding Complex, Multi-hazard Risks for Disaster Risk Reduction" on October 16, 2024, commemorating the International Day for Disaster Risk Reduction (IDDRR). The event was supported by the India Universities and Institutions Network for Disaster Risk Reduction (IUIIN-DRR). The resource person, Dr. Christopher White, Lead – Engineering for Extremes Research Group and Head of the Centre for Water, Environment, Sustainability & Public Health University of Strathclyde, Glasgow, Scotland, UK, dwelt on climate change and its impact on a highly interconnected world, the cascading risks and compounding disasters crossing boundaries and escalating through natural and manmade system interdependencies, economies, and social constructs. It is essential to adopt an interdisciplinary approach to disaster risk management and develop integrated, co-designed innovations and solutions for informed decision-making that effectively reduce complex, interacting risks.



A daylong colloquium on "Artificial Intelligence and its Impact" was organized by the Department of Electronics and Communication Engineering on September 20, 2024. The event began with a seminar on 'Enterprise applications of generative AI and new challenges in engineering' with Dr. Sunil Kumar Chinnamgari, Senior Engineering Director, Maersk Technology Center, Bengaluru, as the resource person. This was followed by a panel discussion on 'Artificial Intelligence and Creativity,' where the panelists debated whether AI can replace the creativity of humans. The panelists were the faculty members of Presidency University: Dr. Shilpa (Maths), Dr. Sandeep (CSE), Mr. Ghazali (Law), Dr. Shahnawaz (ECE), and Mr. Nipun (ECE). The panel was chaired by Dr. Sunil Kumar.



The Department of Electronics and Communication Engineering conducted a workshop on "AI Virtual Companion" on October 4, 2024, with Mr. R. Sreenath, Technical Lead at Ashtrix Robotics and Research Center, Chennai, as the resource person. The goal of the workshop was to develop an AI assistant capable of object and face detection, voice and sound recognition, and human body posture analysis. In the first session, the resource person gave a refresher on artificial intelligence and the fundamentals of Python, providing an introduction to framework and model training. In the second session, he continued on integrating the model. and demonstrated testing and improvement.



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

A total of 42 first, second, and third-year students from the Presidency Schools of Engineering, Computer Science and Engineering, and Information Science, along with faculty members, Dr. M S Divyarani, HOD of Innovation Projects, Dr. Ashutosh Anand, Asst. Prof. - ECE, and Mr. Sakthivel E Asst. Prof. - PSCS, visited the IITM Research Park on September 20, 2024, in order to enhance students' knowledge of advanced technology, with specific regard to research and development. Students toured the IITM Research Park, which is a state-of-the-art facility spread over 11.42 acres, housing a variety of research and development centers, start-ups, and incubation cells. The infrastructure supports the needs of the research community, providing an excellent environment for innovation and technological advancement. The visiting students witnessed cutting-edge research being conducted in the fields of nanotechnology, biotechnology, aerospace, and materials science and also interacted with researchers working on these projects, who graciously shared their insights and experiences. The visit also included a tour of the start-up incubation cells, where the students were introduced to various innovative solutions being developed by start-ups tackling real-world problems. The creativity and innovation displayed by these start-ups were inspiring, offering students a glimpse into the entrepreneurial aspect of research and technology development.



Innovation Projects

PAC HACK 2024, organized by Presidency University in collaboration with ‘The Hack2Skill’ platform was a 24-hour national-level hackathon that brought together tech enthusiasts and innovators from across the country. This event aimed to address pressing challenges in technology, healthcare, and sustainability. Participants collaborated in teams to brainstorm, design, and implement solutions within a rigorous time limit. With expert mentorship and engaging workshops, the hackathon provided a platform for students to showcase their skills and creativity. The event not only encouraged teamwork and innovation but also fostered a sense of community among aspiring developers and problem solvers.

Smart India Hackathon (Internal) 2024

The Smart India Hackathon, a prestigious, national-level hackathon organized by the Government of India, serves as a unique platform for students across the nation to showcase their innovative spirit, address real-world challenges, and present ground-breaking ideas. Aligning with this initiative, Presidency’s Build Club organized an internal hackathon on September 2, 2024, providing students an opportunity to participate and contribute their might to the program. The internal hackathon event saw the enthusiastic participation of over 250 teams from various engineering and technical backgrounds. These students formed teams to address complex problem statements provided by government ministries and industries. The primary objective of the event was to foster collaboration among students from different departments, encouraging a unified approach to solving pressing challenges. Through this inter-disciplinary initiative, students were motivated to innovate, collaborate, and execute projects that align with national goals, showcasing their skills and creativity in solving real-world problems.

The hackathon was organized in two levels to ensure a thorough evaluation of the participants’ skills and ideas:

1. Level 1 (online): Conducted on 26th and 27th August 2024, this round saw a total of 65 teams presenting their innovative solutions across various problem statements. The judges evaluated the ideas, and the top 40 teams were selected to advance to the second level.
2. Level 2 (Offline): The second round took place on 2nd September 2024, where the shortlisted teams presented more detailed and refined versions of their projects. After intense competition and evaluation, the top 5 teams in software and the top 5 teams in hardware were selected.

The event culminated in an awards ceremony on September 3, 2024, recognizing and celebrating the top-performing teams for their outstanding work.





Elevate your Research Paper: Insights into Writing, Editing and Submission

A technical talk to equip researchers and academics with essential skills and strategies to enhance their writing, editing, and submission processes for research papers was held online on September 18, 2024. Participants gained insights into effective writing techniques and formatting guidelines that improve clarity and impact and also learnt about the various tools and methods for self-editing and peer review. Guidance was provided on navigating journal selection, submission guidelines, and responding to reviewer feedback.

Unlocking Github: Your key to Collaborative Coding

Participants were introduced to the core functionalities and advanced features of GitHub, a leading platform for version control and collaboration in software development, through a student development workshop held on September 20, 2024. The workshop served to familiarize participants with the fundamentals of Git, a version control system, and to provide hands-on experience in creating, managing, and collaborating on repositories using GitHub.

Hbase in Devops

An online webinar on "HBase in DevOps" was conducted on September 24, 2024, in order to introduce HBase, a NoSQL database, and its role in DevOps environments, where continuous integration and delivery play a critical role. Participants engaged in learning about its features, scalability, and its ability to handle large datasets effectively within distributed systems. Mr. T. Rajan, the resource person, engaged the participants by introducing the core features of HBase, its role in managing large-scale data efficiently, and how it integrates with DevOps workflows for optimizing data-driven operations.

Geo Visualization Through Open Source Tools

A seminar on the subject 'Geo Visualization Through Open Source Tools' was conducted on September 27, 2024, providing participants with a broad understanding of the principles and importance of geovisualization and a strong conceptual foundation. The inclusion of case studies related to urban planning, environmental monitoring, and disaster management gave valuable context to how these tools are applied in different industries. The sessions on integrating and analyzing spatial data using open-source platforms were informative. Participants learnt to access geospatial data from public sources and also to manage it effectively.





Effect of Trojan Horse using Prorat

Bridging the gap between academia and industry, this event held on September 27, 2024, provided a hands-on experience with ProRAT, enhancing practical learning. Students gained practical insights in cryptography, network security, and malware analysis and explored the PRORAT tool during the session, which provides a backdoor and enables administrative control, empowering the intruder to do almost anything on the targeted computer.



Empowering Coders, Enriching Careers

This Student Development Programme (SDP) on Tech Triumph conducted on September 30, 2024, served as a refresher course on programming for final-year students who were able to advance their coding skills through expert-led sessions and hands-on exercises. This helped them to align their knowledge with industry standards and expectations, preparing them for real-world challenges in software development, thereby improving their problem-solving capabilities by introducing advanced algorithms, data structures, and practical coding challenges. The idea was to equip attendees with insights into programming career paths, emerging job opportunities, and strategies for career advancement in the tech industry and to encourage a mindset of lifelong learning and adaptation, emphasizing the importance of staying updated with the latest trends and technologies in programming.

Effective Research Literature Survey for Writing Comprehensive Survey Articles

A one-day workshop on "Effective Research Literature Survey for Writing Comprehensive Survey Articles" was organized for M.Tech. students on October 1, 2024, with Dr. Jothi Basu, Assistant Dean, Academics, Presidency University, serving as the resource person. The workshop aimed to equip students with the essential skills required for conducting detailed literature surveys and writing high-quality survey articles. Dr. Basu provided practical insights on identifying relevant research papers, organizing references, and critically analyzing research findings. He also covered techniques for structuring and presenting comprehensive literature reviews. Emphasizing the importance of academic integrity, the session highlighted best practices for writing and publishing survey articles in reputable journals. The workshop was highly relevant to the research needs of M.Tech. students, preparing them to excel in academic writing.

Leveraging technology for a better tomorrow

IEEE Day 2024 at Presidency University on October 1, 2024 was a vibrant celebration of technology, innovation, and collaboration, with a line-up of events serving as a platform for knowledge exchange and collaboration. Participants gained insights into emerging technologies, fostered collaborations, and showcased their talents. The event strengthened the university's relationship with the global IEEE community and provided students with valuable exposure to industry trends. The technical sessions during IEEE Day 2024 were highly appreciated by students for their depth of knowledge and relevance to current technological trends. The Codeathon event was another highlight of IEEE Day 2024. Students were highly enthusiastic about the challenge and competition; they appreciated the opportunity to collaborate with peers and enhance their teamwork skills.



Next Generation Networks

An international webinar was organized on September 27, 2024, with Mrs. Sridevi Tharanidharan from the Department of Computer Science at the Applied College of King Khalid University, Saudi Arabia, as the resource person. The session focused on topics exploring the latest advancements in next-generation networks (NGNs), covering technologies such as 5G, 6G, IoT (Internet of Things), SDN infrastructures. It also discussed the future of telecommunications, the challenges in achieving high-speed, low-latency connectivity, and the integration of emerging technologies in next-generation networks.



Presidency School of Design

Students from Presidency University secured first place in the Design Hackathon titled 'Intuitive Design: Accessibility for All' held in May 2024. This prestigious competition attracted participants from across India, and the winning team was honored with a trophy, certificates, and a ₹5,000 cheque presented by the Director of the School of Design.

The Winning Entry

In today's world, deciphering ingredient lists on various packages can be a daunting task, posing challenges for individuals striving to maintain a healthy lifestyle. To address this issue, an intuitive user interface designed to streamline the process of understanding complex ingredient



information was developed. The platform offers multiple data entry options, including image uploads and manual input, making it versatile and user-friendly. Once the data is entered, it will be transformed into a clear and simplified format using informative infographics. Key features of the interface include color coding for easy identification, readability enhancements through thoughtful font selection, and the use of icons, illustrations, and symbols to visually represent key information. Additionally, the interface will support voice assistance to accommodate diverse user needs and offer language selection for broader accessibility. By providing transparency and facilitating informed choices, the solution aims to empower users to make healthier lifestyle decisions regardless of the type of package they are examining.



Ear to the ground:

Fashion Students' Visit Ramachandrapuram Textile Hub

Fifth semester Fashion Design students from the Presidency School of Design visited Ramachandrapuram fabrics and textiles market in Bengaluru on October 10, 2024, to study local market trends and consumer behavior. This trip provided students with hands-on experience to explore the local fashion landscape, interact with retailers, understand customer preferences, learn about various sustainable practices, and gain invaluable insights for their future innovative design projects.





Presidency School of Law

Legal Aid Award

The Presidency School of Law’s Legal Services Clinic was awarded the 4th Legal Aid Award by Knowlegesteez Edu LLP at the 13th International Conference on Human Rights and Gender Justice on October 13, 2024, in New Delhi. This award was conferred in recognition of the clinic’s significant contributions to promoting social justice and providing legal aid. The clinic's efforts include Jan Sunwai, Village Halt, Legal Awareness Camps, Surveys, Speed Mentoring, and Street Plays.



Office of the International Affairs

Visits and Exchanges

The OIA hosted representatives from Duquesne University, George Mason University, DePaul University, Rensselaer Polytechnic Institute, and the University at Buffalo September 17, 2024 to explore the potential of curating dual degree and master’s progression programs in Computer Science & Engineering, Business, and Design streams.





Events Galore



Middle East Calling

During her recent visit to the UAE, Dr. Sameena Noor Ahmed Panali, Registrar, Presidency University, visited Ajman University on October 7, 2024 to expand Presidency University's international presence in the UAE. During the visit, the Registrar had productive meetings with Dr. Konstantinos Aidinis, International Lead, College of Engineering and IT; Dr. Mohamed Nasor, Dean; Prof. Akinola Fadahunsi, Dean, College of Business Administration; and Dr. Antony Andrews, International Lead exploring possible collaborations in research, joint conferences, short-term programs, and student mobility.





Dr. Sameena also held wide-ranging talks with Prof. Hussain Al-Ahmad, Provost and Chief Academic Officer at the University of Dubai, UAE, on October 9, 2024, discussing potential partnerships in the areas of research, teaching, and student mobility. This collaboration would help expand Presidency University's international presence in the UAE.



Presidency Launch Pad Round Up

PU-PLA celebrates the achievements of the following entrepreneurs and wishes them and their start-ups great success.

Mr. Hemanth from the "School of Management" is the founder of "M/s. Gladiator Pvt Ltd," which uses advanced automated technology to control the queue system in crowded areas.



Mr. Masroor Ahmed (2021EEEE0023) from the "School of Engineering," whose brainchild "M/s. Orion" offers digital services and design for B2B and B2C.



Mr. Zeeshan Nofil and Mr. Xavier Prathap W are the founders of "M/s Metaex Technology Services Private Limited," which provides software services, logo/UX/UI designs, data analytics, and AI products.





Events Galore

Mr. Muni Goutham, an alumni of Presidency University whose venture "M/s. PetVet Pvt Ltd." provides regular grooming and exercise sessions, which are crucial for the health and happiness of pets.



Mr. Satish. K, the founder of "M/s Dreamzone India Pvt Ltd," which provides services like getting Pan, Aadhaar, passport, online bookings, etc., streamlining new businesses for small retailers across India.



Mr. Abhishek Kumar, a BCA (20221BCA0249) student of Presidency University and the founder of "M/s. Inora Labs," which provides software and data analytical services in a product format, reducing production time and cost.



Mrs. Sandhya (B. Com) is the founder of "M/s. Manjaree Academy," which offers coaching, translation, transcription, and interpretation services.



Innovation for Incubation

The Global INcubation SERVices - GINSERV INNOVATEX 2024 event held on October 3, 2024, at the GINSERV Auditorium, Bengaluru aimed to foster global innovation collaborations and share best practices in incubation while offering networking opportunities with key stakeholders from industries, academia, government, and other incubators. This event helped the participants network with various stakeholders and brought in considerable traction to PLA.





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 September edition of the Picture Calling photo contest

Picture Calling



Mangalore, or Mangaluru, is known as a city of beaches and known for its many quiet stretches of sand and sun that make it a much sought-after tourist spot in Karnataka. 115 km from Mangaluru and 55 km from the temple town of Udupi lies the quaint village of Maravanthe. Maravanthe Beach is about 9 km from Kundapur. The National Highway 66 (NH-17) runs next to the beach on one side and the Souparnika River, which flows majestically on the other side of the road. The travel is magical, with the river, sea, sun, and sand, and the palm trees along the shore creating a heady mix for an intrepid traveler who is not likely to come across another such place in the country.

The following got it right.

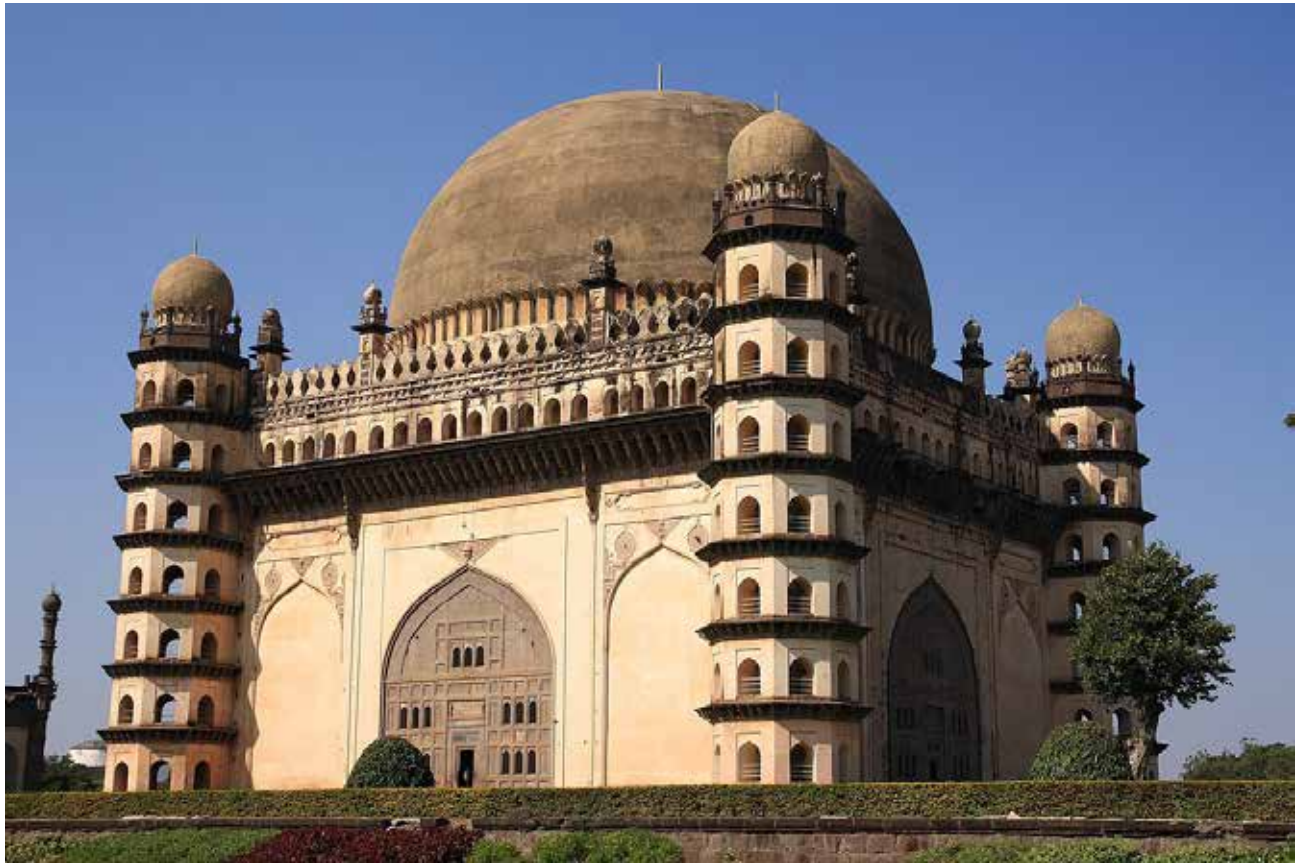
Ms. Deepa. V, Front Office Executive

Congratulations



Here is another picture to test your general awareness.

Picture Calling



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 original 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

Dr. Vinodhini Chinnaswamy, Associate Professor of English, Department of Languages, who participated and represented India in the 36th Malaysian International Open Master Athletics Championships held at Stadium Mini MSN, Bukit Jalil, Kuala Lumpur, Malaysia, on October 12–13, 2024. She competed with athletes from 18 countries and won a silver medal in discus throw and a bronze medal in high jump.



Congratulations

Dr. Pritha Sanyal, Assistant Professor-Senior Scale, Department of Languages, for being conferred with the “Best Academician Award” by SIP international publishers under the Ministry of SME Govt. of India.



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.



Alumni News

Launch of the Dubai Chapter

The Presidency Group of Institutions celebrated a significant milestone with the launch of its first International Alumni Chapter in Dubai at the Dubai Mall, near the Burj Khalifa, on October 5, 2024. Alumni from various backgrounds gathered to connect and reflect on their experiences. The chapter, which was inaugurated by Dr. Sameena Noor Ahmed Panali, Registrar of Presidency University, aims to foster a vibrant global community, empowering alumni to support each other in their personal and professional journeys.





Alumni Spotlight: Mohammed Shahjahan

We are thrilled to announce that our esteemed alumnus, Mohammed Shahjahan, has embarked on an exciting new journey as a Risk Specialist I at Amazon. Joining the Account Integrity team, Mohammed will leverage his expertise in risk management to identify and mitigate potential risks through innovative machine learning models.



In his new role, he will focus on data analysis using SQL, ensuring that Amazon's operations remain secure and efficient. Mohammed's dedication to enhancing account integrity reflects the high standards of our university's graduates, who are making significant strides in the tech industry.

AAPU congratulates Mohammed on this impressive achievement and looks forward to seeing him make impactful strides at Amazon!



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.



Puns

The Cambridge dictionary defines a pun as a humorous use of a word or phrase that has several meanings or that sounds like another word. It is a form of wordplay that exploits multiple meanings of a term or of similar-sounding words for an intended humorous effect.

Homophonic puns play with words or phrases that are spelled differently but sound the same. Here is an example from Alice in Wonderland where there is a pun on the words lesson and lessen.

“And how many hours a day did you do lessons?” asked Alice, in a hurry to change the subject.

“Ten hours the first day,” said the Mock Turtle; “nine the next, and so on.”

“What a curious plan!” exclaimed Alice.

“That’s the reason they’re called lessons,” the gryphon remarked: “because they lessen from day to day.”

Few more examples

- A bicycle can't stand on its own because it is **two-tired**.
- No matter how much you push the envelope, it will still be **stationery**.
- A pessimist's blood type is always **B-negative**.

Homographic puns use homographs, which are actually words that are spelled the same way but have different meanings.

Examples

- Always trust a glue salesman. They tend to **stick** to their word.
- Every calendar's days are **numbered**.
- The dog had **littered** on the street.

Puns have a dramatic effect when used wisely in conversation.

Examples

- Santa Claus' helpers are known as **subordinate Clauses**.
- The master had a photographic memory but never **developed it**.
- My math teacher called me average. She's so **mean!**
- Broken pencils are **pointless**.

Improve your communication by using puns in your conversation.

Communication works for those who work at it.

John Powell



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.

Adverbs - Kriya visheshaNa

Easily	sulabhavaagi	ಸುಲಭವಾಗಿ
Happily	santhoshadindha	ಸಂತೋಷದಿಂದ
Loudly	joraagi	ಜೋರಾಗಿ
Quickly	begane	ಬೇಗನೆ
Quietly/ Silently	nishshabdavaagi	ನಿಶ್ಯಬ್ದವಾಗಿ
Sadly	Bejarininda Besaradindha	ಬೇಜಾರಿಂದ ಬೇಸರದಿಂದ
Slowly	nidhanavaagi	ನಿಧಾನವಾಗಿ
Always	yaavagalu	ಯಾವಾಗಲೂ
Every day	prathidina	ಪ್ರತಿದಿನ
Frequently/often	aagagge	ಆಗಾಗ್ಗೆ
Once	omme	ಒಮ್ಮೆ
Twice	eraDu baari	ಎರಡು ಬಾರಿ
Never	endhigu	ಎಂದಿಗೂ

Preposition – Upasarga

On	Mele	ಮೇಲೆ
In / Inside	oLage	ಒಳಗೆ
Out / Outside	horage	ಹೊರಗೆ
Up / Above	Mele	ಮೇಲೆ
Down / Below	keLage	ಕೆಳಗೆ
Front	mundhe	ಮುಂದೆ
Behind	hindhe	ಹಿಂದೆ
Beside	pakka	ಪಕ್ಕ
Around	Suttha	ಸುತ್ತ
Before	modhalu	ಮೊದಲು
After	nanthara	ನಂತರ
Between	madhye/madhya	ಮಧ್ಯೆ
Upon	adara mele	ಅದರ ಮೇಲೆ
Within	adara oLage	ಅದರ ಒಳಗೆ
Under	aDiyalli	ಅಡಿಯಲ್ಲಿ
Across	aDDalaagi	ಅಡ್ಡಲಾಗಿ

Language exerts hidden power, like the moon on the tides.

Rita Mae Brown



The Glory of Karnataka

As the state celebrates the Karnataka formation day as Rajyotsava, here are a few interesting facts about Karnataka that make it a unique state.

Maddur vada is a unique savory that gets its name after Maddur town.

Rava idli was invented by the popular restaurant chain MTR to overcome the shortage of rice during World War II.

The Karnataka Khadi Gramodyog Samyukta Sangha in Hubli is the sole authorized unit in the entire country that can manufacture and supply the Indian national flag.

The 58-foot-tall Gomateshwara statue located in Shravanabelagola and built in 1604 AD is reputed to be the world's largest monolith statue.

The second highest number of Jananpith Award winners, totaling eight so far, are from Karnataka, second only to ten for Hindi.

Long before Rani Laxmi Bai rebelled against the British, Karnataka's Kittur Rani Chennamma led the first ever chronicled rebellion against them.

Mysore Paints and Varnish Limited in Mysuru is the only producer of the black ink that is used for the elections in the country.

The Oriental Library in Mysore, built in the year 1891, is the oldest in India.

The tomb of Mohammed Adil Shah in Bijapur, Gol Gumbaz, is the second-largest pre-dome in the country.

The first private radio station in the country was set up by Professor MV Gopaldaswamy in Karnataka in 1935.

The state has the most number of waterfalls in the country.

The city of Mysore was the first to publish a weekly newspaper in Kannada in the year 1859.

Trivia



The Team

Mr. Salman Ahmed – Chief Patron

Dr. Akila S Indurti – Editor

Mr. Abdulla T A – Designer

Mr. Pingal Chanda – Photographer

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



PRESIDENCY KALEIDOSCOPE

