

PRESIDENCY KALEIDOSCOPE



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and suggestions to
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Uptake

Have you ever wondered what would happen if the planets decided to take a walk, leaving their regular paths and starting to stray into the paths of others? It doesn't take long to wager a guess! Chaos obviously. But there is an unwritten code of conduct that nature follows, be it the seasons or the celestial bodies. The colony of tiny ants scurrying across never stepping out of line is quite a sight to behold.



Nature is expected to follow the order, and they do not disappoint us unless, of course, we tamper with their systems. Now cut across to the traffic in most cities, our city in particular. How many users think they should follow road discipline, not because there is a radar monitoring them or a cop on duty? Discipline is an ingrained quality, and we certainly do not require monitoring or

the fear of consequences to pull us back to order. As citizens growing up responsibly, this is indeed the time to internalize those laws that make us civilized and help in preserving law and order in society.



Zooming past on bikes and cars on the roads might cause a few seconds of thrill, but they do no justice to one's standing in society as students who have invested a large part of their lives in order to acquire degrees. What use is this acquisition if it has not taught us the basic rules of living? Following lane discipline and respecting other users of



the road are some of the common courtesies that we can cultivate if we do not want to end up in road rage incidents that have become all too common on the roads today.

As a starting point, it would be good to put these rules into practice, especially as you move to the classes in large numbers, by respecting lane discipline on campus.

To make it easy, lest you miss it in the rush of reaching classes or in the excitement of meeting friends, the sign post on the floor should guide you in the right direction. Follow them and make it a habit elsewhere too.

Until we meet again, have a wonderful time ahead!

Dr. Akila S Indurti
Editor



Self-discipline is the ability to make yourself do what you should do, when you should do it, whether you feel like it or not.

Elbert Hubbard



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Destined to be Apart

We were always destined to be apart

No matter how strong and promising was the path.

Not all my love and attention was sought to be yours.

But I am happy to know that it longed to be yours.

Again the days will pass by, the night will pass too.

But the glow and enlightenment you bought with it would flee away too.

Never felt that we were meant to be a part. May be we are still destined to be apart.

The dawn's brought new rays of hope, the sunlight brought new rays of light,

the night felt apart and now as known we are destined to be a part.

Always afraid of what may happen now always awakened to know why did it happen.

Did I ever stop being yours? Yes, no or may be so but I always dreamt of being yours.

Worshipping for you made me have belief on myself, but now that destiny has parted from itself.

Dreamt of walking on the path of life with you. Now it feels like sleeping on the hearth for you.

We were destined to part no matter how strong and promising was the path.



Diya Patel
20231BAJ0007



Hope

I fell in distress
I fell in darkness
My heart is in pain
My soul is in sorrow

I see a light
A light that's bright
A light that gets brighter
Which fills my heart

I meet with failures
I cry each day
I feel empty
I feel isolated

What is the light that came?
What is that light which shone on me?
I have to say only one word
And that word is HOPE.



Kurian Vincent Alapatt
0232MBA0092



ಆಧುನಿಕ ಶಿಕ್ಷಣ

ಊಲಿಂದ ಸಾಗಿ ಬಂದೆವು ನೂರಾರು ಮೈಲಿ
ಬದುಕಿನ ಹತ್ತಾರು ಕನಸುಗಳ ಕಣ್ಣಿಕೊಳ್ಳಲು
ಸಾಗುತ್ತಿದೆ ಜೀವನದ ಪಯಣ ಒಂದೆಡೆ
ಸದ್ದಿಲ್ಲದೆ ಸಾಗುತ್ತಿದೆ ಗುಲಿಯ ಚಿತ್ತ ಇನ್ನೊಂದೆಡೆ
ಯಾಕೆ? ಎನ್ನುವ ಪ್ರಶ್ನೆಗೆ ಮೌನವೇ ಪ್ರತ್ಯುತ್ತರ

ಇಡುವಿಲ್ಲದೆ ಸಾಗುತ್ತಿದ್ದ ಋಷಿಯ ಬದುಕು
ಅರಿವಿಲ್ಲದ ಎಷ್ಟೋ ವಿಷಯಗಳಿಗೆ ಮಾರುಹೋಗಿ
ತುಳಿಯುತ್ತಿದೆ ಅನ್ಯ ವಿಚಾರಗಳಿಗೆ ತನ್ನ ಲಕ್ಷ್ಯ
ಹೀಗಾದರೆ ಸಾಗುವ ಹಡಗು ತಲುಪುವುದೇ ದಡ?

ಅರಿವಿಲ್ಲದ ಮುಗ್ಧ ಮನಸ್ಸಿಗೆ ಹೇಗೆ ತಿಳಿ ಹೇಳಲ !
ಅರುಹಿದ ಮಾತು ನಡೆವುದೇ ಹೃದಯದಿ
ನಡೆಯುವ ದಾರಿಯು ತಿಳಿಸುತ್ತೆ ಜೀವನ
ಅದರೆ ಎಡವುದರಲ್ಲ ಮೊಗ್ಗಿನ ಮನಸು



Arun Sheelin

20231BCA0011



Eighteen (18) Highways to Happiness

Priceless and Practical Ways

1. Learning

Teaching Is Limited and Bound; Learning is Unlimited and Unbound.

Lightful Ways for Learning

1. Identify the subjects and areas that interest you most and become a master in those subjects.
2. Identify the subjects and areas in which you are weak and improve in those areas through persistent learning and practice.
3. Get connected to appropriate teachers at different stages in life.
4. Learn from a master with devotion.
5. Learn from books with deep study.
6. Learn from the team's interdependence.
7. Learn about the self through concentration and meditation.
8. Language is light. Become a master of at least one language.
9. Receive, practice, and improve.
10. Be knowledgeable, experienced, and have good communication skills.
11. Learn and earn your wisdom.
12. Let one book be your companion at any time in your life.
13. Write, write, and write, and gain deeper understanding. Writing is meditation.

2. Understanding

Stand Under to Understand

Useful Ways to Understand

1. Let your communication be brief and clear so that people can understand.
2. Keep it simple. Do not complicate. Simplesness is quickly grasped.
3. When you do not understand, say so and ask for clarification.
4. Do not persist with your own perception. Adjust your perception to others' perceptions.

In this article, the Pro Vice Chancellor, Dr. Muddu Vinay, shares nuggets of wisdom that can serve as a guidepost for students and others.



5. Discuss and debate. Do not engage in arguments and fights. With arguments, there will be more misunderstanding.
6. Understand that you are basically a happy person, and being happy is easy. To become unhappy, you have to go through additional trouble. What people say about you is important; what you are is more important.
7. When someone informs or tells you something, repeat it to that person, explain what you understood, and get corrected if necessary. Let him understand that you understood.
8. Write down the aspects of key events, key persons and key decisions. Writing generates better understanding.

3. Timely

Be Ahead of Time with Anticipation.

Timely Ways to be in Time

1. Make a calendar of events and update it from time to time.
2. Make daily time schedules.
3. Do not talk more than necessary on the telephone.
4. Do not be excessive or less in utilizing time. Be aware of the right time.
5. Timing and timeliness are both important.
6. Utilize the right time duration for work, family, class, students, children, holidays, recreation, rest, and self-study.
7. Give time for your own introspection and inspire yourself.
8. Respect others' time.
9. Honor time by being with forbearance in bad times and by not being overly enthusiastic in good times.
10. Transform bad times into good times with a positive, proactive, and timely approach.

4. Effective

Effectiveness Plus Efficiency is Excellence.

Efficient Ways for Effectiveness

1. For each of your contributory areas at home and in school, set four key area objectives in terms of quantity, quality, speed (time), and value (cost). At the time of conclusion, measure the outcome and see to what extent you succeed.
2. Be effective by saying what you do and doing what you say.



3. Evaluate the satisfaction of your family members, students, friends, and children in relation to your assistance, service, and contribution. When everyone is happy about you, you are effective.
4. Feel your own happiness, and that will be a real measure of effectiveness.

5. Exploring

Explore, Examine, Extend, Excavate, Experience the Ecstasy of a New Experience.

1. Tell a new story to your students every day.
2. Select a new way of experiencing creative happiness and enjoying it on Sundays.
3. Select a new subject, a new book, and learn from it every month.
4. Plan a visit to an exciting location and experience that happiness with your wonderful family.
5. Be a member of the camp visits of your wonderful school at least once a year.
6. Introspect about your strengths, weaknesses, threats, opportunities, priorities, gaps, and possibilities once every six months.
7. Search and find out three role models for you in life, walk on their path, and add value to those paths with your own improvements.
8. Go to the terrace or a hilltop and look all around, experiencing the happiness of looking at the horizons. Go higher and higher and expand the horizons.

6. Positive

A Positive Way is a Happy Way to Make It Possible.

Priceless Ways to Positiveness.

1. Appreciate the good in others.
2. Recognize the strength in you and the people around you.
3. Accept people as they are.
4. Give attention and remove tension.
5. Respond and relate.
6. Be pleasant and generate smiles.
7. Respect and be respected.
8. See “What can be done?”
9. Cooperate and coordinate.
10. Believe in yourself, your colleagues, and your team.



11. At the end of each day, keep a daily score of how many times you were positive and how many times you were negative, and find ways to strengthen positiveness and reduce and eliminate negative ways. Make a monthly review.
12. Self-reprimand when you become negative and self-appreciate when you are positive.

7. Active

Act and Transform Your Potential into Reality.

Achieving Ways to Activeness

1. Make a checklist of actions that you will take every day. Place a tick mark as you complete those actions during the day.
2. Complete the planned work. Do not keep anything pending. Pending is ending.
3. Act now, (Abhi Karo).
4. Act for the right quantity and quality each time, every time, and all the time. Avoid repetition of errors and continuously improve your results/actions ratio
5. Whenever you take actions, think about whether those actions will generate happiness for others and also for you. Also, consider whether it will generate any unhappiness. In the event of such a possibility, modify your actions to avoid unhappiness and to enhance happiness. This is the “Happiness Test”. Carry out this “Happiness Test” related to you and key people around you.
6. At the end of the day, review in your mind whether the class went home happily and whether the people you interacted with were happy.
7. Are you happy now? What actions can you do to keep yourself happy?

8. Economic

Economics is Eliminating Waste

Evergreen Ways to Economize

1. Let your daily expenditure be less than your daily earnings.
2. Maintain monthly accounts.
3. Start and maintain a monthly recurring savings account.
4. Fulfil needs. Do not go to entertain desires beyond your ability.
5. Give a portion of your earnings to fulfill the needs of others.
6. Reduce waste.



7. Let your house be clean. A clean house is an economic home.
8. Recycle your papers, clothes, ballpoint pens, and all that can be reused.
9. Avoid taking loans.
10. Whatever minimum loan you take, pay on time.

9. Enthusiastic

Enthusiasm is the Spirit of God

Express Ways for Enthusiasm

1. Greet children, people, family members, students with smile. Greet first.
2. Speak pleasantly, speak right, speak with friendship.
3. What you can do accept immediately. Respond, reciprocate and fulfil the commitment promptly.
4. Give feedback on your own. Do not look for follow-up.
5. Be ahead of people and events. Take the first step.
6. Be first to accept your error and express your readiness to correct and improve.
7. Smile, greet, contribute, support, serve and compliment opponents. They will be your friends. Opposition will melt away in the flow of your enthusiasm.
8. Do not be overenthusiastic.

10. Contributing

Contribution is Adding Value

Clear Ways for Contribution

1. Give. Give whenever needed. Give whenever you can. Give without holding.
2. Share. Share earnings. Share the results, share the fruits, and share food. Share knowledge. Share the credit.
3. Do more than your assigned work. Think what more you can do. Help others to complete their pending work.
4. Do the work with improved quality. Assist others to improve their quality.
5. Contribute at least one good idea to every discussion.
6. Contribute your services readily.
7. Smile and contribute to happiness.



11. Sharing

Sharing is partnership

Sweet Ways of Sharing

1. Share a peppermint, a chocolate, and a peda, and be sweet.
2. Share your learning with students and colleagues.
3. Share your experiences with friends and family members.
4. Share your secrets to become close to someone.
5. Share your life with your life partner.
6. Share your love with all.
7. Whenever you are about to eat a fruit, take out half of it and share it with the person next to you.

12. Giving

Giving is Gaining

Gateways to Giving

1. Keep some change in your pocket. Whoever extends an asking hand in front of you, without hesitation, give at least one coin.
2. Give a smile while meeting and while bidding farewell.
3. Give appreciation whenever good work, help, or assistance is extended.
4. Give thanks every time someone does something for you.
5. Give respect to all in a humane way.
6. Whenever you visit an elder, a saint, or someone's home, do not go home empty-handed. Offer something.
7. Giving a book as a memento is very good.
8. When you have to offer a fruit or an article for sharing, offer the better one and keep the other one for you.
9. Give preference to others over yourself.
10. Give a kiss to your parents whenever they are pleased or displeased with you!

13. Loving

Loving is Living

Lift Ways to Love

1. Accept people as they are and extend all the assistance.
2. Identify people who have difficulties, reach them, and serve them even without their asking for it.
3. Care for children. Assist them.



4. Care for elders. Embrace them; assist them.
5. Consider the difficulties of others to be your own.
6. In critical situations, give a helping hand to all, including your opponents and critics.
7. Helping those who helped you is not very noble. Helping those who hurt you is noble.
8. When you assist, do not publicize it. Secret service is supreme service.
9. Let your smile, your happiness, your openness, and your joy reach the hearts of all.
10. Love without expecting. When you say “I love you”, do not long for “I love you too” in return.

14. Trusting

Trust and Win Hearts

Trunk Ways to Trust

1. In the beginning of any relationship, trust people. Do not doubt. Trust that person until it proves otherwise. Most people are good, trustworthy, and not deceivers.
2. Trust is a great reformer. When you totally trust even a cheating person, he will hesitate and most probably will not cheat. Once that person tastes the joy of trust, he may be transformed.
3. Fulfill all the commitments you make. Do not make commitments you cannot fulfill. Do not avoid making commitments.
4. Say what you do, and do what you say.
5. When you trust, do not doubt at all.
6. Stand tall in life on principles and be trusted.
7. When you love, care for, and nurture children, they will trust you.

15. Responsible

Respond with Responsibility.

Road Ways to Responsibility

1. Stand up whenever something is to be done in situations demanding action.
2. Take initiative. Be the first to take a difficult task into your own hands.
3. Be a mother; give love and care.
4. Be a father; give protection and confidence.



5. Be a teacher: share and empower.
6. Be a grandfather; appreciate abundantly.
7. When things are out of hand, be a leader and take initiatives to correct them. When you stand up, the world will stand around you.
8. Be preactive, proactive, process-active, and post-active to do the right things at the right time, in the right place, and in the right way.
9. Be responsible and be right. B-right is bright. Be a bright, responsible leader.

16. Connecting

Connection is Nectar

Conscious Way for Connecting

1. Be in touch through telephone, letters, e-mails, and the internet.
2. Develop durable partnerships for joint endeavors in different areas.
3. Work in teams and multiply your abilities. Teamwork means God (G.O.D.). G.O.D. is Group-OrganizationDirection. D.O.G. is Dis-Organized-Group. Move from D.O.G. to G.O.D. and get connected to the superpower of the team.
4. Join hands and say 'Namaste' to greet. 5. Shake hands and transmit friendship.
5. Embrace the experience of oneness.
6. Get connected to the Teachers' Association.
7. Get connected to the parents of your students.
8. Be ever connected to your children, family members, elders and parents.
9. In connections, contact the divinity.

17. Unifying

Unify and Younite

United Ways to Unifying

1. Form learning groups and teams for exercises and projects.
2. Perform group prayers at home.
3. Daily walk with your life partner and family members.
4. When guests come, cook along with other family members.
5. Join prayers and discourses in large gatherings.
6. Resolve the problems between students and join them with love.
7. Bring together children, and then pray, learn, and enjoy together.
8. Join your arguing parents with your wonderful smile and persuasion, and re-unite them.



18. Enjoying

Enjoy with In-joy

Eternal Ways to Enjoying

1. With the right intention and the right speech, offer and receive love and dedication.
2. With the right work and the right livelihood, you can offer and receive results and recognition.
3. With the right effort and mindfulness, offer and receive knowledge and learning.
4. With the right vision and the right intention, offer and receive trust and responsibility

Transformation Through My Guru



Dr. Muddu Vinay

Pro Vice Chancellor
Presidency University



Developing Self-awareness

बुरा जो देखन मैं चला, बुरा न मिलिया कोय ।
जो दिल खोजा आपना, मुझसे बुरा न कोय ।

I set out to search for the evil, but I met not a single one. When I searched within myself, I found the evil one.

The above doha written by Sant Kabir Dasji deals with human's perception behaviour and tendencies. The essence of this doha can be translated as, it has frequently been observed that humans have a tendency to blame others for own dilemmas and situations. The ego, or "I," in them, constantly seeks someone else to blame. The root of this mentality is a lack of self-awareness. As a result, they often find themselves busy criticising and demonising others, simply labelling them as corrupt or evil. He further advises to go deeply within oneself rather than criticising others and seeking fault. Amazingly, honest reflection will show that "me" and "my" own perceptions and attitudes are solely to blame. If there is anything bad or corrupt, it is in "me". By changing this and choosing a loving and compassionate attitude, one's perceptions will be altered, and the world will seem magnificent to all.

Let's comprehend more about "self-awareness."

It is the ability to recognize and understand oneself, including one's thoughts, feelings, behaviors, strengths, weaknesses, and values. It involves introspection and self-reflection, allowing individuals to gain insight into their own identity, beliefs, and motivations. Self-awareness is a crucial aspect of personal growth, emotional intelligence, and effective communication. It helps an individual in multiple ways, such as improved decision-making, better interpersonal relationships, increased empathy, and greater emotional regulation. It's also a cornerstone of personal development and self-improvement.

Developing self-awareness often involves practices such as mindfulness meditation, journaling, seeking feedback from others, and engaging in therapy or counseling. Self-awareness is a central component of emotional intelligence (EI). EI encompasses the ability to recognize and manage one's own emotions and the emotions of others, which is crucial in social and professional settings. Self-awareness is not a fixed trait but rather a lifelong journey. It requires ongoing self-reflection and a willingness to learn and adapt.

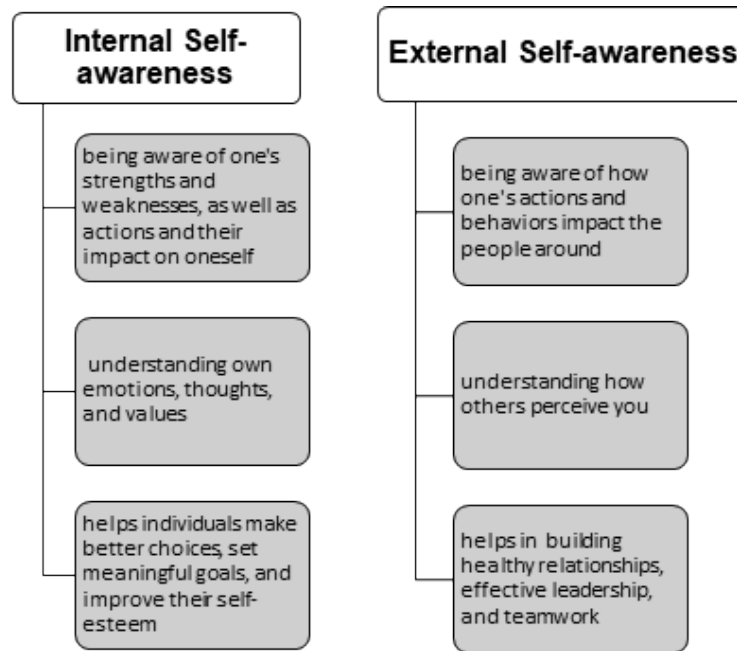


Fig:1 Types of Self-awareness

In summary, self-awareness is not a fixed trait but rather a lifelong journey. It requires ongoing self-reflection and a willingness to learn and adapt. Many successful individuals, including leaders in various fields, attribute their success in part to their high level of self-awareness. Understanding one's strengths and weaknesses can lead to more strategic career choices and personal development. It is a fundamental aspect of human cognition and emotional intelligence. It plays a vital role in personal and professional growth, enhancing relationships, and making informed decisions. Developing self-awareness is a valuable endeavor that can lead to a more fulfilling and purposeful life.



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Saravanascope

A series of articles exploring the hereto and hitherto

Code Name: Aurora (AREA 51)



In our previous episode, a jaw-dropping question regarding super conscious beings remains unanswered: Because of YOU!! YES, YOU. We both know this series of articles is not for everyone. It is a shout-out, an announcement to invoke higher beings like you. So please respond.

However, first things first, the ancient civilizations of Egypt, Greece, Rome, Persia, China, and India were aware of a link between food and health. “They all had their food rules, many of which are still valid today. That’s why people generally quote the gut as a second brain; the gut has been hypothesized to be the motor of multiple organ dysfunction syndrome (MODS) for the past quarter century. Well, believe it or not, your gut may have more *influence over your well-being* than you think! In fact, many experts refer to the *gut as the engine* of our body, responsible for sending signals throughout our bodies. In this context, I would like to quote serotonin as an example.

Serotonin is a *neurotransmitter*. Since about *95% of your serotonin is produced in your gastrointestinal tract*, and your gastrointestinal tract is lined with a hundred million nerve cells, or neurons, it makes sense that the inner workings of your digestive system don't just help you digest food but also *guide your emotions*.



ELEMENT 115 – Moscovium

You can read this part however many times you want, but remember this particular element: it was only added and recognized by the International Union of Pure and Applied Chemistry (IUPAC) to the periodic table in 2016.

Referring to the long-lived story of Robert ("Bob") Scott Lazar, who in 1989 went public with what he said was top-secret information about element 115.



Lazar claimed to be a former employee at Area 51, the famous (and highly classified) area of the Nevada Test and Training Range operated by the United States Air Force, where his job was to reverse-engineer crashed alien flying saucers. He said that he'd personally worked with element 115, which was used to pilot alien spacecraft.

Is that even real??? – Wait!!, if you think this is mysterious, I am adding one more transcendent statement: “The body we carry is an actual portal”.

I repeat, we are it.

By *satiating* certain body chemicals, by *consuming* prescribed amount of patterned herbs, by *maintaining* substantial trillions of gut bacteria and by *mastering* specific yogic practices like samyama – It is believed that one can perform “*Parakaya Pravesha*” – Transcending from the body.



I will try to prove it with one final question in the following statement: even in medical terms, if you have lost all capacity for awareness, thought, and conscious behavior, you are in a vegetative state or just a vegetable. My question is, in that state:

- *Who* are you?
- *What* are you?
- *Where* are you?
- *Which* is you, and which is not you?

Think and wait for the next episode!



Mr. P. Saravanapandian

Soft skills Trainer
Learning and Development



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word document along with your photograph and
credentials.**



Elevating Education: The Quest for Quality Teachers in the Modern Landscape

In the ever-evolving landscape of education, a fundamental question emerges, its intricacy concealed beneath a veneer of simplicity: Is contemporary education's zenith attained through the accumulation of knowledge or the attainment of degrees? Education, in its purest form, is akin to a conductor harmonizing ideas, crafting a holistic individual through the alchemy of intellectual assimilation. Swami Vivekananda's wisdom echoes, depicting education as the revelation of humanity's inherent perfection. Spanning primary to tertiary institutions, we, as teachers, are beckoned to introspect, meticulously examining the conundrum at hand to unveil pragmatic truths. Are we truly dispensing education or merely facilitating the journey toward graduation? What stance do I personally take, and what principles underscore it? How can I spark change within this paradigm?

India's quest for educators transcends mere numbers; the crux lies in quality. These educators, steeped in erudition and fortified by ethics, stand poised to shepherd students across the expansive plains of higher education. These mentors ignite the intellectual fervor within students, catalyzing their engagement with historical narratives, mathematical intricacies, and the statistical frontiers of their chosen disciplines. This unwavering pursuit transmutes knowledge into a mosaic of skills. Immersive field experiences and practical exposure serve as crucibles, tempering adeptness in application, analysis, evaluation, and creation within the context of the real world. While a select few educators silently uphold this ethos, their ranks remain sparse. Thus, India yearns for a cadre of educators who are intrinsically motivated, genuinely dedicated, and imbued with equanimity—nurturers capable of shaping legions of students and propelling their contributions toward a more sanguine world.

Dr. A. P. J. Abdul Kalam, former President of India, eloquently stated, "If you are a teacher in any capacity, you have a very special role to play because, more than anybody else, it is you who are shaping the future generations." Even in the face of adversities—floods, droughts, scarcity, poverty—the unrelenting zeal of



the youth for learning persists. Kalam emphasized that learning should kindle the creative spark within young minds, for creativity begets knowledge, a national treasure. This creative spark finds fertile ground in the presence of knowledgeable and effective educators. Thus, the active engagement of educators, particularly those in technical fields, assumes a pivotal role in recalibrating the nation's trajectory. The efficacy of educational systems and the elevation of learning quality hinge on the presence of adept educators.

Learning is far from impersonal; it flourishes through direct interactions between learners and educators. This dynamic, facilitated by educators nurturing learning among learners, is the crucible in which genuine education takes shape. At the heart of quality education lies the dynamic exchange between educators and students. This qualitative rapport exponentially augments students' ability to grasp and retain knowledge. A teacher's initial investment should prioritize teaching and mentorship—an unwavering cornerstone. Consequently, educators, especially erudite pioneers of academia, must dedicate substantial time to their students, both within lecture halls and laboratory precincts, throughout the academic journey. This dynamic nurtures the honing of skills imperative for surmounting the challenges that await. The symphony of quality education resonates harmoniously when students, educators, and administrative entities converge their efforts in unity. Just as a tripod's stability wanes with the weakening of any leg, the resonance of this transformative endeavor swells as parents, local industries, government bodies, and non-governmental organizations unite in a movement of profound metamorphosis.

Embracing the mantle of teaching demands unwavering dedication, embarking on an odyssey of "Teaching-Learning," a mission of sacred import. Fulfilling this mission hinges upon our collective commitment to infuse education with qualitative vigor, thus arming students with the sagacity to absorb, unlearn, and relearn knowledge—be it specific to their chosen domains or universally applicable—as they stride forth with unwavering determination to meet the challenges that lie ahead.

Prof. Jagdish Godihal (JaGo)

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Enlightening the Path to Doctoral Success: Insights from the August 2023 Ph.D. Orientation

During the Ph.D. orientation event held on August 26th, 2023, at Presidency University in Bengaluru, Karnataka, India, I had the privilege to deliver an extensive presentation to a group of more than 100 newly admitted research scholars for the August 2023 batch.

My presentation encompassed a wide spectrum of intricate doctoral regulations, offering profound insights into various dimensions. I began by closely examining the pivotal role played by the Doctoral Committee, delving into the fundamental aspects of "What, Why, How, Who, When, and Where" that underscore its significance. Moving forward, I explored the realm of coursework and its intrinsic value. A significant part of this discussion revolved around the mandatory RMPE course. Additionally, I elaborated on the careful selection of courses from the academic domain, tailored to align with the distinctive research domains embraced by aspiring scholars. A key focus of my presentation was an in-depth exploration of the comprehensive viva, supported by a meticulous framework explanation. Simultaneously, I detailed the unique attributes defining the Annual Progress Seminar (APS), discussing effective literature review practices, methodological considerations, adept utilization of research tools, and referencing reputable scholarly journals. The discourse emphasized the importance of meaningful engagement with relevant research literature.





In closing, I wrapped up my presentation by emphasizing the vital preparatory measures needed for the pre-synopsis presentation, all guided by the effective 5W1H paradigm. The engaging and insightful content shared during that hour resonated deeply with the upcoming researchers who participated in the Ph.D. orientation on August 26th, 2023, leaving a lasting impression.



Dr. Jagdish Godihal (JaGo)

Professor, Dept. of Civil Engineering and Deputy Dean, Academic Research
Presidency University

Mental health problems can affect anyone, including college students. Recognizing the signs and symptoms of mental health issues early is crucial for providing support and intervention. Here are some common signs and symptoms of mental health problems among students:

1. Changes in Academic Performance:

- A sudden decline in grades or academic performance.
- Difficulty concentrating, making decisions, or completing assignments.
- Frequent absences from classes.

2. Emotional Distress:

- Persistent feelings of sadness, hopelessness, or emptiness.
- Frequent mood swings or emotional outbursts.
- Irritability, anger, or excessive worry.

3. Social Withdrawal:

- Isolating themselves from friends and social activities they once enjoyed.
- Difficulty making new friends or maintaining relationships.

4. Changes in Sleep Patterns:

- Insomnia or sleeping excessively.
- Frequent nightmares or disturbing dreams.

5. Changes in Appetite and Weight:

- Significant changes in eating habits, leading to noticeable weight gain or loss.

6. Fatigue and Loss of Energy:

- Feeling constantly tired, even after a full night's sleep.
- A lack of motivation or interest in activities.

7. Physical Symptoms:

- Unexplained physical ailments like headaches, stomachaches, or muscle pain.
- Frequent illnesses due to a weakened immune system.

8. Substance Abuse:

- Increased alcohol or drug use as a means of coping with emotional distress.



9. Self-Harm or Suicidal Thoughts:

- Self-harming behaviors, such as cutting.
- Expressing thoughts of suicide or a preoccupation with death.

10. Changes in Personal Hygiene:

- Neglecting personal hygiene and appearance.

11. Disorganized Thinking:

- Difficulty organizing thoughts or expressing oneself coherently.
- Paranoia or delusional thinking.

12. Excessive Perfectionism:

- Setting unrealistically high standards for themselves and feeling extreme distress when not meeting them.

13. Increased Risk-Taking Behavior:

- Engaging in reckless behavior or impulsivity, such as dangerous driving or risky sexual encounters.

14. Feelings of Guilt or Worthlessness:

- Experiencing excessive guilt or feeling worthless and undeserving.

15. Social Anxiety or Panic Attacks:

- Avoidance of social situations due to anxiety or experiencing panic attacks.

16. Obsessive-Compulsive Behaviors:

- Engaging in repetitive behaviors or rituals to alleviate anxiety.

17. Perceived Academic or Social Pressure:

- Feeling overwhelmed by the pressure to succeed academically or socially.

18. Loss of Interest in Hobbies:

- Abandoning hobbies or activities that were once enjoyable.

It's important to note that individuals may experience a combination of these symptoms, and not everyone will exhibit all of them. Additionally, some students may hide their struggles, making it essential for friends, family members, and educators to be attentive and supportive. If you or someone you know is



experiencing these signs and symptoms, consider seeking help from a mental health professional or a campus counselling center. Early intervention and support are crucial in managing mental health challenges among college students.

Creating Hope through Action

It doesn't always require a comprehensive approach; even simple yet effective action, if done in the right way, can create a life-changing impact.

“Suicide is not a disease, so it is preventable.”

College is often portrayed as one of the most exciting times in a young person's life, filled with opportunities for growth, learning, and new experiences. However, it can also be a period of intense stress and emotional turmoil.

The pressure to perform academically well, manage interpersonal connections, and negotiate newly acquired independence can become stressful for many college students, increasing their susceptibility to mental health issues, including suicidal thoughts and actions.

In this blog article, we will examine the problem of preventing suicide among college students and talk about possible solutions that can help with this pressing issue.

1. Understanding the scope of the problem
2. Academic Pressure
3. Social Isolation
4. Financial Stress
5. Substance Use
6. Lack of Awareness
7. Prevention Strategies
8. Promote mental health awareness.
9. Crisis Helplines and Support Services
10. Training for Faculty and Staff
11. Peer support programs
12. Accessible Counseling Services
13. Life skills training
14. Community Building
15. Financial Education
16. Substance Use Education and Prevention
17. Early Intervention
18. Postvention Plans



Preventing suicide among college students requires a multi-faceted approach that addresses the unique challenges faced by this demographic. It is crucial for colleges and universities to prioritize mental health, provide accessible resources, and create a supportive environment where students feel safe seeking help. By implementing these strategies, we can work towards reducing the incidence of suicide and promoting the well-being of college students across the nation. Remember, if you or someone you know is struggling, reach out for help. You don't have to face these challenges alone.



Ms. Lenin Thejashwini
Student Counsellor
(Counselling Psychologist & Psychotherapist)
Department of Student Affairs
Presidency University

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





Speaking the Emotion

We often forget the thin line between feeling something and speaking it out. At times, it becomes invisible and, at the onset, disappears. Though this may seem relevant, it's impossible to not think about it. As human beings, we go through vicarious situations and circumstances that force us to unintentionally throw it out at the ones around us. The lingering feeling of regret then grips our conscience. What would be the most convenient solution to this? Speaking it out.

World Mental Health Day is celebrated around the world on the 10th of October every year, and in present times, it has become the most important headline. What makes the occasion so special and different is that the other days are marked with special relevance that happened years ago, but this is an ongoing and progressing win-win for every individual. Compared to times past, awareness of personal wellbeing and mental health is much higher now. There seem to be tiny sources in everyday life that bring us closer to the issue of mental health.

An insight into ourselves is extremely beneficial to us and those around us. Why do you ask me? We all live with one another in every phase of our lives, and so the way we behave, speak, and react directly or indirectly affects our surroundings. This makes it all the more difficult for relationships, personal or professional, to grow and develop. Relationships are often the strings that hold us together in all our bad and good times. Considering the fact that “man is a social animal”, we all need connections at some point or another. The core point in everyone's life is the relationships we hold and those that hold us up. They affect our emotional, psychological, and cognitive domains very deeply.



Realizing that the stocking up of emotions within us could lead to negative outputs in areas of our lives is the starting point for understanding that we need to say with words what we are going through. The need to expel out, through conscious effort, what inertly happens is real and immediate. This is where healing begins and progresses actively. Real talk is all about truthfully sharing the different emotions you are going through. The root cause of the emotions may come from circumstances and thoughts that we come across casually, but it is very important to put them out. The awareness starts with the idea that these core emotions are very much present and have the right to be shown and accepted. Speaking the emotion therefore should be the goal towards the journey of understanding one's self and others. Let's come together to make this decision to 'Speak the Emotion' where it is safe and understood because, in the end, you matter to your loved ones and we all need each other.



Namratha Jessica
Student Counsellor
Department of Student Affairs
Presidency University



PI scan the code for booking counselling sessions.



Setting Effective Goals: A Blueprint for College Success

As college students, the journey of higher education is both exciting and demanding. One of the keys to making the most of this phase is setting clear and achievable goals. Goal setting provides direction, motivation, and a sense of purpose that can significantly enhance your college experience.

In this article, we'll delve into the art of goal setting and how it can be tailored to the unique challenges and opportunities faced by college students.

1. Define Your Objectives:

Before you embark on the goal-setting process, take some time to reflect on what you want to achieve during your college years. These objectives could include academic achievements, personal growth, career development, and extracurricular involvement. Ensure that your goals align with your values and aspirations for life.

2. Make Goals SMART:

The SMART framework stands for Specific, Measurable, Achievable, Relevant, and Time-Bound. Specific goals clarify exactly what you want to achieve; measurable goals provide tangible ways to track progress; achievable goals set realistic expectations; relevant goals align with your overall purpose; and time-bound goals have a clear deadline. For instance, rather than aiming to "improve grades," a SMART goal could be "Raise my GPA to 3.5 by the end of the semester through consistent study habits and attendance."



3. Break Down Large Goals:

Long-term objectives can be overwhelming. Break them down into smaller, manageable steps. For instance, if your goal is to secure an internship, the smaller steps could include researching potential companies, updating your resume, drafting a cover letter, and practicing interview skills.



4. Embrace Adaptability:

College is a time of exploration and growth, which means your goals may evolve. Be open to adjusting your goals as circumstances change and as you gain new insights about your interests and strengths.

5. Learn from your Setbacks:

Failure is a natural part of any journey. When you encounter setbacks, view them as opportunities to learn and improve. Analyze what went wrong, adjust your approach, and continue with renewed determination.

6. Celebrate Milestones:

Acknowledge your progress and celebrate when you achieve milestones along the way. Recognizing your accomplishments, no matter how small, boosts your confidence and motivation to continue striving for success.

7. Maintain Balance:

While it's important to work diligently toward your goals, remember that college is also a time for personal growth, social interactions, and self-care. Strive for a healthy balance between your academic pursuits and your overall well-being.

8. Set Personal Growth Goals:

Beyond academic and career-related goals, include goals that foster personal growth and development. These could involve improving communication skills, building resilience, cultivating a positive mindset, or expanding your horizons through cultural experiences. In conclusion, goal-setting is an indispensable



tool for college students aiming to make the most of their educational journey. Remember that your college years are a unique opportunity to shape your future, and effective goal-setting is your compass on this transformative voyage.

Ms. Shruthi Ramesh
Former Student Counsellor



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

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

Person A: Lately, I am finding myself very low, lacking interest and energy, even to do my daily activities, though I eat and sleep normally. I started avoiding friends as they would be asking for reasons and I didn't have the energy to explain.

Student Counsellor: This is a sign of burnout, and the exhaustion is more related to mental abilities that involve using your brain. It is important to take a break and do nothing for a while to restore its normal functioning. There can be a lot of underlying issues related to handling emotions that need to be addressed properly to avoid extreme consequences.

Person B: I'm always curious to know many things and do many things; sometimes I notice people saying that I don't have a direction or goal. I overshare and overtalk sometimes without my notice, and I always feel the urge to give explanations for even the smallest things, though it isn't required.

It's okay to be curious, as it shows your energy and willingness to learn and expand. Also, have a cross-check if you are doing it in order to be seen by everyone and to get attention again, which is a reflection of a trauma. We must learn to be compassionate with ourselves so we can take some steps towards positive growth. Making sure to engage in one positive event per day.

- Practicing mindfulness and gratitude.
- Channeling your energy that's been bottled up in the right direction for one thing at a time is important.
- Engaging in emotional expression with our trusted persons

Additionally, feel free to connect with a mental health professional who could help you navigate through your difficult emotions and equip you with effective coping skills to cope with your emotions.

Write Your Queries and Doubts On Mental Health and Well-Being To Us And Find Answers:

1. Lenin.thejashwini@presidencyuniversity.in
2. namratha.j@presidencyuniversity.in



YourDOST



*“In a world where we can be anything,
Let’s choose to be a source of support”.*

Life has its ups and downs. Highs and lows.

During these unexpected turns, we might find that the people we care about are struggling to get by. It can be quite overwhelming to understand what could be the right thing to say or the right thing to do. We understand, and we’re here for you.

In September, we brought to you a campaign that is close to our hearts and can make a difference in the lives of many. “Early Interventions” is an initiative that helps you be there for

your loved one during times of crisis. This was curated by us exclusively for our students.

Together, let’s create a network of support, empathy and hope. Let’s take the first step toward making a meaningful difference in the lives of those we care about.

If you have any further doubts, concerns, queries, or simply want to say hi, drop us a mail at campus@yourdost.com

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Mind What You Say

A wise teacher presented his pupils with a strange proposition. He brought a set of three dolls and placed them on the table in the class one day. Can you spot the difference? The teacher asked the amused group of students.

They all looked alike, and one by one they all said that the dolls looked the same and were no different.

Aman was usually quiet and would not talk much in the class. He quietly raised his hand and said that he could try. He looked for a slender twig, picked it up from the open space outside the classroom, and came near the dolls. The teacher watched in anticipation. He pushed the twig into the ear of the first doll. It came out through the other side. Next, he took the twig and repeated the same with the second doll. It seemed to bend and come out through the mouth of the doll. He removed it for the last time and pushed it into the ear of the third doll. It remained in and could not find its way out.

He looked at the teacher and said that the three dolls represent each of us. The first type, like the first doll, listens to what others say and promptly allows it to go out through the other ear, meaning that they pay no heed to what they have listened to. The second type listens and reveals it to others without any qualms. The third type listens to everything with a mindful attitude and keeps it within them, neither uttering it to others nor forgetting what they have heard. They know what to say, when, and how. They also know that they should only speak if it improves upon the silence and not indulge in mindless speaking.

The teacher commended his wise pupil.

Speak only if it improves upon the silence.

Mahatma Gandhi



Roundup of activities in August, September 2023

Teachers Day Celebrations at Presidency University: A glimpse





International Conference on Development Policy

Presidency University, in collaboration with the Centre for Development Policy and Practice, Hyderabad, organized an International Conference on Development Policy on September 16, 2023. The conference provided a platform for invoking thoughtful deliberations towards bringing about the synergy of pertinent development aspects like inclusive growth, labor and employment, environmental sustainability, gender identity, and inclusion. The panel discussions at the conference were chaired by eminent luminaries from across the country. Shri U T Khader, Hon'ble Speaker, State Legislative Assembly, Karnataka, was the Chief Guest, and he briefed the gathering about the government's perspective towards overcoming the developmental challenges in India.



Events Galore





Swachh Bharat Pakhwada

The National Service Scheme Unit-05 of Presidency University organized a cleanliness drive, “Swachh Bharat Pakhwada,” on September 15, 2023, at Dibbur village, Rajankunte. The volunteers were divided into two groups. Trash bags and gloves were distributed among the volunteers, and they collected dry waste like plastic and polybags. Twelve trash bag loads of dry waste were collected and later disposed of at the university garbage yard. The team of volunteers displayed a high level of enthusiasm, and the drive reinforced their commitment to keeping the environment clean and practicing segregation and disposal of waste. Student volunteer Chitrangi Bhatnagar from Unit-05 coordinated the entire event under the leadership of the NSS coordinator, Dr. Renuka Bhagwat, Asst. Prof. ECE, SOE.





NSS Day

NSS Day was celebrated at the DSA on September 25, 2023, with much fanfare.



Speakers and Anchors Club

Another fresh edition of the Speakers and Anchors Club on September 15 saw enthusiastic participation by budding speakers.





Hunger Box Promotional Event

With its presence in over 36 cities, Hunger Box offers a comprehensive tech-led solution to enable a delightful cafeteria experience for all stakeholders. Popular in large institutions, Hunger Box hosted a promotional event at Presidency University on September 22, 2023. Here are a few glimpses of the event.





Hunger Box Promotional Event



Women Empowerment Club



The Women Empowerment Club at Presidency University initiated a podcast service recently. The service was inaugurated by Major General Gurdeep Narang, Dean of Student Affairs. Through this platform, the club aims to reach a wider audience by sharing insights on important topics, further expanding its reach and impact.



The podcast named “Empowering Dialogues” aims to bring out authentic voices and opinions of empowerment and real life experiences.



The first podcast ‘The Silent Poem’ went on air on September 21, and drew attention to the importance of sign languages on the occasion of World Sign Languages Day. The guest of this podcast was Ms. Nuri Rai, who brought out fascinating aspects of the art of learning a language through signs.

The second podcast “Mind Matters” in connection with the World Mental Health Day was hosted by Ms. Ranjitha Raj, on October 4, 2023 who shared her experiences and gave insightful thoughts, suggestions and personal opinions on the theme for the podcast.



School of Law

International Day of Democracy celebrations

Reading the Preamble at PU on September 15, 2023





Moot Court Session in progress on September 15





School of Computer Science and Engineering, Information Science Orientation for Freshers

A fresh new academic year and new beginnings. The School of Computer Science and Engineering and Information Science welcomed eager students to its ranks on September 19, 2023.





Smart India Hackathon

The School of Engineering and the Schools of Computer Science, Engineering, and Information Science conducted an internal hackathon and a design competition, Anveshana, on September 23, 2023.





School of Engineering

Department of Electronics and Communication Engineering

Productronica: Report on the International Trade Fair for Electronics Development and Production

Students and faculty of the Dept. of ECE at Presidency University visited the International Trade Fair for Electronics Development and Production (Productronica India) on September 15, 2023. The exhibition presented the entire range of technologies and solutions for electronics production and provided in-depth insights into the latest trends in practice-oriented forums and live demonstrations. Exhibitors and visitors from all over the world make Productronica the most important meeting place and source of inspiration for the industry. All advanced machines and manufacturing processes were demonstrated live to the students. The exhibition covered the current trends in PCB manufacturer and electronics manufacturing services, surface mount technology, the future of component mount technology, cables, coils, and hybrid clusters for future technology, semiconductors and future markets, and the overall service and product market. 5th and 6th semester students visited the exhibition to gain valuable insights that would be useful for their future plans and placements. Overall, 80 students participated in this event, and it was great learning for all of them. The visit was coordinated by Ms. Renuka Bhagwat along with Dr. Ajit Kumar and Mr. Nipun Sharma.





Department of Civil Engineering Bioinspired Design

The Presidency Launchpad Association, in association with the Department of Civil Engineering, School of Engineering, organized a one-day workshop on the topic of “Bioinspired Design” on September 13, 2023.

The resource persons for the workshop were Dr. Kavya Dashora, Associate Professor (Centre for Rural Development and Technology), Indian Institute of Technology Delhi, and Prof. Jagdish H. Godihal, Deputy Dean, Academic Research, Presidency University.

Prof. Jagdish spoke about how we can draw inspiration from nature’s solutions to address challenges in society, enhance sustainability, and advance technology. He also presented several examples of bioinspired solutions across engineering sectors that have had a profound impact.



Dr. Kavya highlighted how nature has been the original and finest engineer on the planet, optimizing designs for the past 3.2 billion years. She also gave an overview of the bioinspired design process and the support tools for the design process. She went on to substantiate the process further by giving examples of several research problems that her own team has been solving using the bioinspired process.



The workshop was held in hybrid mode and saw over 400 participants from across India join online, while around 100 students from the Department of Civil Engineering and School of Design were present physically.



Orientation Day

It was the beginning of another fresh academic year, and parents and new students were given an orientation about the University on September 15, 2023.





PG Orientation September 13, 2023





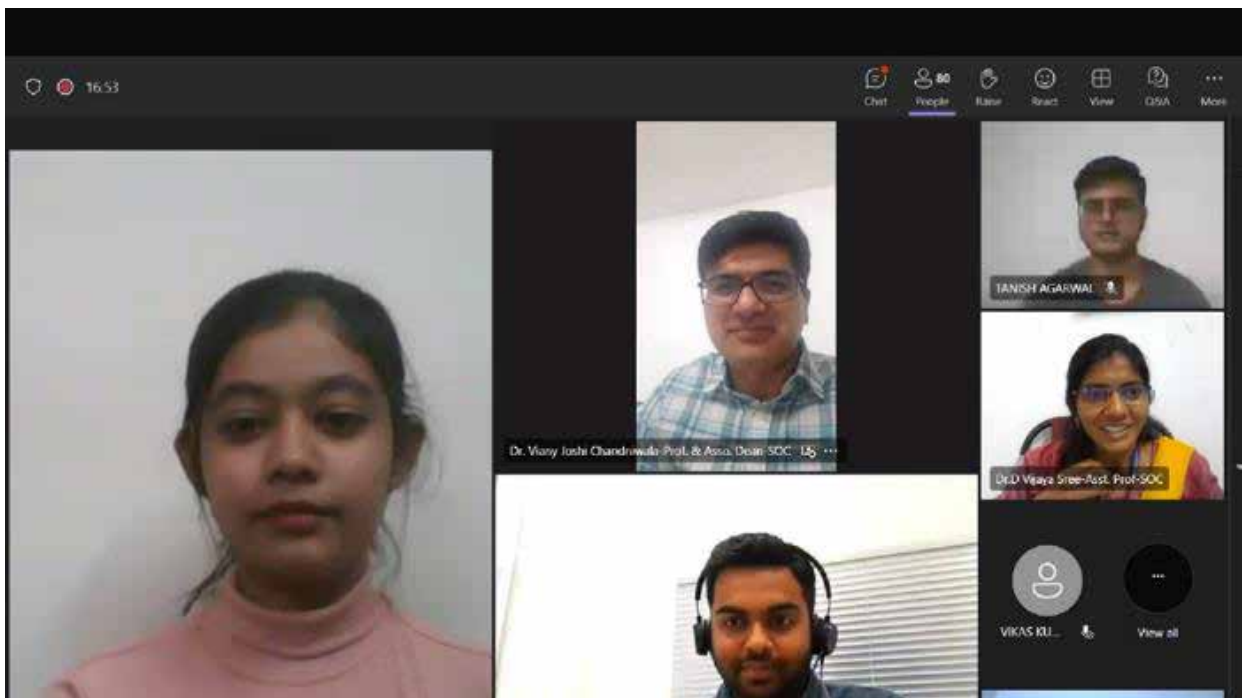
School of Commerce and Economics Pragya: The Entrepreneurship Association

Pragya: The Entrepreneurship Association of Presidency University, under the auspices of the School of Commerce and Economics, was inaugurated on September 22, 2023. The event was graced by a distinguished panel of dignitaries, which included the chief guests, Mr. Siddhart S. Kumar and Mr. Vishwas Mudagal. On this occasion, the Pragya Bulletin delineating the vision, mission, goals, past events, and core members of Pragya was released, which was followed by cultural performances. Mr. Vishwas shared his thoughts on entrepreneurship and his journey to success, inspiring many students with his story. Following him, Mr. Siddhart elaborated on personal branding as the key to entrepreneurship, shedding light on the significance of personal identity in the business world. Presidency alumnus Harsh Kumar, who was the student coordinator at Pragya, recalled fond memories of his journey. To know more about the activities of Pragya, follow Instagram page, @pragya.soc.





Earlier, on August 28, 2023, Pragya hosted an international seminar on "Impact Ignite: Unleashing Social Entrepreneurship," featuring Mr. Abhishek Buddhadev, whose expertise in the realm of social entrepreneurship has earned him widespread recognition on both national and international platforms. An online quiz that challenged participants' understanding of social entrepreneurship formed the grand finale of the event. The top three scorers were awarded with appreciation certificates. The association, led by its President, Tanish Agarwal, and Vice President, Vaishnavi Reddy H, along with its core team and members, worked tirelessly to ensure that every facet of the event was executed seamlessly.





School of Management Young Entrepreneur Program

A three-day boot camp organized by the Indian Institute of Management, Bengaluru (IIMB) helped select students from Presidency University connect with inspiring speakers, entrepreneurs, prominent YouTube personalities, and talented postgraduate students of IIM B. Budding entrepreneurs from all over India networked with the participants, and it was truly a learning experience for the students who presented case studies along with them.

Students Abhishek Palariya P, Upendra Kumar, Preetham NB, and Yadunandan L from SoM represented Presidency University at IIM B.





School of Design

The School of Design conducted a Masterclass on Creativity with Sustainability on September 15, 2023 by Prof. Marco Bartolucci, author, creative content creator and developer, brand consultant and lecturer. The speaker explored the four pivotal concepts that shape our understanding of the modern world: The Continuous Present, Digital Real, De-territorialization, and Sustainability.





Department of Languages

A two-day online international conference on 'Drawing Meaning Through Visual Narratives' was held on August 2 and 3, 2023. Eminent speakers from various parts of India and abroad were invited to share their learning. Dr. T. Ravichandran, Professor, Department of English, IIT Kanpur, delivered the keynote address, stressing 'The Importance of Climate Fiction and Films in the Age of the Anthropocene'. This was followed by technical presentations by participants who presented well-researched papers on both days. The plenary session was chaired by two speakers: Dr. Vipin Sharma, Faculty and Director, Planning and Development Unit, English Language Institute Jazan University, Saudi Arabia, on ELT and Visual Narratives, and Dr. Priyanka Tripathi, Associate Professor, IIT-Patna, on Postcolonialism and Graphic Narratives. On the second day, Dr. Amrita Satapathy, Associate Professor (English), School of Humanities, Social Sciences, and Management, Indian Institute of Technology Bhubaneswar, Odisha, delivered the keynote address on Presenting the Self through Life Writings and Biopics. The plenary session was held by Dr. Boopathi P., Assistant Professor, Department of English Studies, School of Social Sciences and Humanities, Central University of Tamil Nadu, who explained the nuances of Going Digital: Disability and New Life Narratives. Later, Dr. Neil Cohn, Ph.D., Associate Professor, Department of Communication and Cognition, Tilburg University, Netherlands, espoused The Grammar of Visual Narratives: The Structure and (Neuro)cognition of Sequential Images. The session concluded with Dr. Esra Mirze Santesso, Associate Professor, Department of English, University of Georgia, presenting Islam and its identity in contemporary graphic novels.





International Engagement Of partnerships and collaborations

MoU with Staffordshire University



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.



The Indian Music Experience Museum (IME) is the nation's first interactive music museum and provides an immersive experience to visitors with its nine internationally designed exhibit galleries, storyboards, and artifacts. Situated in JP Nagar in Bengaluru, it is a great place to learn about music and musical accompaniments.

The following got it right.

Ananya Biju - 20231CSE0453

Abhishek Palariya p - 20222MBA0445 - School of Management

Dr. Padmasri Mishra - Assistant Professor, School of Commerce and Economics

Great Going

Congratulations



Here is another picture to test your general awareness.



Identify this event.

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



Congratulations

Dr. N. Srikanth Reddy,
Assistant Professor, School of Management,
for having become innovation ambassador,
MOE Innovation Cell, GOI.





Congratulations

Dr. Malarvili,

Professor of Kannada, Department of Languages, who was honored by Hon'ble Governor of Tamil Nadu Shri. R.N. Ravi on September 23, 2023, at Raj Bhavan Chennai for her translation of *Onbatham Thirumarai* into Kannada.





Congratulations

Dr. Vinodhini Chinnaswamy,

Associate Professor of English, Department of Languages, for having participated in the Chennai District Masters Athletics, held at Nehru Stadium on September 23 and 24, 2023, and won a gold medal in the 80-meter hurdles, one silver medal in the shotput, and one bronze medal in the discus throw.





Congratulations

Dr. Manikandan M,

Assistant Professor, Department of Electronics and Communication Engineering, School of Engineering, whose article "A Critical Review on Various Buffer Layers Used to Enhance the Photovoltaic Performance of Organic Solar Cells" has been published in the Current Nano Science Journal (SCI) with an impact factor of 1.5. <https://www.eurekaselect.com/article/134800>



Congratulations

Dr. Nakul Ramanna ,

for his contribution as reviewer in the 7th International Conference on Civil and Environmental Engineering for Sustainability (IConCEES 2023).



We would love to hear from you.

Please send your feedback to editor@presidencyuniversity.in



ALUMNI CONNECT



An Ode to My Mentor

Dr. Ameer Husaain has been an extraordinary mentor in my academic journey. His guidance has extended far beyond the confines of the classroom, influencing crucial decisions in my career and various aspects of my life. His wisdom and insights have been a guiding light, and I hold his counsel in the highest regard.



Dr. Ameer's inspiring leadership motivated a group of students, myself included, to embark on the ambitious journey of creating Digitopedia. Today, Digitopedia stands as a vibrant hub within the student community, making a substantial impact. Dr. Ameer's teaching style is nothing short of remarkable. His ability to impart knowledge goes beyond the textbook, offering students a broader perspective on the subject matter. He encourages critical thinking and challenges us to approach problems with creativity and confidence.

It is an honor to share this tribute to Dr. Ameer Husaain, a mentor who has played an instrumental role in shaping my academic and professional path.

This initiative has been further propelled by the encouragement and vision of the Vice President of Presidency University, Mr. Salman Ahmed, who constantly supports and guides students in transforming Digitopedia into a formidable agency.

Yash Upadhyay

School of Commerce and Economics

Batch 2020-2023



Email Writing

As part of our daily academic schedules, we constantly receive emails from students. However, many students forget that there is a well-established professional email etiquette and often send emails without proper salutation, closing, etc. These do create a poor impression, especially as you will be stepping into professional careers very soon.

Here are a few guidelines to be followed while writing emails: Follow them and make a mark in both your academic and professional careers.

Tone and content are important while writing the salutation in emails. Including an appropriate salutation creates a positive impression on the receiver. The same goes for an appropriate closing to end the email.

Use a formal salutation while writing professional emails. You can use a casual greeting and ending if you share a warm, friendly, personal relationship with the recipient.

A good thumb rule would be to put yourself in the recipient's shoes. What would your reaction be if you were to receive a letter without a proper salutation or ending? Do unto others as you wish to be done by. That is the golden rule to be followed at all times.

Here are a few samples for your reference.

1. Academic emails: to your professors or staff at the university

Dear Sir or Madam
Greetings.
Body of the mail.
Thank you for your time.
Sincerely,
Respectfully,



2. Business emails can follow the culture of the company. Until you ease into such a position, it would be better to adopt a formal tone and err on the side of caution. Once you get accustomed, you can follow the established culture.

Dear Mr. Raj, Dear Raj, Dear Colleagues, and Dear Friends
Greetings.
Body of the mail.
Thank you,
Many thanks
Regards,
Best,

3. Informal emails

Hello Raj, Hi,
Body of the mail.
I look forward to hearing from you.
Take Care,
Lot of love,
Best Wishes.

Here are a few things to remember while writing emails.

- Do not use all capital letters and unprofessional fonts.
- Do not use the designation to start your email, like Dear Marketing Manager or Dear Finance Officer.
- Use the correct spelling of the recipient's name.
- Do not use nicknames in formal emails.
- Always begin with a proper salutation and end with a clear closing.
- It is all right to drop a salutation after two or three emails have gone back and forth on the same email chain.

Use these hints and draft your emails correctly and clearly.

Success has a simple formula: do your best, and people may like it.

Sam Ewing



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.

Let's learn about tenses in this edition.

Past Tense (Bhutha Kaala)

Present Tense (Varthamana Kaala)

Future Tense (Bhavishyath Kaala)

He went. – Avanu Hodhanu.

He is going. – Avanu Hogutthiddhaane.

He will go. - Avanu Hogutthaane.

She went. - Avalu Hodhalu.

She is going. – Avalu Hogutthiddaale.

She will go. – Avalu Hogutthaale.

They went. – Avaru Hodharu.

They are going. – Avaru Hogutthiddhaare.

They will go. - Avaru Hogutthaare.

First Person

I went. - Nannu Hodhe.

I am going. – Naanu Hogutthiddhene.

I will go. – Naanu Hoguevenu/Hogutthene.



For Animals and Birds

They went. - Avu Hodhuavu.

They are going. – Avu Hoguttha ive.

They will go. - Avu Hogutthave.

It went. – Adhu Hoyithu.

The dog went. - Naayi Hoyithu.

It is going. Adhu Hogutthidhe

The cat is going. – Bekku Hogutthidhe.

It will go. - Adhu Hogutthadhe. (Singular) Avu Hogutthave. (Plural)

Verb	Past tense	Present Tense	Future Tense
See- Nodu	Nodidhe/ Nodutthiddhe	Nodutthiddhene	Nodutthene/ Noduvenu
Want- Beku	Bekaagidhe/ Bekaagitthu	Bekaagidhe	Bekaagutthadhe
Run- Odu	Odidhe/Odiddhe	Odutthiddhene	Odutthene/Oduvenu
Come- Baa	Bandhe/Bandhiddhe	Barutthiddhene	Baruvenu/ Barutthene
Do- Maadu	Maadidhe/Maadiddhe	Madutthiddhene	Maadutthene
Drink- Kudi	Kudidhe/ Kudiyutthidde	Kudiyutthiddhene	Kudiyutthene/ Kudiyuvenu
Take- Thago	Thegedhukonde	Thegedhukollutthiddene	Thegedhukollutthene
Sing- haadu	Haadidhe/ haadutthiddhe	Haadutthiddhene	Haadutthene/haaduve
Dance- Kuni	Kunidhe/ kuniyutthiddhe	Kuniyutthiddhene	Kuniyutthene/kunivenu
Write- bari/bare	Baredhe/ bareyutthiddhe	bareyutthiddhene	Bareyutthene/bareyuvenu

A different language is a different vision of life.

Federico Fellini



October 10 is observed as the National Post Day in India.

The Indian Postal Department was established in 1854 by Lord Dalhousie. It is quite popular in the country and is the most commonly used postal system in the world. Falling under the Ministry of Communications, India is divided into 9 postal zones, 23 postal circles, and one Army Post Office. India's post offices use a 6-digit PIN code system that was implemented in 1972.

Situated at 4,400m above sea level in northern India's remote Spiti Valley lies the world's highest post office, the Hikkim post office, which connects the inhabitants with the outside world. Two postmen make the arduous 46-kilometer round-trip journey on foot each day across high, barren mountains, treacherous passes, serpentine rivers, and rolling pastures to deliver mail to the inhabitants.

The world's only floating post office is situated on the picturesque Dal Lake in Srinagar and is shaped like a shikara, making it a unique piece of architecture as well.





We would love to hear from you.

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

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



PRESIDENCY KALEIDOSCOPE

