

# ಅರಳುವ ಚೇತನ *Araluva Chetana*

**Annual E-Magazine**  
**2021-22**



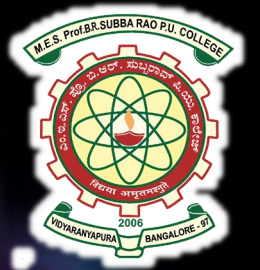
The Mysore Education Society, Malleshwaram

**MES Prof.B.R Subbarao PU College**

BEL Layout, Vidyaranyapura , Bangalore 560097

E-Mail: [mesbrs@gmail.com](mailto:mesbrs@gmail.com),

Phone: 080-23646446, Mobile : 8861126826, 8861126840



# MES Prof. B.R. SUBBA RAO PU COLLEGE

3rd Stage, 4th Main, 11th Cross, Vidyaranyapura, Bangalore - 560097



## ಅರ್ಥಸಹಿತ ಪ್ರಾರ್ಥನಾ

**ಶ್ಲೋಕ**

ಸುಪ್ರಭಾತಂ ಭಗವತಃ ಪರಸ್ಯ ಬ್ರಹ್ಮಕೋ ವಿಭೋ |  
ಸುಪ್ರಭಾತಂ ಮದಾರ್ಯಾಣಾಂ ಸರ್ವೇಷಾಂ ಪ್ರಾಣಿನಾಮಪಿ ||

**ಅರ್ಥ**

ಪರಮಾತ್ಮನೂ ಸ್ವಯಂ ವಿಭುವೂ ಆದ ಭಗವಂತನಿಗೆ ಶುಭ  
ಮುಂಜಾವು. ನನ್ನ ಹಿರಿಯರಿಗೂ ಸಕಲ ಪ್ರಾಣಿಗಳಿಗೂ ಸುಪ್ರಭಾತ.

**ಶ್ಲೋಕ**

ಯೋಂತಃ ಪ್ರವಿಶ್ಯ ಮಮ ವಾಚಮಿಮಾಂ ಪ್ರಸುಪ್ತಾಂ  
ಸಂಜೀವಯತ್ಯಖಿಲ ಶಕ್ತಿಧರಃ ಸ್ವಧಾಮ್ನಾಂ |  
ಅನ್ಯಾಂಶ್ಚ ಹಸ್ತಚರಣ ಶ್ರವಣತ್ವಗಾದೀನ್  
ಪ್ರಾಣಾನ್ಮಮೋ ಭಗವತೇ ಪುರುಷಾಯ ತುಭ್ಯಂ ||

**ಅರ್ಥ**

ಯಾವ ಪರಮಾತ್ಮನು ನನ್ನಲ್ಲಿ ಪ್ರವೇಶಿಸಿ ತನ್ನ ಸ್ವಶಕ್ತಿ ತೇಜಸುಗಳಿಂದ  
ಮಲಗಿದ್ದ ನನ್ನ ನಾಲಿಗೆಗೆ ಸಂಜೀವನವನ್ನು ಕೊಟ್ಟು ಸ್ತುತಿಸುವಂತೆ  
ಮಾಡಿದನೋ, ಯಾರು ನನ್ನ ಕೈ, ಕಾಲು, ಕಿವಿ, ಚರ್ಮಾದಿ ಇಂದ್ರಿಯಗಳಿಗೆ  
ಶಕ್ತಿಯನ್ನು ಕೊಟ್ಟು ಅವುಗಳು ಚಟುವಟಿಕೆಯಾಗಿರುವಂತೆ ಮಾಡಿದನೋ,  
ಯಾರ ಒಂದು ಶಕ್ತಿಯಿಂದ ಪ್ರಾಣವಾಯುವು ಸತತವಾಗಿ ತನ್ನ ಕೆಲಸ  
ಮಾಡಿಕೊಂಡಿದೆಯೋ ಅಂತಹ ಪುರುಷನಿಗೆ (ನಾರಾಯಣನಿಗೆ)  
ನಮಸ್ಕರಿಸುತ್ತಿದ್ದೇನೆ.

**ಶ್ಲೋಕ**

ದಿಕ್ಕಾಲಾದ್ಯನವಚ್ಛಿನ್ನಾನಂತ ಚಿನ್ಮಾತ್ರಮೂರ್ತಯೇ |  
ಸ್ವಾನುಭೂತೈಕಮಾನಾಯ ನಮಃ ಶಾಂತಾಯ ತೇಜಸೇ ||

**ಅರ್ಥ**

ದಿಕ್ಕು ಕಾಲಾದಿಗಳಿಂದ ಬೇರ್ಪಡಿಸಲಾಗದ ಅನಂತನೂ ಚಿನ್ಮಾತ್ರಮೂರ್ತನೂ  
ಆದ ಸ್ವಾನುಭೂತಿ ಮಾತ್ರದಿಂದಲೇ ತಿಳಿಯಲ್ಪಡುವ ಶಾಂತಸ್ವರೂಪಿಯಾದ  
ತೇಜೋರೂಪಕ್ಕೆ ನಮಸ್ಕಾರ.

**ಶ್ಲೋಕ**

ಸರ್ವಸ್ವರತು ದುರ್ಗಾಣಿ ಸರ್ವೋ ಭದ್ರಾಣಿ ಪಶ್ಯತು |  
ಸರ್ವಸ್ಸುಖ ಮವಾಪ್ನೋತು ಸರ್ವಃ ಸರ್ವತ್ರ ನಂದತು ||

**ಅರ್ಥ**

ಎಲ್ಲರೂ ಕಷ್ಟವೆಂಬ ಕೋಟೆಯನ್ನು ದಾಟಲಿ,  
ಎಲ್ಲರೂ ಶುಭವನ್ನು ಕಾಣಲಿ, ಎಲ್ಲರೂ ಸುಖವನ್ನು ಪಡೆಯಲಿ,  
ಎಲ್ಲರೂ ಎಲ್ಲೆಲ್ಲೂ ಆನಂದದಿಂದಿರಲಿ.

- ಇತಿ ಶಂ -



# CONGRATULATIONS

## TO OUR II PU BOARD RESULTS

### ACHIEVERS - 2022

## SCIENCE TOPPERS 2021-22



**DHEERAJ RAJADA**

E - 94  
H - 97  
P - 100  
C - 98  
M - 100  
Cs - 98

**Total - 607**  
**SOUTH 12th BANK**



**RAGHAVENDRA S**

E - 94  
S - 98  
P - 96  
C - 94  
M - 100  
Cs - 95

**Total - 677**



**RSINGHANA**

K - 98  
E - 95  
P - 98  
C - 94  
M - 94  
Cs - 88

**Total - 668**



**PRATHYUSHA GUPTA**

E - 94  
H - 93  
P - 98  
C - 92  
M - 100  
Cs - 87

**Total - 664**



**MANOJ L BHAT**

E - 87  
H - 97  
P - 97  
C - 87  
M - 98  
Cs - 97

**Total - 663**



**SAI VENNELA K**

**PCMB - 583**



**KAUSIR GOPAL G**

**PCMB - 581**



**VEDAA V**

**PCMB - 558**



**YUKTIKA N**

**PCMB - 568**



**SREYA JALIHAL**

**PCMB - 555**



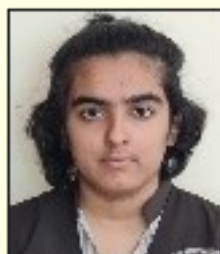
**NAYANA D R**

**PCMB - 548**



**PAVANGA**

**PCMB - 547**



**SOUMYASREE SINGH**

**PCMB - 545**



**R DHEERAJ KUMAR**

**PCMB - 543**



**S S SRIGOVINDA M**

**PCMCs - 542**



**HRISHIKESH BHARADWAJ**

**PCMCs - 536**



**KUSUM S**

**PCMB - 535**



**MONISHA G V**

**PCMB - 535**



**PRANAV VASISHTHA G**

**PCMB - 528**



**SUNANI C N**

**PCMB - 527**

**CONGRATULATIONS**  
**TO OUR II PU BOARD RESULTS**  
**ACHIEVERS - 2022**

**COMMERCE TOPPERS 2021-22**



**HARSHITH R**

K - 87  
E - 94  
Eco - 96  
B.S - 99  
Acc - 97  
Stats - 95

---

**Total - 668**



**S PRAJWAL SRIVATSA**

E - 84  
S - 99  
Eco - 94  
B.S - 90  
Acc - 98  
Stats - 99

---

**Total - 664**



**DAHUSH K**

E - 90  
H - 86  
Eco - 93  
B.S - 94  
Acc - 100  
Stats - 90

---

**Total - 663**



**KHUSHBU D**  
**EBAS - 542**



**SAHANA B**  
**EBACs - 533**



**KEERTHANA A M**  
**EBACs - 527**

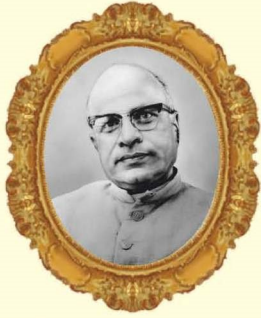


**KUSHI KUMARI**  
**EBACs - 522**



Founders of  
**Mysore Education Society**<sup>®</sup>

Malleshwaram, Bangalore - 560003



**Sri G.A. Acharya**



**Sri M. Sheshadri, M.A.**



**Sri H. Rangachar, M.A.**



**Prof. B.R. Subba Rao**  
M.A., Dip-in-Com



**Sri K.T. Appanna**



**Sri M. Chinnaswamy, B.A.B.I.**



**Sri W.H. Hanumanthappa**



**Vidyasagara**  
**Sri M.P.L. Sastry, M.A., MLC**



**Sri M.R. Narasimha Iyengar**



**Smt. Vimala Rangachar**



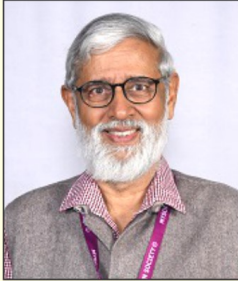
**Sri C.G. Ramaiah B.A.**

# Mysore Education Society (R) Malleshwaram

## MES PROF. B.R. SUBBARAO PU COLLEGE

3rd Stage. 4th Main. 11th Cross. Vidvaranavapura. Bengaluru - 560 097  
F

### Managing Committee



**Sri S. Krishna Kumar** IAS (Retd.)  
**President**  
Former Secretary to Govt. of India  
(Dept. of Overseas Indian Affairs)  
Former Advisor to Governor of Karnataka



**Prof. B.R. Seshadri Iyengar**  
**Vice President**  
Former Principal  
MES Degree College of ACS  
& Kishora Kendra



**Smt. Vimala Rangachar**  
**Member**  
Former President & Founder Member  
Former Chairperson, Crafts Council of Karnataka  
President, MEWS,  
President, Sevasadan Orphanage,  
Malleshwaram



**Sri Dilip Mavinakurve**  
**Hon. Treasurer**  
Former Managing Director, SBM



**Sri S.S. Ramdas**  
**Secretary**  
Sr. Advocate,  
High Court of Karnataka  
Supreme Court of India.



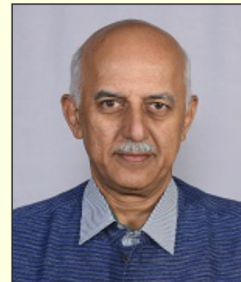
**Sri M.L. Srinath**  
**Member**  
Chartered Accountant



**Dr. H. Shashidhar**, IAS (Retd.)  
**Member**  
Alumnus-MES,  
Former Secretary, DPAR, GoK Presently,  
Member, State Finance Commission



**Dr. Babu Padmanabhan**  
**Member**  
Founder & MD,  
Steer Engg. (P) Ltd.,  
Bangalore,  
Eminent Scientist & Industrialist



**Dr. V. Prakash**, Ph.D.,  
**Member**  
Alumnus-MES, Recipient of Shanthi Swaroop  
Bhatnagar & Padamashree Awards,  
Former Director, CFTRI, Mysore



## *Our Mentors*



**Prof. K.M Raghavendran**

*Chief Executive*

Mysore Education Society



**Prof. Sheela Menon**

*Director Academics -Higher Education*

Mysore Education Society



**Dr. Ganesh Bhatta H S**

*Director Academics -School Education*

Mysore Education Society

## President's Message



Pre-University classes have commenced. At the moment 2022-23, which has just started, looks like being a normal academic year compared to 2020-21 and 2021-22.

2020-22 is a unique batch. Students had the misfortune of their two years being severely disrupted by COVID-19. They had to make do with online classes mostly. Interaction with fellow students on and off campus were curtailed. Social life was in turmoil. Extra-curricular activities suffered on account of pandemic-related restrictions.

Though all that seems like an unpleasant and distant memory now, I can easily appreciate how it must have impacted everyone of you. I salute your fortitude and determination to complete the course. As survivors of COVID-19, I hope that you can recall these two years you spent at this College with some fondness as well. Adversity may have encouraged you to find new friends, hobbies and inner strengths. I urge all of you to harness these in the years to come so that you become more complete human beings with empathy towards the suffering of others.

Through this issue of *Araluva Chetana*, I compliment all the students on not giving up and completing their course. I wish all of you a bright future in your chosen careers. I congratulate the teachers and staff, led with determination by your Principal, for putting in the extra work required to overcome the restrictions imposed by the pandemic and counselling the students and parents during the difficult times.

*S. Krishna Kumar*

President, MES





## *Vice-President's Message*

More than the academic curriculum two components are very important for student's viz. Creativity and Innovation in the regular curriculum. Since the regular curriculum there is no scope for development of the above components. For this some kind of writing is essential. College magazine particularly provides opportunity to think and all our creativity and innovation to manifest, which were in the latent forms. Hopefully the students make use their latent talents to expose through writing in the magazine. I am happy that the MES Prof. B R Subbarao PU College is bringing out its annual magazine. I congratulate the editorial board and express my good wishes tor the same.

*Prof. B. R. Seshadri Iyengar*

**Vice President, MES**

## Principal's Message



*"Be strong  
But not rude.  
Be kind  
But not weak.  
Be humble  
But not timid.  
Be proud  
But not arrogant."*

Wishing you all a very happy new year. May this new year bless you with health, wealth and happiness.

The past years of facing the pandemic has taught us about the value of life and support of our family. We have understood the necessity to stay strong and determined despite the odds. As the saying goes, "when you come out of the storm, you won't be the same person who walked in and that's what the storm is all about", in our college, we as a team have faced a lot of challenges, learnt many valuable lessons and most importantly have learnt to rise up to the occasion and provide knowledge to our students in the best of the ways, utilising the available resources. With this new found energy, let us all enter into a new academic year of 2022-23 and hope to make this year a milestone of achievements in academics, sports and extra curricular.

Hope was that feeling which filled our hearts during the darkest of times to expect something good to happen. And it did happen, as slowly things have started to return to normalcy. All these changes which are happening around us in terms of bringing lives back to normal has given me a hope that soon we will come out of this dreadful pandemic, successfully and completely. So I would like all of you to always hope for the best and have a positive approach towards life.

Dear students,

Have a clear vision about your life and do not find yourselves in the middle of an ocean of uncertainty.

Dear parents and guardians,

Support and stand by your wards through thick and thin.

Dear staff members,

Gain immense knowledge in your respective fields and continue to motivate our students to go get the best life they deserve.

Last but not the least, I would like to conclude my message by saying that no one can go back and make a brand new start but anyone can start from now and make a brand new ending.

Thank you,

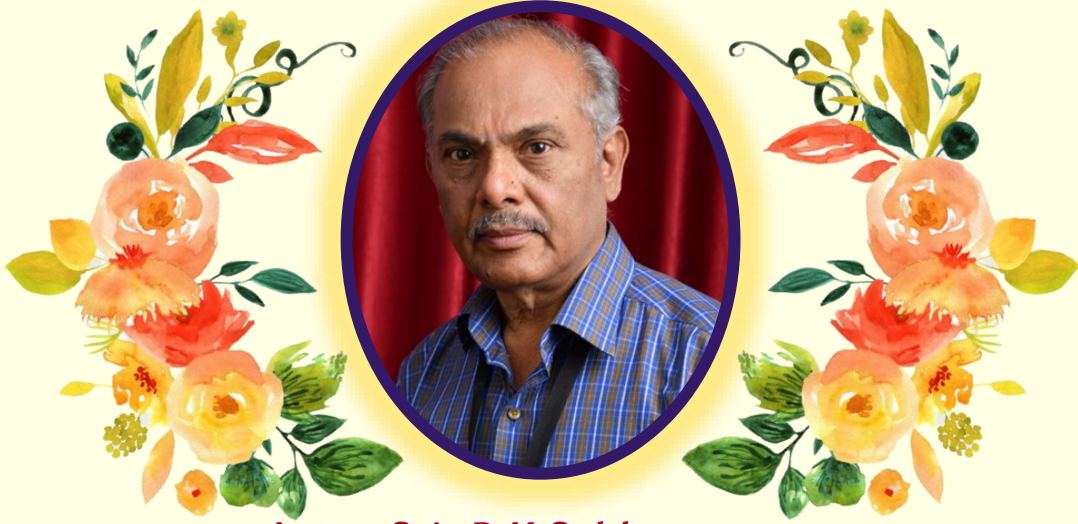
Regards,

*Smt. Sri Devi M.S.*

Principal



## Tribute



### **Late. Sri. B K Subburaman**

Former Chief Executive ,  
Mysore Education Society

Former Registrar. IISc, Bangalore

Former Special Officer. IISc, Tiruvanantapuram

*"The lives of great men all remind us,  
We can make our lives sublime, and departing, I  
eave behind us, footprints on the sands of time"*

*-H.W. Longfellow*

Late Sri. B.K. Subburaman sir, our Chief Executive Officer, was a synonym for humility, discipline, principles and high moral integrity. Sir's untimely demise left the entire teaching fraternity in deep shock. He was a stalwart in the field of education and has left behind a vacuum, which at best will remain a vacuum. Sir was solely responsible for revolutionary changes to our college infrastructure, standing by us during all our trying times and celebrating with us our successes too. Yet, his memories will live on, gently guiding us, as the pole star in the firmament, towards our goal, reminding us each day that education is for enlightenment, to attain great heights of perfection of the mind and spirit, to go on despite vagaries of life.

May his soul rest in eternal peace.

*Principal, Faculty & Staff*

# Editorial



The year 2021 brought with it a host of novelties, with blended education being one. Our college has always been a melting pot of diverse interest, talents and activities. It is where individuals mould themselves to prepare for the next phase of their life.

As the title, Araluva Chethana suggests, the magazine is a canvas to showcase vibrant energies of our students. Year after year, we have been working towards updating ourselves to the changing scenarios.

I thank the Principal for giving all the students such a wonderful platform to express themselves. Also, my gratitude to all the faculty members, office staff and members of the Editorial Board for their constant co-operation.

Let us all pledge to move from,

Untruth to truth,  
Darkness to light,  
Death to eternity.

Thank you.

*Smt. Sarita Pradeep*

Head, Department of English  
Editor in Chief , Araluva Chetana

## Editorial Board



**Smt. Sarita Pradeep**  
Department of English  
Editor in Chief



**Dr. Vinayak Bhat**  
Department of Sanskrit  
Sub-Editor & Page Designer



**Smt. Renukamba B.R**  
Department of Kannada  
Member



**Smt. Suma A H**  
Department of English  
Member



**Sri. Maruthi N**  
PED  
Member



## Faculty & Office Staff

Sl. No	Name	Qualification	Designation
1	Smt. Sridevi M S	M.Sc, M. Phil, B.Ed,PGDCA	Principal
2	Smt. Savithri C Hiremath	M.Sc Ed, B.Ed, (M.Sc Psy)	Vice-Principal/ HoD in Physics
<b>Department of Kannada</b>			
3	Smt. Renukamba B.R	M.A,B.Ed, NET	Lecturer/HoD
<b>Department of English</b>			
4	Smt. Sarita Pradeep	M.A, B.Ed	Lecturer/HoD
5	Smt. Suma A.H.	M.A, M.Phil, B.Ed	Lecturer
<b>Department of Hindi</b>			
6	Dr. Aradhana Srivastav	M.A,B.Lib,B.Ed, Ph.D	Lecturer/HoD
<b>Department of Sanskrit</b>			
7	Dr. Vinayak Bhat	MA-Sanskrit, MA- MCJ, Acharya, B.Ed,Ph.D, KSET	Lecturer/HoD
<b>Department of Physics</b>			
8	Sri. Shyamsunder H E	M.Sc, B.Ed	Lecturer
9	Sri. Ajay P N,	M.Sc, B.Ed	Lecturer
10	Smt.Shreeja S.	M.Sc, B.Ed	Lecturer
<b>Department of Chemistry</b>			
11	Smt. Jyothi M S.	M.Sc, M. Phil, B.Ed	Lecturer/HoD
12	Smt. Swarnagowri G	M.Sc, B.Ed, (M.Sc Psy)	Lecturer
13	Sri. Shrinivas V.R	M.Sc,B.Ed	Lecturer
<b>Department of Mathematics</b>			
14	Smt. Shantha N A	M.Sc, B.Ed	Lecturer/HoD
15	Smt. Vibha C	M.Sc, B.Ed	Lecturer
<b>Department of Biology</b>			
16	Sri. Shantharaj S.C	M.Sc, B.Ed, SLET	Lecturer/HoD
17	Smt. Kavya Sandevini MV	M.Sc, B.Ed,	Lecturer

<b>Department of Computer Science</b>			
18	Sri. Praveen Kumar	M.Sc IT, M.Tech	Lecturer/HoD
19	Sri Ravindra	MCA	Lecturer
<b>Department of Commerce</b>			
20	Smt. Bhagyamma T H	M.Com, B.Ed	Lecturer/HoD
21	Smt. Vimaladevi	M.A, B.Ed, KSET	Lecturer in Economics
22	Smt. Joshi Ramadevi	M.Sc– Stats, MCA	Lecturer in Statistics
<b>Department of Physical Education</b>			
23	Sri. Maruthi N	B.Com, B.PEd, M.PEd, M.Sc -Yoga, Diploma in Lifeguard, NIS in Athletics	PED
<b>Library</b>			
24	Sri. Muralidhara	BA, B.Ed, M.LISc	Librarian
<b>Administrative Staff</b>			
25	Smt. Kalpana Rao	B.Com	Office Asst. (Accounts)
26	Smt. Lalitha Kumari M.K	M.Com	Office Asst.(Admin)
27	Sri. Sathish Kumar P	B.Com	Office Asst.(Admin)
<b>Supporting Staff</b>			
28	Sri Venkatesha H	SSLC	Supporting Staff
29	Smt. Poornima B	ITI	Supporting Staff
30	Smt. Lalitha S	SSLC	Supporting Staff
31	Sri. Gopalaiah B L	PUC	Supporting Staff
32	Sri. Jagadish S	SSLC	Supporting Staff
33	Sri. Anjinamurthy .C	PUC	Supporting Staff



## Teaching Staff



## Non-Teaching Staff







## Annual Report for the Academic Year 2021-22



The year 2021 brought with it a host of novelties, with blended education being one. Our college has always been a melting pot of diverse interest, talents and activities. It is where individuals mould themselves to prepare for the next phase of their life.

As the title, Araluva Chethana suggests, the magazine is a canvas to showcase vibrant energies of our students. Year after year, we have been working towards updating ourselves to the changing scenarios.

### Annual Report – 2021-2022

The woods are lovely, dark and deep,  
But I have promises to keep,  
And miles to go before I sleep,  
And miles to go before I sleep.

-Robert Frost

Life is a journey of certainties and uncertainties, of cliches, confusions and also celebrations. There are scenic scenarios beckoning us, yet we must not lose sight of what we have to achieve. Though the second wave of pandemic was devastating, our college stood out like a beckon to the weary. We were happy to continue with the blended mode of education in the year 2021 too.

Online classes for second PUC were grandly inaugurated on 19 July 2021, with Dr. Subramanya Swamy, Associate Professor, Department of Kannada, Maharani Lakshmi Ammanni College for women, as the Chief Guest and Speaker.

Similarly, an Orientation Programme too was organised for second PUC students, on 23 July 2021. The topic was: How to prepare for online classes and exams. The Chief Guest and Speaker was, Dr. H.S. Ganesha Bhatta, Director, Academics, MES Institutions. The interactive session was extremely informative.

The 75<sup>th</sup> Independence Day was celebrated with a lot of patriotic fervour, on 15 August 2021. The Tri-colour was hoisted in a solemn yet vibrant atmosphere. The Chief Guest was Mr. Chandan Rajappa, founder of Inspire India and also a social activist.

The online classes for first PUC were inaugurated on 16 August 2021. The Chief Guest was Dr. Babu Padmanabhan, Member, Managing Committee, MES Institutions. Sir addressed the students and motivated them to aim high. The much awaited time for all of us, offline classes began on 23 August 2021. Signing of the consent forms by the parents was mandatory.

SAMSKRITOTSAVA, our Annual Sanskrit Day Programme was celebrated on 02 September. Dr. Shree Shrivatsa, Former Principal, MES PU College, was the Chief Guest. She delivered a well-researched talk on the topic, "Significance of studying Sanskrit Kavyas".

The following competitions were conducted in connection with the celebration of Sanskrit Day:

a) Shloka Recitation

b) Memory Test

Prizes were distributed.

Teachers' Day, the occasion to pay tribute to the teachers, who are instrumental in shaping the lives of students, was celebrated on 06 September, with a lot of fanfare. The students too expressed their love by partaking in the celebrations.

Tradition continued with richness when we welcomed Lord Ganesha to our premises on 15 September with holy incantation. Also, on the same day CET Orientation Programme was conducted for First PUC students. The main speaker was Dr. Raghavendra.M.K of the renowned Jnanadhara Institutions.

Academic toppers of the Second PUC Annual Exam, March 2021, were grandly felicitated on 18 September. The Chief Guest was Dr. R.P.Sahu, Scientist and also a noted philanthropist. The Presidents of the day's Programme was, Mrs. P.H.Vijaya Deepthi, CEO of TCS. The function was a grand success, with students taking home laurels and sweet memories.

The entire auditorium hummed alive with the dawn of Fresher's Day and Talents' Day, on 21 September. It was a much awaited break for the students who painted the place red with their colourful, grand and energetic performance! It was truly a sight for sore eyes!

It is indeed a matter of pride that we ushered in a novel tradition, that of felicitating the Principals of schools in our vicinity, as a mark of respect to their contributions to the field of education. This warm initiative was duly appreciated by the schools as well as the Management. This programme was conducted on 28 September 2021.

On 28 October 2021, in connection with Kannada Rajyotsava, an oath was administered to all students to promise to uphold the language and honour of the state. The ceremony was solemn as well as colourful.

The Department of Commerce, grandly celebrated the Commerce Fest, once again a very novel initiative begun by the Department. The following competitions were conducted in connection with the day:

- a) Model Making
- b) Commerce Quiz
- c) Commerce Debate
- d) Pick and Speak
- e) Product Launch
- f) Cross-word
- g) Commerce Fashion Show

The valedictory Programme for the same was on 01 October. The Chief Guest was Shri Lakshmi Narasimhan, Rtd. Senior Deputy Manager BEL. The event was presided by our Principal, Smt. Sridevi.M.S.

The Department of Physics, chemistry and Mathematics conducted seminars in their respective fields. The Guest Speakers were-

- a) Prof.Madhusudhan
  - b) Prof.Raghavendran
  - c) Prof.Venkataramaiah,
- respectively. Their talks provided ample information to our students.

Kannada Rajyotsava was celebrated on a grand scale on 30 November 2021, with students taking part with a lot of enthusiasm. Various cultural programmes were presented. The Chief Guest of the day was Shri. Ashok Nadig, Former Scientist at ISRO and also a renowned scholar on "Mankutimmana Kagga".

Regular Parent Teacher meetings were organized to let the parents know about their child's progress. The first Quarterly Test was also conducted as per the P.U. Board rules and regulations. The Mid-Term Exams for both First P.U.C. and Second P.U.C. classes was conducted from 09 December 2021.

The Department of Kannada conducted the following competitions in connection with the Rajyotsava celebrations:

- a) Kannada pick and speak



- b) Kannada Essay Writing
- c) Gaadegala Spardhe (maximum number of proverbs in a minute)
- d) Kannada Crossword (Padabandha)

The Department of English conducted the following competitions:

- a) English Debate
- b) English Story Writing
- c) Essay Writing
- d) Poetry Writing

The NSS Wing of our college celebrated Vivekananda Jayanthi in a very se-date manner on 12 January 2022. Students took part with a great deal of interest. Shri. Chandan Rajappa was the Chief Guest of the day.

The vaccination programme for all First PUC and Second PUC students was carried out on two consecutive days, 03 and 04 January 2022. It was a very successful endeavour and also the need of the hour.

The Installation Ceremony of the Interact Club was held in the month of October 2021 wherein the office bearers were sworn in.

The Sports Department of our college conducted the following inter-class competitions under the guidance of our Physical Education Lecturer;

- a) Chess Tournament
- b) Ball-Badminton
- c) Volley-ball
- d) Throw-Ball
- e) Carrom
- f) Kabaddi

The prizes were distributed later.

During the pandemic, youngsters especially went through a lot of mental agony. To address such issues and a lot more, a talk on MENTAL HEALTH was arranged in collaboration with Mahila Dakshatha Samithi, Vidyaranyapura, on 18 January 2022. The Chief Speaker was Dr. Virupaksha.

Cultural Day, the colourful event of our college was a welcome change, on 16 and 17 January 2022 where competition like Rangoli, Drawing and Painting, flower arrangement saw students take part in satisfactory numbers.

The Physics, Chemistry, Mathematics, Biology, Computer Science and Statistics Departments of our college conducted the following competitions individually:

- a) Crossword
- b) Rubik's Cube
- c) Chart Making
- d) Power-Point Presentation
- e) Sudoku
- f) Best out of waste
- g) Photography
- h) Web Page Designing
- i) Coding Game Competition
- j) Missing letters (Net Gaming)
- k) Encryption/Decryption

All these competitions were conducted to celebrate Science Day and the Val-  
edictory Programme for the same was organized on 03 February 2022. The Chief  
Guest was Dr. Ravindranath, Former Director, ISRO. Prizes were distributed and it  
was a very glitzy and memorable event.

26 January 2022 saw us celebrating the adapting of our Constitution way  
back in 1950. Indeed on red-letter day for all Indians, we, at the college saw to it  
that appropriate tributes were showered on the writers of our historic document.  
Students made a wonderful presentation on the significance of the day and also  
sang a beautiful patriotic song.

The examination mood was brought in with the conduct of three Preparatory  
Exams for the Second PUC students to sufficiently prepare them for the annual ex-  
am which was to begin from 20 April 2022. The final practical exams were also  
held in smooth manner.

The academic year's event were brought to a befitting close with the Gradu-  
ation Day Ceremony on 09 February 2022, which left the students and the teachers  
misty-eyed. Prizes that were won in various cultural events and competitions were  
distributed by the Chief Guest at the event. The Chief Guest was Shri. Dilip Ma-  
vinkurve, Hon. Treasurer, Mysore Education Society, Malleshwaram. Sir was very  
impressed with the solemn ceremony and commended the faculty and the students  
for the extremely well-organized programme.

The First PUC Annual Exams commenced from 27 March 2022 to 12 April 2022. The students wrote the exams with a serious mind-set, well aware of the place it has in the deciding aspect of their future.

Thus, the academic year 2021-2022 came to a successful close, with the dreams of the Second PUC students intact in their minds and hearts as they were yet to write their annual exams.

Here is wishing everyone the best of what life has to offer... Life is uncertain, yet so profound. The most beautiful things in life arrive when we best expect them! That is the vastness of the universe, the profoundness of the cosmic space...

**-Sarita Pradeep,**

Head, Dept. of English.

Editor in Chief , Araluva Chethana.



## Prize winners of various competitions



**Department : English**

**English essay writing:-**

<b>Sr.no</b>	<b>Names</b>	<b>Class</b>	<b>Position</b>
1	Raghavendra Hande	II 'B'	1st
2	Samson Bobby Kurien	II 'B'	2nd
3	Nithya N	II 'A'	2nd
4	Pavan C A	II 'A'	3rd
5	A Gagan	I 'A'	Consolation



## 2.English Poetry Writing:-

<b>Sr. no</b>	<b>Names</b>	<b>Class</b>	<b>Position</b>
1.	Raghavendra Hande	II 'B'	1st
2.	Gagan M	II 'B'	2nd
3.	Purav	II 'B'	2nd
4.	Abhilosh Reddy	II 'A'	3rd
5.	Saadhika V	I 'D'	consolation

## 3.English Debate:-

<b>Sr.no</b>	<b>Names</b>	<b>Class</b>	<b>Position</b>
1.	Gagan M	II 'B'	1st
2.	Samson Bobby Kurien	II 'B'	2nd
3.	Raghavendra Hande	II 'B'	2nd
4.	Chetan Rajshekar	II 'D'	3rd
5.	Meghana B	I 'D'	Consolation

## 4. English Story Writing:-

<b>Sl.No</b>	<b>Names</b>	<b>Class</b>	<b>Pstion</b>
1.	Samson Bobby Kurien	II 'B'	1st
2.	Raghavendra Hande	II 'B'	2nd
3.	Veda V	II 'A'	3rd
4.	Gagan M	II 'B'	Consolation

## Department : Hindi

### Hindi Essay Writing:-

Sl.no	Names	Class	Position
1.	S Tanushree Reddy	I 'A'	1st
2.	Arya L Raj	I 'A'	2nd
3.	Sweety Sharma A	I 'A'	3rd
4.	Dhanush K	II 'D'	Consolation

## Department : Sanskrit

### Subhashita Explanation

Raghavendra Hande	II 'B'	1st
Vedaa V	II 'A'	2nd
Sudha Madhuri	I 'B'	3rd

### Memory Test

Veda V	II 'A'	1st
Raghavendra Hande	II 'B'	2nd
Srivatsa aithal	I 'B'	3rd

## Department : Statistics

### 1.Memory Test:-

Meghana B	I D	1st
Neha S	I D	2nd
Nithyashree M V	I D	3rd

Meghana B	I D	1st
Neha S	I D	2nd
Nithyashree M V	I D	3rd

**Crossword:-**  
**Class II 'D'**

Khushub	1st
Keerthana M	2nd
Dhanush R	3rd

**Class I 'D'**

Meghana B	1st
Soujanya U	2nd
Bhavana Hegade	3rd

**Rubik's Cube**

<b>Sr.no</b>	<b>Name</b>	<b>Class</b>	<b>Position</b>
1.	Manish Shingh D	I 'D'	1st
2.	Darshan K	I 'D'	2nd
3.	Nithyashree M V	I 'D'	3rd

**Sudoku**

<b>Sr.no</b>	<b>Names</b>	<b>Class</b>	<b>Position</b>
1.	Keerthana A M	I 'D'	1st
2.	Chaithanya A S	II 'D'	2nd
3.	Nithyashree M V	I 'D'	3rd

**Chart Making**

<b>Sr.no</b>	<b>Names</b>	<b>Class</b>	<b>Position</b>
1.	Chaitanya A S	II 'D'	1st
2.	Dhanush D	II 'D'	1st
3.	Neha S	I 'D'	2nd
4.	Pavan Kumar	I 'D'	3rd

**Powerpoint presentation**

<b>Sr.no</b>	<b>Names</b>	<b>Class</b>	<b>Position</b>
1.	Harshitha R	II 'D'	1st
2.	Prajwal S	II 'D'	1st
3.	Mohan B	II 'D'	1st
4.	Bhavana Hegade	I 'D'	2nd
5.	Ajay B	I 'D'	3rd



### **Rangoli Competition:-**

<b>Sr.no</b>	<b>Names</b>	<b>Class</b>	<b>Position</b>
1.	Vedaa V and Suhani N	il 'A'	1st
2.	Shashika	I 'A'	2nd
3.	Shreya Srinath and Neha G N	I 'C'	3rd

### **Painting Competition:-**

<b>Sr.no</b>	<b>Name</b>	<b>Class</b>	<b>Position</b>
1.	Meghana B	I 'D'	1st
2.	Gowri Ashok	I 'D'	2nd
3.	Samhita Varshini	I 'C'	3rd

### **Drawing Competition:-**

<b>Sr.no</b>	<b>Name</b>	<b>Class</b>	<b>Position</b>
1.	Karthik Anand	II 'D'	1st
2.	Ajay C	II 'B'	2nd
3.	Saquib Khan	I 'D'	3rd

## **DEPARTMENT OF CHEMISTRY**

### **Event: Charts on student life -**

I Prize - Veda.V - II 'A'  
II Prize - Nilkitha.R.Shinoy - I 'C'  
III Prize - Gurangouda.U - I 'A'  
III Prize - Prathijna.T - I 'A'

### **Event: Video Making -**

I Prize - Samanvi Kiran - I 'B'  
II Prize - Vikas.P.G - I 'A'  
III Prize - Aditya.C.Patil - I 'B'

### **Event: Model Making -**

I Prize - Akash Kumar - II 'A'  
II prize - Sudeshna.P.S - I 'A'  
III Prize - Mahima.K - I 'A'

### **Event: CrossWord -**

I Prize - Raghavendra Hande - II 'B'  
II Prize - Maurya Veer - I 'B'  
III Prize - Supriya Gouda - I 'C'

## Event: Memory Test -

I Prize - Sai Venella - II 'A'  
II Prize - Vikas.P.G - I 'A'  
III Prize - Manasa.S - I 'A'

## Best out of words:-

Sudeshna.P.S - I PU 'A' - I Prize  
Maithri.C - I PU 'A' - II Prize  
Kavitha - I PU 'A' - III Prize

## DEPARTMENT OF MATHEMATICS

### Multiplication Table competition

28/9/2021

Winners: I Prize : Nithya.N - II 'A'  
II Prize : Maurya Veer - I 'B'  
III Prize : A.Gagan - I 'A'

### Rubik's Cube Competition

30/9/2021

I Prize : Mallikarjun.G.N - I 'A'  
II Prize: Vikas.P.G - I 'A'  
III Prize: Maurya Veer - I 'B'

### Sudoku Puzzle

29/9/2021

Winners: I Prize : Sowmya.S - I 'C'  
II Prize : Abhilash Reddy - II 'A'  
III Prize : Shashika.R.V - I 'C'

### Memory Test Competition-

05/10/2021

I Prize: Sumanth - I 'B'  
II Prize: i) Hrishikesh Bharadiwaj - II 'B'  
ii) Raghavendra.S.H - II 'B'  
III Prize: i)Soumyashree Singh - II 'A'  
ii) Dheer Nimesh Raiada - II 'B'

### Math Chat Making 21/01/2022

Winners : I Prize: Sinchana.M.Prasad - I 'A'  
II Prize: Gurangouda - I 'A'  
III Prize: A.Gagan - I 'A'

## DEPARTMENT OF COMPUTER SCIENCE

### Cryptography:

Winners: I Prize: Samson.B.Keerian - II 'B' (8 min)  
II Prize: RAghavendra - II 'B' (10 min)

### Jumbled Words:

Winners: I prize: Gagana.M - II 'B'  
II Prize: Dheer.N.Rajjada - II 'B'

### Google Form Design:

Winners: I Prize: Gagana.M - II 'B'  
II Prize: Abhiram.S - II 'D'

## **DEPARTMENT OF BIOLOGY**

### **Photography Competition**

Winners: I Prize: Nayoma.D.K - II 'A'  
II Prize: Sohana - II 'D'  
III Prize: Gagan.A - I 'A'

### **Crossword**

Winners: I Prize: Ashutosh.P.Vasisht - I 'A'  
II Prize: V.G.Aryan - I 'B'  
III Prize: Supriya Gowda - I 'B'

### **Quiz Competition**

Winners: I Prize: Vedaa.V - II 'A'  
II Prize: Vikas.P.G - I 'A'  
III Prize: Aryan.V.G - I 'B'

### **Jumble Words Competition**

Winners: I Prize: Yukthi.H.N - II 'A'  
II Prize: Sai Venella - II 'A'  
III Prize: Shashirekha - I 'A'

## **DEPARTMENT OF PHYSICS**

### **Physics model making:**

Winners: I Prize: Maithri.K.M - I 'A'  
II Prize: Sudeshna.P.S - I 'A'  
III Prize: Mahima.K - I 'A'

### **Physics Chart:**

Winners: I Prize: Likitha Reddy.B - I 'A'  
II Prize: Gurangowda.U - I 'A'  
III Prize: Pragathi.M - I 'A'

### **Physics Crossword:**

Winners: I Prize: Raghavendra.S.M - II 'B'  
II Prize: Maurya Veer - I 'B'  
III Prize: Kaushik Gopal Gaitonde - II 'A'



# Annual Sports Day Competition

## Girls

### 1.Chess

Sr.no	Names	Class	Position
1.	Meghana B	I 'D'	Gold
2.	Varsha	II 'D'	Silver
3.	Sinchana M Prasad	I 'A'	Bronze

### 2.Carrom Singles

Sr.no	Names	Class	Position
1.	Meghana B	I 'D'	Gold
2.	Ananya R	I 'B'	Silver
3.	Aakanksha K	I 'C'	Bronze

### 3.Carrom Doubles

Sr.no	Names	Class	Position
1.	Shashika RV and K Sneha	I 'C'	Gold
2.	V Monica and Kushi Kumari	II 'D'	Silver
3.	Sohan k and Varsha	II 'D'	Bronze

### 4. Badminton

#### Winners

Sr.no	Names	Class	Position
1.	Shreya srinath	I 'C'	Gold
2.	Nidhi	I 'C'	Gold
3.	Nikitha R Shenoy	I 'C'	Gold
4.	Namratha	I 'C'	Gold
5.	Sudeshna	I 'C'	Gold

## Runners

Sr.no	Names	Class	Position
1.	Meghana S	I 'D'	Silver
2.	Nithyashree	I 'D'	Silver
3.	Jyothi	II 'D'	Silver
4.	Prajwal	II 'D'	Silver

## Boys

### Chess

Sr.no	Names	Class	Position
1.	Manish Shingh	I 'B'	Gold
2.	Chinmayi S	I 'C'	Silver
3.	Tanish V	I 'C'	Bronze

### Carron Singles

Sr.no	Names	Class	Position
1.	Pranav N	II 'D'	Gold
2.	Harshit Kumar K M	I 'B'	Silver
3	Chambasava U G	I 'D'	Bronze

### Carron Doubles

Sr.no	Names	Class	Position
1.	Nikhil HA and Maurya Veer	I 'B'	Gold
2.	Ajay C and Mohan Raj	II 'B'	Silver
3	Vivek A and Surya E	II 'B'	Bronze

## Table Tennis

### Winners

Sr.no	Names	Class	Position
1.	Nikhil H A	I 'B'	Gold
2.	Maurya veer	I 'B'	Gold
3.	B U Ullas Rao Pawar	I 'B'	Gold
4.	K Charan	I 'B'	Gold

### Runners

Sr.no	Names	Class	Position
1.	Rajeev K	I 'D'	Silver
2.	Dhanush A R	I 'D'	Silver
3.	Someshwar P M	I 'D'	Silver
4.	Narashima	I 'D'	Silver

## Badminton

### Winners

Sr.no	Names	Class	Position
1.	K Charan	I 'B'	Gold
2.	B U Ullas Rao Pawar	I 'B'	Gold
3.	Nikhil H A	I 'B'	Gold
4.	Maurya Veer	I 'B'	Gold
5.	Dheeraj	I 'B'	Gold

### Runners

Sr.no	Names	Class	Position
1.	Dhanush A R	I 'D'	Silver
2.	Narasimha	I 'D'	Silver
3.	Ajay Kumar B N	I 'D'	Silver
4.	Rajeev K	I 'D'	Silver
5.	Bhanu Kashyap	I 'D'	Silver



# Volleyball

## Winners

<b>Sr.no</b>	<b>Names</b>	<b>Class</b>	<b>Position</b>
1.	B U Ullas Rao Pawar	I 'B'	Gold
2.	K Charan	I 'B'	Gold
3.	Nikhil H A	I 'B'	Gold
4.	Harshit Kumar K M	I 'B'	Gold
5.	Dheeraj V	I 'B'	Gold
6.	Mohammad Sahil R	I 'B'	Gold
7.	Anirudh G Rao	I 'B'	Gold
8.	Maurya Veer	I 'B'	Gold
9.	Vinay D	I 'B'	Gold
10	Abhay Sharma	I 'B'	Gold

## Runners

<b>Sr.no</b>	<b>Names</b>	<b>Class</b>	<b>Position</b>
1.	Narasimha	I 'D'	Silver
2.	Rajeev K	I 'D'	Silver
3.	Dhanush A R	I 'D'	Silver
4.	Mohith S	I 'D'	Silver
5.	Akash S	I 'D'	Silver
6.	Tarun V	I 'D'	Silver
7.	Ajay Kumar B N	I 'D'	Silver
8.	Kishan R	I 'D'	Silver
9.	Nanda Kumar	I 'D'	Silver



# Annual Activities



## Yoga Day







# संस्कृतोत्सवः







# Independence Day



# Ganesha Chaturthi







# Teachers Felicitation



# Teachers' Day







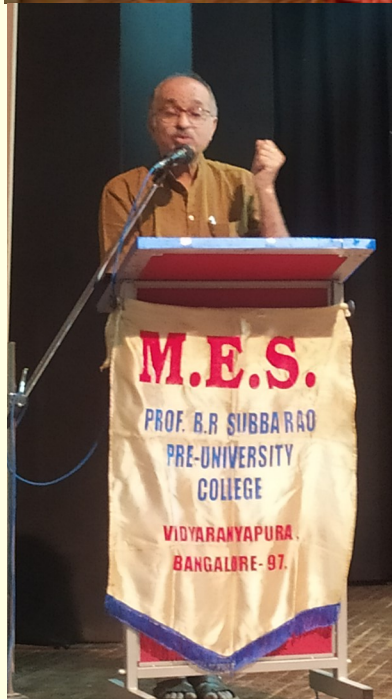
# Commerce Fest







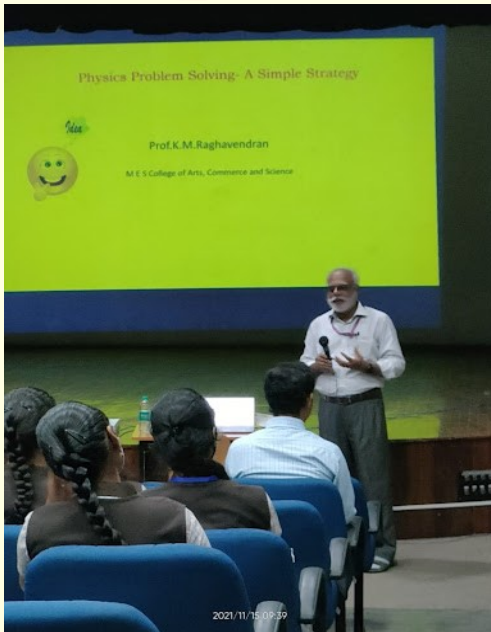
# ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ







# Science Club Activities







## Science Club Validity Programme



## Republic day



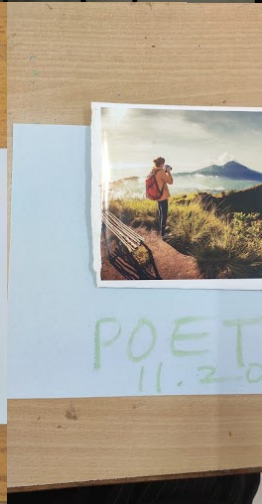




# Vaccination Programme



# Literary Club Activities







# Interact Club







# National Service Scheme



*Not Me*



*But You*







# Rangoli







# Talents' day







# Sports Activities



Various Intercollegiate District Level Competitions







# Sports Activities



## Competitions - District Level







# Sports Activities



## Competitions - District Level







# Sports Activities



## College Level Competitions





## II PUC A Section - Science



## II PUC B Section - Science



## II PUC D Section - Commerce







## Students' Letter



### My Sincere Gratitude



I take this opportunity to express my sincere gratitude to your good self, all the teachers and support staff who have directly or indirectly supported me during last two years. I cherish my association with MES from my nursery days (2007) till my 2<sup>nd</sup> PUC (2022).

It was one of my best decisions to continue at MES PU college after my X Standard ICSE Board exams.

My 1<sup>st</sup> PUC journey began in the midst of the COVID pandemic in Aug 2020. The college reopened with mixed feeling of curiosity, anxiety and uncertainty about the mode of conduct classes. Attending online classes was unique experience for me. As the online classes progressed, all the teachers made extra efforts in making me and fellow students feel comfortable and ensured the active participation. It is pertinent to mention that for teachers too; it was first time teaching online.

The college made efforts to organize extracurricular activities and events in the interest of the students. Online and offline tests at regular intervals were scheduled to ensure the preparedness for the exam. I found all the teachers were approachable and encouraging. I never felt any hesitation to clarify my doubts and concerns. In spite of COVID pandemic fears looming; all efforts were made to ensure the practicals were conducted with all precautions and students were give ample opportunity to practice before the final examination.

It was moral boosting to see the respective subject teachers at the examination center for interaction for all the exams.

I, once again, thank Principal Madam, all my teachers, MES BRS management & my parents for extending all the support and making my journey memorable.

Thank You,

Yours Sincerely,

**Dheer N Raijada**

II PUC –Commerce





## Students' Letter



I would like to express my heartfelt gratitude to Principal ma'am, teachers and the institution. This institution has helped me to improve in both academics and personal development. Equal importance given to academics and extra curricular activities have helped me to explore myself and identify the areas of my interest. The teachers were extremely friendly and helpful. An interaction with them would always be informative. I'm proud to be a part of MES BRS PU College.

**Harshit R**

II PUC –Science



I express my immense gratitude to our Principal and all teaching and non-teaching staff at MES. I will always be grateful to the immense support I got here that helped me elevate my skills and also excel academically. Altogether I felt at home and a part of my heart will always remain here. Thank you.

**Raghavendra Hande**

II PUC –Science



I am extremely happy to be a part of the MES family. Even in such a difficult situation like the pandemic, the college ensured to provide quality education to students. Teachers taught us online and made sure that we didn't feel the absence of an offline class. Apart from studies, the college encouraged us to participate in various cultural and extra curricular activities. I'm truly grateful to the Principal and teachers who constantly guided us throughout.

**Prajwal Shrivatsa**

II PUC –Commerce

# English Section

**English literature is a kind of training in social ethics.**

**English trains you to handle a body of information in a way that is conducive to action.**

**- Marilyn Butler**





## WHO WON ?



*The clock was ticking all the time. On the wall, hung all the time. A working women, by profession, it reminded me that "I was running out of time". Hurry up.. No time, you need to rush. I think it was a competition all the time. The clock putting forth the question, either you win or I win. And being in the race, I always tried my level best to beat the clock. I don't know, when this race with time began. May be from my memory if I have to dig up, I can recollect my mom's voice "Get up, it's already too late, the clock won't stop for you". The race might have started long back itself unknowingly. But interestingly, an incident recently happened at my home where my kids while playing broke the clock and it was still on the wall in non-working condition as I couldn't get time to get it repaired. Actually I was feeling happy look: Looking at clock, I used to tell,*

*"At last.. You aren't working, wow."*

*I was still thinking, how I will manage my time -to cook, to get ready, to be on time to my work etc.*

*I thought, let me experiment.*

*I paused for a while and thought, "Let me see, if I can still do my chores, without being in race with time, without clock anymore".*

*The best part was, 'I won'.*

*All my activities for almost 10 days I could complete in time without being in race with time. At a deeper level, maybe I was with time. I think, we weren't facing each other, but we were with each other, holding hands, walking together like lovers on beach side.*

*It was indeed and continues to be a beautiful experience which I am experiencing now. The clock got repaired. It started once again. But I feel a sense of belongingness with it. Then who won in the race? I smile looking at it every day and it says, "Come let's walk together... And **WE WON**".*

 **Smt. Swarnagowri G**

Lecturer in Chemistry



## THE BEST THING IN WORLD NATURE



*Nature is like a mother. It is essential for us because it provides all the basic needs of life. Nature is also a great teacher. We can learn many lessons from her.*

*The flower blooms only for a day, yet it keeps smiling till its end. Here, we can learn a lesson that we should live our life to the fullest, how short it may be, **#Enjoy to the fullest.***

*Water is soft but it flows on the hard rocks, that give in. In the same way, our problems may be difficult but if we persist, they too give in. Tiny ants organise themselves and carry away heavy insects.*



*They teach us that we can do impossible task through team work.*

*Similarly, the bare trees in winter come back to green majesty once again in spring. From this we can learn that difficult times will never remain with us forever.*

*Thus, nature is the best and greatest gift of God to mankind. Every object of nature teaches us something about life.*

 **Aakanksha K**

**I PU 'C' Section**





## Article on Sports



*Our body is like machine. A machine cannot work without oiling. In the Same way our body cannot work properly without exercises, games and sports They give us energy and keeps us mentally and physically fit .The importance of games and sports in our life is very great . Our mind remains happy.*

*That's why it is been said **“A healthy mind resides in a healthy body.”** Sports strengthens our immune system so that we can fight against any diseases. Sports keeps our digestion strong , The body gets extra oxygen and the lungs also remains strong.*



*Nowadays , sports is very effective way to build a better future. Sports promote international brotherhood and affection among the people of world.*

*Sports are also encouraged by government, competitions are organized from time to time. We should give time to sports everyday so that we can lead a healthy life . Sports helps in mental and physical development of children. Nowadays , Sports are also given special attention in schools and colleges.*

*Sports develop the sprit of restraint ,perseverance , seriousness , Concentration, cooperation and discipline in our life.*

 **Gurangouda. U**  
II PU, A Section



## Cognitive biases and the limitations of human brain.



*The 'thinking mind' is the part of the brain that seeks to make sense of our surroundings; it analyses situations, evaluates solutions, creates scenarios, tells stories and makes decisions. It is an inherent aspect of what makes us human. But, various cognitive bottlenecks limit its ability to process multiple information and its capacity to consider multiple parameters while making decisions.*

### ***Intrinsic limitations of the thinking mind.***

*The human senses have various limitations. Our limited sensory capabilities mean that there are many sources of information we cannot perceive at all. For example, bees can see infrared, which is invisible to the human eye. For the most part, we are naturally aware of these sensory limitations. But, somehow, we tend to overestimate our cognitive capacities — our ability to concurrently process multiple streams of information or to work on several tasks at the same time.*

*So we multitask; we believe that by combining two tasks, we will complete them sooner than if we worked on them separately. We also trust that we can consider many different facts when making complex decisions. But our thinking mind is limited by two Bottlenecks: our attention and our working memory. Simply put, we're bad at dividing our attention between different tasks.*

*Everyone will have different profiles for levels of attention and working memory, and your cognitive capacities also vary throughout the day and throughout the years. Being aware of the existence of these cognitive bottlenecks can help to make more sound decisions in our daily life. Practicing mindful productivity and working on chunks of work at a time will surely help us overcome these limitations of the human brain.*





## HEAVENLY FATE



*Beauty shimmers brightly in shy women,  
In our heath with no tremors  
The snowstorm dies within a year,  
For the sun to smile brightly on our life so dear*

*Brilliance shines, elegance glows.  
Grass is light, nourishing the stone of love  
The spectacle of nature radiates upon us.  
The Zenith sun controls our fate of life*

*Water glimmers beneath the hills,  
Dew drops glittering on the fragrant grass.  
Ask Mother Earth the way of life.  
The fugelish world is small but the earth is large,*

*Beauty encircles the meadow of fate.  
The mountains embellishes the world beneath  
High and sturdy against the wind,  
The future of our unpredictable mind.*

*The dazzling light face of the divine land  
Gently covers the battle scars,  
Helps me discover my inner strength,  
To follow the heavenly fate that awaits.*



# Knowledge



*Knowledge means deep understanding of a particular subject/topic. It is the source of power to man. Knowledge and self-awareness distinguishes man from other creatures of the universe. Though man is physically weaker than many animals, for he cannot run as fast as a cheetah, nor carry heavy loads like elephants, he is the most powerful creature on earth. This power basically comes to him from knowledge- an ability to understand and not from physical strength.*

*'Knowledge is power' means that a man has education and a complete control on his life by using the strength of knowledge. The ability to acquire knowledge, preserve and pass it on to the future generation makes man powerful. It enables him to control the forces of nature and use them for his benefit. This power of knowledge, if used wisely can bring happiness to mankind. Knowledge leads to wisdom, respect and consequently power.*

*Knowledge is the state of awareness or understanding and learning of specific information about a specific topic and it is gained from experience or study. This means a person has the resources to express his views dynamically and make intelligent decisions based on his every day situations, awareness and understanding. This doesn't make a man powerful. A man is said to be powerful when he uses his knowledge to mobilize in the right direction. When a man has the ability or capacity to act or perform effectively with his knowledge then he gains Power.*

 **Nikhita Shenoy**

II PU C section





## Poetry Writing



*The distant mountains stand alone,  
Waiting to be scaled upon  
Through the rocks, through the ice  
A river makes its way to the seas*

*The mesmerizing snow-capped mountain ahead,  
Glimpse of which makes the heart skip a beat,  
The tip hiding amidst clouds,  
A Carpathian mountain yet to be explored*

*The dancing river flows down the hill  
The glittering snow as white as milk  
The mountains seem to blow a breeze  
Refreshing every soul, whispering of peace.*

*Through the cities, through the fields,  
The water seeks its way to the sea  
The quiet trickle, now a roar  
Carries the essence of life*

*Every drop that unites with its destination  
Jumping over obstacles, reaches the mighty oceans  
The journey is what makes it special  
The journey of life, the life of people.*



## The war of destruction



*The eternal sun shines upon the land;  
While the flowers of eternity wither after spring.  
Don't pass unheeded past the withered petals,  
For the petals are seeds of our eternal lives.*

*The darkness surrounds our youthful past;  
Grievance and guilt in our virtuous hearts:  
In an unending realm of black and gloom ,  
Lies the secret of a deadly farce.*

*A battlefield of pain and misery ,  
Drowned in desperate hope for peace,  
Singing the threnody of the sacred sea;  
While regretting the pointless rivalry.*

*A glimmer of light shines upon our undeterred goal:  
The shimmering beauty calms our anxious soul.  
Devouring the spirit of the heartless beast :  
Unfurling an eternity of calm and bliss.*





# ಕನ್ನಡ ವಿಭಾಗ

ಸಿರಿಗನ್ನಡಂ ಗೆಲೈ.

ಸಿರಿಗನ್ನಡಂ ಬಾಳ್ವೆ.



## ಒಮ್ಮೆ..... ನೀ ಆಗು.....

ಮನೆಯ ಆವರಣದಲ್ಲೊಂದು  
ಆಲದ ಮರ  
ಅಲ್ಲೆ ಪಕ್ಕದಲ್ಲೊಂದು  
ಮನೆಯ ಜಗುಲಿ ಕಟ್ಟೆ  
ಸಂಜೆ ಆಗುತ್ತಲೆ ಎನ್ನ ನೆನೆದು  
ಬರುವರಿಲ್ಲಿ ಹೊಡೆಯಲು ಹಾಳು ಹರಟೆಕಟ್ಟೆ  
  
ಅವರ ಮನೆಯಲ್ಲಿ ಹೀಗಂತೆ  
ದೇಶದ ಸ್ಥಿತಿ ಆಗಿಹುದು ಸಂತೆ  
ಅವರವರ ಸಂತೋಷ, ನೋವು, ನಲಿವು  
ಹೇಳಿಕೊಳ್ಳುವರಿಲ್ಲ, ಸಂಜೆ ಆಗುತ್ತಲೇ  
ಮನೆಯ ಜಗುಲಿ ಕಟ್ಟೆ  
ಸುತ್ತಲೂ ಸಂಜೆಯ ಕತ್ತಲೇ.....  
  
ಹೊರಗಿನ ಕತ್ತಲೆಯೋ,  
ಮನೆಗಳ ಕತ್ತಲೆಯೋ,  
ಕಟ್ಟೆ ಮೇಲೆ ಕುಳಿತು, ಮರೆತು ಎಲ್ಲವನ್ನೂ,  
ಬೇಕೋ..... ಬೇಡವೋ ಮಾತುಗಳ,  
ಮೂಕನಾಗಿ ಕೇಳುತ್ತಿಹೆನು  
ಅವರ ಅಂತರಾಳವ ಅರಿಯುತ್ತಿಹೆನು  
ನಿರ್ಜೀವವಾಗಿ ಕುಳಿತಿಹ ಈ ಜಗುಲಿ ಕಟ್ಟೆ.

ನಿರ್ಜೀವವೆನಿಸಿದರೂ  
ಹಲವಾರು ಜೀವಿಗಳಿಗೆ ಆಗಿಹೆನು  
ಬೆರೆಯಲು ಒಂದೇ ಸೂತ್ರ,  
ನಗಲು ಅಳಲು ಸಂತೋಷವ  
ಹಂಚಿಕೊಳ್ಳಲು, ಮೂಕನಾಗಿ.....  
ನಾ ಆಗಿಹೆನು ಜಗಲಿಕಟ್ಟೆ  
ಒಮ್ಮೆ ನೀನು ಸಹ ಆಗಲು ಪ್ರಯತ್ನಿಸು  
ಈ ಜಗಲಿಕಟ್ಟೆ.  
  
ಹಲವಾರು ಜನಗಳಿಗೆ  
ಕಣ್ಣೀರ ಒರೆಸಲು, ಅಂತೆ ಕಂತೆಗಳ  
ಕಥೆ ಕೇಳಲು....  
ಮೇಲು ಕೀಳೆಂದು ಯೋಚಿಸದೆ  
ಇದ್ದದ್ದನ್ನು ಇರುವಂತೆ ಸ್ವೀಕರಿಸಿ,  
ಸರಿ ತಪ್ಪೆಂದು ತೀರ್ಮಾನಿಸದೆ,  
ಒಮ್ಮೆ ನೀ ಆಗು ಜಗಲಿಕಟ್ಟೆ.

 ಸ್ವರ್ಣಗೌರಿ ಜಿ.

ರಸಾಯನಶಾಸ್ತ್ರ ಉಪನ್ಯಾಸಕರು



## ಕೊರೊನಾ (ಕೋವಿಡ್-೧೯)

ಕೊರೊನಾ ಎಂದರೇನು? ಇದರ ಬಗ್ಗೆ ಕಾಳಜಿ ಏಕೆ?

ಕೊರೊನಾ ಎನ್ನುವುದು ಒಂದು ಸೋಂಕು ರೋಗ. ಇದರಲ್ಲಿ ಕಿರೀಟದಲ್ಲಿ ಇರುವಂತಹ ಮುಳ್ಳುಗಳು ಇರುವುದರಿಂದ ಕೊರೊನಾ ಎನ್ನುವ ಹೆಸರು ಬಂದಿದೆ. ಕೊರೊನಾ ಎಂದರೆ ಲ್ಯಾಟಿನ್ ಭಾಷೆಯಲ್ಲಿ ಕಿರೀಟ ಎಂದು ಅರ್ಥ.



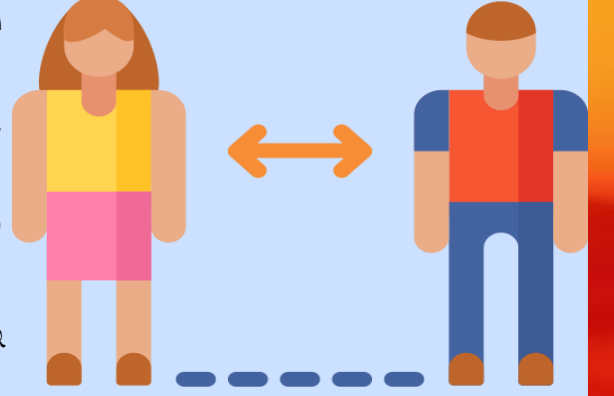
ವೈರಸ್‌ಗಳು ಮನುಷ್ಯನಲ್ಲಿ ಹಲವು ಖಾಯಿಲೆಗಳನ್ನು ಉಂಟು ಮಾಡುತ್ತದೆ. ದಡಾರ, ಫ್ಲೂ ಮತ್ತು ನೆಗಡಿ ಇಂತಹ ಕೆಲವು ಖಾಯಿಲೆಗಳಿಗೆ ಲಸಿಕೆಯನ್ನು ಕಂಡುಹಿಡಿಯಲಾಗಿದೆ. ನಮಗೆ ಸಿಕ್ಕಿರುವ ಲಸಿಕೆಗಳು ಈ ರೋಗಗಳಲ್ಲಿ ಕೆಲವನ್ನು ತಡೆಯಬಲ್ಲವು. ನಮ್ಮ ದೇಹದ ರೋಗ ರಕ್ಷಣಾ ವ್ಯವಸ್ಥೆಯು ವೈರಸ್ಸು ದೇಹವನ್ನು ಕೂಡಲೇ ಗುರುತಿಸಿ ಅದರ ಜೊತೆ ಹೋರಾಡಲು ಸಹಾಯ ಮಾಡುತ್ತವೆ.

ಕೊರೊನಾ ಸೋಂಕು ಹರಡುವುದು ಹೇಗೆ?

ಸೋಂಕು ತಗುಲಿದ ಬಹುತೇಕ ಜನರಿಗೆ ಫ್ಲೂ ಬಂದಾಗ ಕಾಣುವಂತಹ ಲಕ್ಷಣಗಳೇ ಇರುತ್ತವೆ. ಏರು ಜ್ವರ, ಒಣ ಕೆಮ್ಮು ಮತ್ತು ಸುಸ್ತು ಸಮಸ್ಯೆ ಕೆಲವರಿಗೆ ಮೈ ಏ ನೋವು, ಉಸಿರಾಟದ ತೊಂದರೆ, ಗಂಟಲು ನೋವು ಭಳಿ, ತಲೆನೋವು ಕಾಣಿಸಿಕೊಳ್ಳುತ್ತದೆ. ಹಾಗೆಯೇ ಡಯಾಬಿಟೀಸ್ ಹೃದಯದ ತೊಂದರೆಗಳು, ಶ್ವಾಸಕೋಶದ ತೊಂದರೆಗಳು ಮತ್ತು ರೋಗ ನಿರೋಧಕ ಶಕ್ತಿ ಕಡಿಮೆ ಇರುವಂತಹವರಲ್ಲಿ ಇದರ ಪರಿಣಾಮ ಹೆಚ್ಚು. ಈ ಸೋಂಕು ರೋಗಿ ಕೆಮ್ಮಿದಾಗ ಅಥವಾ ಸೀನಿದಾಗ ಹೊರ ಚೆಲ್ಲುವ ಹನಿಗಳ ಮೂಲಕ ಹರಡುತ್ತದೆ. ಈ ಹನಿಗಳು ನೆಲದ ಮೇಲೋ ಅಥವಾ ಇನ್ನಾವುದೋ ವಸ್ತುಗಳ ಮೇಲೋ ಬಿದ್ದಾಗ ಬೇರೆ ವ್ಯಕ್ತಿ ಅದನ್ನು ಸ್ಪರ್ಶಿಸಿದಾಗ ಕಣ್ಣು ಮೂಗು ಬಾಯಿಯಿಂದ ಹರಡುತ್ತದೆ.

ಈ ಸೋಂಕು ಬೇರೆಯವರಿಗಾಗಿ, ನಮಗಾಗಲೀ ಹರಡದಂತೆ ತಡೆಯುವುದು ಹೇಗೆ?

ಈ ವೈರಸ್ ಉಸಿರಾಟದ ಮೂಲಕ ಹರಡುತ್ತದೆ , ಅದಕ್ಕಾಗಿ ನಾವು ಕೆಮ್ಮುವಾಗ ಅಥವಾ ಸೀನುವಾಗ ಕರವಸ್ತ್ರ ಉಪಯೋಗಿಸಬೇಕು. ನಮ್ಮ ಕೈಯನ್ನು ಸಾಬೂನಿನಿಂದ ಅಥವಾ ಸ್ಯಾನಿಟೈಸರ್ ಉಪಯೋಗಿಸಿ ಕೈ ತೊಳೆದುಕೊಳ್ಳಬೇಕು. ಮನೆಯಿಂದ ಹೊರಹೋಗುವ ಮುನ್ನ ಮಾಸ್ಕ್ ಧರಿಸಬೇಕು.




ಕೋವಿಡ್ 19 ಹರಡದಂತೆ ತಡೆಯಲು ಸರ್ಕಾರ ಏನು ಮಾಡುತ್ತಿದೆ?



ಸರ್ಕಾರವು ವಿಶ್ವ ಆರೋಗ್ಯ ಸಂಸ್ಥೆಯ ನಿರ್ದೇಶನಗಳನ್ನು ಪಾಲಿಸುತ್ತಿದ್ದು ಸ್ವಾಸ್ಥ್ಯ ಸೇವೆಗಳ ಪ್ರತಿಯೊಂದು ಸ್ತರವನ್ನು ಈ ಗುರಿಯತ್ತ ನಿರ್ದೇಶಿಸಿದೆ. ಸೋಂಕಿನ ಸಂಖ್ಯೆಯನ್ನು ಪ್ರತಿದಿನವೂ ಗಣಿಸುವ ಆರೋಗ್ಯ ಮಂತ್ರಾಲಯವು, ವೈದ್ಯರು ರೋಗಿಗಳನ್ನು ಪ್ರತ್ಯೇಕಿಸಿಟ್ಟು ಚಿಕಿತ್ಸೆ ನೀಡುವ ಬಗ್ಗೆ ಸೂಚನೆಗಳನ್ನು

ನೀಡುತ್ತದೆ. ಅದಕ್ಕಾಗಿ ಸರ್ಕಾರವು ಲಾಕ್ ಡೌನ್ ಮಾಡಲು ನಿರ್ಧರಿಸಿತು. ಹಾಗೆಯೇ ಸೋಂಕು ಕಂಡು ಬಂದವರಿಗೆ ಹೋಂ ಕ್ವಾರಂಟೈನ್ ಅನ್ನು ಏರ್ಪಡಿಸಿತು. ಸರ್ಕಾರವು ಸಾಮಾಜಿಕ ದೂರ ಕಾಯ್ದುಕೊಳ್ಳುವುದು, ಮಾಸ್ಕ್ ಧರಿಸುವುದನ್ನು ಕಡ್ಡಾಯ ಮಾಡಿತು. ಸರ್ಕಾರವು ವಿಶ್ವ ಆರೋಗ್ಯ ಸಂಸ್ಥೆ World Health Organization ಆದೇಶಗಳನ್ನು ಪಾಲಿಸುತ್ತಾ ಕೋವಿಡ್-19 ಸೋಂಕು ತಡೆಗಟ್ಟಲು ಹೋರಾಡಿತು.

 ವರ್ಷಾ ಸಿ.

ದ್ವಿತೀಯ ಪಿ.ಯು.ಸಿ. 'ಎ' ವಿಭಾಗ



## ಜಂಕ್ ಫುಡ್ ಗೀಟು

ಆರೋಗ್ಯಕ್ಕೆ ಹಾನಿಕರ ಅಭ್ಯಾಸಗಳನ್ನು ತ್ಯಜಿಸಲು ಹೋರಾಡುವ ಜನರನ್ನು ನಾವು ಆಗಾಗ್ಗೆ ನೋಡುತ್ತೇವೆ. ಬಹುತೇಕ ಪ್ರತಿಯೊಬ್ಬ ವ್ಯಕ್ತಿಯು ದೀರ್ಘಾಯುಷ್ಯ ಮತ್ತು ಆರೋಗ್ಯವನ್ನು ಸಾಧಿಸಲು ನಿರಂತರವಾಗ್ ಶ್ರಮಿಸುತ್ತಿದ್ದಾರೆ. ಆದರೆ ದುರಾದೃಷ್ಟವಶಾತ್ ಕೆಲವರು ಮಾತ್ರ ಯಶಸ್ವಿಯಾಗಿ ಹೊರಹೊಮ್ಮುತ್ತಾರೆ. ಅಸಾಧಾರಣ ವೇಗದಲ್ಲಿ ಮುನ್ನಡೆಯುತ್ತಿರುವ ಸಮಾಜದಲ್ಲಿ ಆಹಾರವು ಅನುಕೂಲಕರವಾಗಿ ವೇಗದಲ್ಲಿ ಕೈಗೆ ಸಿಗುತ್ತವೆ. ಫಾಸ್ಟ್ ಫುಡ್ ಎಂದು ಕರೆಯಲ್ಪಡುವ ಜಂಕ್ ಫುಡ್ ಆರೋಗ್ಯಕ್ಕೆ ಬಹಳ ಹಾನಿಕರವಾದುದು. ನಿಮ್ಮ ಆರೋಗ್ಯವನ್ನು, ಕಾಪಾಡಲು ಆರೋಗ್ಯಕರ ಆಹಾರ ಕ್ರಮ ಅತ್ಯವಶ್ಯ. ತೂಕ ಇಳಿಸಿಕೊಳ್ಳುವ ಪ್ರಶ್ನೆಯೇ ಇರಲಿ, ನಿಮ್ಮ ಆರೋಗ್ಯವನ್ನು ಸುಧಾರಿಸಿಕೊಳ್ಳುವ ಪ್ರಶ್ನೆಯೇ ಇರಲಿ, ಆಹಾರದ ಪ್ರಾಮುಖ್ಯತೆ ಮಹತ್ವದ್ದು. ನಾವು ತಿನ್ನುವ ಆಹಾರ ಆರೋಗ್ಯದ ಮೇಲೆ ಪರಿಣಾಮ ಬೀರುತ್ತದೆ.

ನಗರಗಳಲ್ಲಿ ರಸ್ತೆ ಬೀದಿಗಳಲ್ಲಿ ಎಲ್ಲಿ ನೋಡಿದರಲ್ಲಿ ಜಂಕ್ ಫುಡ್ ಅಥವಾ ಕುರುಕಲು ತಿಂಡಿಯದ್ದೇ ಕಾರುಬಾರು. ಜನರನ್ನು ಆರೋಗ್ಯಕರ ಆಹಾರಕ್ಕಿಂತ ಕುರುಕಲೇ ಬೇಗ ಆಕರ್ಷಿಸುತ್ತದೆ. ಹಿರಿಕಿರಿಯರೆನ್ನದೆ ಎಲ್ಲರೂ ಇದರ ದಾಸರೇ ನಮ್ಮ ಎಲುಬಿಲ್ಲದ ನಾಲಿಗೆಗೆ ಆರೋಗ್ಯ ಕಾಪಾಡುವ ಆಹಾರಕ್ಕಿಂತ ನಾಲಿಗೆ ರುಚಿ ಕೊಡುವ ಮೂಲಕ ದ್ವಂದ್ವ ಆರೋಗ್ಯವನ್ನು ಕುಗ್ಗಿಸುತ್ತದೆ.

### ನಿಮ್ಮ ದೇಹದ ಮೇಲೆ ಜಂಕ್ ಫುಡ್ ಪರಿಣಾಮ

ನಿಯಮಿತವಾಗಿ ಜಂಕ್ ಆಹಾರವನ್ನು ಸೇವಿಸುವುದರಿಂದ "ಟೈಪ್ 2 ಡಯಾಬಿಟೀಸ್" ಸೇರಿದಂತೆ ಹಲವಾರು ದೀರ್ಘಕಾಲಿಕ ರೋಗಗಳು ಒಕ್ಕರಿಸಿಕೊಳ್ಳುವ ಸಾಧ್ಯತೆ ಹೆಚ್ಚುತ್ತದೆ ಎಂದು ಸಂಶೋಧನೆ ತೋರಿಸಿದೆ. ಈ ರೀತಿಯ ಆಹಾರವು ಹೆಚ್ಚಿನ ಪ್ರಮಾಣದಲ್ಲಿ ಸೋಡಿಯಂ, ಸಕ್ಕರೆ ಮತ್ತು ಅನಾರೋಗ್ಯಕರ ಕೊಬ್ಬನ್ನು ಹೊಂದಿರುತ್ತದೆ. ಹೆಚ್ಚಿನ ಜಂಕ್ ಆಹಾರಗಳು ಕಾರ್ಬೋಹೈಡ್ರೇಟ್ ಗಳಿಂದ ತುಂಬಿರುತ್ತವೆ ಮತ್ತು ಇದರಲ್ಲಿ ಫೈಬರ್ ಅಂಶ ಕಡಿಮೆ ಇರುತ್ತದೆ. ಇದು ರಕ್ತದಲ್ಲಿ ಸಕ್ಕರೆ ಪ್ರಮಾಣ ಹೆಚ್ಚಲು ಕಾರಣವಾಗಬಹುದು.



ಚಾಕಲೇಟ್, ಕ್ಯಾಂಡಿ, ಕುಕ್ಕೀಸ್, ಕೇಕ್, ಪೇಸ್ಟ್ರಿ, ಪಿಝ್ಜಾ, ಬರ್ಗರ್, ಪ್ಯಾಕ್ಡ್ ಹಾಗೂ ರೆಡಿಮೇಡ್ ಫುಡ್ ಗಳು ಹೆಚ್ಚೆ ಹೆಚ್ಚೆಗೂ ಜನರನ್ನು ಸೆಳೆಯುತ್ತಿದೆ. ಈ ಆಹಾರ ಪದಾರ್ಥಗಳು ಸ್ಯಾಚುರೇಟೆಡ್ ಕೊಬ್ಬುಗಳು ಮತ್ತು ತ್ರನ್ಸ್ ಕೊಬ್ಬುಗಳಿಂದ ತುಂಬಿರುತ್ತವೆ. ಇದು ನಿಮ್ಮ HDL (ಉತ್ತಮ ಕೊಲೆಸ್ಟ್ರಾಲ್) ತಗ್ಗಿಸಿ LDL (ಕೆಟ್ಟ ಕೊಲೆಸ್ಟ್ರಾಲ್)

ಅನ್ನು ಹೆಚ್ಚಿಸಬಹುದು. ಪರಿಣಾಮ ಟೈಪ್ 2 ಮಧುಮೇಹ ಮತ್ತು ಹೃದಯ ಕಾಯಿಲೆಯ ಅಪಾಯ ಹೆಚ್ಚುತ್ತದೆ ಇದರಿಂದ ತೂಕದಲ್ಲಿಯೂ ಏರಿಕೆ ಸಂಭವಿಸುವುದು. ಲಿವರ್ ಗೆ ಹಾನಿ, ಉಸಿರಾಟದ ತೊಂದರೆಗಳು ಕೂಡ ಸಂಭವಿಸುತ್ತವೆ.

ಚಾಕಲೇಟ್ ಗಳನ್ನು ಈಗಿನ ಯುವ ಜನತೆಯು ಚಪ್ಪರಿಸಿಕೊಂಡು ಸವಿಯುತ್ತಾರೆ. ಚಾಕಲೇಟ್ ನಲ್ಲಿ ಜಿರಳೆಯಂತಹ ಜಂತುಗಳು ಕಂಡುಬಂದಿರುವುದು ಕೂಡ ದಾಖಲಾಗಿದೆ. ಮ್ಯಾಗಿ ಎಂದರೆ ಚಿಕ್ಕ ಮಕ್ಕಳಿಂದ ಹಿಡಿದು

ದೊಡ್ಡವರಿಗೂ ಬಲು ಪ್ರಿಯಕರ. ತಿಂಡಿ ಊಟದ ಹಾಗೆ ಬೆಳಗ್ಗೆ, ರಾತ್ರಿ ಅದನ್ನೇ ತಿನ್ನುವವರು ಇದ್ದಾರೆ. ಇದರಿಂದ ಲಿವರ್ ಕಾಯಿಲೆಗೆ ತುತ್ತಾಗಿರುವ ಬಹಳ ಉದಾಹರಣೆಗಳಿವೆ.



ಶಾಲೆ, ಕಾಲೇಜು ಅಥವಾ ಮನೆಯ ಬಳಿ ಜಂಕ್ ಫುಡ್ ಸಿಗದಿದ್ದರೆ ಆನ್ ಲೈನ್ ನಲ್ಲಿ ಖರೀದಿ ಮಾಡುವವರ

ಸಂಖ್ಯೆ ಹೆಚ್ಚಿದೆ. ಸೋಷಿಯಲ್ ಮೀಡಿಯಾಗಳು ಮತ್ತು ಜಾಹೀರಾತುಗಳನ್ನು ನೋಡಿ ಹೆಚ್ಚಿನ ಜನ ಆಕರ್ಷಿತರಾಗುತ್ತಾರೆ.

ಇಂತಹ ಆಹಾರ ಸೇವನೆಯನ್ನು ಕಡಿಮೆ ಮಾಡುವುದರಿಂದ ನಮ್ಮ ದೇಹದ ಆರೋಗ್ಯವನ್ನು ಸ್ಥಿರತೆಯಲ್ಲಿ ಇಟ್ಟುಕೊಳ್ಳಬಹುದು. ಕಾಣಲೆಗಳೂ ಕೂಡ ಕಡಿಮೆಯಾಗುತ್ತದೆ. ಯುವ ಪೀಳಿಗೆಯು ಜಂಕ್ ಫುಡ್ ಗಳ ಬೆನ್ನಟ್ಟುವುದನ್ನು ನಿಲ್ಲಿಸಬೇಕು.

 ಸಿ. ಆರ್. ಪ್ರಾರ್ಥನಾ,

ದ್ವಿತೀಯ ಪಿ.ಯು.ಸಿ. 'ಎ' ವಿಭಾಗ



# ನಾಡಹಬ್ಬ ದಸರಾ

ಭಾರತದಾದ್ಯಂತ ದಸರಾ ಅಶ್ವಯುಜ ಮಾಸದ ಮೊದಲ ದಿನದಿಂದ ಆರಂಭವಾಗುತ್ತದೆ. ದೇವಿಯ ಪೂಜೆ ಮತ್ತು ಬೊಂಬೆಗಳ ಸಡಗರ ಈ ಹಬ್ಬದ ಆಕರ್ಷಣೆ. ಈ ಹಿಂದೆ ವಿಜಯನಗರದ ರಾಜರ ಕಾಲದಲ್ಲಿ ದಸರಾ ಉತ್ಸವವನ್ನು ನಡೆಸಲು ಅವರು ಕಟ್ಟಿಸಿದ ನವರಾತ್ರಿ ದಿಬ್ಬ ಅಥವಾ ಮಹಾನವಮಿ ದಿಬ್ಬದ ಅವಶೇಷಗಳು ಇಂದಿಗೂ ಹಂಪೆಯಲ್ಲಿ ಕಾಣಬಹುದು. ವಿಜಯನಗರದ ಅರಸರ ಕಾಲದಲ್ಲಿ ವಿದೇಶದಿಂದ ಬಂದಿದ್ದ ಪ್ರವಾಸಿಗಳು ದಸರಾ ಆಚರಣೆಯ ವೈಶಿಷ್ಟ್ಯ ಸಡಗರ, ಸಂಭ್ರಮವನ್ನು ಮುಕ್ತ ಕಂಠದಿಂದ ಪ್ರಶಂಸೆ ಮಾಡಿದ್ದಾರೆ.



1610ರಲ್ಲಿ ಮೈಸೂರು ಅರಸರಲ್ಲಿ ಒಂಬತ್ತನೆಯವರಾದ ರಾಜ ಒಡೆಯರು ಮೊದಲಿಗೆ ಶ್ರೀರಂಗಪಟ್ಟಣದಲ್ಲಿ ದಸರಾ ಹಬ್ಬವನ್ನು ಆಚರಣೆಗೆ ತಂದರು. ಮುಂದೆ ತಮ್ಮ ಅನಂತರ ಬರುವ ಪೀಳಿಗೆಯವರು ಈ ಹಬ್ಬವನ್ನು ಆಚರಿಸಬೇಕು ಎಂದು ಅಪ್ಪಣೆ ಮಾಡಿದರು. 1799ರಲ್ಲಿ ಮುಮ್ಮಡಿ ಕೃಷ್ಣರಾಜ ಒಡೆಯರು ಪಟ್ಟಕ್ಕೆ ಬಂದಮೇಲೆ ದಸರಾವನ್ನು ಮೈಸೂರಿನಲ್ಲಿ ಆಚರಿಸಲು ಆರಂಭ ಮಾಡಿದರು.

ನಾಲ್ವಡಿ ಕೃಷ್ಣರಾಜ ಒಡೆಯರ ಕಾಲದಲ್ಲಿ ಮೈಸೂರಿನಲ್ಲಿ ನವರಾತ್ರಿ ಉತ್ಸವ ಹಾಗೂ ವಿಜಯ ದಶಮಿಯ ಮೆರವಣಿಗೆಯನ್ನು ವಿಜೃಂಭಣೆಯಿಂದ ನಡೆಸಲು ಬೇಕಾದ

ಸಕಲ ಏರ್ಪಾಟು ಮಾಡಲಾಯಿತು. ಮೈಸೂರಿನಲ್ಲಿ ದಸರಾ ಹಬ್ಬದ ಕೊನೆಯದಿನ ನಡೆಯುವ ಜಂಬೂಸವಾರಿ ಉತ್ಸವವನ್ನು ನೋಡಲು ದೇಶ-ವಿದೇಶಗಳಿಂದ ಲಕ್ಷಾಂತರ ಜನರು ಈಗಲೂ ಬರುತ್ತಾರೆ.

ದಸರಾ ಬೊಂಬೆಗಳ ಹಬ್ಬವೂ ಹೌದು. ಕರ್ನಾಟಕ ಮತ್ತು ತಮಿಳುನಾಡಿನಲ್ಲಿ ಮನೆಮನೆಗಳಲ್ಲಿ ಅಲಂಕಾರಿಸಿದ ವಿವಿಧ ರೀತಿಯ ಬೊಂಬೆಗಳನ್ನು ಆಕರ್ಷಣೆವಾಗಿ ಜೋಡಿಸುತ್ತಾರೆ. ಮಕ್ಕಳು ಸಡಗರದಿಂದ ಪ್ರತಿಮನೆಗಳಿಗೆ ಹೋಗಿ ಬೊಂಬೆಗಳನ್ನು ನೋಡಿ ಸಂತೋಷ ಪಡುತ್ತಾರೆ. ಬೊಂಬೆಗಳ ಸುಂದರ ನೋಟ ಕಣ್ಣಿಗೆ ಹಬ್ಬವನ್ನುಂಟು ಮಾಡುತ್ತಾರೆ.

ಬಂಗಳದಲ್ಲಿ ದಸರೆಯ ಕಾಲದಲ್ಲಿ ದುರ್ಗಾಪೂಜೆ ವೈಶಿಷ್ಟ್ಯಪೂರ್ಣವಾದದ್ದು. ರಾಜಸ್ಥಾನದಲ್ಲಿ ಮಹಾಲಕ್ಷ್ಮಿಯ ಪೂಜೆ ಮಹತ್ವದ್ದು. ಜೈತ್ರಯಾತ್ರೆ ಎಂದು ಭಕ್ತರು ಮಹಾಲಕ್ಷ್ಮಿ ದೇವಸ್ಥಾನಕ್ಕೆ ಹೋಗಿ ಬರುತ್ತಾರೆ. ಮಹಾರಾಷ್ಟ್ರದಲ್ಲಿ ಆನೆಯ ಮೇಲೆ ಅಂಬೆಯ ಮೆರವಣಿಗೆ, ನಮ್ಮ ಮೈಸೂರಿನಲ್ಲಿ ಆನೆಯ ಮೇಲೆ ಅಂಬಾರಿಯ ಮೆರವಣಿಗೆ, ಶಮಿಪತ್ರ ಹಂಚುವುದು ನಡೆಯುತ್ತದೆ.

ಮಹಿಷಾಸುರ ಪ್ರಜಾಪೀಡಕನಾದ ಕಾರಣ ಜನರು ಭಯದಿಂದ ದೇವರನ್ನು ಸ್ತುತಿಸಿದರು. ದೇವತೆಗಳು ಸಹ ಹೆದರಿ ತ್ರಿಮೂರ್ತಿಗಳ ಮೊರೆ ಹೊಕ್ಕರು. ತ್ರಿಮೂರ್ತಿಗಳು ತಮ್ಮ ಉತ್ತಮ ಗುಣಗಳನ್ನು ಕೊಟ್ಟು ದುರ್ಗಾದೇವಿಯನ್ನು ನಿರ್ಮಿಸಿದರು. ಸಿಂಹಾಸನದ ಮೇಲೆ ಕುಳಿತು ದೇವಿ, ಮಹಿಷಾಸುರನನ್ನು ಎದುರಿಸಿದಳು. ಈ ಪ್ರಸಂಗದ ನೆನಪಿಗಾಗಿ ದಸರಾ ಅಥವಾ ನವರಾತ್ರಿ ಆಚರಿಸಲಾಗುತ್ತದೆ. ವಿಜಯದ ದಿನವೂ ಸೇರಿ ಇದು ಹತ್ತು ದಿನಗಳಾಗುತ್ತದೆ. ಇದೇ ದಸರಾ.

ವಿಜಯದಶಮಿಯನ್ನು ವಿದ್ಯಾದಶಮಿ ಎಂದೂ ಕರೆಯುವರು. ಅಕ್ಷರಾಭ್ಯಾಸ, ಸಂಗೀತ ಆರಂಭಕ್ಕೆ ಇದು ಶುಭದಿನ ಎಂದೂ ಜನರ ನಂಬಿಕೆ. ಉತ್ಸಾಹ ಸಂಭ್ರಮದಿಂದ ಎಲ್ಲರೂ ಆಚರಿಸುವ ದಸರಾ ಹಬ್ಬವನ್ನು ಹಬ್ಬಗಳ ರಾಜ ಎನ್ನಬಹುದು.

 ಸುಧೇಷ್ಣ ಪಿ. ಎಸ್.

ದ್ವಿತೀಯ ಪಿ.ಯು.ಸಿ. 'ಎ' ವಿಭಾಗ





# संस्कृतविभागः

जीयात् गीर्वाणभारती ॥

## रसतत्त्रम्

रसतन्त्रविषये संस्कृतग्रन्थाः बहवः सन्ति । वाग्भटस्य रससमुच्चयः एतेषु प्राधान्यम् आवहति । शिल्परत्नं, विष्णुधर्मोत्तरं, मानससारः, मानसोल्लासः, रससंहिता इत्यादयः रसतन्त्रस्य विविधविषयान् प्रतिपादयन्ति । स्फटिकं, काचः (लेन्स), वर्णः, सुधा (सिमण्ट), निर्यासः, सुगन्धवस्तूनि, कागदं, लोहाः विशिष्टमृत्पात्राणि इत्यादीनां पदार्थानां निर्माणं, रसप्रक्रियाः च एतेषु ग्रन्थेषु निरूपिताः सन्ति । अत्र अनेकविधानि आम्लानि (Acids) क्षाराः (Bases) च उल्लिखितानि । एतेषाम् उपयोगेन कृत्रिमपदार्थानां निर्माणाय अपेक्षिता साङ्केतिकविद्या अपि तेषु प्रतिपादिता ।

चिकित्सायाम् अपि अस्य रसतन्त्रशास्त्रस्य उपयोगः आसीत् । पतञ्जलिमहर्षेः लोहशास्त्रं लोहसंस्करणेन लवणनिर्माणरीतिं वर्णयति । क्रि.पू द्वितीये शतके जातस्य नागार्जुनस्य रसरत्नाकरग्रन्थः लोहालयनिर्माणार्थं वैज्ञानिकव्यवस्थां निरूपयति । परीक्षणशालायाः रचनं, तत्र आवश्यकानि उपकरणानि, एकैकस्यापि प्रक्रियायाः कृते आवश्यकः तापविशेषः, रसतः औषधनिर्माणरीतिः इत्यादयः अपि अस्मिन् ग्रन्थे सन्ति । रसस्तम्भनादयः नवदशप्रक्रियाः अपि अत्रैव वर्णयन्ते । एकादशशतकीयः रसार्णवग्रन्थः लोहस्य विविधज्ञानाय ज्वालापरीक्षणव्यवस्थां (Flame test) वर्णयति । देहलीस्थः विष्णुस्तम्भः अजन्ताचित्राणि च भारतीयरसतन्त्रस्य प्रत्यक्षोदाहरणानि सन्ति ।

### विभागाः

रासायनिकसम्बद्धं विज्ञानम् एव रसायनविज्ञानम् । तस्मिन् शास्त्रे अधोनिर्दिष्टाः विभागाः सन्ति ।

- विश्लेषकरसायनशास्त्रम्
- जीवरसायनशास्त्रम्
- अजैविकरसायनशास्त्रम्
- पदार्थविज्ञानम्
- औषधीयरसायनशास्त्रम्
- लोहशास्त्रम्
- परमाणुरसायनशास्त्रम्
- जैविकरसायनशास्त्रम्
- भौतिकरसायनशास्त्रम्
- सैद्धान्तिकरसायनशास्त्रम्
- सैद्धान्तिकरसायनशास्त्रम्



वेदा वि.

द्वितीय पदवीपूर्व-विज्ञानविभागः



## राजनीतिज्ञः चाणक्यः

मौर्यवंशप्रथमराज्ञः चंद्रगुप्तस्य मन्त्री आसीत् । सः कौटिल्यः वा विष्णुगुप्तः इति नामभ्याम् अपि प्रसिद्धः अस्ति । सः प्राचीनभारतस्य प्रसिद्धतमः कूटनीतिज्ञोऽभवत् । तस्य साहाय्येन एव चन्द्रगुप्तेन नन्दराज्यम् अवस्थापितम् मौर्यवंशः स्थापितः च । चाणक्यः अर्थशास्त्रम् इति पुस्तकस्य लेखको आसीत् । राजनीत्यां तस्य नीतिः चाणक्यनीतिः इति नाम्ना प्रसिद्धा अस्ति ।

चाणक्यस्य कालः क्रि.पू ३७०तः २८३पर्यन्तम् । अस्य पिता चणकः कश्चनब्राह्मणः आसीत् । चाणक्यस्य मूलनाम "विष्णुगुप्तः" इति आसीत् । सः चणकस्य पुत्रः आसीत् अतः एव 'चाणक्यः' इत्यपि कथ्यते । तस्य एव अपरं नाम 'कौटिल्यः' इति । बाल्ये चाणक्यः सर्वान् वेदान् शास्त्राणि च अपठत् । परं सः नीतिशास्त्रम् एव इच्छति स्म । सः यौवने तक्षशीलायाम् अवसत् । एकदा सः मगधस्य राज्ञा धननन्देन अपमानितः । अतः चाणक्यः धनानन्दम् प्रति प्रतीकारम् ऐच्छत् । चाणक्यः धीरेण चन्द्रगुप्तमौर्येण मिलित्वा तं सिंहासने स्थापयितुम् अचिन्तयत् । सः नन्दराज्यस्य सीमाः प्रथमम् अजयत् । ततः सः चन्द्रगुप्तमौर्यं सिंहासने स्थापयित्वा तम् अरक्षत् । विशाखदत्तस्य नाटकम् मुद्राराक्षसं चाणक्यस्य चरितं कथयति ।

सः स्वयं राजनीतिज्ञः आसीत् । अतः एव राजनीतिशास्त्रं, धर्मशास्त्रं, विधिशास्त्रम्, अर्थशास्त्रं च अधिकृत्य 'अर्थशास्त्रम्' इति ग्रन्थस्य रचनां कृतवान् । अर्थशास्त्रे राजनीतिविषयकानि सूत्राणि सन्ति । चाणक्येन अर्थशास्त्रे पराशर-बृहस्पति-भारद्वाज-मनु-पिशुन-विशालक्ष-आदीनां स्वपूर्ववर्तिनाम् अर्थशास्त्रविदुषाम् अपि उल्लेखः कृतः चाणक्यात् अर्थशास्त्रपरम्परायां 'कामन्दकीय-नीतिसारः' महत्वपूर्णः ग्रन्थः अस्ति । चाणक्यस्य नीतिः अधुनापि सर्वत्र आदरणीयः अनुसरणीयः च अस्ति ।



 प्रज्वलश्रीवत्सः

द्वितीय पदवीपूर्व-वाणिज्यविभागः

# गुरुरेव गरीयसी

जीवनमिति अन्त्यरहितमार्गगमने गुरोः मार्गदर्शनं अत्यवश्यकः । मानवजीवने गुरोः स्थानं मुख्यं भवति । सः विद्याख्यं रत्नं प्रदाय छात्रभविष्यनिर्माणे कारणं भवति । अस्माकं गुरवः भगवतः स्वरूपं इति मे मतिः । ते मित्रवत् अस्माकं कष्टपरिहारं कुर्वन्ति ।

पूर्वतनकाले विद्यार्थिनः गुरुकुले अध्ययनं कुर्वन्ति स्म । गुरुं अन्विष्य गच्छन्ति स्म । ते गुरोः सेवां कृत्वा तस्य अनुग्रहेण जीवने साफल्यं अनुभवन्ति स्म ।

अस्माकं इतिहासे गुरुशिष्यपरम्परां बोधयितुं बहूनि उदाहरणानि सन्ति । सम्राटः चन्द्रगुप्तमौर्यः स्वगुरोः चाणक्यस्य अनुग्रहेण भारतवर्षे विशालं साम्राज्यं स्थापितवान् । विद्यारण्यमुनेः अनुग्रहेण हक्क-बुक्कौ साम्राज्यं स्थापितवन्तौ । अलेक्साण्डरः स्वगुरोः अरिस्तातलस्य साहाय्येन प्रशासनं कृतवान् । त्रेतायुगे विश्वामित्रस्य अनुग्रहेण श्रीरामचन्द्रः ताटकावधं अकरोत् । जगद्गुरोः कृष्णस्य मार्गदर्शनेन पाण्डवाः विजयं प्राप्तवन्तः । सप्तर्षयः अपि नृपाणां मार्गदर्शनं कृतवन्तः । गुरोः महत्त्वं एवमुक्तम्—

अखण्डमण्डलाकारं व्याप्तं येन चराचरम् ।

तत्पदं दर्शितं येन तस्मै श्रीगुरवे नमः ॥

शिशोः प्रथमगुरुः माता एव भवति । “माता किल मनुष्याणां दैवतानां च दैवतम्” इति उक्तिः अस्ति । तथा शिशुः संस्कारं प्राप्नोति । पश्चात् अन्ये गुरवः माता-पिता-सहोदरः-मित्रं-बन्धुवत् स्थित्वा मार्गदर्शनं कुर्वन्ति ।

उत्तमव्यक्तित्वनिर्माणे गुरवः प्रयत्नं कुर्वन्ति । अस्माकं जीवनं रूपयन्ति । अतः गुरूणां वचनानुसारेण कार्यं कृत्वा वयं सर्वे उत्तमसमाजनिर्माणे यत्नं कुर्मः ।

 राघवेन्द्रहन्दे

द्वितीय पदवीपूर्व-विज्ञानविभागः



# रघुवंशमहाकाव्यम्

कालिदासः संस्कृतकाव्यपरम्परायां महाकविः वर्तते । कविकुलगुरुः , कविताकमिनीविलासः उपमा कालिदासस्य इति प्रसिद्धः । कालिदासः भारतीयसाहित्यक्षेत्रे अनुपमकविः इति गौरवं प्राप्तवान् । कालिदासविरचिताः सप्तग्रन्थाः प्रसिद्धाः वर्तन्ते । द्वे महाकाव्ये : रघुवंशम् , कुमारसम्भवः । द्वे खण्डकाव्ये : मेघदूतः , ऋतुसंहारः । त्रीणि नाटकानि : मालविकाग्निमित्रम् , विक्रमोर्वशीयम् , अभिज्ञानशाकुन्तलम् च ।

## रघुवंशमहाकाव्यम्

रघुवंशम् कालिदासेन विरचितं महाकाव्यमस्ति । एकोनविंशतिसर्गात्मकं लालित्यपूर्णं महाकाव्यमिदम् । रघुवंशस्य राज्ञां वर्णनाधारितं अस्ति । दशमसर्गादारभ्य पञ्चदशसर्गपर्यन्तं रामस्य कथा वर्णिता अस्ति । तदनन्तरं रमवंशीयनृपाणां चरितानि उपन्यस्तानि । अन्तिमः सर्गः अग्निवर्णस्य कथां कथयति ।

रघुः अतीवपराक्रमी दानशूरः च आसीत् । तस्य वंशीयानां गुणवर्णनं अस्मिन् काव्ये अस्तीति कविरयं रघुवंशमिति नामधेयमकरोत् । अत्र दिलीपः , रघुः, अजः , रामः, कुशः अतिथि इत्यादीनां श्रेष्ठराजानां वर्णनमस्ति । दिलीपः सत्यसन्धः धर्मनिष्ठश्च आसीत् । रघुः पराक्रमी दानशीलश्च , अजः कोमलहृदयी प्रेममयश्च , श्रीरामः सर्वोत्तमः इत्थम् एते चत्वारः अपि धर्मार्थकाममोक्षाणां प्रतीकाः सन्ति । काव्येऽस्मिन् रघुदिग्विजयः, अजविलापः, सीतापरित्यागः इत्यादयः भागाः चित्ताकर्षकाः सन्ति । दशसु सर्गेषु रामायणस्य सारसर्वस्वं न्यरूपयत् महाकविः ।

रसानां परिपक्वता तन्मयत्वं जनयति । अस्मिन् अङ्गी वीरो रसः । शृङ्गार-करुण-शान्तादयः रसाः नाटकस्य सन्धयः च अङ्गानि यथास्थाने विहिताः । महाकाव्ये कथनीयाश्च सन्ध्या-सूर्योदय-चन्द्रोदय-रात्रि-प्रदोषादयः सर्वेऽपि विषयाः यथास्थानं वर्णिताः ।

सूर्यवंशस्य रघुनाम्ना प्रसिद्धिकारणं महाकविः कालिदासः वर्णयति यत्

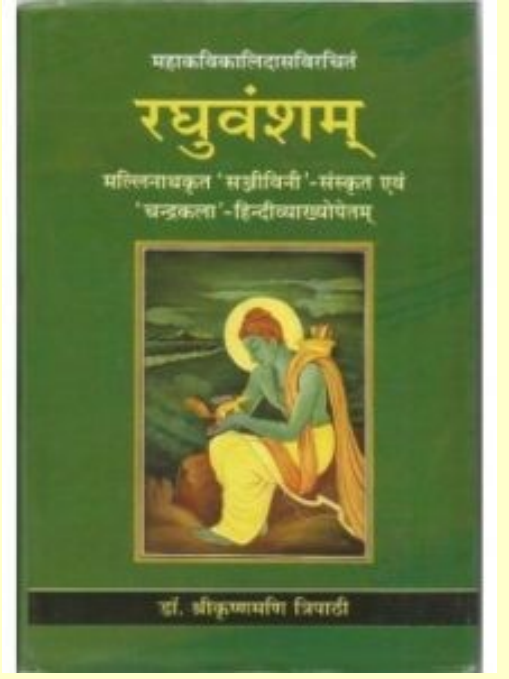
ततः समानीय स मानितार्थो हस्तौ स्वहस्तार्जितवीरशब्दः ।

वंशस्य कर्तारमनन्तकीर्तिं सुदक्षिणायां तनयं ययाचे ॥ इति ।

रघुवंशं कालिदासस्य प्रौढतमं काव्यं मन्यते । विश्वस्यते हि काव्येऽस्मिन् ततोऽप्यधिकाः सर्गाः भवितुं शक्यन्ते इति । यतस्तत्र

ग्रन्थसमाप्तिसूचकं पद्यं नैव लभ्यते । काव्यमिदं  
वागर्थरूपपरमेश्वरयुगलवन्दनया तदर्थं प्रारभ्यते सश्रीकोऽपि कोसलेन्द्रो  
दिलीपो अनपत्यतया तदर्थं वसिष्ठाश्रमं गच्छति । कुलगुरुस्तदर्थं  
सुरभिशापनिवारकं नन्दिनीसेवामादिशति । स्वरक्षार्थं समर्पितदेहाय तस्मै  
नन्दिनी पुत्रप्राप्तिरूपं वरं ददाति । दिनेषु गच्छत्सु सुदक्षिणा रघुं प्रसूते ।  
रघोरपि अजः । अजस्य दशरथाख्यः सुतः पृथिवीं पालयामास ।

दशरथेन सम्पादितपुत्रकामेष्टीयज्ञस्य राम-भरत-लक्षण -  
शत्रुघ्ननाख्याः चत्वारः पुत्राः भवन्ति । रामो हि शिवधनुं भञ्जयित्वा जनकजां  
सीतामुद्धहति । स हि पितुराज्ञया चतुर्दशवर्षाणि वने तिष्ठति निहन्ति च सीतापहारकं लोकरावणं रावणम् । रामस्य  
लवकुशाख्यौ सुतौ । कुशस्य हि कुमुद्वत्या अतिथिर्नाम सुतः । तदन्वये एव अग्निवर्णस्य राज्ञः जन्म । इति संक्षेपेण रघुवंशस्य  
कथा ।



एम्. सुधामाधुरी

प्रथमपदवीपूर्व-विज्ञानविभागः

## काश्मीरस्य सौन्दर्यम्

भारतदेशे उत्तरभागे स्थितं जम्मूकाश्मीरं पर्वतप्रदेशे स्थितं विशिष्टं प्रदेशमस्ति । अस्य ग्रीष्मकालस्य राजधनी  
श्रीनगरमस्ति । राज्यमिदं देशस्य मुकुटमिव विराजते । भारतस्य निराभरणसुन्दरी, पूर्वदेशस्य वेनिस् इत्यपि प्रसिद्धमस्ति ।

मोघलवंशीयानां विरामकालीनविश्रान्तिस्थानमासीत् । देहलीनगरे प्रशासनं कृतवन्तः सर्वेऽपि राजानः विरामकाले  
अत्रागत्य आनन्दमनुभवन्ति स्म । जहाङ्गीर्बादशहः कश्मीरराज्यं मोदकरी हर्षकरी वदति स्म । सः स्वस्य अन्तिमसमये अत्रैव  
स्थितवान् । एते मोघल् चक्रवर्तिनः एव अत्र शालिमारः निशात् नर्गीस् इति विलासवाटिकाः निर्मितवन्तः । एताः वाटिकाः  
इदानीमपि काश्मीरस्य सौन्दर्यवर्धकाः सन्ति ।



## श्रीनगरम्

श्रीनगरं झीलमनदीतीरे स्थितं सुन्दरं नगरम् । अस्मिन् नगरे अनेकानि सरोवराणि सन्ति । तेषु दालसरोवरं वूलारसरोवरं च मधुरजलयुक्ते स्तः । अत्र दर्शनीयानि स्थलानि बहूनि सन्ति । कष्टनिर्मितानि मुस्लीं प्रार्थनामन्दिराणि , शङ्कराचार्यपर्वतः, मोघल् उद्यानम्, निशान बाग, शालिमारबाग, नसीमाबाग, हजरत्बाग प्रार्थनामन्दिरम् इत्यदिस्थानानि सन्ति ।



## जम्मूनगरम्




जम्मूनगरस्य मार्गे पर्वतशिखराणि , प्रपाताः, नद्यः, नालाः च चित्ताकर्षकानि सन्ति । हिन्दूजनानां देवालयाः अत्र अधिकसङ्ख्या सन्ति । अस्य मध्यभागे रघुनाथमन्दिरमस्ति । भूमौ लक्षशः सालिग्रामशिलाः सन्ति । रणवीरेश्वरमन्दिरे षट्पादमितानि ११ बाणलिङ्गानि , ११ स्फटिकलिङ्गानि च सन्ति । गान्धीभवने डोग्राकलासंग्रहालयः अस्ति ।

अमरमहलराजगृहं नगरात् बहिः अस्ति । काश्मीरस्य अन्याः प्रसिद्धाः सुन्दरप्रदेशाः—पहलगंवा , गुलमार्गः , सोनमार्गः , लडाक् च ।

काश्मीरप्रदेशं अत्यन्तरमणीयं सुन्दरं प्रशान्तं च अस्ति । अतः सर्वे जनाः कथयन्ति यत् काश्मीरं देवतानां वासस्थानमिति । शारदास्तोत्रे कथितमस्ति यत्—“नमस्ते शारदादेवी काश्मीरपुरवासिनी ” इति । काश्मीरः भूलोकस्य स्वर्वमस्ति ।



 एम्. सुधामाधुरी

प्रथमपदवीपूर्व-विज्ञानविभागः

# Colour Palette



"I sometimes think there is nothing  
so delightful as drawing."

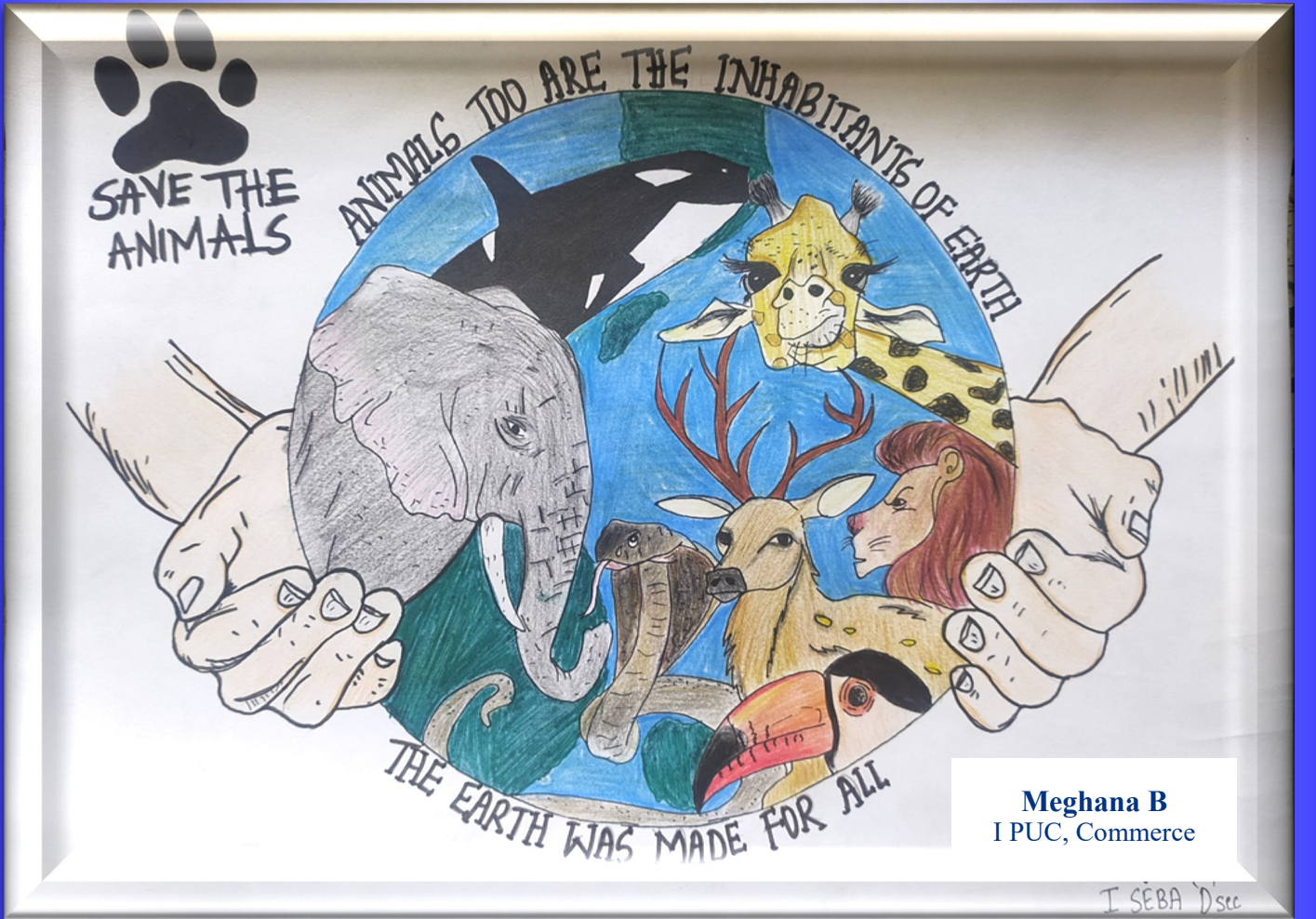
**- Vincent van Gogh**







**Priyadarshini**  
II PUC, Commerce



**Meghana B**  
I PUC, Commerce

I SEBA D'sec





**Vaishnavi M**  
II PUC, Commerce





Jayashree  
I PUC, Science



# Mysore Education Society

Mysore Education Institutions

## 1. MES Degree College of Arts, Commerce & Science

Malleswaram, Bangalore - 560 003.

## 2. MES Pre-University College

Malleswaram, Bangalore - 560 003.

## 3. MES Teachers College

C.T.E. Bangalore Rural, Rajajinagar, Bangalore - 560 010.

## 4. MES Kishora Kendra School

Malleswaram, Bangalore - 560 003.

## 5. M.E.S. Kishora Kendra P.U. College

Malleswaram, Bangalore - 560 003.

## 6. MES Vidyasagara Prof. M.P.L. Sastry P.U. College

Vidya Vihara, Rajajinagar, Bangalore - 560 010.

## 7. MES Computer Academy

Vidya Vihara, Rajajinagar, Bangalore - 560 010.

## 8. MES Kishora Kendra Public School (ICSE)

Vidyaranya, Bangalore - 560 097.

## 9. MES Institute of Management

Vidya Vihara, Rajajinagar, Bangalore - 560 010.

## 10. MES B.R. Subbarao P.U. College

Vidyaranya, Bangalore - 560 097.

## 11. MES Rangashale

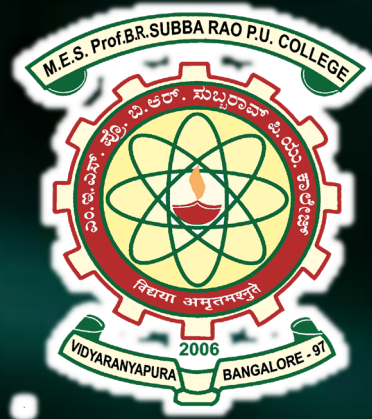
Malleswaram, Bangalore - 560 003.

## MES Kalavedi

A Cultural Wing - Giving opportunity to budding talents.







# **MES Prof.B.R Subbarao PU College**

**BEL Layout, Vidyaranyapura  
Bangalore 560097**

**Website : <https://mesinstitutions.in/web/mes-brs-pu-college>**

**E-Mail: [mesbrs@gmail.com](mailto:mesbrs@gmail.com)**

**Phone: 080-23646446, Mobile : 8861126826, 8861126840**