



RAMAIAH

ಅಭಿಜ್ಞ ದರ್ಪಣ darpana

Come Together ! Speak Together !

September 2021 Vol 04 Issue 04

ಆಗಸದ ಬಣ್ಣ ಬಿಲ್ಲ ತೋರಿ ಕನಸ ಕಟ್ಟಿದವಳು
ಇರುಳಿನ ಚಂದ್ರನನ್ನು ತೋರುತ್ತಾ ತುತ್ತನಿಟ್ಟವಳು
ಕರುಳಿನ ಹಂದರದಲ್ಲಿ ಬಚ್ಚಿಟ್ಟು ಬೆಳೆಸಿದವಳು
ಮಡಿಲಿನ ಮೆತ್ತೆಯಲಿ ಮಲಗಿಸಿ ಹಾಲುಣಿಸಿದವಳು
ಎದೆಯ ಅಪ್ಪುಗೆಯ ಕಾವಿನಲಿ ಬೆಚ್ಚಗಿಟ್ಟವಳು
ಬೆರಳ ಹಿಡಿದು ನಡೆಸಿ ಮುತ್ತಿಟ್ಟು ಮೆಚ್ಚಿದವಳು
ನಕ್ಕಾಗ ನಕ್ಕು ಅತ್ತಾಗ ಅತ್ತು ಉಸಿರಲಿ ಬೆರತವಳು
ಜನ್ಮ ನೀಡಿದವಳು, ಮಿಡಿದ, ತುಡಿದ ತಾಯಿ ಇವಳು !

ಮನಸಾ ನಾಗಭೂಷಣಂ, ಆರ್ ಐ ಎಮ್

Painting by Sahana R, 2nd Year, PGDM, RIM

QUARTERLY NEWSLETTER
GEF (E & GS) Division



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Message from the Chief Editor's Desk

Dear Readers

It is my immense pleasure to release the fourth edition of the newsletter 'Abhijna Darpana'. The previous issues have been a great success with the backing of its readers. This substantially uplifts our publishers, promising more of the good bits.

Through this edition, we are privileged and pleased to share our beloved Chairman Dr. M R Jayaram has been nominated with a prestigious Honorary Degree Doctor of Humane Letters from the University of Illinois, Chicago on 17th August 2021, and Sir M Visvesvaraya Award instituted by the Federation of Karnataka Chambers of Commerce on 18th August 2021.

We take the pride in introducing Mrs. Amrutha R, a gold medalist and the first rank holder in the B.Ed. examination, 2018-2020. She is now a valuable addition to the RCPUC family.

This edition is a creative blend of the forte, ideation, notion and originality of our students and staff in the form of write-ups, poetry, and art. This edition also highlights the 'Ramaiah Toast Makers,' which is a platform to enrich public speaking skills. It cherishes the diction and oratory abilities of the individuals and builds on their speech-making expertise.

I hereby express my heartfelt gratitude to all the perspectives and feedback providers. Such keen evaluations will undoubtedly help our publishers express themselves in a finer way through Abhijna Darpana Newsletter.

On behalf of all the Editors, Sub-Editors, and Student coordinators, I acknowledge our management for the brilliant support system, that led to us completing the venture.

B S Ramaprasad, IAS (Retd.)
Chief Executive, GEF (E & GS)

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University of Illinois, Chicago has announced the prestigious award of Honorary Degree, Doctor of Humane Letters to our honorable Chairman, GEF and GEF (M) Dr. M.R. Jayaram on Tuesday, the 17th August 2021.

Chancellor Michael Ameridis read the decision of the Board of Governors of the University of Illinois to award the Doctorate of Humane Letters (Honorary Doctorate) in an online ceremony. Amiridis appreciated the contribution of Dr. Jayaram towards developing internationally acclaimed educational standards in Ramaiah.

Sir M Visvesvaraya Award instituted by Federation of Karnataka Chambers of Commerce and Industry (FKCCI) was awarded to Dr. M R Jayaram, Chairman, Gokula Education Foundation on 18th August in Vidana Soudha. Vice President of India Sri M Venkaiah Naidu, Governor of Karnataka, Sri Thawar Chand Gehlot, and Chief Minister of Karnataka, Sri Basavaraj Bommai were present on this occasion.



RANKED

#1

AMONG
ENGINEERING
COLLEGES AFFILIATED
TO VTU, KARNATAKA

#65

BEST ENGINEERING
INSTITUTE AMONG 1143
REPUTED INSTITUTES
IN INDIA

 - As per National Institutional Ranking Framework, MoE, Govt. of India, 2021



M.S Ramaiah College of Arts Science and Commerce has bagged

62nd Rank

under the college category in NIRF India Rankings 2021. The college has achieved a milestone in the journey of excellence, after being declared as the Top most college in Karnataka.

Gig economy: The changing face of the work

The present workforce is switching over to work on a freelance basis rather than working for a company as full time employer. The concept of working on a contingent basis as consultants, freelancers, professionals and Temps (temporary contract workers) is increasingly impacting the global workforce which is leading gig economy. The organisations today are preferring to have independent workers engagement in short term work arrangements. The New York's JLL Consulting, Managing Director -Strategy & Innovation Peter Miscovich, has stated that by 2030 Gig workers will envelop around 80% of the workforce.

The rise of gig economy clearly indicates that nature of work is changing which communicates that corporates are welcoming the change. This paradigm shift of the work force needs to be reviewed both from the workforce and the corporate perspective.

The Workforce

- While working on multiple projects, they get the opportunity to upskill, themselves.
- They can make a choice of when and where to work and create an opportunity to earn higher income than a full-time employment at a lower risk of job due to multiple consulting assignments.

The Corporate

- They are able to acquire the best services from the best professionals as and when required.
- Cost reduction could be managed with the liquid workers rather than the full-time employers which may lead to lesser office space, no cost on the employee welfare management.

Gig economy has been rising drastically due to the pandemic which correspondingly leads to few challenges majorly focused on

Corporate Real Estate maintenance. Beyond just providing an office workspace, they need to orient their team to align with the company's vision.

The Gig Economy is being adopted with few challenges such as:

- The gig worker will not get the retirement benefits and health insurance.
- Gig workers are bound to earn lesser than the minimum wages guaranteed which is sheer exploitation of the gig worker.
- Gig workers may have to overwork to earn their income giving them less time with family and also

Irrespective of all this, the gig economy will continue to rise rapidly in the coming days for good. It will compensate for the high unemployment rates in the world. The gig workers are gradually, officially getting recognised and brought under the ambit of social security schemes.

Dr. Triveni P, Professor, RIM

Role of Clinical Legal Education : Some Reflections

The Bar Council of India, the Regulatory body that sets standards for Legal education, professional conduct and etiquettes of clinical legal education as of its components to be imparted to the law students. I would like to narrate a brief experience of mine, co-ordinating the clinical legal clinic at National Law University, Odisha. The whole batch of third year B.A.,LL.B. and B.B.A.,LL.B. students were divided into six clinics, consisting of Juvenile Justice, Child Labour, RTE, Land Rights, Prison and Community Advocacy..

The direct interaction of the students with the common people of the society, field trips, organising awareness programmes on law and society were the strategies adopted in the process. Three faculty coordinators were allotted with two clinics each, I was allotted with the Juvenile Justice and RTE clinics. As a project under the Juvenile Justice clinic, we conducted an empirical study in the Observation homes and Child Care Institutions. The students were made to interview the children about their problems on accessing legal aid. For the RTE clinic, students visited five schools. As part of the project, students had to conduct an awareness programme either through skit or by other ways in the local language. With students participating in the activities they tend to learn practically the socio legal problems of the society. The students get an opportunity to understand the real problems in the society and how the law helps to redress them. They are able to understand loopholes in the law and policies, which in turn enable them to know the role of law in social engineering unfolding issues related to health, hygiene, safety, security, etc. To illustrate the same, when the students interviewed the children of the observation homes, they could find out that many children faced some kind of sexual harassment or had issues of security within those institutions. While visiting the schools especially the Government schools, students could get to know that they did not have any benches or desks to sit. In many schools teachers were insufficient or were not available. All these reflected the poor conditions of the education system in the society.

I personally could notice that those students who never responded in the class, never paid any attention towards submitting their assignments, or even could not manage to score good marks in the exams were taking active part in the activities like interviews and awareness programmes. At last, the fulfilling part of whole exercise was whenever I enquired about their experiences from the particular field visit, they would narrate me what they feel about those people and wanted to do something for them. A change of attitude and behaviour was visible from the time when they start the journey for their field trip from the institute, and while returning back.

This type of practical, clinical course curriculum, I believe will contribute in creating professional with heart, a better human being who is connected with the society, community rather than a robot that is isolated from the society.

Anurupa Chetia, Assistant Professor (Law), RCL



AMRUTHA R

GOLD MEDALIST (1ST RANK)

**BACHELOR OF EDUCATION
(2018-2020)**

**MS RAMAIAH COLLEGE OF EDUCATION
BENGALURU CITY UNIVERSITY**

”ವೈದ್ಯೋ ನಾರಾಯಣ ಹರಿ”

ಮಗುವಿನ ಜೊತೆಯಲಿ ಬಿತ್ತಿದಿರಿ ನಗುವ
ಊಹಿಸಲೂ ಅಸಾಧ್ಯ ನೀವಿರದ ಜಗವ
ಪ್ರತಿ ಮನೆಯಲು ಮೂಡಿಸಿದಿರಿ ನಗುವ
ಸಲಹಿ ಉಳಿಸಿದಿರಿ ಅಮೂಲ್ಯ ಜೀವವ |
ನಿಮಗಿದೋ ನಮನ ಓ ದೇವ ಮಾನವ |
ಪ್ರತಿ ನಗುವಿಗೆ ಕಾರಣ ನಿಮ್ಮ ಹಾಜರಿ
ಅಳುವ ಮೈ ಮನದೊಂದಿಗೆ ನಿಮ್ಮ ದಿನಚರಿ
ನೀವಿರದ ಜಗದಿ ರೋಗದೇ ಸವಾರಿ
ಜನರ ನೋವಲ್ಲಿ ಮರೆತಿರಿ ನೀವೊಬ್ಬ ಸಂಸಾರಿ
ನಿಮಗಿದೋ ನಮನ ಓ ದೇವ ಮಾನವ |

“ಸಫಾಯಿ ಕರ್ಮಚಾರಿ”

ದೊಡ್ಡ ದೊಡ್ಡ ಕಛೇರಿ, ಸೌಧಗಳ ನಗರಿ
ಹೊರಗಿನಿಂದ ನೋಡಲಿವಳು ಅಪೂರ್ವ ಸುಂದರಿ !
ಒಳ ಹೊಕ್ಕರೆ ಕಸ ಮುಸುರೆಯ ಸವಾರಿ
ಒಂದು ದಿನದ ಕಸವೇ ಬೆಟ್ಟದಷ್ಟು ಕಣ್ಣೀ
ಕಸಕ್ಕೆ ಮುಕ್ತಿ ಕೊಡಲು ಬರುವನೊಬ್ಬ ಸಹಕಾರಿ |
ಇವರು ಕಲಿಯುಗದ ದೇವರ ಮಾದರಿ
ತಪ್ಪಿದರೆ ಒಂದು ದಿನ ಇವರ ಹಾಜರಿ
ಬೆಂದಕಾಳೂರು ದುರ್ವಾಸನೇ ಬೀರುವ ನಗರಿ !
ಇವರೇ ಸ್ವಚ್ಛತೆಯ ಸೈನಿಕ, ಆರೋಗ್ಯ ಪ್ರದಾಯಕ
ನಮ್ಮ ಹೆಮ್ಮೆಯ ಸಫಾಯಿ ಕರ್ಮಚಾರಿ |

Ravi H R, Assistant Instructor, E&EE, RIT

ವಿಕಟ ವೈಭವ
ಹೊನ್ನು,ಮಣ್ಣು, ಹೆಣ್ಣು, ನನ್ನದಲ್ಲ
ಆ ಶಿವನಿಚ್ಛೆ
ನಾನು,ನನ್ನ ಹಣೆ ಬರಹ
ಆ ಬ್ರಹ್ಮನಿಚ್ಛೆ
ಹುಟ್ಟು, ಸಾವು,ನನ್ನದಲ್ಲ
ಆ ಈಶನಿಚ್ಛೆ
ರಾಜ, ಭಿಕ್ಷುಕನ ವೈಭವ
ಆ ವಿಷ್ಣುವಿನಿಚ್ಛೆ

Vishwanath S R,
Faculty of Commerce RCPUC

Cash Payments Vs Cashless Payments

As our country moves towards a cashless environment after demonetisation in 2016, the question of Cash payments vs online payments is still in constant debate.

Advantages of Online Payment

- Convenience
- Discounts
- Tracking spends
- Budget discipline
- Lower risk
- Small gains

Convenience

- No need to carry a bundle of cash, or queue up for ATM withdrawals.
- It's a safer and easier spending option when you are travelling.
- You have the freedom to transact whenever and wherever you want.

Discounts

- A lot of cashbacks and discounts are offered by mobile wallets like Paytm.
- Similarly, saving on rail tickets, highway toll, or purchase of insurance can help cut your costs

Tracking Spends

- Recorded Transactions helps people to keep a track of their spending.
- It will also help while filing income tax returns.

Budget discipline

- The written record will help in a better budgeting.
- Controlled spending could also result in higher investing.

Lower risk

- If stolen, it is easy to block a credit card or mobile wallet, but it's impossible to get your cash back.

Small gains

- Cashless payment makes it easy to avoid borrowers.
- You can pay the exact amount without worrying about not having change or getting it back from shopkeepers.

Advantages of Cash Payment

- No Scams
- Doesn't depend on device
- Easy for Non techy people
- Control overspending

No SCAMS

- It doesn't require your banks details so it reduces phishing traps.
- Doesn't depend on devices
- You will be panicked If your phone run out of battery during an important purchase.
- It doesn't require internet connection.

- Easy for Non techy people
Old people prefer Cash as they feel uncomfortable to use apps.

Control Overspending

Psychologically it is more painful to pay by cash than online payment.

Hence, using cash instead of cards or mobile wallet naturally control your overspending Best payment apps according to me Phonepe, Paytm, Google Pay, Amazon Pay

WHICH ONE IS BETTER?

Cash or Online

There are lot of factors on both sides, but ultimately it comes to personal choice.

I prefer Cashless payment as it provides cashbacks sometimes.

Asutosh Tripathy, 2nd PCMC, RCPUC

Destiny

Entangled, as we are,
Assuming it to be people,
Unknowing of the truth,
We are entangled in the hands of destiny.
Destiny has a ka-zillion hands,
Takes us upto stars and drops down on sands.
Little do we know we are being played with,
What we thought of, is no more a myth.
There are hands of laughter and joy,
There are also hands of cruelty poured on us as of we were a toy.
It does push & pull & drop & pick,
Oh god! Sometimes I get so sick,
Of these games being played which more often than not gives us all a kick,
I wonder if time could fasten its tick.
Destiny too has a spot that's weak,
It is this spot that we need to seek.
Only then will we be able to tell,
That, destiny you are not hell!
Destiny,
You are what you are
Because we are what we are.
If we change what we are,
Invariably you have to change what you are.
The key is in our hands,
Choice is ours in our Opinion of the stars or sands.
We decide what needs to be done,
Circumstances & results are destiny's as if these were like loaded guns,
Little did destiny know that reaction & response is ours forever under the sun.
Towards life we shall run,
In good spirits let's have some fun,
Let us fill the well of happiness with joy and mirth in tons n tons,
That'll mark a life that's lived and won.

Preety, 1st Sem, B.Ed., RCE



Abhisikta Bose, 1st Year, B.Sc, RCASC

ನಮ್ಮ ಕಾಲೇಜು

ನಮ್ಮ ಕಾಲೇಜು
ಇದುವೇ ನಮ್ಮ ಕಾಲೇಜು
ನಗರದ ಹೃದಯ ಭಾಗದ
ಅಂಧದ ಚೆಂದದ ಕಾಲೇಜು
ಎಂ. ಎಸ್. ರಾಮಯ್ಯ ಕಾಲೇಜು
ಉತ್ತಮ ಭೋಧಕರ ಬೋಧನೆ ಇಲ್ಲುಂಟು
ನಡೆಯಲ್ಲಿ ನುಡಿಯಲ್ಲಿ ಶಿಸ್ತುಂಟು
ಇಂಗ್ಲೀಷ್, ಕನ್ನಡ ಮಾಧ್ಯಮ ಎರಡುಂಟು
ನಡೆಯಲು ಉನ್ನತ ಗುರಿಗಳ ನಂಟು
ಆಟಿ ಪಾಠಗಳಲ್ಲಿ ನಾವೆಲ್ಲ ಒಂದು

ಸಾಂಸ್ಕೃತಿಕ ಚಟುವಟಿಕೆಗಳಲ್ಲಾ ಬಲುಮುಂದು
ಕೀರ್ತಿಯ ಶಿಖರವ ಏರುತಲಿ
ವಿಜ್ಞಾನದ ಚಿಲುಮೆಯ ಚಿಮ್ಮುತ್ತಲಿ
ಇಂಜಿನಿಯರುಗಳು. ವೈದ್ಯರು, ಶಿಕ್ಷಕರು
ನೀಡುತಿರಲಿ
ನಮ್ಮ ಕಾಲೇಜು ಮುನ್ನಡೆಯುತ್ತಿರಲಿ
ಇದು ಜೀವನದ ಒಂದು ಕನಸು
ಇಲ್ಲಿ ಓದಿದವರಿಗೆಲ್ಲಾ ತುಂಬಾ ಶೇಯಸ್ಸು

Vasanthalakshmi, 1st Sem, B.Ed, RCE

“Do good”..... It will come back to you

This is a true story of an old man who was thrown out of his own luxurious building by his own people.

He shared his house with his cousin and family as he did not have anyone else. He thought that his cousin and family would take care of him in his old days!!! Slowly, his cousin started ill-treating him. He wanted the old man to write off the house in his name. One fine day, the old man was kicked out of his own house!!!

After being thrown out of his house, he erected a small hut on the footpath, in front of his own house. What an irony!! In mornings and evenings he would pedal his bi cycle as old as him to St. Mary's Basilica in Shivajinagar, and used to stretch his hands for alms. Some good Samaritans threw a few coins while others abused him. He spent a portion of his earnings for his food and clothes and he saved the rest for the rainy days.

Many big and posh houses were there near his house. The lady of one such house used to watch the activities of the old man. One day, on her way back from her regular evening walk, she stopped before him and exchanged a few words with him. Later, that became a habit. On hearing his sad living conditions, she offered him to meals a day.

Every day, he would come collect the food and uttered "you and your children will be blessed".

The days he could not come, the lady of the house sent the food through her maid .Once he started getting the food from the lady, he would bring all the amount he collected to hand it over to the lady saying "Amma, keep it with you, use this amount for my funeral".

The cross roads he traveled, the suffering he underwent, his pathetic life, all beyond one's imagination!!

The old man's relatives came to know that he had good savings. They knew that the old man would not survive from the attack of pneumonia , the pestered him and wanted to know where he kept his savings , how much it was, and more on....They once again became very friendly with him . They even tried to take him to their house.

Then, the old man had learnt a great lesson from his life. He told them that he does not have any savings and shrewd them off. After his death, the lady believes that .God heard the old man's prayer and she and her kinds are protected from all evil things, she understood the man's words.

"The good you do, comes back to you."

Rashmi M, I MEBA, RCPUC

हनिदी शायरी

झुकने से रशिता
गहरा हो, तो झुक
जाओ, पर हर बार
आपको ही झुकना
पड़े, तो रुक जाओ !!

लोग चाहते हैं कऱआप बेहतर
करें, लेकिन ये भी सत्य है कऱवो
कभी नहीं चाहते कऱआप उनसे
बेहतर करें !!!

कीमत दोनों को चुकानी पड़ती है,
बोलने के भी और
चुप रहने के भी ...!!

आजकल लोग समझते कम
समझाते ज्यादा है
तभी तो मामले सुलझते कम
उलझते ज्यादा है ||

Sangeetha, 10th Std, Ramaiah High School

KARMA

In the dilemma of duty
The battle of life has begun
The war has begun
In a battle against my own, Against my
own family, Against my own blood.

Hey Krishna, how do I shed
My own family's blood?
And will not fight this battle
I surrender my weapons.
And my battle end.

In the Bhagwad Geeta
We find Krishna's reply
Both are ignorant
He who considers
That the soul is capable of killing
And he who thinks
It can be killed
For verily, the soul neither kills
Nor is killed.

What is the body
But an illusion
The world is tied up
In this delusion

Fire, wind, water
Ether and earth
The body is a cage
Of these five elements.

The soul is eternal
Never born nor dies
But once been
Never ceases to then be
Unborn, perpetual
Enduring, pristine
Nor does it die
With its mortal body
Like a sawn caught in a cage.
The soul that's eternal
Lives on.

What is death
But an illusion.
The swan has taken flight
To return to its home
Why do you grieve death?
Why are you scared of fate?
Why?
This, yours and mine
This matter of life and death.
The sun and the earth
All mere slaves of time

You can only control your actions
And that's your Karma.
Your Karma is your glory.
Your karma is your story.
YOUR KARMA.
Forget your hearts weaknesses
Your responsibilities to your relationships

You can't escape
The struggles of life
You can't escape
The struggle of life.
Treating alike happiness and sorrow
Loss and gain, victory and defeat
Get ready for battle
Fighting thus
You incur no sin

Can you choose right from wrong?
Fight the battle of life
Like a ray of the sun
That can burn through
Every darkness.

GET READY FOR BATTLE!

Pinky Ohja, PGDM, RIM

IKIGAI

Ikigai – The Japanese secret to long and happy life, is a very inspiring book. The book is authored by Hector Garcia and Francesc Miralles. The book is all about discovering the Japanese secret to a long and happy life with the internationally best selling guide

The book touches various aspects of life which can help us achieve a long happy life. It is based on an ancient, well practiced Japanese technique called IKIGAI.

The word derives from "iki" meaning life and "gai" meaning the realization of hopes and expectations.

The book being very inspiring and comforting, also gives us the life changing tools to uncover our personal ikigai. It shows us how to leave urgency behind, find one's purpose, nurture friendships and throw ourselves into our passion. The book, ikigai, mainly focuses on bringing meaning and joy to one's everyday life. This book draws a lot of references from an island in Japan called Okinawa, where there are 24.5 inhabitants of age more than 100 for every 1,00,000 people.

WHAT IS IKIGAI?

In Japanese, ikigai is written by combining the symbols that mean "life" with "to be worthwhile". There is a passion inside us, a unique talent that gives meaning to our days and drives us to share the best of ourselves until the very end. If we don't know what our Ikigai is yet, our only mission is to discover it. Our Ikigai is different for each one of us, but one thing we have in common is that we all are searching for meaning. When we spend our days feeling connected to what is meaningful to us, we live more fully; when we lose the connection, we feel despair. According to those born in Okinawa, the island with most centenarians in the world, our Ikigai is the reason we get up in the morning. Once we discover our Ikigai, pursuing it and nurturing it every day will bring meaning to our lives.

BLUE ZONES

Blue zones are referred to as places in the world where people live longer and healthier than anywhere else on earth. The book tries to explain the deep art of staying young while growing old. It gives the reference of five blue zones in the world where. They are:

- The Italian island of Sardinia
- Okinawa, Japan
- Loma Linda, California
- Costa Rica's isolated Nicoya peninsula
- Ikaria, an isolated Greek island

On each of these blue zones, people living up to 90 years or even 100 years is very common. And they aren't just living long either, these people are living healthy, without any medications or disability.

After more than 5 years of investigation, it was discovered why people in these places live so long. Their secret is their lifestyle. These people live a lifestyle that includes a healthy diet, daily exercise and a low stress life that incorporates family, purpose, religion and meaning

HEALTHY DIET : a healthy diet according to mountains of lectures and also supported by the blue zones investigation, is one that is loaded with vegetables, fruits, fish and nuts and low on meat, sugar, fat and the toxic processed food of the modern civilization.

People in the blue zones eat healthy and not surprisingly, they suffer from major diseases either less frequently or not at all.

REGULAR EXERCISE: a daily routine of regular exercise is another theme that is common across all the blue zones. The people in the blue zones don't need to artificially incorporate exercise into their lives with machines. Common across all the blue zones is that people climb mountains, walk through hills, work the lands and generally use their bodies in a constant grind as they perform their daily activities, ready to fight diseases, and quick to breakdown toxins and waste.

LOW STRESS: In theory, most of us want a life of low stress and a life filled with happiness. But in reality, only few are achieving it. Those living in the blue zones love long and healthy lives enriched with strong family ties, a sense of purpose and a healthy dose of spirituality and plenty of sleep. Those who are living a life constantly full of stress and anger have high levels of cortisol flowing in their bodies. The long term effects of this are increase in blood pressure and generally increasing the onset and severity of heart diseases and several other major diseases.

LESS STRESS IS GOOD FOR YOU!

The book goes on explaining how little stress is good for you since it keeps you going. Being conscious of your daily life and daily routine can lead to a better life. With the pace at which we are running these days, maintaining proper health is becoming difficult. Below mentioned are few ways we can follow to reduce stress.

- Walk whenever possible
- Take staircase instead of escalators
- Drink plenty of water
- Eat only 80% of your appetite
- Choose what you eat
- Get plenty of sleep

THE 10 RULES OF IKIGAI

The book highlights on ten rules of ikigai that everyone should incorporate in their lives. They are:

- Stay active; don't retire
- Take it slow
- Don't fill your stomach
- Surround yourselves with good people
- Get in shape for your next birthday
- Smile
- Reconnect with nature
- Give thanks
- Live in the moment
- Follow your Ikigai

TAKE AWAYS FROM THE BOOK IKIGAI

Ikigai is about finding joy in whatever we do and finding balance in our daily routine, which is usually hectic, the Japanese people never really retire, they keep doing what they love as long as their health allows. The book also tells us how the Japanese are skilled at bringing nature and technology together, not man vs. nature, but rather the union of the two. It also asks us to treat everyone like brother, even if we have never met them before. Lastly, the book urges us to find the purpose of our lives and to love a life full of joy.

Life

Life is a big examination.
 Travelling in it is a difficult transportation.
 Everyone should have a good ambition.
 It can be achieved through good concentration.
 Faith in achieved through good concentration.
 Serving should be our profession.
 We must make much better creation.
 For our next upcoming generation.
 If we follow this meaningful suggestion.
 We will become good citizens of our nation.

Rishi M, I MEBA, RCPUC

CBDC & India's Cryptocurrency



India's central bank (RBI) deputy governor T. Rabi Shankar on July 22, 2021 announced that RBI is working towards phased implementation of digital currency (CBDC), which will be

operational by the end of 2021. CBDC is a legal tender, which is same as the currency issued by a central bank but takes a different form than paper (or polymer) In spite of RBI's repeated warnings against investing in cryptocurrency, investment are increasing it is been held necessary to have digital currency.

The primary reason for this push is the increasing urgency among the world's central banks to protect their monetary authority in the wake of a mushrooming rush in the circulation of private and commercial cryptocurrency. Central Bank Digital Currency is already in operation with five countries, (China, Sweden, the Bahamas, the Eastern Caribbean Currency Union, and the Marshall Islands).

How different they are from Bitcoins, Ethereum and other crypto currencies -

- Cryptocurrency or a blue public block chain such as bit coin and ethereum , dogecoin. Etc. are not governed by any regulatory body. The most advantageous think about CBDC is it has backing of Central bank unlike other cryptocurrency.
- The volatility in the private cryptocurrency is very high, Bitcoin is an asset like shares it fluctuates and risk factor is involved, whereas CBDC store value is maintained. CBDCs are final and thus reduce settlement risk in the financial system.
- Bitcoin and other related crypto are universally accessible but CBDC will be localized. In future, CBDCs are expected to enable a more real-time and cost-effective globalization of payment systems.
- Bitcoin (BTC) and ethereum and other crypto currencies are

different types of assets with different use cases than digital currencies.

- As not all buyers of Bitcoins are aware of ins and outs of blockchain, hash rates and mining, they depend on online platforms, which facilitate transactions of Bitcoins and other digital currencies.
- Globally Government regulations governing the buying and selling of bit coins are complex and constantly shifting. CBDC has the potential to transform the digital payment.
- Bitcoin exchange participants more than the threat of regulations, it is that of theft and other criminal activity. This fear is not associated with CBDC.
- Bitcoin are not backed by a central bank or backed by a government; therefore, the monetary policy, inflation rates, and economic growth measurements that typically influence the value of currency do not apply to Bitcoin.
- Domestically, CBDC will reduce the cost of printing, transporting, storing and distribution of currency and disbursement will be more efficient.

China was the first country, which invented paper currency, and now it is the first country to mint cash digitally or go for Central Bank Digital Currency even at international level. El Salvador's is the first country to pass law, making Bitcoin legal and will be effective from September 7, 2021 and its usage is optional. In India, there is no ban on bit coins.

Dr. Anuradha, Professor, RIM



Krupananda Rama D, Accounts, RCPUC

Ramaiah Toastmasters: A journey in public speaking

A great man once said, "If you can speak, you can influence. If you can influence, you can change lives." It truly is a skill, the ability to change lives by mere words. Unfortunately, speaking, especially public speaking, is not a skill that all of us possess. In fact, it is an activity that petrifies most people.



Fortunately though, stage fright might just be one of those fears that you can tackle and public speaking is one of the skills that you can cultivate. All it takes is the right platform to practise and the right mindset to persevere. One really good platform that provides you with the perfect combination of both is Toastmasters.

Toastmasters, in general, is a platform for public speaking. It gives you the golden opportunity to build up your communication skills without the fear of being judged. It helps you hone your skills as a speaker, know your positives and negatives and pushes you into methods of networking and effective communication. Speaking from experience, I can tell you that it truly is an organization that makes getting rid of stage fright seem incredibly approachable.

I have been a part of Ramaiah Toastmasters Club for almost 2 years now. During the time that I joined college, I could barely gather up the courage to speak in front of my own classroom, let alone on a stage. I, honestly, had almost given up but Ramaiah Toastmasters gave me the opportunity to battle against my fear.

With the help of my Toastmasters mentor as well as fellow club members, I started giving speeches as well as taking up various roles within the club. I even proceeded to being part

of the meetings of Toastmasters clubs all across the country. Often, it would feel that I was way out of my comfort zone but nevertheless, I kept going.

Toastmasters not only gave me the opportunity to build up my speaking skills but it also helped me develop integral networking skills that I can now utilize and apply as and when necessary. Various activities in the club like game night, movie night, a poetry duel in the form of the event 'Kalam ki kala' and many more not only helped me be more at ease in the club but also encouraged me to broaden my social circle as a whole.

Today, I may not have completely gotten rid of my fear of public speaking nor am I an applauded international speaker as such, as of now at least, but one thing is for sure. I am a better speaker and a more confident person than I was yesterday and I have the firm belief that my confidence can only grow as the days pass by.

If you are a person who struggles with public speaking, would like to meet and network with people all across the globe and would want to develop your communication skills, do give toastmasters a shot.

Being part of a speaking club may not instantly give you the ticket to speak, influence and change people's lives but one thing that it does guarantee you is the journey to change yours.



If you want more information about the same, please feel free to contact our President or Vice President Education.

Gautam Singh - 7760119435

Reeti Sethi - 7869960049

Aparnaa Rajeshwari S, 2nd Year B.Com, LL.B, RCL

Lockdown Through The Eyes of a Teenager

We all know that our state has been under partial lockdown twice and could be again if the number of cases increase. People are facing many problems such as unemployment leading to poverty, hunger, and a lack of necessities. Gaps in education, malnourished and orphaned children, a lack of medical facilities have become a part of our daily conversations.

At home we observe strictly, the lockdown protocols, taking all necessary precautions to stay safe and healthy. Having more time to spend with the family is the positive aspect of this lockdown. I attend my classes till afternoon, and then I spend the rest of the time studying, doing homework and helping my mother with the household

chores. I also try to do some exercise daily and keep track of the news.

I see many changes in my society and neighborhood. Everyone is cautious and trying hard to follow the rules and regulations. We meet family and friends virtually. It has raised my levels of awareness with regards to my family and my community. I understand that the need to safeguard my family and my community is paramount. We can only conquer this situation if we all behave responsibly and act together following all protocols.

Jahnvi, 9th Std, Ramaiah Vidyaniketan

SUCCESS

Success is truly a relative term. If we think, to be rich is to be successful then what about Bhagwat Singh, Swami Vivekananda and Mother Teresa who were not rich. Were they not successful people?

'Success is really a word interpreted in different capacities by different people.' The next entry in the channel of thoughts is fame.

Is fame the yard stick to measure success?

'To a poor man, earning daily bread is a success in life' while "Tata and Birla" even getting millions of projects may not exactly mean success. Obviously, this difference creates social and economical strata.

The correct balance to weigh success upon is 'happiness.'

Happiness can be achieved only when we get what we want and no one else in the world but we, ourselves can tell us what we seek.

To analyse this very common thing in each kind of success, firstly we need to make a clear picture of "successful man." Thus to feel happy and in turn successful, we need to follow ourselves and perhaps that's how success shall be defined aptly for each of us.

In generic terms, "Success is a state of affairs, more importantly a state of mind in which we find ourselves when we find happiness."

Nirmala Yadav, VI Semester CE, Ramaiah Polytechnic

Five undeniable Facts of Life

- Don't educate your children to be rich. Educate them to be happy. So, when they grow up, they will know the value of things, not the price.
- Best awarded words in Bangalore....."Eat your food as your medicines. Otherwise, you have to eat medicines as your food."
- The ones who love you will never leave you for another because even if there are hundred reasons to give up, he or she will find one reason to hold on.
- There is a big difference between a human being and being human. Only few really understand it.
- You are loved when you are born. You will be loved when you die. In between, you have to manage!

Note: *If you just want to walk fast, walk alone !
But if you want to walk far, walk together !*

Six best doctors in the world

- 1) Sunlight
- 2) Rest
- 3) Exercise
- 4) Diet
- 5) Self confidence
- 6) Friends

Maintain them in all stages of life and enjoy a healthy life.

Jayanna H K, Head Master, Ramaiah High School



Samyukta Bondre, 2nd Year, B.Com., L.L.B., RCL

ಮಲೆನಾಡ ಸಿರಿ

ಮಲೆನಾಡು...ಈ ಮಲೆನಾಡು....
ಎಂಥ ಸುಂದರವೀ ಮಲೆನಾಡು...
ಹಚ್ಚಹಸಿರಿನ ಹೊದಿಕೆಯಲಿ
ನೋಡಲಚ್ಚುಮೆಚ್ಚು.

ಬದಿಯಲ್ಲೆಲ್ಲ ಸ್ವಾಗತಿಸುವ
ಎತ್ತರೆತ್ತರ ಮರಗಳು
ಮನಮೋಹಕ ಸುಂದರ ಐಸಿರಿಯು
ಅಲ್ಲಲ್ಲಿ ಹರಿವ ಜಲಧಾರಗಳು.

ಶೃಂಗೇರಿಯ ಶಾರದಾಂಬೆ
ಹೊರನಾಡ ಅನ್ನಪೂರ್ಣೇಶ್ವರಿ
ನೆಲೆಸಿಹರು ಈ ತಾಣದಲಿ
ಕಂಗೊಳಿಸುತಿಹರು ಭವ್ಯ ರೂಪದಲಿ.

ಮನಮೋಹಕ ಸಪ್ತಗಿರಿಗಳು
ಮನೋಲ್ಲಾಸಗೊಳ್ಳುವ ಅನುಭವಗಳು
ಕೊರೆಯುವ ಚಳಿ ತಂಪು ಗಾಳಿ
ಕೊಡುತಿದೆ ಹೊಸ ಅನುಭವವ.

ಮಲೆನಾಡಿನ ಈ ಸೊಬಗನು
ಕಂಡಾಕ್ಷಣ ಮೈಮರೆತೆ
ಎನ್ನ ಮನವನು ಆವರಿಸಿದೆ
ಮೂಕವಿಸ್ಮಿತವಾಗುವಂತೆ ಮಾಡಿದೆ.

ಕಾಫಿ ಚಹಾ ತೊಟ್ಟಿಗಳಿಂದ
ಕಂಗೊಳಿಸುತಿಹೆ ನೀನು
ಬೀಟೆ ತೇಗ ಶ್ರೀಗಂಧಗಳ ತೊಟ್ಟಿಲು ನೀನು
ನಿನ್ನ ಗರ್ಭದಲಿ ಅಡಗಿಹುದು ವನ್ಯ ಸಿರಿ
ಸಂಪತ್ತು.

ಅಸಂಖ್ಯಾತ ಮೃಗ-ಮಿಗಳ ತಾಣವಿದು
ನಿನ್ನಲ್ಲಿವೆ ಗಿಡಮೂಲಿಕೆಗಳಿಂದ ಕೂಡಿದ
ಗಿರಿಗಳು
ನಿನ್ನಲ್ಲಿವೆ ಜೀವವೈವಿಧ್ಯತೆಯು
ಇದ ನೋಡಲು ಕಣ್ಣೆರೆಡು ಸಾಲದು.

Anushree M S, 2nd Sem, C.S. & Engg., RIT

Book Review - How to Win Friends and Influence People

Introduction:

How to win friends and influence people by Dale Carnegie is a self-help classic that reads as a life manual. The core idea is that you can change other people's behavior simply by changing your own.

Carnegie wrote this book in 1936 because he could not find a suitable book on public speaking and getting along with people. The book is 260 pages long and divided into four major parts with 30 chapters.

This classic book is about rapport and communication skills. It teaches you the principles to better understand people, become a more likeable person, improve relationships, win others over, and influence behavior through leadership.

EXECUTIVE SUMMARY

MAJOR PARTS

1. Fundamental Techniques in Handling People

- Don't criticize, condemn or complain.
- Give honest and sincere appreciation.
- Arouse in the other person an eager want.

2. Six ways to make People Like You

- Become genuinely interested in other people.
- Smile.
- Remember that a person's name to that person is the sweetest and most important sound in any language.
- Be a good listener. Encourage others to talk about themselves.
- Talk in terms of other persons interests.
- Make the other person feel important and do it sincerely.

3. How to win People to your way of Thinking

- The only way to get the best of an argument is to avoid it.
- Show respect for the other person's opinions. Never say, "You're wrong".
- If you are wrong, admit it quickly and emphatically.
- Begin a conversation in a friendly way.
- Get the other person saying 'yes' immediately.
- Let the other person do a great deal of the talking.
- Let the other person feel that the idea is his or hers.
- Try honestly to see things from the other persons point of view.
- Be sympathetic with the other person's ideas and desires.
- Appeal to nobler motives.
- Dramatize your ideas.
- Throw down a challenge.

4. Be a Leader: How to change people without giving or arosing resentment

- Begin with praise and honest appreciation.
- Call attention to peoples mistakes indirectly.

- Talk about your own mistakes before criticizing the other person.
- Ask questions instead of giving direct orders.
- Praise the slightest improvement and praise every improvement.
- Give the other person a fine reputation to live up to.
- Use encouragement. Make the fault seem easy to correct.
- Make the other person happy about doing the thing you suggest.

Here are my summaries on how to apply Carnegie's book to make your communications with other flow better, and more productive.

The Fundamentals of Carnegies Techniques Lie in two things:

1. An absence of criticizing, condemning or complaining about others, and
2. An honest and sincere appreciation of others in relation to their motivations in life.

The first is obvious, though in the modern world no one seems to follow it.

The second is interesting in application- yes, we can appreciate these things in relation to others, but we can also use our understanding of these motivations to get ourselves to do things.

CONCLUSION

Dale Carnegie seems to write as he speaks, staying very concrete, concise and relevant, and using many examples from real life. He puts the deeply emotional nature of human beings first, and the whole book is centered on these two primordial concepts:

1. No matter what they say, men and women are above all emotional beings with a vital need to look kindly on them.
2. No matter how rational an argument might be, they will reject it most of the time if their self-esteem is hurt.

I am sure that human relationships would be a bit smoother if everyone applied the principle in this book.

Kammara Guna Vardhan, 1st Year, B.B.A., LL.B, RCL



Lalithambika, 4th Sem, Ramaiah Polytechnic

ಅಜಾಂಡವೆಂಬ ಅದ್ಭುತ

ಎಷ್ಟು ವಿಶಾಲ ಈ ಅಜಾಂಡವು
ಶ್ಯಾಮಲ ವನಧಿಯಂತೆ ಗೋಚರಿಸುತ್ತಿಹುದು.
ಈ ಬ್ರಹ್ಮಾಂಡವೊಂದು
ಅತ್ಯದ್ಭುತ ಸೃಷ್ಟಿಯು.

ಅಸಂಖ್ಯಾತ ತಾರಾಪಥಗಳು
ಎಣಿಕೆಯಿಂದಲೆಯಲಾರದಷ್ಟು
ತಾರಾ ಸಮೂಹಗಳು
ಸುಂದರ ರಮಣೀಯ ಧೂಮಕೇತುಗಳು.

ಕ್ಷೀರಪಥವ ಸುತ್ತುತ್ತಿಹನು
ನಮ್ಮ ಸೂರ್ಯನು
ಅನೂಹ್ಯ ಅನಂತದಲಿ ಗೋಚರಿಸುತ್ತಿಹವು
ಅಸಂಖ್ಯಾತ ಆಕಾಶ ಕಾಯಗಳು.

ರಾಜಾರ್ಕರು ತಾರೆಗಳು
ಪ್ರಕಾಶಿಸುವರು ಬಾನಿನಲಿ
ಹಾಲುಚೆಲ್ಲಿದಂತೆ ಗೋಚರಿಸುತ್ತಿಹವು
ತಾರೆಗಳು ಈ ಶ್ಯಾಮಲ ವನಧಿಯಲಿ.

ಮಹಾಸ್ಫೋಟದಿಂದ
ಉದ್ಭವಿಸಿದ ಈ ಅಜಾಂಡವು
ಕ್ಷಣಕ್ಷಣಕ್ಕೂ ಹಿಗ್ಗುತ್ತಿದೆ
ಈ ಬ್ರಹ್ಮಾಂಡವೊಂದು ಅತ್ಯದ್ಭುತ ಸೃಷ್ಟಿಯು.

Anushree M S, 2nd Sem, CS&E, RIT

Sky of Life

How I move along like the clouds
In the sky of life
Obstructed by the mountains like an obstacle
Melting down , raining all over
Thinking I'll never get back on the
Pure blue sky of life
Along with the other birds
Who accompany me in my journey of life,
I have two best friends
Who have always been there by my side
During nights and days
Need I say who they are?
The world knows them as the sun and the moon
I have other friends, the twinklers
Who come and go along the way
They twinkle brightly at the beginning
But fade away from life
As time goes by
There are 8 others, who are with me
But not always
As they keep moving around
And all I want to do is
Move among them
In this sky of life.

Anusha, BA 2nd Year RCASC

The pandemic according to Grade 3 and their teacher

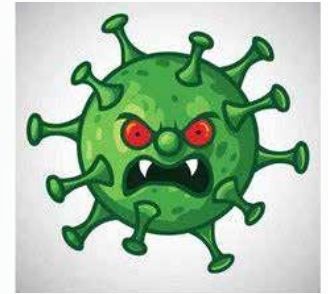
The little feet and hands that were in constant motion like birds are tied down to a small portion of their previous world in this situation. Their world of education has become an exclamation!

The children who had a safe and healthy environment to run, play, talk, meet and go to school have to think twice before stepping out and when they do they are masked and carry sanitizers. There are so many restrictions. A Free movement that was taken for granted is now a rarity.

The most precious time in a child's life, where they should have been at their freest and happiest, two years of school life has been taken away. No friends, no teachers to interact and play with due to the dangers of this virus and its infectious nature.

The little children await eagerly to return to the fascinating place that was school, wishing that the school gates would open and welcome them. They have missed out on something which is valuable and to be cherished.

They are fed-up of sitting in one place in front of a screen where they can see and hear but they are stationary, bound to a single spot. And so they make posters where they slay the Corona monster and wish it away permanently so that once more they can play and run freely and share with each other without masks, sanitizers and social distance.



Corona... Go Corona....
Go away forever....
Come back never.....
Let every creature breathe fresh
air.... for ever
Go away Corona and come back
never

Sowmya N, Assistant Teacher, Ramaiah Vidyaniketan

The Coffee Rendezvous

The Coffee Rendezvous

Relish your Coffee, happy and slow
 No one ever knows when it's time to go,
 There'll be no time to enjoy the glow,
 So relish your Coffee, happy and slow.

Life is too short but feels pretty Long,
 There's too much to do, so much going Wrong,
 And most of the time you struggle to be strong,
 Before it's too late and it's time to go,
 Relish your Coffee, happy and slow

Some friends stay, others Go away,
 Loved ones are cherished but not all will stay.
 Kids will grow up and fly away.
 There's really no saying how things will go,
 So relish your Coffee, happy and slow

But you know seasons have changed
 Those precious little moments are part of yesterday
 Most things have turned out relatively okay
 And so you reap what you sow
 So relish your Coffee, happy and slow

In the end, it's all about love
 For this World it is beauty and Stars above,
 Appreciate and Value who truly Cares,
 For His grace in life, for each perfect moment
 Smile and Breathe and let your Worries go,
 So just relish your Coffee, happy and slow

Dr. A Nagarathna, Principal, RCASC



Madhumita Sinha, PGDM, RIM

LOST

Switch on the camera they say
 Stare at the screen they say
 What am I really staring at?
 My mind wanders...

Just closing my eyes takes me
 To a place full of friends
 The laughter, the running around in the Sun,
 The pranks, the games...
 All seem like another lifetime.

When will this end?
 When will I see the Sun?

It's so boring to be online
 All the time!

Give me my childhood
 Give me my friends.
 Take me to a place where
 The fun never ends.
 Where I don't have to live in fear
 Of a pandemic that's so unfair.
 Let me be a child again
 Let my life be normal again.

Prof. Anupama A Shah, Marketing Professor, RIM

Life has always made

Life has always made
Tough choices now and then
I soon get up with the solutions
But the questions change as I solve them
Life has always made
Tough choices now and then
Sometimes we go clueless
The next moment we get
An inspiring idea to tackle.....

Life has always made
Tough choices now and then
Sometimes I find new answers
For some difficult task
The next moment I remember
Things would be better
If I knew it before time.....
Life has always made
Tough choices now and then

I see a girl;
With curly brown hair & the sparkling golden eyes
Beautiful would be a small word
To describe her; she is like a fairy
She wants to fly;

She doesn't want to be dependent on anybody;
She wishes to touch the beautiful sky....

I see beautiful kids playing;
For them nothing matters as much
They find God in every human being
Their love knows no boundary;
Life has always made
Tough choices now and then

I see a farmer;
Looking at the sky; with tiny droplets of water
It seems like is it the precipitation or the water of pain;
With this I see now the dark clouds the sky covers with
Maybe it is the almighty who catches his hand
And tell that this is the end of your pain;

I see a soldier;
In the battleground whose clothes are wrapped in blood;
He has a letter in his pocket which says that dad come home
soon

Will he be able to make it, he looks at the sky and he prays?
Life has always made

Tough choices now and then
Why we need to fight with other countries?
Just to show that "We" are powerful...

We buy arms and ammunition but we don't have money
To invest in healthcare to save life...
Seems like we have money for destroying life but not for saving
them;

May be one day we can change our view to look at life;
We can change our thinking for everyone's good.

But we have to enjoy life;
This is the only life to keep with....

These Angles, God puts on this Earth



Who care for us and guide us,
You can feel the love and gentleness
As they walk through life besides us.

They do great things for us everyday
They whisper in our ears,
They even hold us in their hearts
When we are filled with all our fears

They are always there to give a hug
And try to make us smile.
They treat us with respect and love,
They treat us like their child.

God blessed me with an Angel,
I'm proud to call my own.
She's been with me throughout my
life, been with me as I've grown.

She's guided me the best she can,
She's taught me like no other,
and I'm thankful I'm the lucky one
who gets to call herMOTHER

Trisha S, IICsSB.A., RCPUC

Nilakash Paul, PGDM, RIM

Feedback with regard to Abhijna Darpana Newsletter



Pinky Ohja, PGDM, RIM

'Abhijna Darpana' a quarterly Newsletter gives an equal opportunity to all the students and teachers community of GEF institutions to express their feelings or opinions through write-ups. And it gives them a great opportunity to do so on a vast level where everyone can see it, it's an opportunity that should be utilized by all the students and staff community in a meaningful way. Thanks to the management for providing a platform.

Sanvi Gupta, 1st Year, BE, BT, RIT

'Abhijna Darpana' is a wonderful newsletter, had a pleasure reading it and got to know about the numerous achievements of our Ramaiah group of institutions and the handwork behind of it. Thanks for the effort of the team.

Komal, 1st Year, BE, IEM, RIT

It's a delight to read 'OUR' newsletter - The Abhijna Darpana. The newsletter is very interesting, and I would definitely recommend it to my family members and friends as a good read. There are articles, literary work and poetry which are formal, valuable, and informative. The photographs and paintings are the best! In my opinion, the Abhijna Darpana is a very good platform to present our talents. It is a great initiative by the creators and participants of the newsletter!

Jahnvi, 9th Std, Ramaiah Vidyaniketan

"ART has Power to Trasform, Illuminate, Educate, Inspire and Motivate". ABHIJNA DARPANA is the result of great effort by M S RAMAIAH INSTITUTE to help students to understand this POWER OF ART. This has given a very good platform for students to enhance their knowledge and share it with others. Every edition is coming with fresh and new articles making it more interesting to read and learn.

Shakuntala Purohit, 4th Sem, B.Ed, RCE

A Book is a Gift you can Open again and again. M S RAMAIAH INSTITUTE is making this quote true through ABHIJNA DARPANA. Every student of the institution is receiving this gift. The magazine is filled with wonderful articles of different categories worth reading. Not only reading it is also providing opportunity to students to express their talent. Best wishes to entire team for future editions.

Lalitha S, 4th Sem, B.Ed, RCE



Nikitha P, 1st B.Sc., RCASC

I am very happy and privileged with our new newsletter Abhijna Darpana which helped us to know new things... bring out our talents and creativity...and to have active participation in it..Thank you for the management for providing this opportunity....

Naveen, 1st Sem B. ED RCE

'Abhijna Darpana' – An opportunity to share talent and see it in a tangible form. Kudos to the team!

Ms Sowmya N, English Teacher, Ramaiah Vidyaniketan

With everything that's happening around the world and in our lives, I think Abhijna Darpana is a grand platform for students and faculties of our institution to showcase their works. The newsletter helps in understanding our peers better, encourages student contributors to publish their works and also provides an insight of all the events conducted by our institution.

Looking forward to the next issue!

Shanto Abraham Kurian, PGDM, RIM

Abhijna Darpana is a great platform where students can get great exposure to learn soft skills and gain knowledge. The magazine contains life realities which will help one to get better vision of oneself. The paintings put forward the creative side of a student. The contents can be diversified more by using some quizzes or some kind of tricky questions similar to crossword. I am eagerly waiting for the next edition to come because by reading this I get huge inspiration to overcome challenges.

Subhadeep Paul, PGDM, RIM

I'd love to congratulate all of you on the release of the newsletter. Amazing articles, was swayed by the exquisite drawings which are such a blessing to the eyes .Poems on a mother was so touching. Great views on the pandemic and was beyond amazed.

I commend your efforts and work. Hope to see many more lovely articles and sketches .All the very best to the entire team behind the newsletter . May you all continue to work with the same zeal.

Maanya Aiyappa, 1st Year, BBA., LL.B., RCL

Informative good initiative we can express all writing skills.

Darshan Gowda C, 2nd, Year, MEBA

Abhijna dharpana is unique and informative. It's so interesting to read through and the fact that it encourages students to showcase their hidden talents is tremendous.

G.Sadhana, 1st Year, BBA.,LL.B.,RCL

Abhijna Darpana reflects the happenings in and around the Ramaiah campus. I find it very interesting and informative .Looking at the vibrant articles by various students, I always get motivated to write one. It is a platform for the students of all the Ramaiah institutions to showcase their creativity and enhance their writing skills. The cross word puzzle in the last edition was engaging. I eagerly wait for the next edition, and it is difficult for me to hold on until then.

Soudhamini MV, 2nd Year B.A., RCASC

I've always been more creatively inclined than in academics so the Ramaiah newsletter is my perfect outlet and I'm sure there are more like me who found Abhijna Darpana a great initiative for creatively skilled students all over the campus.

Syed Momin Muskan, 2nd Year, B.Sc., RCASC

1) It keeps us aware of the current scenarios 2) the poems have a beautiful meaning and it's Motivating 3) the general articles on the magazine are very informative.

TRISHA S, 2nd Year, CSSBA

It is a quarterly magazine, we can read different types of articles, and we can get knowledge.

Ankith Reddy, 2nd PUC, PCMC

1) It has a wide range of topics. 2) Forms of expression of literary talent by students. 3) Good Magazine

Asutosh Tripathy, 2nd PUC, PCMC

The contents of this newsletter is very inspiring. It is also very creative. It is filled with lots of information. Each piece is very well organized. I find this very informative to each one of us.

Bhavana P, Ramaiah Polytechnic

Newsletters can be a great tool for spreading the world of our institutions to a larger section of people. Abhijna Darpana is one such newsletter. I had an opportunity to read many creative articles by students, teachers in this newsletter. The articles are read-worthy and relevant. This is a must read newsletter and has a unique type of design & concept. And I'm happy that even my article was part of 3rd issue of this newsletter

Pallavi Prakash, Ramaiah Polytechnic