

Department of Kannada

ಕನ್ನಡ ವಿಭಾಗ



ಶ್ರೀ. ಕನ್ನಡ ವಿಭಾಗದ ಅಧ್ಯಕ್ಷರುಗಳ ಸಭೆ. ಇವರಲ್ಲಿ ಅಧ್ಯಕ್ಷರಾದ ಶ್ರೀ. ಕೆ. ಎಸ್. ಶಂಕರಪ್ಪ, ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿರುವ ಶ್ರೀ. ಕೆ. ಎಸ್. ಶಂಕರಪ್ಪ, ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿರುವ ಶ್ರೀ. ಕೆ. ಎಸ್. ಶಂಕರಪ್ಪ, ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿರುವ ಶ್ರೀ. ಕೆ. ಎಸ್. ಶಂಕರಪ್ಪ, ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿರುವ ಶ್ರೀ. ಕೆ. ಎಸ್. ಶಂಕರಪ್ಪ.

ಶಿಕ್ಷಕ ನಿರೀಕ್ಷೆ

ಇಲ್ಲಿಗೆ ಕನ್ನಡ ವಿಭಾಗದ ಅಧ್ಯಕ್ಷರುಗಳ ಸಭೆ. ಇವರಲ್ಲಿ ಅಧ್ಯಕ್ಷರಾದ ಶ್ರೀ. ಕೆ. ಎಸ್. ಶಂಕರಪ್ಪ, ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿರುವ ಶ್ರೀ. ಕೆ. ಎಸ್. ಶಂಕರಪ್ಪ, ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿರುವ ಶ್ರೀ. ಕೆ. ಎಸ್. ಶಂಕರಪ್ಪ, ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿರುವ ಶ್ರೀ. ಕೆ. ಎಸ್. ಶಂಕರಪ್ಪ, ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿರುವ ಶ್ರೀ. ಕೆ. ಎಸ್. ಶಂಕರಪ್ಪ.

ಸಂಸ್ಕೃತಿ ಕಟ್ಟುವಿಕೆಯಲ್ಲಿ ಸದಾ ಮುಗ್ಧ

ಸಂಸ್ಕೃತಿ ಕಟ್ಟುವಿಕೆಯಲ್ಲಿ ಸದಾ ಮುಗ್ಧ. ಸಂಸ್ಕೃತಿ ಕಟ್ಟುವಿಕೆಯಲ್ಲಿ ಸದಾ ಮುಗ್ಧ. ಸಂಸ್ಕೃತಿ ಕಟ್ಟುವಿಕೆಯಲ್ಲಿ ಸದಾ ಮುಗ್ಧ. ಸಂಸ್ಕೃತಿ ಕಟ್ಟುವಿಕೆಯಲ್ಲಿ ಸದಾ ಮುಗ್ಧ.



ವಿದ್ಯಾರ್ಥಿ ಸ್ವಾರ್ ಕ್ಯಾಂಪೇನಲ್! ಗೋಪಾಲ ಗಿರೀಶ ಪ್ರಧಾನ ಭಾವೋದ್ವೇಗ

ವಿದ್ಯಾರ್ಥಿ ಸ್ವಾರ ಕ್ಯಾಂಪೇನಲ್! ಗೋಪಾಲ ಗಿರೀಶ ಪ್ರಧಾನ ಭಾವೋದ್ವೇಗ. ವಿದ್ಯಾರ್ಥಿ ಸ್ವಾರ ಕ್ಯಾಂಪೇನಲ್! ಗೋಪಾಲ ಗಿರೀಶ ಪ್ರಧಾನ ಭಾವೋದ್ವೇಗ.

ಭವದಿಂದ



ನುರಾನಾ ಕಾಲೇಜು
(ಮಾಲ್ ಕೆ ಪ್ರೀಮ್ ವಾಹಾಲ್)

ಶಿಕ್ಷಣ ಮತ್ತು ಸಂಸ್ಕೃತಿ ಕಟ್ಟುವಿಕೆಯಲ್ಲಿ ಸದಾ ಮುಗ್ಧ.

ಸಂಸ್ಕೃತಿ ಕಟ್ಟುವಿಕೆಯಲ್ಲಿ ಸದಾ ಮುಗ್ಧ

ತಾರೀಖು : 23-08-2014. ಸಮಯ : ಬೆಳಿಗ್ಗೆ 10.30ರಲ್ಲಿ

ವಿದ್ಯಾರ್ಥಿ ಸ್ವಾರ ಕ್ಯಾಂಪೇನಲ್! ಗೋಪಾಲ ಗಿರೀಶ ಪ್ರಧಾನ ಭಾವೋದ್ವೇಗ.

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KANNADA / HINDI / SANSKRIT

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Dept - Commerce

Lecture Hall - 109

Notice - Department of Kannada

ಕನ್ನಡ ವಿಭಾಗ

The notice board displays a central article titled "ಜನಾಭಿಮಾನ ಸಾಧನೆ" (Achieving Self-Respect). To the left of the article is a yellow rose illustration. To the right are several smaller photographs. The board is filled with text in Kannada script, organized into columns. At the top right, there is a small portrait of a man.



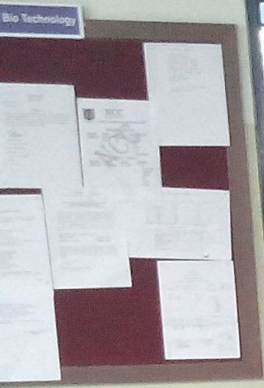
Lecture Hall -109

Notice - Department of Kannada

Notice - Department of Hindi

ಕನ್ನಡ ವಿಭಾಗ

हिन्दी विभाग



Notice – Department of Kannada

ಅಕ್ಷರ ಸಿರಿ

ಆತ್ಮಚರಿತ್ರೆ

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GANDHI

BARACK OBAMA

BENJAMIN FRANKLIN

SACHIN TENDULKAR

ADOLF HITLER

WINSTON CHURCHILL

ANNIE FRANK

THE DIARY OF A YOUNG GIRL

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ORWELL

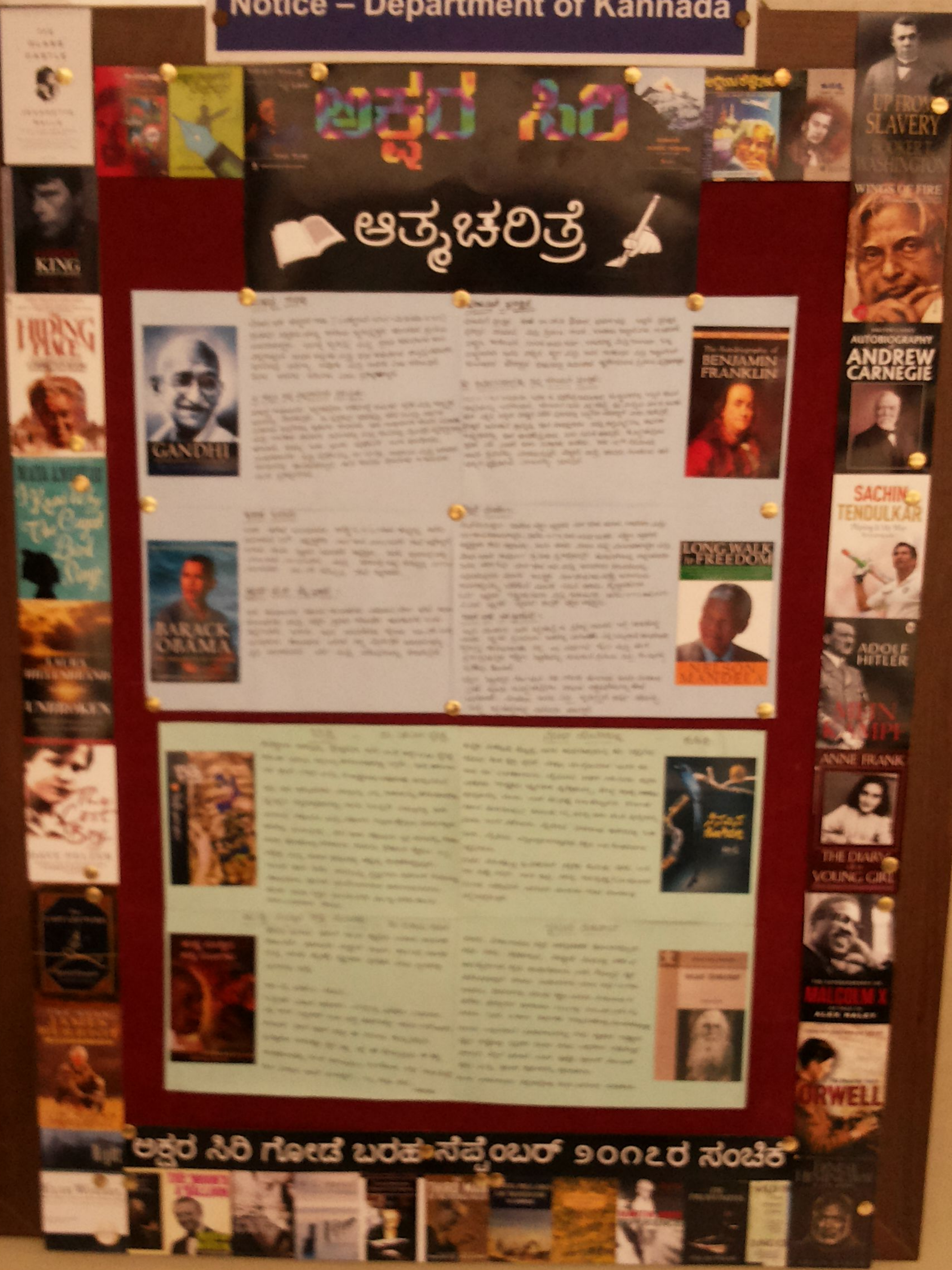
ಆತ್ಮಚರಿತ್ರೆ

ಅಕ್ಷರ ಸಿರಿ

ಆತ್ಮಚರಿತ್ರೆ

ಆತ್ಮಚರಿತ್ರೆ

ಅಕ್ಷರ ಸಿರಿ ಗೋಡೆ ಬರಹ ಸಂಪನ್ಮೂಲ ೨೦೧೭ರ ಸಂಚಿಕೆ



WORDS AND AFTER WORDS

INTERACTIVE CORNER

History
 Thomas Malthus (1766-1824)
 Malthus' theory of population growth was based on the simple idea of the arithmetic-geometric progression. It is generally regarded as the starting point of the Malthusian Theory. Malthus argued that the world's population would grow at an arithmetic rate, while the world's food supply would grow at a geometric rate. He argued that the world's population would eventually reach a point where the food supply could no longer support the population.



Industrial Revolution
 The Industrial Revolution was the transition to new manufacturing processes in the period from about 1760 to some time between 1820 and 1840. The revolution included getting more food production methods to increase food production, and the production of new products. It began with the invention of the spinning machine, which allowed for the mass production of cotton threads. This led to the development of the textile mill, which replaced the traditional home-based spinning. The revolution also led to the development of the steam engine, which powered the factories and the railways.



Public Library logo and text.

Just before exams, 50,000 'take' students

City chemists continue to sell banned Analgin

"There is no surer foundation for a beautiful friendship than a mutual taste in literature."
 - P.G. Wodehouse

NYM WORDS

Words ending in "-nym" are often used to describe different classes of words, & the relationships between words. The "-nym" literally means 'NAME'. Some lesser known "-nyms".

- 1. Autonym.** A word that can take two or more opposite meanings.
 Ex: A word 'Fast' means 'moving quick' or 'fitted firmly in place'.
- 2. Exonym.** A place name used by foreigners, differs from the name used by natives.
 Ex: 'Londres' is the French exonym for 'London'.
- 3. Metonym.** A word designates some thing by the name of something associated with it.
 Ex: The 'Crown' referring to 'Monarchy'.
- 4. Onym.** A string of words which is homophonic with another string of words.
 Ex: Ice-cream & I screams.

CLASSIC CROSSWORD

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REBUS PUZZLES

Rebus Puzzles are little pictures often made with letters and words which cryptically represent a word, phrase or saying. Figure these out -

IOS	OUT GO OUT OF OUT OUT OF OUT	REV	Q.E.D.
B A P E S	B I O	LIPS LIPS LIPS LIPS	W E E W E E W E E W E E W E E W E E
BE TIME	MARY + MARY	AMITING AMITING AMITING	ONE ONE ONE ONE

Notice - Department of English / Journalism / Tourism

krunchers

MONTH OF LOVE

Celebrating Month of LOVE



Handwritten text in a heart shape, partially obscured by another heart.

Handwritten text in a heart shape, partially obscured by another heart.

HISTORY
 The story of Valentine's Day begins in the third century with an oppressive Roman emperor and a heroic Christian martyr. The emperor was a hater of the Christian religion...

Handwritten text in a heart shape.

I love you without knowing how, or when, or from where, without any reason or excuse, without compromise or condition.

Handwritten text in a rectangular box.

"ENGAGE Club"

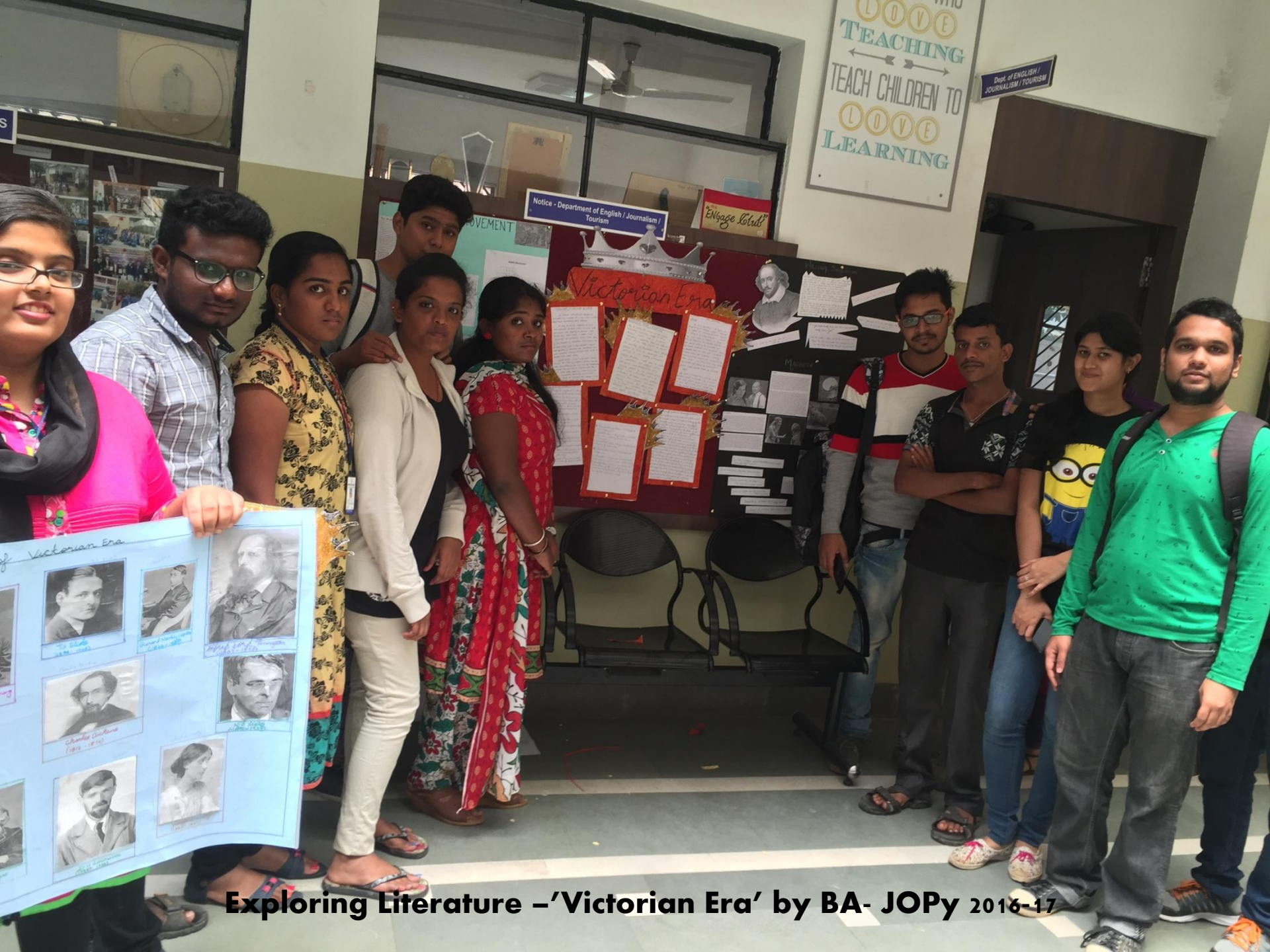
LOVE

III YEAR
VI SEMESTER
BA (TOPI)





**Valentine's Day
Wall-Mag by BA-
JOPy
on 14th Feb 2016**



Notice - Department of English / Journalism / Tourism

WHO
LOVE
TEACHING
TEACH CHILDREN TO
LOVE
LEARNING

Dept. of ENGLISH / JOURNALISM / TOURISM

Victorian Era

ENGAGE CLUB

MOVEMENT

Portraits of authors and handwritten notes on a display board.

Victorian Era

Portraits of authors on a blue poster.

- Charles Dickens (1812 - 1870)
- Other authors and their portraits.

Exploring Literature – 'Victorian Era' by BA- JOPy 2016-17



Macbeth

Because we first hear of Macbeth in the wounded captain's account of his battlefield valor, our initial impression is of a brave and capable warrior. This perspective is complicated, however, once we see Macbeth interact with the three witches. We realize that his physical courage is self-doubt—struggle for mastery of Macbeth throughout the play. Shakespeare uses Macbeth to show the terrible effects that ambition and guilt can have on a man who lacks strength of character. We may classify Macbeth as irrevocably evil, but his weak character separates him from Shakespeare's great villains—Iago in *Othello*, Richard III in *Richard III*, Edmund in *King Lear*—who are all strong enough to conquer guilt and self-doubt. Macbeth, great warrior though he is, is ill equipped for the psychic consequences of crime.

Before he kills Duncan, Macbeth is plagued by worry and almost aborts the crime. It takes Lady Macbeth's steely sense of purpose to push him into the deed. After the murder, however, her powerful personality begins to disintegrate, leaving Macbeth increasingly alone. He fluctuates between fits of fevered action, in which he plots a series of murders to secure his throne, and moments of terrible guilt (as when Banquo's ghost appears) and absolute pessimism (after his wife's death, when he seems to succumb to despair). These fluctuations reflect the tragic tension within Macbeth: he is at once too ambitious to allow his conscience to stop him from murdering his way to the top and the end of the play, he seems almost relieved—with the English army at his gates, he can finally return to life as a warrior, and he displays a kind of reckless bravado as his enemies surround him and drag him down. In part, this stems from his fatal confidence in the witches' prophecies, but it also seems to derive from the fact that he has returned to the arena of the battlefield. Unlike many of Shakespeare's other tragic heroes, Macbeth never seems to contemplate suicide. "Why should I play the Roman fool," he asks, "and die / On mine own sword?" (5.10.1-2). Instead, he goes down fighting, bringing the play full circle: it begins with Macbeth winning on the battlefield and ends with him dying in combat.

Lady Macbeth

Lady Macbeth is one of Shakespeare's most famous and frightening female characters. When we first see her, she is already plotting Duncan's murder, and she is stronger, more ruthless, and more ambitious than her husband. She seems fully aware of this and knows that she will have to push Macbeth into committing murder. At one point, she wishes that she were not a woman so that she could do it herself. This theme of the relationship between gender and power is key to Lady Macbeth's character: her husband implies that she is a masculine soul inhabiting a female body, which seems to link masculinity to ambition and violence. Shakespeare, however, seems to use her, and the witches, to undercut Macbeth's idea that "undaunted mettle should compose / Nothing but males" (1.7.73-74). These early women use female methods of achieving power—that is, manipulation—to further their supposedly male ambitions. Women, the play implies, can be as ambitious and cruel as men, yet social constraints deny them the means to pursue these ambitions on their own.



Lady Macbeth manipulates her husband with remarkable effectiveness, overriding all his objections; when he hesitates to murder, she repeatedly questions his manhood until he feels that his most virtuous murder to prove himself. Lady Macbeth's remarkable strength of will persists through the murder of the king—it is she who secures her husband's nerves immediately after the crime has been perpetrated. Afterward, however, she begins a slow slide into madness—just as ambition affects her more strongly than Macbeth before the crime, so does guilt plague her more strongly afterward. By the close of the play, she has been reduced to sleepwalking through the castle, desperately trying to wash away an invisible bloodstain. Once the sense of guilt comes home to roost, Lady Macbeth's sensitivity becomes a weakness, and she is unable to cope. Significantly, she apparently kills herself, signaling her total inability to deal with the legacy of their crimes.

"Is this a dagger which I see before me, the handle toward my hand?"

"It will have blood, they say, blood will have blood."

"Double, double toil and trouble; Fire burn and caldron bubble"

"Let not light see my black and deep desires"

"Something wicked this way comes"

"None of women born shall harm Macbeth"



Duncan

The king of Scotland should be a figurehead of order and orderliness, and Duncan is the epitome, or supreme example, of this. His language is formal and his speeches full of grace and graciousness, whether on the battlefield in Act I, Scene 2, where his talk concerns matters of honor, or when greeting his kind hostess Lady Macbeth in Act I, Scene 6. Duncan also expresses humility (a feature that Macbeth lacks) when he admits his failure in spotting the previous Thane of Cawdor's treachery: "There's no art to find the mind's construction in the face" (1.4.11).

Most importantly, Duncan is the representative of God on earth, riding by divine right (ordained by God), a feature of kingship strongly endorsed by King James I, for whom the play was performed in 1606. This "divinity" of the king is made clear on several occasions in the play, most notably when Macbeth talks of the murdered Duncan as having "silver skin lac'd with golden blood" (Act II, Scene 3). The importance of royal blood, that is, the inheritance of the divine right to rule, is emphasized when, in the final scene, Duncan's son Malcolm takes the title

"Fair is Foul, and Foul is Fair"



Influence of Supernatural characters on

MACBETH

The witches gave him a false sense of invincibility, causing him to believe he would not be defeated.

There was also change in his personality

OLD = "will all great Neptune's ocean wash this blood from my hand."

NEW = "The castle of Macduff I will surprise, seize upon life; give to the edge o' th' sword, his wife, his babes & all companions. Souls that trace him in his line."

The witches in Macbeth are symbolic of the guilt within Macbeth's soul.

The supernatural element hastens the downfall of the hero.



Banquo

Banquo's role in the original source for Macbeth was as Macbeth's co-conspirator. In Shakespeare's play, he is depicted instead as Macbeth's rival: the role of fellow plottor passed to Lady Macbeth. Like Macbeth, Banquo is open to human yearnings and desires. He is, for example, just as keen to hear what the Witches have to say for him in Act I, Scene 3. He is kept from sleep by his dreams of the Witches (Act II, Scene 1). And in his soliloquy at the start of Act III, Scene 1—"O, Banquo, Banquo!—there is more than a hint of resentment and, possibly, fear for several reasons. First, he is ignorant of what the audience knows concerning the murder of the king and of his own impending doom. Second, he is a father whose relationship with his son is clearly an affectionate one.

Shakespearean Tragedy
"Macbeth"
2016-17

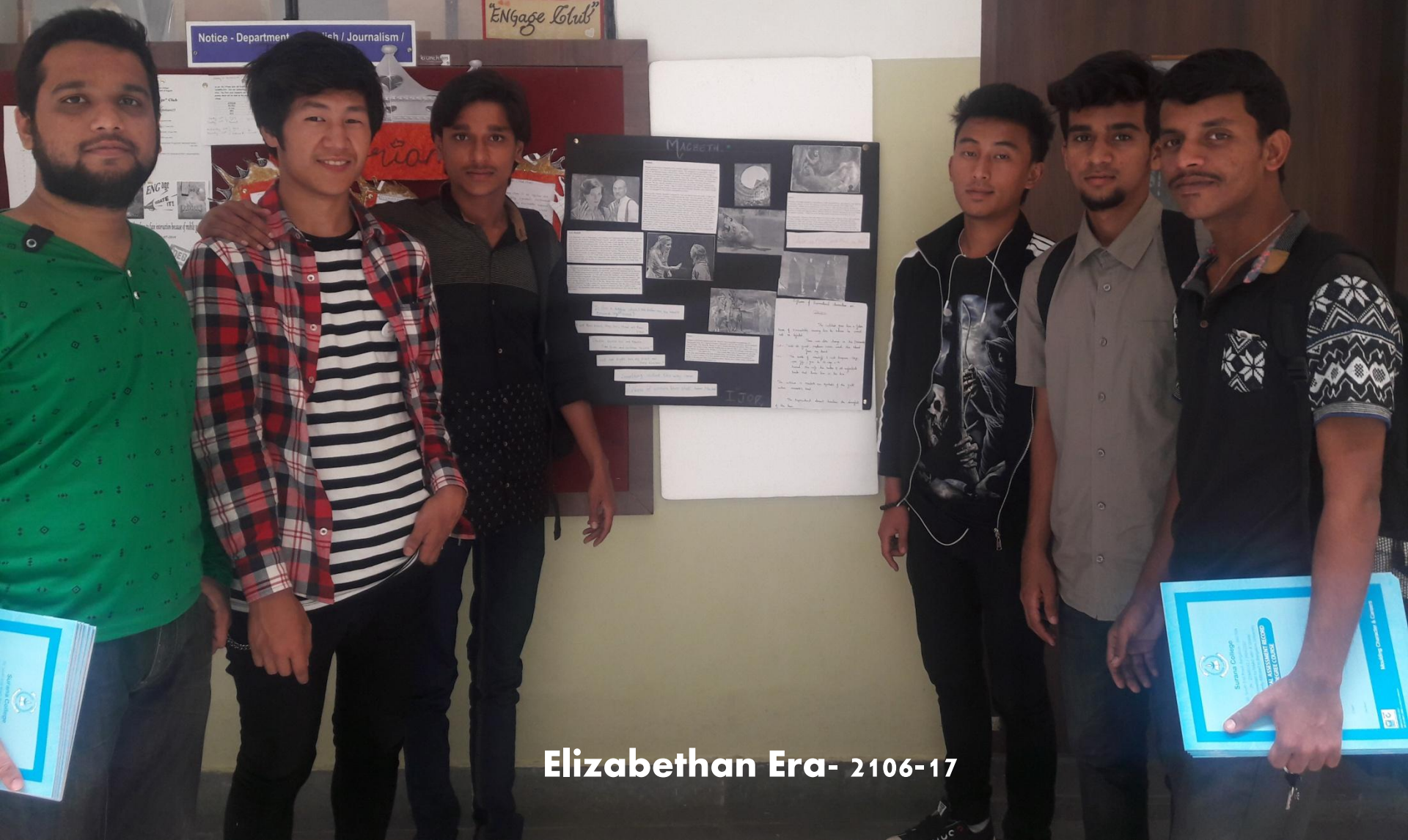
LOVE
LEARNING

Notice - Department of English / Journalism /

"Engage Today"

MACROPHOTO

The collage board displays several photographs of animals, including a dog, a cat, and a bird. It is accompanied by handwritten text in various colors and fonts, some of which are underlined. The board is mounted on a white surface.



Elizabethan Era- 2106-17

BHAKTI MOVEMENT

7th Century

The Bhakti movement

The Bhakti movement refers to the massive devotional trend that emerged in medieval India and later blossomed in Bhakti. It originated in the seventh century (some say even earlier) with figures like the poet-saints Kabir and Rumi, and spread throughout India from the 15th century onwards, reaching its zenith in the 17th century CE. The Bhakti movement encompassed several different gods and goddesses, such as Vishnu, Shiva, and Krishna, and led to the rise of numerous sects and movements, such as the Hare Krishna movement and the Sri Kṛṣṇa Bhakti tradition, and the worship of Advaita Vedanta. The movement was marked by a wide range of philosophical positions ranging from theistic dualism of *Dvaita* to absolute monism, and gradually been considered as an informal social reformer in traditional sense and ushered the path to spirituality for the common man. They regarded Bhakti movement as a reform or rebellion against the established or ancient Vedic traditions.

Terminology

The word 'Bhakti' is derived from the root *bhakt*, which means 'to love, share, participate, to adore, to be devoted'. The word also means 'intentional, devoted to, worship, duty to something as a spiritual, religious practice or means of salvation'.

MIRA BAI

Mira, also known as Mira Bai, was a 16th century Hindu mystic poet and devotee of Krishna. She is celebrated as a poet and has been claimed by the Hindu Bhakti tradition of Bhakti.

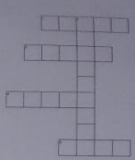
Mira was born into a Rajput royal family of Rathor district of Pali, Rajasthan, India. She is mentioned in Bhakti literature as a Hindu goddess and a central figure in the Bhakti movement. Her life was filled with love and devotion for Krishna, but her marriage to a Hindu prince of Mewar in 1516, who was considered to be a Hindu prince, but Mira was not pleased with her husband, and she being persecuted by him led her to her religious devotion. She has been the subject of numerous folk songs and legends, which are considered as a part of the Bhakti literature.

Mira was a Rajput princess born in about 1500 (likely 1495) in Mirra, Rajasthan in northwest India.

Her father, Rana Singh Rathore, was the ruler of a small Rajput kingdom Karoli, district Pali, Rajasthan. Her mother died when Mira was a baby, and she was the only child of her parents. She was educated in music, religious practices and government. The poet or poetess Mira, who was devoted to Krishna, was married to the Hindu prince of Mewar in 1516. Her husband was considered to be a Hindu prince, but Mira was not pleased with her husband, and she being persecuted by him led her to her religious devotion. She has been the subject of numerous folk songs and legends, which are considered as a part of the Bhakti literature.

After the death of her father-in-law, Rana Singh became the ruler of Mewar. According to a popular legend, he tried to force Mira to become his wife, but she refused. Mira was a Hindu goddess and a central figure in the Bhakti movement. Her life was filled with love and devotion for Krishna, but her marriage to a Hindu prince of Mewar in 1516, who was considered to be a Hindu prince, but Mira was not pleased with her husband, and she being persecuted by him led her to her religious devotion. She has been the subject of numerous folk songs and legends, which are considered as a part of the Bhakti literature.

Bhakti Movement



- Across**
- 1. "His early life was in a Muslim family, but he was strongly influenced by his teacher, the Hindu Bhakti leader Ramananda."
 - 3. "A Hindu poet-saint, reformer and philosopher from Ramaramandi Narayana in the lineage of Jagadgur Ramanandacharya."
 - 4. Bai "She is celebrated as a poet and has been claimed by the North Indian Hindu tradition of Bhakti saints."
 - 5. Ahmad Fazi "He was identified as an opponent of the Prime minister Liaquat Ali Khan's government in the Rawalpindi conspiracy case."
- Down**
- 2. "Work is Worship"

How Bhakti-savvy are you?

- 1. Which Hindu revivalist leader & original thinker propounded the theory that the body & soul is one, otherwise known as 'advaita siddhantha'?
- 2. Which international religious society spreads the teachings of Chaitanya Mahaprabhu, a 15th century teacher of vaishnavism?
- 3. Which famous Bhakti movement poet founded the religion of Sikhs?
- 4. Which famous Bhakti movement, now a sect of Islam, is derived from an Arabic word which means 'wool'?
- 5. In the recent centenary celebrations of Gaudiya Math and Mission in Kolkata, Narendia Modi pointed out that the Bhakti Movement inspired one of the most important events in Indian history. Which event was he referring to?



Mira danced with ankle bells.

Mira danced with ankle-bells on her feet.
 People said Mira was mad, my mother-in-law
 said I ruined the family reputation.
 Rana sent me a cup of poison and Mira
 drank it laughing.
 I dedicated my body and soul to the feet of Hari.
 I am thirsty for the nectar of the sight of him.
 Mira's feet is Gidhar Nagic, I will
 come for refuge to him.

- Answers:**
- 1. Adl Shankarabhatya
 - 2. SKCON
 - 3. Guru Nanak
 - 4. Tasawwuf or Sufism
 - 5. Independence movement

Bhakti Movement had its genesis in the South of India in the early 7th century. It is characterized by the writings of its poet-saints, many of whom were female that extolled passionate devotional love for the divine.

The Bhakti Movement gained momentum later in the central western region of India and then moved northward.

Female poet-saints also played a significant role in the Bhakti Movement at large, though many had to struggle for acceptance in the male dominated movement. This poetry is grounded in the everyday, familiar language of ordinary people.

The impact of the movement was similar to that of the Protestant Reformation in Christianity in terms of central ideas, shared spirituality, shared emotional and intellectual freedom, and the pursuit of spiritual ideas.

RAMOL.PM KUSHAL.S AKASH. MEGHA.B.S ANSHOMAN.U.S AKSHAY. A VAISHNAVI

ANSWERS BY ANSHOMAN U.S



“Jane Austen in Popular Culture” by II Year BA-Jopy-2016-17



“Flag Semaphore”- Semiotics behind Flags across the world 2017-18

LEARNING

ENGAGE CLUB
BA JOPY
ASSIAN COUNTRIES AND FLAGS
DEPARTMENT OF ENGLISH

Notice - Department of English / Journalism / Tourism

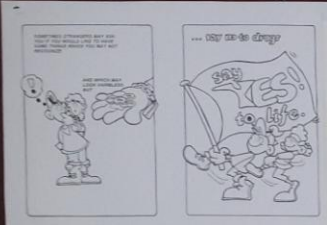




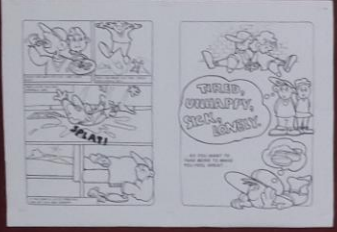
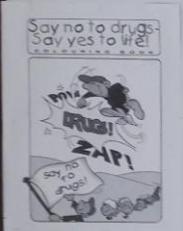
Nostalgia 70's & 80's



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COLOUR
It....



DEPARTMENT OF HUMANITIES STAFF PROFILE

 MR. SANKAR C.	 MR. SESHAY GOPAL	 MRS. BEETHA S.
 MRS. RADHIKA C.A.	 MR. ANITHA S.	 MR. NEELHA PREETHI
 MR. ANITHA S.	 MR. ANITHA S.	 MR. ANITHA S.

DEPARTMENT OF HUMANITIES 2017-2018

MR. ANITHA S.

MR. ANITHA S.

MR. ANITHA S.

MR. ANITHA S.

Handwritten notes on a board, organized into sections with colored backgrounds (pink, orange, yellow, red).



PSYCHE JOURNAL

PSYCHE JOURNAL

Nimhans reports 1st case of 'texting addiction'

Specialist clinic in Bengaluru reports the first case of 'texting addiction' in India. The patient, a 25-year-old male, was unable to stop checking his phone for hours, leading to significant work and social problems. The clinic, part of the National Institute of Mental Health (NIMHANS), has set up a specialized unit to treat such cases.

SHUT CLINIC The patient, who works in an IT company, had been struggling with his phone addiction for several months. He would spend most of his day on his phone, even during work hours. His family and friends were concerned about his declining health and social skills.

The clinic offers a range of treatments, including cognitive-behavioral therapy (CBT) and group therapy. The patient is currently undergoing treatment and is expected to show improvement in his phone usage and overall well-being.

Alzheimer's progress slower after 80

Researchers have found that the progression of Alzheimer's disease slows down significantly after the age of 80. This discovery could have important implications for how the disease is treated and managed in older populations.

The study, conducted by a team of researchers at a leading university, involved tracking the cognitive decline of a large group of individuals over a period of several years. They found that while the disease continues to progress, the rate of decline is much slower in those aged 80 and above compared to younger individuals.

BPA in plastic disrupts reproductive system

Researcher has found that BPA (Bisphenol A) in plastic disrupts the reproductive system. The study shows that BPA can interfere with the normal function of the reproductive system, leading to potential health issues.

The researcher conducted a series of experiments on laboratory animals, showing that exposure to BPA led to changes in the structure and function of the reproductive system. These findings suggest that BPA may be a significant environmental factor in reproductive health problems.

Recycling e-waste adds toxins to everyday items

Study shows that recycling electronic waste (e-waste) can lead to the presence of toxins in everyday household items. This poses a significant health risk to consumers who use these items.

The study found that when e-waste is recycled, the toxins released can be absorbed by common household products like food containers, toys, and furniture. This means that people who use these items are potentially exposed to harmful substances.

Simple eye test may detect Alzheimer's

Researchers have developed a simple eye test that may detect Alzheimer's disease. This test could be a valuable tool for early diagnosis and monitoring of the disease.

The test involves looking at a specific pattern of light through a lens. The researchers found that individuals with Alzheimer's disease showed a distinct change in the way they perceived this pattern, which could be used as a diagnostic marker.

Social isolation may lead to fear, stress

Researcher has found that social isolation can lead to increased fear and stress. This finding highlights the importance of social connections for mental health.

The study showed that individuals who experience social isolation have higher levels of stress hormones and are more likely to experience fear and anxiety. This suggests that social support is a crucial factor in managing stress and maintaining mental well-being.

Scientists design 'key' to help assess lung function

Researchers have designed a 'key' to help assess lung function. This tool could be used to identify individuals at risk of lung disease and monitor their health.

The 'key' is a simple, non-invasive device that can be used to measure lung capacity and airflow. It is designed to be easy to use and accurate, making it a valuable tool for both clinical and home use.

People with autism can recognize lies, finds study

Researcher has found that people with autism can recognize lies. This finding challenges previous assumptions about the social skills of individuals with autism.

The study involved a series of experiments where participants were asked to identify true and false statements. The results showed that individuals with autism performed just as well as neurotypical individuals in recognizing lies, suggesting that their social skills are more complex than previously thought.

Innovative on a therapy may treat common acid study

Researcher has found an innovative therapy that may treat a common acid study. This therapy could provide a new and effective treatment for the condition.

The therapy involves a combination of behavioral and medical interventions. The researcher found that this approach led to significant improvements in the symptoms of the condition, offering hope for a better quality of life for affected individuals.

A mother's voice is special for her baby

Researchers have discovered that a mother's voice is special for her baby. It activates key regions in the baby's brain that aid language processing and motor skills circuit development.

The study used brain imaging techniques to show that when a baby hears its mother's voice, specific areas of the brain are activated. These areas are known to be involved in language and motor skills, suggesting that the mother's voice plays a crucial role in the baby's early development.



Surgeons skills improve with age, study finds

Researcher has found that surgeons' skills improve with age. This finding suggests that experience is a key factor in surgical performance.

The study tracked the performance of surgeons over a long period, showing that as they gained more experience, their accuracy and efficiency improved. This highlights the importance of continuous practice and learning in the medical profession.

Smoking pot means teenage kids at up about risk later

Researcher has found that smoking pot means teenage kids are at up about risk later. This finding highlights the potential long-term consequences of teenage marijuana use.

The study showed that teenagers who use marijuana are more likely to experience mental health issues, including anxiety and depression, later in life. This suggests that early exposure to marijuana can have significant and lasting effects on mental health.

Notice - Department of Psychology -
Reporters Desk



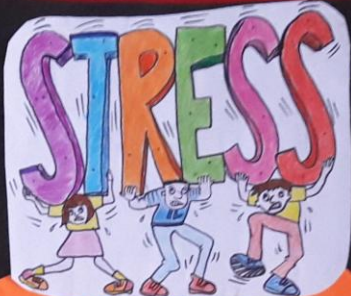
A large bulletin board with a dark red background is mounted on the wall. At the top center, there is a small white sign that reads "K. G. ANNOTATIONS". The board is covered with several items: a large orange notice on the top left, a white notice with a drawing of a hand on the top right, a white notice with a drawing of a person on the middle left, a white notice with a drawing of a person on the middle right, a white notice with a drawing of a person on the bottom left, and a large orange notice on the bottom right. There are also several smaller white notices and drawings scattered across the board.



WALL-MAG

OVERLOAD!

- TOP 10 STRESS MANAGEMENT TECHNIQUES**
1. EAT
 2. SLEEP
 3. EAT
 4. SLEEP
 5. REPEAT



G.T.R.E.S.O
SOMEONE TRYING TO REPAIR EVERY SITUATION SOLO

KINDNESS matters



STRESS AND MENTAL HEALTH

WHAT IS STRESS?
This is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental and emotional responses. How do stress affect the body mentally?
Stress symptoms can affect your body, your thoughts and feelings and your behaviour. One that's left unchecked can contribute to many health problems such as high blood pressure, heart disease, obesity, depression or anxiety. But fear not, not all stress is bad. In some ways, everyone feels stressed from time to time. When you motivate people to prepare or perform, you when they need to take a test, stress can be life-saving sometimes. But health problems can occur if the stress response you feel for long or becomes chronic. Different people may feel stress in different ways. Some people experience mainly digestive symptoms, while others may have headaches, depression, sadness, agitation, anger or irritability. But there are ways to manage stress. Recognize the signs, identify the causes, control your life. You may need to prioritize things you're trying to achieve and re-evaluate your life. Eat healthy, do good, affect your mind, exercise or just go out for a walk, run, time out to nature, it is very to situation why you think the balance between responsibility to others and to yourself. Be mindful, get some help from your relatives, even get some medical help and don't be too hard on yourself. At end of the day, it's not the stress that kills you, it's the reaction to it. There's always a better tomorrow!

- MENTAL HEALTH ISSUES AFFECTING STUDENTS**
1. SUICIDE & DEPRESSION
 2. STRESS & ANXIETY
 3. SLEEP ISSUES
 4. EATING DISORDERS
 5. SELF HURT



Time for a break

Done By
Chaitra
Lalitha
Zahra
Adya



IT'S OKAY TO ASK FOR HELP!

IT'S NOT WRONG TO SEEK HELP!

Stressed spelled backwards is desserts!

Daily stress can leave your health a mess

- 10 WAYS TO COPE UP WITH STRESS**
1. BE KIND TO YOURSELF
 2. MEDITATE
 3. DON'T MULTITASK
 4. TAKE IT OUT
 5. TAKE A BREAK.
 6. READ
 7. WRITE, BUT DON'T JUDGE
 8. TAKE A NAP
 9. LISTEN TO MUSIC
 10. STOP ASKING "WHAT IF?"



DISSOCIATIVE DISORDERS...

Disorders in which the person's thoughts, feelings, actions, or sense of self become disconnected from each other and from reality.

1. Dissociative Amnesia
 Sudden and partial or complete inability to recall important personal information, usually of a traumatic or stressful nature, that is inconsistent with ordinary forgetting.

2. Dissociative Identity Disorder
 Presence of two or more distinct personalities or states of consciousness that recurrently take control of the person's behavior.

3. Dissociative Fugue
 Sudden and unexpected travel away from home or work, with an inability to recall important personal information that precedes the escape.

4. Depersonalization Disorder
 Persistent or recurrent experiences of feeling detached from, alienated from, or observing one's self from an outside perspective.

5. Dissociative Disorder Not Otherwise Specified
 A dissociative disorder that does not meet the criteria for any of the other dissociative disorders.

6. Dissociative Disorder
 A dissociative disorder that does not meet the criteria for any of the other dissociative disorders.

7. Dissociative Disorder
 A dissociative disorder that does not meet the criteria for any of the other dissociative disorders.

8. Dissociative Disorder
 A dissociative disorder that does not meet the criteria for any of the other dissociative disorders.

9. Dissociative Disorder
 A dissociative disorder that does not meet the criteria for any of the other dissociative disorders.

10. Dissociative Disorder
 A dissociative disorder that does not meet the criteria for any of the other dissociative disorders.

