

MANASA GANGOTRI



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Students must improve their skills: Prof. S N Hegde

Mysore: “Jobs are available in plenty but we need to make the students employable as they lack skills that the jobs demand” said Prof. S.N.Hedge, former vice chancellor of university of Mysore.

He was speaking after inaugurating the fresher’s day of Post Graduate students held at senate bhavan, Manasa Gangotri here recently. 1.6 million employment opportunities are available in IT

companies, hospitality, health care, real estate, media, education, entertainment, vocational training center, bank, and other various sectors in the country. Apart from obtaining degrees, he called upon the



Ex-VC Prof.Hegde inagurating freshers day,(From left)Prof.V.G Talawar Vice Chancellor (UOM) and Prof H J Lakkappagowda Ex- VC of Hampi University ,Registrar Prof. Naik are seen .

procure employment, Prof. S.N. Hedge emphasized. Some students only concentrate on scoring marks. Instead they should work towards improving their communication skills and attitude. They must develop self confidence by problem solving, build leadership quality, get command over language and develop ability to work in a team, he said. Along with becoming graduates or postgraduates, Prof Hedge told the fresher’s to opt for job oriented courses that help to get jobs. Prof. H J. Lakkappa Gowda, former vice-

chancellor Hampi Kannada University who presided said many youth are attracted to money, but they are forgetting the human values. Obtaining ranks is not the most important aspect. Many students get ranks, but fail to gain experience in life. But average students have exceptional general knowledge and experience which helps them become successful in life. Prof. V. G. Talwar, vice chancellor University of Mysore, Registrar Prof.P.S. Naik, Prof. P. Eshwarbhat were present. The programme was compared by Dr.Niranjana Vanalli.

-Dileepkumar M Narasaiah

KSOU’s Newsletter released

Mysore: ‘We are living in the age of competitive, technology driven world that has ushered in tremendous changes in all the sectors of the society including education and media said

‘Muktavahini’ a bi-annual newsletter of the Karnataka State Open University (KSOU) at Kaveri Auditorium, Manasa Gangothri recently. Vattam said, Nalvadi Krishnaraja

Senior journalist and editor of ‘Andolana’ Rajshekar koti, released the Kannada version of the bi-annual newsletter. Regretting that the circulation of the Kannada newspapers in less than Malayalam Manorama, which is in Kerala. Comparatively circulation of Kannada newspapers cuts a sorry figure. He called upon the people to inculcate the habit of buying and reading Kannada newspaper. Senior journalist and Bureau chief of Prajavani, Ravindra Bhat launched the web edition of the newsletter on occasion. KSOU Vice Chancellor Prof, K.S. Rangappa, Prasara Director D.K. Rajendra, Muktavahini Editors Prof.A.Rangaswamy and Shailesh Raj Urs, Registrar Prof K.P. Jayaprakasha was present.

-Dileepkumar M Narasaiah



Senior Journalist Krishna Vattam released ‘Mukthavahini’ news letter at KSOU recently. Prof, K.S. Rangappa ,KSOU Vice Chancellor and others are seen.

Krishna Vattam, veteran journalist and Editor, Mysore mail and he observed that knowledge should not be confined to an institution but should be taken to the doors of the people. He was speaking after the releasing

Wadiyar stressed the importance of educating the rural masses. Vattam suggested that Muktavahini should be brought out as a monthly newsletter and should cater to the interests of its students.

National Conference on Health care held

Mysore:”Health is vital importance on national growth and grade. The new health policy of intends to bring equality in healthcare facility in urban and rural areas”, said Dr.Geetha.K.Avadhani, Dean and Director of the Mysore Medical college and Research institution, while inaugurating two day national conference on Multi Level Intervention for Healthcare Framing: New Inclusive Health Policies

organized by the centre for study on social exclusion and inclusive policy at Bahadur institute of management sciences in Manasa Gangothri recently.’ Of late, healthcare has gained lot of importance in India and the number of people succumbing to diseases like cholera, small pox and typhoid has drastically reduced. The government should take care to provide good healthcare facilities through Janani

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Anna becomes an icon, Irom Sharmila forgotten

Anti-corruption activist Anna Hazare’s 13-day fast might have attracted thousands and captured the imagination of an entire nation, but in sharp and dismaying contrast is the iconic struggle of Irom Sharmila in Manipur. Irom Sharmila Chanu also known as the “Iron Lady of Manipur” or “Menghoubi” (“the fair one”) is a civil rights activist, political activist, and poet from the Indian state of Manipur. Since 2 November 2000, she has been on hunger strike to demand that the Indian government repeal the Armed Forces (Special Powers) Act, 1958 (AFSPA), which she blames for violence in Manipur and other parts of India’s northeast-said by Rituparna Chatterjee in the article “Spot the Difference: Hazare vs. Irom Sharmila”. According to BBC and Northeast newspaper.

Irom Sharmila has been regularly released and re-arrested every year since under IPC section 309.Having refused food and water for more than ten years, she has been called “the world’s longest hunger striker”. She weighs just 37 kgs and most of her body organs are wasted. Her menstrual cycle has stopped. The Indian state has kept her alive on a cocktail of vitamins and nutrients and she is force fed twice a day through her nose. When Team Anna already backed by thousands asked Sharmila for her support, the Iron lady expressed her solidarity but asked why she could not get the advantage of exercising her non-violent protest for justice as a democratic citizen of a democratic country.She is only matched by the protest of 12 mothers of Manipur who disrobed themselves to protest the indifference of a disinterested nation when Thangjoram Manorma, was picked up by the Assam Rifles claiming she was part of an underground group. Her body was later found with clear signs of brutal torture and rape.

India’s CNN-IBN TV channel said that The women of Manipur have protested bared and dared, but sadly no one is listening. Unlike Anna Hazare, who was cajoled by millions to end his fast, she enjoys no public support or media coverage. Her cause is almost unknown outside her state. Irom has never had a Kiran Bedi to add melodrama to her agitation, but what she has had is the grit to try and persuade the government to repeal a law that empowers the security forces to arrest without a warrant, and shoot anyone at sight.Irom took up a cause most Indians have no clue about. Her fight is not against corruption, which has become a popular bugbear, but for a life without fear. She has also urged Anna Hazare to visit Manipur and see what is happening there. People in Manipur are upset with the media over the poor coverage for Irom’s decade-old fast. Anna’s 11-day fast had the media buzzing with 24/7 coverage, whereas Irom’s marathon protest has largely been ignored-Broadcast on CNN-IBN Channel.

Contrast between me and you

Poverty, unemployment, inequality are such topics that are important every time and everywhere.We cannot deny these problems in any society.Contrast between different groups of the society is one of the social



injustices in Iran and many other countries.We call our compatriot as sisters and brothers, but unfortunately nowadays people have become indifferent to the sufferings around them.Indeed there is a void between rich and poor in Iran. The rich becomes richer day by day and the poor becomes poorer. The rich people have home, luxury car and other facilities that belong to every section of the society and they are not worried about their children’s future and they don’t experience the taste of unemployment, homelessness, etc.....The

only problem of these people is to earn more money and find a new way to abuse the disadvantaged s\group of the society.In the other side we can see the people, who cannot provide food and shelter for themselves and their

own family. The government also is not eager to find any solution for this social problem and mitigate the

sufferings of the poor.Most of the social ms like prostitution, addiction, health problems belongs to the disadvantaged sections of the society. The monthly income of one person is equal to a n n u a l

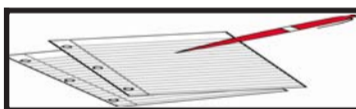
income of other person.In 21 century the people have become more indifferent, self-centered and have lost their feelings towards other human beings.The gap

between rich and poor is widening day by day. A rich man in Iran goes to mecca every year and spends huge amount of money, but he is not ready to spend money to rescue a life of a poor person.Somebody is spending \$700 to dine in a famous restaurant in Tehran and another person has a dream to get \$700 that can change and change his life forever.Who is responsible for this social injustice and who can solve this problem?Let’s start from our selves. Charity begins at home. If you can spend just 1% of your income on public



welfare, we can be hopeful to have a better country and can leave a caring society for our children.

-Aida gharaee



Letters to the Editor

Congrats India

I am not an Indian. I am from Iran. As a foreigner who lives in India, I’m eager to express my happiness to all Indians and appreciate their support to Anna Hazare and his team. I would like to appreciate the way that the government finally handled Anna’s issue. It is good to know that this time government didn’t react violently towards

supporters. We can’t see this good reaction in the most democratic countries, which just carry the name of the democracy and don’t give value to the needs and demands of the citizens. Indians should be proud and should try to make India more and more strong.Let’s have hope to make India free from corruption in the future.

-Aida gharaee
2nd year,MC J

WE NEED ORIENTATION

Recent developments in the university library has caused some excitement in students, like the computerization and issuing of new ID cards. But they have ended in a

little disappointment. Freshers in the previous year were given an orientation on how to find books, how to borrow books, etc. But this year, they are offering no

explanation on how to make use of the new card to access library books. The students are filled with doubts, they are too shy to ask and the librarians too busy to answer. It is true that they are indeed busy issuing cards to all students. It would help a great deal if we were given a catalogue with all the new library rules we need to know. The university has students’ appreciations about the facilities it is providing to all departments, like the infrastructure and qualified professors. It would also help if we know about all other facilities too, so that we can make the best use of it.

-Shruthi R, 2nd year MCJ

School for Intellectuals on the valley of Melkote

Sanskrit not only being the most ancient of languages but also is a nugget of priceless wisdom. There has always been a need for deciphering this wisdom which otherwise seems alien to a commoner.

There is a certainly a need for bridging this gap from past to the future through the present. Making further investigations into the multidisciplinary perceptions of great seers, sages and Acharyas of nature as expressed to us by their magnanimity, should reveal ways of living in harmony. Melkote, the Badrinath of the southern India, hailed as a notable center of Sanskrit Language for over 1000 years is also known as 'Gyanamantapa'.

The Saint philosopher Bhavavad Ramanujacharya who expounded the great school of Visistadvaita philosopher had stayed here in Melkote for nearly 14 years. ince then, Melkote has been an Advanced Center for Sanskrit Learning and

National Conference

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Bima yojana, National rural suraksha yojana, Rashtriya health mission and should take measures to present HIV and AIDS in rural areas too, Dr.Geetha pointed out. The state is spending 8% from the budget on healthcare. Unfortunately the allocation of funds in the state budget is too minimal and should go up", opined Dr. Geetha.

A clarion call for an integrated approach in framing any kind of social health policy for the betterment of socially excluded section of the society said Dr. Balasubramanya, chief executive office of swamy Vivekananda youth movement H.D.Kote. He said that entrusting the entire responsibility of health care to only doctors, nurse and

Visitadvaita Philosophy. Considering this background and rich cultural heritage, the Government of Karnataka, way back in 1976 through its Projects Formulation Division for the planning project for establishment for a Sanskrit



Academy of Sanskrit Research, Melkote. -Photo;Saurav

research institute here at Melkote. It is an Institution fully aided by the Government of Karnataka under plans and Non-plan sectors.

Apart from being approved as a Higher Institute of learning by the Government of Karnataka, the academy is recognized as a Scientific & Industrial Research

government will not address the problem. The much talked about national rural health mission very good, but it has been a disaster as far as implementation is concerned, he added.

Dr, Mewa singh, Prof of Psychology, Dr. Ramesh, Director of CSSEIP were present. Representatives from various health Department, research scholars, and students attended the conference. Research papers on health and related aspects such as 'Right to health and health care', 'Need for inclusive gender policy', 'Maternal and child health care service in India', Role of the state in the implementation of health policies and law' were presented in the conference.

-Dileepkumar M Narasaiah

Organization by SIRO of the Ministry of Science & Technology, Government of India. It has specifically continued to undertake Vishishtadvaita philosophy and its comparative studies with other schools of thought.

The Academy has been participating regularly in the programs conducted by National Manuscript Mission of Ministry of Culture, Government of India. Preservation, Digitalization and cataloguing of old palm

leaf as well as paper manuscripts are being done. The Academy continues to be a part of sponsored International & National Seminars and workshops on different themes as its bridge building programs. The Academy has so far brought out more than 100 titles in Kannada, Sanskrit and English. It has successfully completed projects like 'Vishishtadvaita-kosha' a lexicon of philosophical terms related to Vishishtadvaita published in ten volumes and nine works of Bhagavad Ramanuja. Science and Technology in ancient India in English, Sribhashyam of Bhagavata Ramanuja in Sanskrit along with Simple Kannada editions of Upanishads, etc. The Scientific Research Division of this academy is involved in the study of Sanskrit assisted

scientific works in addition to developing Sanskrit teaching packages which may be used as a platform in the larger projects like Natural Language Processing. In the ongoing scientific projects, the research department is working on Agricultural Science & Technology in Ancient India, Navagraha & Jyothirvignanam and Computerised Amarakosha in the form of CD. Academy takes pride in stating that it is furnished with a good reference library with a collection of nearly 30,000 titles on different subjects in general and Indian philosophy in particular. The manuscript section has housed nearly 10,000 palm leaf and paper manuscripts that have been scientifically preserved, digitalized and catalogued.

-Saurav Kumar Chand

Take care of your health

College days are golden period where every action of us becomes a stepping stone for success. So, its very important to take care of our health in these days.

As youngsters we neglect our health and is not a priority at all. Coke, pizza and noodles rule our lives. Here are some basic tips to stay healthy in

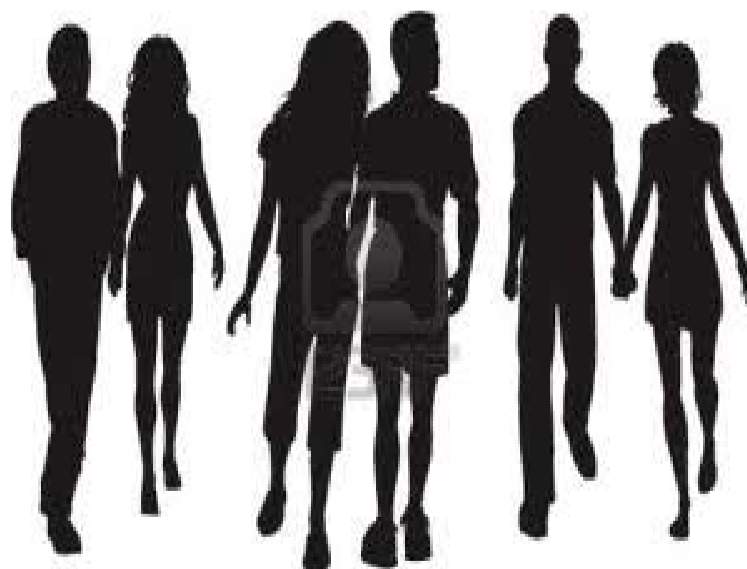
tiredness and its a good refresher for student. **Eat sensibly and regularly.** Never skip your food , Untimely food taking habits results in un solvable problem of gastritis. So eat on a regular time and sensibly. Eating more of junk foods may lead to stomach upset.



with you. **Walking.** If you are in college campus always choose to walk. Even if you have a vehicle make walking your mode of transportation within campus. It is a good exercise which can keep you healthy.

Get regular check ups and counseling. if you need it. It will help you reduce your anxiety and depression. Never get addicted to boozing, puffing or doping. It will not only destroy your health but also your personal life. And at last always learn to **relax.** Take things positively, never feel low, be enthusiastic.

-Bhavya.N



college: **Get enough sleep.** without having good and enough sleep it's very hard to concentrate on studies. Good sleep relieves us from

Drink water. Water is the one medicine with loads of health remedial qualities. Drink as much and much of water, carry a water bottle

FILM REVIEW
Salman rules

Movie: Bodyguard

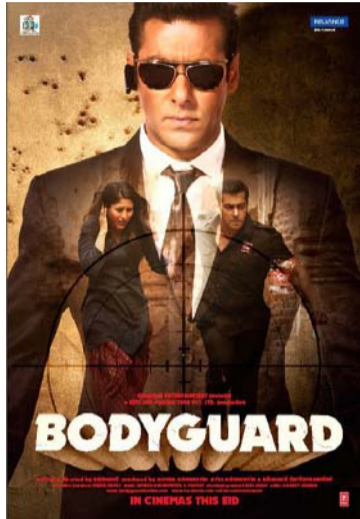
Cast : Salman Khan, Kareena Kapoor and Raj Babbar

Director: Siddiqi

Bodyguard is a action cum romantic movie, starring Salman Khan, Kareena Kapoor and Raj Babbar in lead roles and is directed by siddiqi and produced by Reliance Entertainment. Lovely Singh (Salman) is a honest, efficient,dedicated guard on duty to guard Divya (Kareena), daughter of a big business tycoon(Raj Babbar), lovely Singh annoys Divya by accompanying her to where ever she goes. She findshim as an obstacle in enjoying her college life.

To divert his mind and get him out of her way Divya comes up with an idea of trapping him in a fake love call. Divya takes help of her friend Maya(Hazel) to trap him. But unknowingly both divya and Lovely Singh fall in love. Here the twist is Singh doesnt know any thing about the girl whom he speaks with except her name

but he seriously falls in love with her .But things take unexpected turn when Divya's friend Maya turns to be a innocent villain. Film takes unexpected turns and twists.



Film has all in it twist,trick,comedy,action and romance. After Dabang Khan is back with a big bang.Body guard is a movie already made in Tamil and Malyalam, Cinematography is of high standard, Dialogues get huge applause from audience. The song teri-meri is heart touching.Katrina Kaif appears in a song sequence. Kareena looks gorgeous. "BODY GUARD" is a package of entertainment.

-Bhavya.N

Yoga:New step towards happiness

I am from Iran. It was just 3 days that I had settled down in Mysore for academic purpose. My Imagination was completely different with the new surroundings. I could not adjust with the new environment.

I was depressed and I was conveying my feelings to my husband and my son. Everything was new to me; the people, the roads, the language, the culture, etc...One day I was walking in the campus of St. Philomena's college, where met an Iranian girl. She was very friendly. She stared at me and asked me if there is anything wrong with me? Do i look depressed? I was in tears. I told her that I am homesick being away from parents and family.

It is very depressing. Therefore i could not adjust with the new environment. She suggested that, start going to yoga classes. I told her that I don't have any physical problem. Why should I do Yoga? She explained the nature and benefits. Thus I came to know that yoga is not just physical exercise. While

practicing yoga, a person will be able to keep the body and soul healthy simultaneously. It can reduce stress and it has a fabulous psychological effect. I felt eager to know more about yoga.

I had heard about yoga in my country but I never tried it. On the same day I went to the book shop and got two wonderful books on yoga. The books are "Yoga basics" by Vimla Lalvani and "Chakra" by Mary Horsley. Then I started to go to yoga classes every day. Now it is 4 years since then and I feel fresh and full of energy in me with the help of Yoga. I don't

have any stress and pain in my body and I feel calm and peaceful in my personal life. I suggest yoga to all of my friends to gain psychological and physical balance in their life. One of my friends started yoga 2 years back; she had a several back pain .But after

starting yoga she regained her health and she doesn't have pain any more. Now day's people are very busy with their hectic life, so we should spend a few hours for our self to gain a healthy life to attain physical and mental bliss. What are you waiting for? Start from today, and then you can imagine a bright and happy life in the future with



the help of meditation and physical exercise in yoga and suggest it to your friends and family and be aware that yoga is not just for young and healthy people. People in every stage of life can take up yoga and derive its benefits.

-Aida gharacee

An ace swimmer Avinash

Student life is a golden life, only when students take active part in all extracurricular activities along with serious academics. There is a person who has triumphed both in studies and sports as well.Avinash, a student of Department of communication and journalism, has established his exceptional talent in swimming. He began swimming when he was 8, in a river channel meant for irrigation. He swam regularly at the Hemavathi channel, K R Pet, Mandya, where he trained himself to swim well.

Never had he imagined then, that this craze would fetch him a gold medal, sometime later in life.He pursued BA in Maharaja's college, Mysore as one among 3000 students. Hailing from a rural area, Avinash hardly knew anyone in Mysore who could give him opportunities to participate in sports. Finally he was given a chance by Late Dasharatha, then sports secretary of University of Mysore, to take part in inter-collegiate swimming event. That was where, with no formal training, he bagged his first silver medal in swimming. He later became the captain of the

Maharaja's college swimming team besides winning many more medals. University of Mysore recognized his



Avinash J K

achievement and selected him for a training camp held in 2007. Under the guidance of Nabiraj, he was thoroughly trained. This helped him to grab the gold medal in

university inter collegiate tournament. In the month of August, University of Mysore conducted Mysore city inter collegiate tournament where he won five bronze medals; competing in Freestyle 400mts and 200mts, Butterfly 100mts, Backstroke 200mts and his main event Breast stroke 200mts. Avinash has won over 23 medals including gold in his 3 years of sports career. Avinash is doing his best to continue swimming despite his busy academic schedule. It is fortunate that a rural talent such as Avinash was given the necessary

-Dileepkumar M Narasaiah

Pramila pockets three silvers



PTI :India won three silver medals in Asian Youth Weight lifting Championships,with woman lifter Pramila Krisani hogging the li,elight in the 53 kg category at pattaya recently.