

Editorial

Confidence gives Competence

Discipline and diligence, exploration and excellence are habits of our mind and patterns of our behaviour. They define our vision and mission of the educational journey of our college for the last 75 years now heading towards Platinum Jubilee celebrations (1945-2020) in 2020-21 as has already been announced on 27th, February -2020 by our honoured secretary during inauguration of International Conference.

This academic year culminated in 4 International Conferences held from 27th to 29th, February, 2020 organized in collaboration with IMRF Institute of Higher Education and Research, India on globally relevant and currently contemporary issues offering definitive solutions to the pressing problems of the day in India and abroad !

These conferences motivated the budding and potential research scholars among students to ask searching questions and stirred their latent talent making it patent in their thinking and performance !

Ever since the new management committee headed by Sri Alluri Indra Kumar as President and Dr. M B S V Prasad as Secretary took over in May 2019, the focus has been on updation of departmental activities on daily basis with geo-tagging as part of preparation on war footing for 4th Cycle of NAAC reaccreditation in 2022 so as to achieve A++. There is rejuvenation of interest on the part of every member of

faculty with renewed commitment and determined dedication.

As ever, we bring out the college magazine with articles and various write-ups by the faculty and the students. These products reflect the creative expression of their inherent thought processes and their deep understanding of men and matters, our society and the nation, the educational ideals we cherish, our visionary outlook and missionary zeal, the leadership qualities, the innovative ideas for career - orientation, employability and enlightened citizenship - all rolled into making a complete, successful and happy HUMAN BEING !

Our students' performance this year reflects their studious and dedicated work. The pass percentage in all programs is - . Further, we aspire for still higher results in the ongoing examinations in the even semesters.

Our students bagged state level prizes in cultural.

PRINCIPAL'S ANNUAL REPORT : 2019-20

It gives me immense pleasure to present the Annual Report of our College for the Academic Year 2019-20.

At the outset, I take this opportunity to pay floral tributes to Sri Alluri Bapineedu, the Architect of Sir C R Reddy Educational Institutions on the occasion of his 110 Birth Anniversary today. He is an embodiment of selfless service integrity, honesty and sincerity. As he contributed his mite for the development of Sir C R Reddy Educational Institutions, he can be called the father of Sir C R Reddy Educational Institutions. It is matter of joy for me to note that our honourable President Sri Alluri Indra Kumar garu is his grandson. Naturally people inherit properties from their fore fathers. But our honourable President inherited noble qualities such as leadership, philanthropy, humanity, positive attitude etc from his grandfather. Its my moral responsibility to express my deepest sense of gratitude to Sri Alluri Bapineedu garu who helped me in getting appointment as lecturer in this college. It may be a co-incidence but how ever I thank the almighty for giving me an opportunity to serve this institute as Principal during the tenure of honourable Alluri Indra Kumar garu grandson of Bapineedu garu as President of our Institutions.

“Education is a weapon to ward off destruction. It is an inner fortress which enemies cannot destroy”. *Says Tirukkural.*

1940s can be described as a decade of war, victory, fostering peace and reconstruction. At that time the Indian War of Independence was at the pinnacle of its glory, the British were no longer able to rule the roost, India was all set to break the shackles of slavery, colonialism and despotic rule. Some visionary leaders regarded education as a potential tool that can bring about societal transformation, wealth generation, enlightenment, scientific attitude liberation from superstitions myths and misconceptions etc. Consequently efforts were made to start educational institutions at important places.

Sri Damaraju Venkata Rao spear headed the efforts of establishing Sir C R Reddy College in Eluru. He played an important role in getting the land and required approvals. So this college started its journey on 4th July 1945. Since then this institutions has been catering to the educational needs of the students from rural areas and socially and economically backward classes. We have achieve tremendous progress in the last 75 years. Our performance is assessed, adjudged, certified, accredited and appreciated by various national bodies and organizations.

Our honourable Secretary Dr. MBSV Prasad and his father also studied in this college. I see a sense of pride and belongingness in his eyes whenever he proclaims that. Sri DS Subrahmanyam the

first Principal of this college was a renowned physicist. He led his team from the front. He showed us how to nurture the young minds and transform them into successful individuals. Sri Alluri Bapineedu played a pivotal role in providing physical and learning resources for the institutions so as to enable it to offer quality of instruction to its stakeholders. He offered his blood, toil, tears and sweat for making Sir C R Reddy College, a premier institute of higher learning in the state.

Adoption of village :

As a part of Institutional Social Responsibility we adopted Jalipudi Village as a model village where different development activities are initiated. Community Hall is renovated by spending 2.3 lakh. NSS Unit I & Unit-II organized Special Camps at this village from 30-01-2020 to 05-02-2020 and 11-02-2020 to 17-02-2020 respectively.

International Conferences:

We have organized Four International Conferences in the Month of February, 2020. On

- i) Advances in Physics, Electronics & Chemical Sciences – 2020,
- ii) Industrial Applications of Mathematics, Statistics & Computer Science –2020
- iii) Impact of Languages, Literatures and Education on Intellectual Property Rights – 2020

- iv) Global Trends in E-Commerce, Econometrics, Management and Social Sciences – 2020

We conducted 2 National Seminars in the month of February, 2020.

We organized a National Seminar on Intellectual Property Rights in the month of December, 2019 which is the first of its kind in Godavari Districts.

Our college signed Memorandum of Understanding (MoU) with Millennium University, Malawi and IMRF for Faculty Exchange.

The department of Telugu reached a Memorandum of Understanding with Bangalore University, Bangalore.

- A meeting of the BOM & Governing Body was held on 09-02-2020 which UGC representatives Prof. Shakil Ahmed and Prof. Ajit Kumar Pandey participated and offered their valuable suggestion.

Train the Trainer :

We organized four training programmes for the Faculty and one Faculty Development Programme. We also arrange 2 special training programmes for the Non-teaching staff.

187 experienced and eminent faculty visited our college and delivered Guest Lectures on the topics that are useful for students. 18 Certificate Courses are offered during the present academic year.

Women Development Cell :

Women Development Cell organised Awareness Programmes cum Guest Lectures on the following topics *Safety Measures for Girl Students, Health Personal Hygiene of Private Parts of the Body, Plastic 6 Recycling, Social Security – Disha ACT, Women in Rural Areas-Health, Gender Equality.*

NSS, NCC, Women Development Cell, Special Unit for Differently-abled, Placement Cell, Anti Ragging Cell are providing valuable services in their respective fields.

Awards :

- i) **Dr K A Emmanuel**, Vice-Principal, won two Awards during this academic year Best Scientist Award given by IMRF and Innovative Scientist given by RULA.
- ii) **Dr P Paul Divakar**, Coordinator IQAC & NAAC and Head of the Department of Physics received 4 awards
 - a) Excellence in Reviewing conferred by Physical Science International Journal,
 - b) Dr B R Ambedkar National Fellowship Award
 - c) Distinguished Fellow in Physics-Material Science given by IMRF
 - d) Doctoral Award by California University.
- iii) **Sri M Guru Pratap Reddy**, Coordinator, Special Unit for

Differently-abled got the State Level Award given by the Department of Differently-abled and Senior Citizen Welfare, Government of Andhra Pradesh.

Dr K A Emmanuel, Dr P Paul Divakar and Dr Konda Ravi are offering Research Guidance through the Adikavi Nannaya University, Recognised Research Centre. In this context I expressed my sincere gratitude to our management, who have generously contributed Seed Money of Rs.3,00,000/- for execution of various research projects by staff and students, so as to promote research culture in the institutions.

Placements :

180 students from our college got selected in the Campus Recruitment Drive conducted by Divis Laboratories, Hetro Drugs Ltd, MSN Laboratory Ltd. Bhashyam Educational Institutions etc.

- Our students won the 1st Prize for the Skit “Nari Prasthanam” in the State Level Drama Competitions held on 11-01-2020 at Tummalapalli Kala Kshethram, Vijayawada.

Blood Donation Camps :

- 6 Blood Donation Camps were organized during the current academic year in which 183 students donated 148 units of blood.
- NSS Units and Red Ribbon Club conducted a Three-Day Training Programme on Disaster Management and First-Aid from 26-09-2019 to 28-

- 09-2019 in collaboration with Red Cross Society, Eluru.
- We organised Rallies on the occasion of National Voters Day and Aids Day, Organ Donation Day.
 - Our NSS Volunteers participated The National Integrated Camp held at Karnool.
 - Endowment Scholarship worth Rs. 1,50,000/- is awarded to the meritorious and poor students.
 - Desoddaraka Endowment Scholarships of worth Rs.50,800/- is given by Kalagara Krishnarao Trust.
 - Gutta Sri Rama Rao Educational and Charitable Trust give scholarship to 18 Under Graduate Students on Merit cum Need basis on November 1st every year.

Library :

- Great men are born in Libraries. We encourage the Library habit to the possible extent subject to the time table constraints.
- An amount of Rs. 92,490/- is spent on by new books, Rs. 34,186/- for Journals & News Papers & Rs. 5,900/- for e-Journals, other e-resources and Rs. 14,160/- for buying NEWGENLIB Software.

RUSA sanctioned Rs. 2 crores for the construction of a Building behind the Intermediate Block, for partial renovation of the hostel building and equipment for different laboratories, 3 Virtual Class Rooms, 1 Digital Class Room, Computer Lab and e-campus Management are also established with RUSA funds.

- Botany Building is renovated with the help of Autonomy Grant.

Endowment Scholarship :

- Management sanction Rs.2,00,000/- (Two Lakh) towards merit scholarships, 400 UG students and 100 PG Students were awarded Merit Scholarship.

Games & Sports : (A Sound mind in a Sound Body)

- a) Our College organized Adikavi Nannaya University Table Tennis Inter Collegiate selection trials, West Godavari District School Games,
- b) Our College Best Physique Team won Team Championship in the Inter Collegiate Championship held at SKBR College, Amalapuram, for the third consecutive term.
- c) Our College got 1st Place in Kho-Kho and Cricket in Adikavi Nannaya University, Inter Collegiate Tournament held at DNR College, Bhimavaram.
- d) Our Students won medals in Best Physique, Karate and Wrestling etc.

NCC :

Our Cadet G Satish was selected for ALC-2019 held at Kharagpur, West Bengal from 28-05-2019 to 08-06-2019.

Cadet Sk. Fadeer was selected for the Tala Sainik Camp at New Delhi from 16-09-2019 to 27-09-2019.

Cadet J Vinay Sai Krishna was selected for SNIC Camp at Port Blair (Andaman) from 18-11-2019 to 29-11-2019.

On the occasion of Flag Day our Cadets collected an amount of Rs.58,614/- from donors for the Sainik Welfare Fund.

4 of our cadets got selected for Indian Army.

What lies behind us and what lies ahead of us are tiny matters to what lies within us. Says "Ralph Waldo Emerson".

If we furnish the will to succeed we will be able to put up better show in the days to come. Good better and best never let it rest till your good becomes better and better the best. I hope the Annual Report for the Academic Year 2020-21 will contain more stories of success. I thank the Management for giving me this great opportunity, thank you one and all.

Platinum Jubilee Celebrations (1945-2020)

I am extremely happy to announce the commencement of Platinum Jubilee Celebrations (1945-2020) of our beloved Sir C R Reddy College (Autonomous and Aided) starting from today in the presence of esteemed educational luminaries serving the cause of goddess of knowledge and wisdom, both gnaan and vignaan as enshrined in the emblem of UGC. Our prestigious college was founded on 4th July in 1945 by our illustrious Founder-President Rao Saheb Damaraju Venkata Rao, Founder - Principal Sri DS Subrahmanyam and a host of other lovers of knowledge and dedicated philanthropists.

Since then a galaxy of eminent persons holding prestigious positions across the globe have studied here and have been rendering yeoman service to this college as ALUMNI. I, too, am simply and humbly proud of being an alumnus of this great institution. I am grateful to all donors!

These celebrations declared open now will be going on throughout 2020-2021 not only in academics, but also in cultural, sports and other service activities highlighting the great educational journey of this Mother Institution. It has spanned into 9 other sister institutions serving the educational needs of the society. This noble Institution has the mission of offering excellent education and the vision of empowering student community to learn to DO, to BE, to CARE and

to SHARE as enshrined in UNESCO 's decennial Educational Abstracts. We share our intellectual resources with human society as a whole. We feel obliged to the FOUNDERS and DONORS and never swerve from the path of rectitude in dissemination of knowledge and wisdom to our society, our nation and humanity at large !

Thank you all with great sense of jubilation, pride, and commitment.

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WISDOM IS DIFFERENT FROM LEARNING AND EDUCATION

In the past few decades India's education has lost the purpose which is to make the young ignite their intelligence, cultivate inquiry and become not only learned but become wise too. Choosing answers to question and memorising certain facts cannot be education. Getting 90% to 100% is to indicative of one's learning and development of the faculty to think, to inquire and to excel in whatever profession one choose and is engaged in.

The Guru Sishya Sampradaya in our traditional education system was instilling the spirit of inquiry and learning by observation and thinking. Our Rishis and Gurus and inspired poets like Valmiki and Vyasa; Kalidasa and Barthrihari have put that wisdom that they had gained by observation, by experience and by instructing others into beautiful Sooktis, aphorisms. Our great poet Nannaya, while rendering the Vyasa Mahabharata into Telugu, has described the Mahabharata as *nana ruchirardha sookti nidhi*, a vast mine of wisdom put into myriad aphorisms. Sri Bhamidipalli Subrahmanya Sarma has collected 108 Sooktis containing Slokas from our great Sanskrit literature both in Devanagari and Telugu script and given

their explanation and expansions where necessary. The effort is commendable. Our Gurus have been impressing upon us the good that will come if we get these by heart, understand their meaning and examine our actions in the light of the wisdom that these sookus are conveying. The wisdom that they promote is a result of centuries of learning and observation and experience of the learned. This compilation will be of immense use for those who want to be leading lights in the society. I congratulate Sri Sarma at the excellent effort.

AUTHOR'S NOTE

The tale of Satyavan and Savitri is recited in the Mahabharata as a story of conjugal love conquering death. But this legend is, as shown by many features of the human tale, one of the many symbolic myths of the Vedic cycle. Satyavan is the soul carrying the divine truth of being within itself but descended into the grip of death and ignorance; Savitri is the Divine Word, daughter of the Sun, goddess of the supreme Truth who comes down and is born to save; Aswapati, the Lord of the Horse, her human father, is the Lord Lord of Tapasya, the concentrated energy of spiritual endeavour that helps us to rise from the mortal to the immortal planes; Dyumatsena, Lord of the Shining Hosts, father of Satyavan, is the Divine Mind here fallen blind, losing its celestial kingdom of vision, and through that loss its kingdom of glory. Still this is not a mere allegory, the characters are not personified qualities, but incarnations or emanations of living and conscious Forces with whom we can enter into concrete touch and they take human bodies in order to help man and show him the way from his mortal state to a divine consciousness and immortal life.

N C C ANNUAL REPORT : 2019-20

Lt. M Naveen Kumar
Associate NCC Officer

Lt. M Naveen Kumar deliver his duties with more energetic and enthusiasm and motivating the students towards patriotism and nation building. During his leadership the cadets participated in several National camps like TSC, NIC, SNIC, ALC and Trekking camps; service oriented programmes like blood donation, Plantation, Swachh Bharath, Awareness rallies, Cycle expedition, ODF programmes, Online/cashless transition awareness programmes, donations to Sainik Welfare Association and Orphan homes. From the help of the Management he developed and renovated the Fire Range and Obstacles for better tainting experience to the cadets. He got "Best Service" award for the 2019 year from the Zilla Sainik Wellfare Association, West Godavari Dt.

He conducted several activities towards motivated the student community and the community.

- He conducted Plantation Programme on 28-07-2019 at our college premises. In this programme we planted 32 plants.
- He conducted 5 large scale blood donation camps on 16-08-2019, 14-10-2019, 21-11-2019, 18-12-2019 and 10-03-2020 with collaboration of RED CROSS Society at our college premises for the Thalassemia patients.
- He conducted Swachh Bharath Programmes on the eve of Mahatma

Gandhi Birth Anniversary on 02-10-2019 in our college premises and also on Main Road, Eluru and also conducted on 14-12-2019. He visited orphan child home along with his team on 20-11-2019, and they provided two rice bags to the children.

- He arranged one day lunch for Mentally and Physically retarded child home on 21-11-2019 sponsored by the College.
- He organised the central parade on the eve of 71st NCC Day celebrations with 240 cadets on 24-11-2019 at out college ground. Unity run was conducted on 31-10-2019 eve of Sardar Vallabhai Patel birth anniversary.
- He conducted "RUN for FUN" on the eve of 71st NCC Day celebrations on 22-11-2019. He prestigiously conducted "AIDS AWARENESS" rally on 01-12-2019.
- He conducted "FLAG DAY" celebrations on 07-12-2019 and we collected an amount of Rs. 58,614-00 from the public and same amount donated to Zilla Sainik Welfare Association, Eluru.
- During the COVID-19 Pandemic situation globally, Lt. M Naveen Kumar bravely took forward step and form a dynamic group of 24 cadets for the voluntary services during the

LOCKDOWN implementation process associated with Government authorities. The cadets are served in various duties according to the lockdown process such as Traffic control, Quarantine Centers entry control duties, public awareness services in different locations of the town and sub-urban areas.

- Lt. M Naveen Kumar identified 30 physically and mentally strengthened cadets for giving special training course for Army recruitment rally. Out of 30, 12 cadets selected in various Army recruitment rallies ranging from Technical and Field duty Soldiers.
 - JUO A Balachandu participated in NCC Day Camp at Secunderabad from 16-11-2019 to 25-11-2019.
 - CDT J Vinay Sai Krishna participated in SNIC-2019 at Port Blair, Andaman & Nicobar Islands (India) from 18-11-2019 to 29-11-2019.
 - 4 cadets participated in National Trekking Camp (Shivaji Trail Tek) at Kolhapur, Maharashtra from 29-11-2019 to 06-12-2019.
 - CDT N Aparna Devi participated in EBSB-2020 at Itanagar, Arunachal Pradesh from 06-01-2020 to 17-01-2020.
 - 3 cadets participated in EBSB-II at Guntur, Andhra Pradesh from 07-01-2020 to 18-01-2020.
- He trained and promoted cadets to various state and national camps:**
- SGT G Satish participated in ALC camp-2019 at Kharagpur from 28-05-2019 to 08-06-2019.
 - 2 cadets with SGT rank participated in LIDC camp 2019 at Vijayawada conducted by AP State Government from 07-08-2019 to 04-08-2019.
 - 6 cadets participated in TSC-IGC Camp at Secunderabad from 26-07-2019 to 04-08-2019.
 - SGT Sk Fadheer participated in *Thal Sainik Camp-2019 (TSC)* at New Delhi from 16-09-2019 to 27-09-2019.
 - Two Cadets participated in RDC-IGC 2019 at Secunderabad from 29-10-2019 to 07-11-2019.
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NATIONAL SERVICE SCHEME UNIT-II

Annual Report of the Regular Activities for the year 2019-20

N Srinivasa Rao
NSS Unit-II Officer

- The chairman of the Advisory committee of NSS Unit – II and Principal for our college nominated the following candidates as the members of the Advisory committee for the NSS Unit – II of our college. They are Dr. K S Vishnu Mohan, Correspondent, Sir C R Reddy College as representative from the governing body, Mr. N Srinivasa Rao, HOD - Politics and NSS Programme Officer Unit – II. Advisory Committee members Sri. P Anjaneyulu, SG lecturer in English, Sri. PNV Prasada Rao, SG Lecturer in Mathematics, Sri. M Srinivasa Rao, Lecturer in Telugu, Sri. Md Mahaboob Basha, Lecturer in English and Sri K S Chandra Sekhar, Lecturer in English.
 - The Advisory Committee met on 18th June 2019 at 5.00 p.m. in principal's Chamber and discussed the proposed agenda presented by NSS Unit – II programme officer and resolved the resolutions. The main item of the agenda are at least one blood donation camp to be conducted, Swatcha Bharat Programme which was declared by the Prime Minister of India is to be the Part of our Programmes, Plantation of trees, active participation in cultural and youth festival programmes, creating awareness among youth on different important occasions like pollution day celebrations, National Unity day.
 - Then, the NSS Unit – II of our college proceeded to activate the programmes which were resolved by the advisory committee under the leadership of NSS Programme officer Mr. N Srinivasa Rao and in the guidance of the Principal.
 - The NSS Unit – II of our College arranged an Awareness Programme on international drugs abuse & illicit trafficking on 26-06-2019. 66 Volunteers Participated in this programme
 - The NSS Unit – II of our College arranged a Vanam-Manam Programme on 05-07-2019. 84 Volunteers participated in this Programme, tree plantation both sides of Main road and the College ground. Dr. M B S V Prasad, Secretary, Managing Committee, Dr. K S Vishnu Mohan, Correspondent and Principal addressed the gathering.
 - The NSS Unit – II of our College arranged a One – day orientation programme on 09-07-2019 at Audio-Visual Hall, Sir C R Reedy college, Eluru. 120 NSS Volunteers participated in this programme. Dr. M B S V Prasad, Secretary, Managing Committee, Sri. K Prabhakara Rao, Manager, SETWEL, W G Dist., is the Resource Person for the Programme.
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- ▶ The NSS Unit – II of our College arranged a Awareness Programme on “Emergency Response Team” on 26-06-2019. 71 Volunteers Participated in this programme.
 - ▶ The NSS Unit – II of our College arranged a Awareness Programme on “World Population Day” on 17-06-2019. 110 Volunteers Participated in this programme.
 - ▶ The NSS Unit – II of our College conducted a Guest Lecture “Union & State Budget” on 15-07-2019. 89 volunteers are participated in this Programme. Sri D Gangaiah, HOD of Economics, VSR & NVR College, Tenali is the Resource Person of this Programme.
 - ▶ The NSS Unit – II of our College Students attended the National Integration Camp, at Kurnool from 16-07-2019 to 21-07-2019 which was conducted by SETWEL & Youth Affairs Department. 25 Students are attended this Camp.
 - ▶ The NSS Unit – II of our College arranged a One – day orientation programme on 20-07-2019 at Audio-Visual Hall, Sir C R Reedy college, Eluru. 100 NSS Volunteers participated in this programme. On the occasion of JRC & YRC State Awards. Red Cross Society Team, Sri Krishna Mohan, Damodar, Nagaraju are the Resource Persons for this Programme.
 - ▶ The NSS Unit – II of our College arranged a Vanamohotsavam on 22-07-2019. 60 Volunteers participated in this Programme, tree plantation both sides of Main road and the College ground. Dr. M B S V Prasad, Secretary, Managing Committee, Dr. K S Vishnu Mohan, Correspondent and Principal addressed the gathering.
 - ▶ The NSS Unit – II of our College arranged a Blood Donation Camp on 25-07-2019. 45 NSS Volunteers donated Blood. Dr. M B S V Prasad, Secretary, Managing Committee, Dr. K S Vishnu Mohan, Correspondent and Principal attended the programme.
 - ▶ The NSS Unit – II of our College Celebrated the “World Nature Conservation Day” 28-07-2019. 60 Volunteers participated in this Programme, tree plantation both sides of Main road and the College ground. Dr. M B S V Prasad, Secretary, Managing Committee, Dr. K S Vishnu Mohan, Correspondent and Principal addressed the gathering.
 - ▶ The NSS Unit – II of our College participated in Independence Day Celebrations with 120 Volunteers. Dr. M B S V Prasad, Secretary, Managing Committee, Dr. K S Vishnu Mohan, Correspondent, Dr. K A Rama Raju, Principal and Staff participated in this Programme.
 - ▶ The NSS Unit – II of our College arranged a Blood Donation Camp on 16-08-2019. 40 NSS Students donate the Blood. Dr. MBSV Prasad, President, Managing Committee, Dr.
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Vishnu Mohan, Correspondent and Principal are attended.

- The NSS Unit – II of our College arranged a Blood Grouping Programme on 17-08-2019. 331 students attended in this programme. Dr. M B S V Prasad, Secretary, Managing Committee, Dr. K S Vishnu Mohan, Correspondent and Principal attended the programme.
 - The NSS Unit – II of our College arranged a One – day orientation programme “Fit India Movement on 29-08-2019 at Audio-Visual Hall, Sir C R Reedy college, Eluru. 113 NSS Volunteers, Principal and Staff participated in this programme.
 - The NSS Unit – II of our College attended the National Integration Camp, at Kurnool from 04 -09-2019 to 08-09-2019 organised by SETWEL & Youth Affairs Department. 15 Students are attended this Camp.
 - The NSS Unit – II of our College arranged a Awareness Programme on occasion of “NSS Day Celebrations” on 24-09-2019. 89 Volunteers Participated in this programme.
 - The NSS Unit – II of our College arranged a Awareness Programme on “Disaster Management & First Aid Training Programme” From 26-09-2019 to 28-09-2019. 40 Volunteers Participated in this programme.
 - The NSS Unit – II of our College celebrated the “150th Gandhi Jayanthi Celebrations” on 01-10-2019. 60
- Volunteers participated in this programme, Dr. M B S V Prasad, Secretary, Managing Committee, Dr. K S Vishnu Mohan, Correspondent and Principal addressed the gathering.
- The NSS Unit – II of our College arranged a Blood Donation Camp on 14-10-2019. 36 NSS Students donated blood. Dr. M B S V Prasad, Secretary, Managing Committee, Dr. K S Vishnu Mohan, Correspondent, Principal and Red Cross Society are attended.
 - The NSS Unit – II of our College arranged a Blood Grouping Programme on 14-10-2019. 70 students attended in this programme. Dr. M B S V Prasad, Secretary, Managing Committee, Dr. K S Vishnu Mohan, Correspondent, Principal and Red Cross Society are attended.
 - The NSS Unit – II of our College arranged a awareness Programme on “Child Line – 1098 help line” on 25-10-2019. 76 Volunteers Participated in this programme.
 - The NSS Unit – II of our College arranged the Swachh Bharath Awareness Rally on 01-11-2019. In this rally Clean & Green Programme conducted at New Bus stand, Eluru. In this rally 45 NSS Volunteers attended the programme.
 - The NSS Unit – II of our College arranged a Blood Donation Camp on 21-11-2019. 22 NSS Students donate Blood. Dr. M B S V Prasad, Secretary,
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Managing Committee, Dr. K S Vishnu Mohan, Correspondent, Principal and Red Cross Society attended the programme.

- The NSS Unit – II of our college arranged a awareness Programme on the occasion of “70th Constitution Day” on 26-11-2019. 300 Volunteers participated in this programme.
- The NSS Unit – II of our College Celebrated the “Sir C R Reddy Birth Day Celebrations” on 10-12-2019. 50 Volunteers participated in this Programme, Dr. M B S V Prasad, Secretary, Managing Committee, Dr. K S Vishnu Mohan, Correspondent and Principal addressed the gathering.

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CULTURAL REPORT : 2019-20

Dr. N Srinivasa Rao
Cultural Programmes

On 06-12-2019 the Divisional Level Youth Festival organized by SETWEL, Wet Godavari District and Sir C R Reddy College, Eluru at our college Auditorium. In this competitions our students got 1st Prize in Western Dance and 2nd Prize in One Act Play.

On 19-12-2019 the district level Youth Festival held at Ch.S.D.ST.Theresa's College for Women. The competitions were organized by SETWEL, Wet Godavari District. In this competitions our students got 1st prize in Instrument solo and 2nd prize in Western Dance. On 11-01-2020 our students participated in State Level Drama

Competitions, which was conducted by Department of Youth Services, Government of Andhra Pradesh. The competitions was held at Kaleswara Rao Auditorium in Vijayawada. In this competitions our college students won 1st prize in State Level Drama Competitions, the name of the drama is Nari Prasthanam.

On 17-03-2020 the College Day was celebrated in our college open auditorium. In this programme students performs difference cultural events like Group Dance, Solo Dance, Mimicry Singing, Skit etc. The best events performed students felicitated by the Chief Guest of the function.



06-12-2019 Divisional Level Youth Festival Winners.



On 11-01-2020 State Level Drama Competitions 1st Prize Winners from our college.

THE RICH AND THE POOR

The man to whom God hath given riches, and blessed with a mind to employ them aright, is peculiarly favoured and highly distinguished.

He looks on his wealth with pleasure; because it affordeth him the means to do good.

He protects the poor that are injured ; he suffereth not the mighty to oppress the weak.

He seeketh out objects of compassion; he enquireth into their wants; he relieveth them with judgment, and without ostentation.

He assisteth and rewardeth merit; he encourageth ingenuity, and liberally promoteth every useful design.

He carrieth on great works; his country is enriched, and the labourer is employed; he formeth new schemes, and the arts receive improvement.

He considereth the superfluities of his table as belonging to the poor of his neighbourhood, and he defraudeth them not.

The benevolence of his mind is not checked by his fortune; he rejoiceth therefore in riches, and his joy is blameless.

But woe unto him that heapeth up wealth in abundance, and rejoiceth alone in the possession thereof.

That grindeth the face of the poor, and considereth not the sweat of their brows.

He thriveth on oppression without feeling; the ruin of his brother disturbeth him not.

The tears of the orphan he drinketh as milk; the cries of the widow are music to his ear.

His heart is hardened with the love of wealth; no grief or distress can make impression upon it.

But the curse of iniquity pursueth him; he liveth in continual fear. The anxiety of his mind, and the rapacious desires of his own soul, take vengeance upon him for the calamities he hath brought upon others.

O! what are the miseries of poverty in comparison with the gnawing of this man's heart!

Let the poor man comfort himself, yea, rejoice; for he hath many reasons.

He sitteth down to his morsel in peace; his table is not crowded with flatterers and devourers.

He is not embarrassed with a train of dependents, nor teased with the clamours of solicitation.

Debarred from the dainties of the rich, he escapeth also their diseases.

The bread that he eateth, is it not sweet to his taste? The water he drinketh, is it not pleasant to his thirst? Yea, far more delicious than the richest draughts of the luxurious.

His labour preserveth his health, and produceth him a repose to which the downy bed of sloth is a stranger.

He limiteth his desires with humility; and the calm of contentment is sweeter to his soul than the acquirements of wealth and grandeur.

Let not the rich, therefore, presume on his riches, nor the poor in his poverty yield to despondency; for the providence of God dispenseth happiness to them both.

(Courtesy : The Economy of Human Life)

PROVIDENCE OR THE ACCIDENTAL DIFFERENCES OF MEN WISE AND IGNORANT

- ◆ The gifts of the understanding are the treasures of God; and he appoints to everyone his portion, in what measure seems good unto himself.
- ◆ Hath he endowed thee with wisdom? hath he enlightened thy mind with the knowledge of truth? Communicate it to the ignorant for their instruction, communicate it to the wise for thine own improvement.
- ◆ True wisdom is less presuming than folly; the wise man doubts often, and changes his mind; the fool is obstinate, and doubts not; he knows all things but his own ignorance.
- ◆ The pride of emptiness is an abomination, and to talk much is the foolishness of folly; nevertheless, it is the part of wisdom to bear with patience the impertinence of fools, and to pity their absurdity.
- ◆ Yet be not puffed up in thine own conceit, neither boast of superior understanding; the clearest human knowledge is but blindness and folly.
- ◆ The wise man feels his imperfection, and is humbled; he labours in vain for his own approbation. But he fool peeps in the shallow stream of his own mind, and is pleased with the pebbles which he sees at the bottom; he brings them up and shows them as pearls, and with the applause of his brethren delights himself.
- ◆ He boasts of attainments in things of no worth; but where it is a shame to be ignorant, there he hath no understanding.
- ◆ Even in the paths of wisdom he toils after folly; and shame and disappointment are the reward of his labour.
- ◆ But the wise man cultivates his mind with knowledge; the improvement of arts is, his delight, and their utility to the public crowns him with honour.
- ◆ Nevertheless, the attainment of virtue he accounts as the highest learning; and the science of happiness is the study of his life.

* * *

EDUCATION : ANCIENT AND MODERN

- Sri T S Avinashilingam

The old system of education in India was very different from the modern system. The students had not to pay. It was thought that knowledge is so sacred that no man ought to sell it. Knowledge should be given freely and without any price. The teachers used to take students without charge and not only so, most of them gave their students food and clothes. To support these teachers, the wealthy families made gifts to them and they in their turn had to maintain their students. The disciple of old used to repair to the hermitage of the Guru, fuel in hand, and the Guru, after ascertaining his competence, would teach him the Vedas, fastening round his waist the three-fold filament of Munja, a kind of grass, as the emblem of his vow to keep his body, mind and speech in control.

There are certain conditions necessary in the taught and also in the teacher. The conditions necessary for the taught are purity, a real thirst after knowledge, and perseverance. Purity in thought, speech and act is absolutely necessary. As for thirst after knowledge, it is an old law that we all get whatever we want. None of us can get anything other than what we fix our hearts upon. There must be a continuous struggle, a constant fight, an unremitting grappling with our lower nature, till the higher want is actually felt and victory is achieved. The student who sets out with such a spirit of perseverance will surely find success at last.

In regard to the teacher, we must see that he knows the spirit of the scriptures. The

whole world reads Bibles, Vedas and Korans; but they are all only words, syntax, etymology, philology – the dry bones of religion. The teacher who deals too much in words and allows the mind to be carried away by the force of word loses the spirit. It is the knowledge of the spirit of the scriptures alone that constitutes the true teacher. The second condition necessary for the teacher is sinlessness. The question is often asked: 'Why should we look into the character and personality of teacher?' This is not right. The sine qua non of acquiring truth for oneself, or for imparting to others, is then only comes the value of his work. The function of the teacher is indeed an affair of the transference of something and not one of mere stimulation of existing intellectual or other faculties in the taught. Something real and appreciable as an influence comes from the teacher and goes to the taught. Therefore, the teacher must be pure. The third condition is in regard to the motive. The teacher must not teach with any ulterior selfish motive, for money, name or fame. His work must be simply out of love, out of pure love for mankind at large. The only medium through which spiritual force can be transmitted is love. Any selfish motive, such as the desire for gain or name, will immediately destroy the conveying medium.

It is not easy to be a disciple. The first condition is that the student who wants to know the truth must give up all desires for gain. What we see is not truth as long as any

desire creeps into our minds. So long as there is in the heart the least desire for the world, truth will not come.

The rich understand truth much less than the poor people. The rich man has no time to think of anything beyond his wealth and power, his comforts and indulgences. I do not trust the man who never weeps; he has a big block of granite where his heart should be. Therefore knowing what prosperity means and what happiness means, one should give up these and seek to know the truth and truth alone. Unselfishness is ore paying, only people have not the patience to practice it. It is more paying from the point of view of health also. Love, truth and unselfishness are not merely moral figures of speech, but they form our highest ideal, because in them lies such a manifestation of power.

Self-restraint is manifestation of greater power than all outgoing action. All outgoing energy following a selfish motive is frittered away; it will not cause power to return to you; but if restrained, it will result in development of power. This self-control will tend to produce a mighty will, a character which makes a Christ or a Buddha.

* * *

EDUCATION AND WOMEN

It is very difficult to understand why in this country so much difference is made between men and women, whereas the Vedanta declares that one and the same Self is present in all beings. Writing down Smritis etc., and binding them by hard rules, the men have turned the women into mere manufacturing machines. In the period of degradation, when the priests made the other castes incompetent to study the Vedas, they deprived the women also of all their rights. You will find in the Vedic and Upanishadic age Maitreyi, Gargi and other ladies of revered memory have taken the place of Rishis. In an assembly of a thousand Brahmanas who were all erudite in the Vedas, Gargi boldly challenged Yajnavalkya in a discussion about Brahman.

All nations have attained greatness by paying proper respect to women. That country and that nation which do not respect women have never become great, nor will ever be in future. The real Shakti-worshipper is he who knows that God is the Omnipresent force in the universe, and sees in women the manifestation of that force. In America men look upon their women in this light and treat their women as well as can be desired, and hence they are so prosperous, so learned, so free and so energetic. The principal reason why our race has so degenerated is that we had no respect for these living images of Shakti, Manu says, 'Where women are respected, there the Gods delight, and where they are not, there all work and effort come to naught.' There

is not hope of rise for that family or country where they live in sadness.

Women have many and grave problems, but none that cannot be solved by that magic word: education. What does our Manu enjoin? "Daughters should be supported and educated with as much care and attention as the sons. As sons should be married after observing Brahmacharya up to the thirtieth year, so daughters also should observe Brahmacharya and be educated by their parents. But what are we actually doing? They have all the time been trained in helplessness and servile dependence on others; and so they are good only to weep their eyes out at the approach of the slightest mishap or danger. Women must be put in a position to solve their own problems in their own way. Our Indian women are as capable of doing it as any in the world.

Female education should be spread with religion as its centre. All other training should be secondary to religion. Religious training, the formation of character and observance of the vows of celibacy—these should be attended to. Our Hindu women easily understand what chastity means, because it is their heritage. First of all intensify that ideal within them above everything else, so that they may develop a strong character by the force of which, in every stage of their lives, whether married or single—if they prefer to remain so—they will not be in the least afraid even to give up their lives rather than flinch an inch from their chastity.

* * *

FAITH IN ONESELF

“Even if you believe in 33 crores of gods and goddesses and still no faith in yourself, you have no salvation”- Swami Vivekananda

Believe in your own ability to do big things. Only by having faith in yourself can you compel others to have faith in you.

Whatever you are called upon to do should receive your whole-hearted attention and interest; your maximum ability. Do it in such a way that those above you will take notice. You can compel them to notice if only your actions have enough vigor and common sense. It all depends upon You.

To become despondent about your lot in life is but to belittle yourself without helping yourself. To be determined on better things, and ready and anxious to work for better things, will surely bring its reward.

There is no necessity to wait for other people to die before you get promoted. You can wait if you wish, but there is no need for it. You are just wearying and wearing yourself in the waiting. You alone are responsible. No firm would have an institution of promotion by seniority if every man and woman, boy or girl, exerted themselves more, had a bigger opinion of themselves, and worked according to that opinion. In gauging your own importance, do not allow yourself to float in a sea of superlative egotism. Do not let your head swell. A proper estimate of

one's self must include credit for retaining control.

When you realize your importance you will keep control of it, so that you may apply your power in a sensible and cool way. You are bigger than you think you are. Act up to this.

Do your present work better than anybody at your age or experience has ever done it before. Thus you show yourself fit for still higher duties. These higher duties will come, and as you tackle them in the same forward spirit, a further advancement will be inevitable. And so you will go on, and on. Everything lies with yourself. Nothing can keep you down if only you decide that you will move up.

Most truly great men started in a small way—lower down the scale than you, whatever your present position may be. But they found themselves, they knew themselves, they recognized the power of the man who says, “I will.” Opportunities will not come to you unless you have an opinion of yourself big enough to grasp them.

* * *

6 ADVANTAGES AND 5 BAD EFFECTS OF USING SMART PHONE

Naga Durgarao Bhukya
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Do you remember or you imagine how things were some two or three decades ago when there were no mobile phones? Messaging was done through letters, messengers, landlines, fax and the rest. Delays, among other inconveniences characterized that thread. Today, things are much better mobile phone communication has made calling, messaging, chatting and video calling a real time event. It is convenient, cost-effective, and can be done anywhere as long as network connectivity is available. Amid all those benefits you cannot overlook the bad effects of frequent use of a mobile phone. Among all there is this most recent and developing disadvantages called nomophobia. It is the fear and state of anxiousness related to being without a mobile phone. It is most rampant among campus and college youths although older adults are getting into the mix.

Downsides of using a mobile phone :

The term mobile phone encompasses cell phones and smart phones. They might seem indispensable communication gadgets but below are some of the disadvantages attached to their usage.

1. Interruption : Mobile phones are a constant always available, and real-time communication avenue. Incoming calls, emails,

texts or social media related notification get into your phone a few seconds after being sent. It is a convenient thing but how about all those ringing and notification when listening to a manager or CEO in a business meeting? That sound does not interrupt you alone but also the speaker and other members in the room. It does not end there mobile phone interruption happens at wedding family gatherings movie theatres or offices. It is not only an annoying but also frustrating happening.

2. Distraction : How could distraction not be among the bads of using a mobile phone? By mobile phone creating a real time communication avenue. The compelling feeling to make calls. Text or even video calls while driving or working is very distracting this does not only come as a detrimental effect on work or class productivity. The centers for Disease control and prevention (CDC) say every day close to nine people die in road accidents caused by a mobile phone distracted driver.

3. Isolation : It's true mobile phones make people connected and the world a small village. But if not used carefully it can isolate you from family and people around you one of the typical negative impacts is where you meet a group of youths seated around a coffee

table but not talking to each other; all are glued to their cell or smartphone screens. Additionally, if a teenagers or a partner is too much into their mobile phone, this can hurt their relationship with the family or partner respectively.

4. Health Problems : Late night chats and phone games playing on bright screen results to eye problems on a different note, network waves can result in some skin cancers. If you decide to scrutinize the bad effect of using a mobile phone. There are even more eye cancer, sleeplessness which causes chronic fatigue during the day and infertility related to wife-connectivity are among the worries.

5. Loss of Money : Being a mobile phone enthusiast trend and fashion lover will leave you minus a considerable amount of money may be every three to six months. You want to have that latest brands, that new and nice looking phone accessory all result in debits to your pocket. Not to forget airtime credit and internet charges every day.

What you can Gain from Smart Phone.

The advantages of using mobile phones make them fundamental accessories if not necessities. There are several economic and social advantages as explained below.

1. Connect to the world : Mobile phones technology made and still makes the world a small village with one of them in your

pocket as long as it is on you can connect with friends, family or even make new friend around the globe thanks to calling ability, texting, video calls, chats and the event full social media, you will remain connect as long as wish.

2. Entertainment : From the most known Nokia snake game to the newest fun games, it is almost impossible to get bored while you have mobile phone in your pocket there are many cross word puzzle games to keep you busy entertained addition to the thousands of online and offline games application. Additionally kids have the opportunity to enjoy cartoons and games on these mobile devices.

3. Safety : Regarding the case of the advantages and downside of using a mobile phone, advantages accured from having a phone go much behold the intentional ones when travelling or going for a hike your mobile phone offers entertainment and company. But think of it as a safety gadget. When you forget your direction back home or even get hijacked, a mobile phone GPRS can help you trace your way home or help authorities to locate you respectively. Lastly if any emergency situation happens like an accident or a car breakdown, you can call for rescue or help.

4. Alaram and Remainder : You can manage a to do list using your mobile phones remainder option. Additionally, if you are

planning to wakeup early in the morning, you can set the alaram with a volume and notification sound of choice. This will help you wake up early enough and avoid being later for your meeting class or any scheduled activity.

5. Data transfer : At the current age, with a mobile phone you do not have to send your credentials, videos, photos or even document through the post office anymore with a few button presses or screen touching, you data transfer will be sent and receive within a seconds across the globe.

6. Various Utilities : Your phone is not only a call, entertainment or data transfer gadget. There are other utility tips of these devices. A mobile phone can act as a torch, a recording device, data storage, calculator, calendar, camera and many other utility features.

THE FINAL THOUGHT

With all that said and done, the way to wish utilize your mobile phone matters. If used wisely, a mobile phone can be one of the best gadgets you will ever hold. You can use it to benefit your life profitability. Don't let the dark sides of smart phones discourage you, it's a matter of choosing how best can it benefit you.

* * *

INSPIRATION FOR NEW INDIA

Each individual is a unit in this universe, in this world. And all these individuals put together is called the community, or the nation or the world itself. Apart from the individuals, there is no world. All of you put together without any distinction and differences, all your minds put together, is the world outside.

So, if the majority of the minds are selfish, arrogant, utterly egocentric, vulgar and without a character – that society, that community, will be of the same character! Today, nation is no nation, only a country where a population lives. There is no integration amongst them. And internationally, no understanding!

Through individual perfection alone world perfection can be aspired.

This is the conclusion arrived at by the great thinkers of the past. In all scriptures! I'm not talking of Vedanta, or the Indian scriptures. Is not the Bible saying the same? Is not the Quran saying the same? Isn't the Dhammapada of the Buddhist saying the same?

Every great master who has given enough thought to it has understood that the cause for the sorrows of the world outside is the imperfection or disturbance of your own mind.

Collected by **K S Chandrasekhar,**
Lecturer in English

HOW TO FIND A GOOD INTERNSHIP

K Ravi kumar,

Lecturer in Physics

It is hard and time taking for most students to realise that the carefree vacation of their lives is nearly ending and they need to start looking for internships or part time jobs. It is the very beginning of your career, the foundation stone towards finally becoming a paid employee rather than the wanton teen that lived off parent's pocket money.

Getting a good internship is not a piece of cake, let's accept it first. You will be facing challenges of finding the suitable one for you and then doing all that you could to make sure that you get it. Get ready as we explore some tips that can help you in getting a good internship.

How are a few tips to guide you through finding a good internship?

1. Consider your choices:

There won't be many, we know, but you still need to focus on whatever choices you have. You need to distinguish between what you actually want for yourself and what you would compromise with. Make a list of things that you are expecting from our job, including location and ease of transit. You are not going to find a job that fulfils all your needs, so location and ease of transit. You are not going to find a job that fulfils all your needs, so make sure you grab the one that fulfills most of them or the most important one of them.

2. Take help

Not everything is advertised on the job portals. If you happen to know some people

in the industry of your interest, it is about time you get in touch. This also includes people who may in turn know someone else at places where you are interested in working. They could provide reference when there is an internal opening and could assist you with current job trends in that particular field. So, networking is extremely important.

3. Make a good resume

You know what you are good at but the employer will need to see them in ink. Ready your resume, highlighting the skills that could be beneficial in that field and mention your achievements in previous internships or a project at College where you volunteered. Showcasing your skills, while keeping in the mind the requirement for the job, plays an important role on getting yourself the right internship.

4. Weigh benefits correctly

There will be pressure of taking up that small part time job since the queue at the ones you want is long. Go for it only if options are limited and they are good to some extent. Taking up just any internship is not good for your profile.

Weigh the benefits only in terms of the value they add to your profile or the learning's you would get from that role.

Take up the position even if the company is smaller but what it offers to teach you is worth.

EDUCATION AND EMPLOYABILITY

K S Chandra Sekhar

Lecturer in English

“Education is making patent what is latent in man” – C Rajagopalachari

“The teacher has to read the text of the student page by page.” – J J Rousseau

“The teacher is the true text for the student.” – M K Gandhi

“There cannot be transfusion of knowledge without fusion of minds.” Dr.A.P.J. Abdul Kalam

“The teacher and student become one when they think together and apply their minds together.” - Srimat Veerabrahmendra Swami

“Communication presupposes communion of minds and hearts.” – Swami Vivekananda

“Yoga is skillfulness in action” – Bhagavad Gita

Education comes from the Latin root ‘educere’, meaning to draw what is inside out. If that is so, education is primarily living within, an inner activity that takes place within the mind, within the heart. It also entails self-introspection i.e. looking within to find out what is within. Then it also means conscience-keeping closer to mental reality so that there should be no gulf between the inner and the outer. In other words, there should be no scope even for self-deception. Such is the profound significance of the word ‘education’ as an inner exploration, a

psychological journey that goes on as long as one lives.

Self-discovery and self-expression are the two essential skills to be equally emphasized, encouraged and developed to the fullest extent to reap the rich harvest of ever higher levels of successful performance in the student’s career. While self-discovery relates to the talent search within, self-expression is centered on the application of inner talent in various activities, i.e. skill development. These activities include : 1)Listening Skills, 2)Speaking Skills, 3) Reading Skills 4) Writing Skills, 5) Thinking Skills, 6)Study Skills, 7)Body Language, 8.Emotional Intelligence etc.

In all the skills mentioned above, the student must have purity of interest in order to gain clarity of subject. Obviously, purity of interest includes determination, devotion, dedication and diligence. That is why, it is well said the teacher is only a facilitator. He only provides an opportunity to gather information, to organize it, to think it out and to apply it correctly wherever necessary. He also takes the student from the text to the context of life every now and then. The rest rests on the student. The onus is his. Therefore the student cannot escape from his primary responsibility to free his mind from laziness, carelessness and indolence. He should constantly be reminded of his duty,

awakened from mental slumber and slavery to sundry other useless and irrelevant things.

Just as every banyan seed contains a huge banyan tree potentially, so also every student is a potential genius in his own way. Hence education is making patent what is latent within the student. He should strive to be steadfast in all his endeavours. He should not swerve from the path of rectitude. To translate his thoughts into actions, he should dream while awake. With will-power and perseverance, he should strive to cultivate strong habits by repeated and careful observance of actions day in and day out. That is why The Law of Success says that one's success is hastened or delayed by one's habits. 'The never-to-give-up' attitude, 'never-to-succumb and surrender', 'never-to-yield' mind set until one gets what one deserves go a long way in realizing one's cherished ambition. Can there be a journey without a destination? Can there be a study without a goal? Can there be a product without a due process? Can there be fulfillment without fulfilling the conditions leading to it? Can there be an effect without a preceding cause? Can there be a design without a designer? A goal is a by-product of the way followed. Likewise there cannot be a right end without a right means. A great sage counsels that the secret of success lies in our power of application. There fore :

Watch your THOUGHTS, for they
become your words
Watch your WORDS, for they become
your actions

Watch your ACTIONS, for they become
your habits

Watch your HABITS, for they become
your character

Watch your CHARACTER and you reach
your GOAL

“We want that education by which character is formed, strength of mind increased, intellect expanded and by which one can stand on one's own feet”, says Swami Vivekananda.

So my dear student friends, realize that parents and teachers cannot bless you, nor even 33 crores of gods and goddesses can bless you. But there is one and only ONE person who can bless you, who can lift you and save you in life and that is YOU. So get hold of yourself and say 'I CAN'. A big and hearty 'Thank you' for reading this patiently.

May you bless yourself!

UNEXPECTED π COINCIDENCES

PNV Prasada Rao
Sr.Lecturer in Mathematics

The symbol π is the sixteenth letter of the Greek alphabet, yet it has gained fame because of its designation in mathematics. In the Hebrew and the Greek languages of antiquity, there were no numerical symbols. Hence, the letters of the respective alphabet served as numerical symbols.

Mathematicians actually got the idea to represent the ratio of the circumference of a circle to its diameter with the Greek letter π . According to the well-known mathematics historian Florian Cajori (1859-1930). The symbol π was first used in mathematics by William Oughtred (1575-1660) in 1652 when he referred to the ratio of the circumference of a circle to its diameter as $\frac{C}{D}$, where C represented the periphery (circumference) of a circle and D represented the diameter.

The value of π comes in the oddest places. Mathematicians for centuries in their quest for establishing the value for π have collected these close approximations for

$$\sqrt[3]{31} = 3.1413806523 \ 91$$

$$\sqrt{2} + \sqrt{3} = 3.1462643699 \ 4$$

$$\left(\frac{355}{113}\right)\left(1 - \frac{0.0003}{3533}\right) = 3.14159265335897943$$

$$\frac{47^3 + 20^3}{30^3} - 1 = 3.141592593 \dots$$

$$\left(97 + \frac{9}{22}\right)^{1/4} = 3.141592652582646125206037179644$$

$$\left(\frac{77729}{254}\right)^{1/5} = 3.1415926541$$

$$\frac{1700^3 + 82^3 - 10^3 - 9^3 - 6^3 - 3^3}{69^3} = 3.1415926535881\dots$$

$$\frac{9}{5} + \sqrt{\frac{9}{5}} = 3.1416407864998738$$

$$\frac{19\sqrt{7}}{16} = 3.1418296818892$$

$$\left(\frac{296}{167}\right)^2 = 3.14159704543$$

$$2 + \sqrt{1 + \left(\frac{413}{750}\right)^2} = 3.141592920$$

$$\sqrt{9.8696} = 3.141591\dots$$

$$\sqrt[4]{9^2 + \frac{19^2}{22}} = 3.141592652\dots \quad \text{(Srinivasa Ramanujan)}$$

$$2 + \sqrt[4]{4!} = 3.141586440\dots$$

$$\left(\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{7}}}}}}}}}}}}}\right)^{\sqrt{9!}} = 3.141603591\dots$$

$$\pi = \frac{4}{1} - \frac{4}{3} + \frac{4}{5} - \frac{4}{7} + \frac{4}{9} - \frac{4}{11} + \frac{4}{13} - \frac{4}{15} + \dots$$

It is our intention to make the general reader aware of the myriad of topics surrounding π that contribute making mathematics beautiful.

Note: day is celebrated every year on 14th March.

HELEN KELLER

'Science may have found a cure for most evils, but it has found no remedy for the worst of them all-the apathy of human beings"- Helen Keller, US deaf- blind author and campaigner, yet described the most popular woman of all times, 1880-1968.

"Sight is light and Light is life. Still, the best and most beautiful things in the world can't be touched or even seen. They must be felt with the heart"

"When one door of happiness closes, another opens. But, often we look so long at the closed"

"The most pathetic person in the world is someone who has sight but has no vision"

"I thank God for my handicaps for without them I could not have succeeded"

"That the sky is brighter than the earth means little unless the earth itself is appreciated and enjoyed. Its beauty loved gives the right to aspire to the radiance of the sunrise and the stars"

"Life is either a daring adventure or nothing"

- Helen Keller

MAN AND NATURE

"Nature is the Physical Form of God"-
Prof. KVSG Murali Krishna

"Do Good.

*Mother Nature heaves a sigh of relief
Rivers gurgle their gratitude
Leaves rustle their acknowledgement, and
the Air whispers its appreciation,
Don't expect more to do good.
Do Good"*

"A society can be judged by the way it treats its animals"-**Gandhi**

"It took Britain half the resources of the planet to achieve this prosperity. How many planets will a country like India require?" -
Gandhi

"Use almost can change the stamp of Nature" - **Shakespeare**

"The only certainty is that nothing is certain"
- **Pliny, Roman Naturalist**

"All art is but imitation of Nature"-**Seneca**

"We live on our planet among question marks which Nature has put generously all around us" - **Bernard Heuvelmans**

"Nature is a wonderful book, full of profound meaning, which is open to all of us and which all of us can read, but it is also a dark mine which conceals immense treasures in its depths" - **VO Kovalvsky**

*"What a piece of work is man
How noble in reason
How infinite in faculties
In form and moving, how express
In action how like an angel
In apprehension how like a God
The beauty of the world
The paragon of animals"*

- Shakespeare

A LETTER

From Abraham Lincoln to his son's teacher

He will have to learn, I know, that all men are not just, all men are not true.

But teach him also that for every scoundrel, there is a hero, that for every selfish politician there is a dedicated leader. Teach him, that for every enemy, there is a friend. It will take time, I know but teach him if you can, that a dollar earned is of far more value than five found.

Teach him to learn to lose and also to enjoy winning. Steer him away from envy if you can, teach him the secret of quiet laughter. Let him learn early that the bullies are the easiest to lick.

Teach him if you can the wonder of books, but also give him quiet time to ponder the eternal mystery of birds in the sky, bees in the sun and flowers on a green hillside.

In school teach him it is far more honorable to fail than cheat. Teach him to have faith in his own ideas, even if every one tells him they are wrong. Teach him to be gentle with gentle people and tough with the tough.

Try to give my son the strength not to follow the crowd when everyone is getting on the bandwagon. Teach him to listen to all men

but teach him also to filter all he hears on a screen of truth, and take only the good that comes through.

Teach him if you can, how to laugh when he is sad. Teach him there is no shame in tears. Teach him there to scoff at cynics and to beware of too much sweetness. Teach him to sell his brawn and brain to the highest bidders but never to put a price-tag on his heart and soul. Teach him to close his ears to howling mob and to stand and fight if he thinks he is right.

Treat him gently, but do not cuddle him, because only the test of fire makes fine steel. Let him have the courage to be impatient, let him have the patience to be brave. Teach him always to have sublime faith in himself, because then he will always have sublime faith in mankind. This is a big order, but see what you can do.

He is such a fine little fellow, my son!!!

* * *

GOAL SETTING

Sri P Anjaneyulu
Sr. Lecturer in English

“A Journey of a thousand miles begins with a single step.” - Chinese Proverb

At the end of each day, some of us find that although we feel we have spent the entire day busy and running, we have not really accomplished much. Then there is always someone—a relative, roommate or classmate—accomplishing something great every time we turn around. How does that happen?

Everyone advises you must work hard. You may work hard and keep busy. But if you do not set goals you are apt to find yourself working hard without any meaningful results.

Remember, “If you aim at nothing, you’ll hit it every time.”

Benefits of Personal Goal Setting:

- ◆ Clear and focused direction giving a sense of security and purpose.
- ◆ Maximum use of time.
- ◆ Enthusiasm for what you want.
- ◆ Moving ahead steadily and achieving the results you really want and ultimately by success.
- ◆ Boosted self-esteem, confidence and belief in your ability to make things happen and feel in control.

You will get the best results if your goals are in line with what you value as important to you, and are not thought of as forced on you.

“Where You Are”

Identify “Where you are”, your baseline. You can’t begin moving in the right direction until you know where you are at present. An effective analogy is to imagine wanting to travel coast to coast. If you don’t know which

coast you are starting from, the journey could be a long one as you start out with just a destination in mind.

“Where You Want to Be”

Identify “where you want to be”, your end state goal. Putting this in writing is a must, otherwise we call this dreaming, not goals. Dreams don’t often come true, but goals in writing do. It’s how you organize your view of the future that determines what that future is.

SMART Goals Setting:

- S = specific : study chemistry
- M = measurable: for two hours each weeknight
- A = attainable: review previous day’s notes and complete all associated exercises
- R = realistic: be in the top five
- T = timely: from the next quarterly examination

Writing Your Goals Is Important

- ◆ Writing them down forces you visualize your goals. It instills a commitment on your part and creates the roadmap to your success.
- ◆ Write your goal in the positive. Write your goals out in complete detail. Write in present tense. Rephrase and Re-write your goals.

* * *

TIME MANAGEMENT

Sri K S Chandrasekhar

Lecturer in English

Students whether in the first year or in the final year, typically complain about

- a) the size of their workload and
- b) the amount of unstructured time. On the surface, these two issues appear to go together, but it takes time management skills to resolve them.

You have the same 168 hours each week that everyone else has.

One of the purposes of college is to determine which people can control their time in order to meet their goals. Think about it. Most blue-collar or pink-collar jobs require employees to punch a time clock. The employer structures the time and the tasks.

But college students who have academic jobs structure their own time and often the tasks as well. ***A hidden requirement for success in college and in the professional world is the desire and the ability to use time wisely.*** Such a skill is not instantly conferred with the degree, but it is slowly and painfully constructed throughout the college years.

Two habits that can transform the quality of your life are simple and powerful.

When something needs to be done, DO IT. Do it right away. Don't put it off. You will just think about it and feel guilty. The longer you delay, the guiltier you will feel. Whether it is getting out of bed and getting cleaned up or picking up the trash or reading the chapter—just do it.

Give yourself ten minutes. If you get up ten minutes earlier in the morning, you won't have to rush. If you leave for class or an appointment ten minutes earlier, you arrive on time, regardless of traffic jam or a missed bus. That extra ten minutes reduces stress and also the likelihood of you making a

mistake. That extra ten minutes also add quality to your life.

Some tips that help manage your time as a student

- ◆ Develop blocks of study that are comfortable (each about 50 minutes?)
- ◆ Do you know how long it takes for you to become restless?
- ◆ More difficult material may require more frequent breaks.
- ◆ Some learners need more frequent breaks.
- ◆ Schedule a weekly review and update.
- ◆ Prioritize assignments.
- ◆ Make a habit of beginning with the most difficult subject or task.
- ◆ Develop alternative study places free from distractions to maximize concentration.
- ◆ Got “dead time”? Think of using time walking, riding, etc. for studying “bits”.

Develop schedules for effective class participation

- ◆ Review studies and readings just before class.
- ◆ Schedule time for critical course events: papers, presentations, tests, etc.
- ◆ Review lecture material immediately after class.

(The chances of forgetting are the greatest within 24 hours without review)

- ◆ Develop criteria for adjusting schedules to meet your needs, both academic and non-academic.



THE ART OF WRITING

Sri Md. Mahaboob Basha

Lecturer in English

The exercise of writing is a learning process. Writing facilitates one's ability to recognize instances of faulty thinking, such as inconsistencies, and aids in synthesis. You need to be exact when you write.

Good writing takes enormous concentration.

- ◆ Writing essays, term papers, lab reports, etc. no matter the topic, is a process
- ◆ Establish, narrow, and define your topic
State your thesis or theme in a sentence or two at most
- ◆ Define your audience
Is it your instructor who grades you or a teaching assistants?
Your classmates who will critique your work?

A conference of professional for review?

Keep your audience in mind as you write

- ◆ Plan ahead
- ◆ Set a time line and allow for unexpected developments and planned revision

People: instructor, teaching assistant, research librarian, tutor, subject matter experts, professionals.

References: text book, reference works, web site, journals, diaries, professional reports

- ◆ Research: read, interview, experiment, gather data, etc. and take notes completely as possible and document sources. Either use index cards or a system in word processing...
- ◆ Organize your notes with a prewriting exercise:
- ◆ focused freewriting, brainstorming, mapping, and/or outlining
- ◆ Write your first (rough) draft
Determine how you will develop your argument: Use good logic in a reasonable argument to develop the theme and / or

support the thesis. Will you compare or define? Will you criticize or describe?

Your first paragraph

- ◆ Introduce the topic!
- ◆ Inform the reader of your point of view!
- ◆ Entice the reader to continue with the rest of the paper!

Focus on three main points to develop

The first paragraph is often the most difficult to write. If you have trouble, just get it down with the intention of re-writing it later, even after you have finished with the rest. But remember this first entry draws you audience into your topic, your perspective, and its importance to continue with the rest.

Development

◆ Establish flow from paragraph to paragraph

- ◆ transition sentences, clauses, or words at the beginning of paragraph connect one idea to the next
- ◆ topic sentences in each paragraph, also near the beginning define their place in the overall scheme
- ◆ avoid one and two sentence paragraphs which may reflect lack of development of your point

◆ Keep your voice active

- ◆ "The Academic Committee decided" not "It was decided by....."
- ◆ Avoid the verb "to be" for clear, dynamic, and effective presentation
- ◆ (Avoid the verb "to be" and your presentation will be effective, clear, and dynamic)
- ◆ Avoiding "to be" will also avoid the passive voice
- ◆ Use quotations to support your interpretations

- ◆ Properly introduce, explain, and cite each quote
- ◆ Block (indented) quotes should be used sparingly; they can break up the flow of your argument
- ◆ **Continually prove your point of view throughout the essay**
- ◆ Don't drift or leave its primary focus of the essay
- ◆ Don't lapse into summary in the development-- wait until its time, at the conclusion

Conclusion

- ◆ Read your first paragraph and the development, summarize, then conclude, your argument
- ◆ Refer back (once again) to the first paragraph(s) as well as the development
- ◆ do the last paragraphs briefly restate the main ideas?
- ◆ reflect the succession and importance of the arguments
- ◆ logically conclude their development?
- ◆ Edit/rewrite the first paragraph to better set your development and conclusion

Take a day or two off!

- ◆ Re-read your paper with a fresh mind and a sharp pencil.
- ◆ Re-read aloud, as if you want to communicate with a trusted friend or family member.
- ◆ The person/people can be real or imaginary. You will be surprised what you find to change!
- ◆ Having someone else read your paper for proofing editing errors that you missed and for the big question: did you accomplish your purpose for your intended audience?
- ◆ Edit, correct, and re-write as necessary
- ◆ **Celebrate a job well done**, with the confidence that you have done your best.



GREAT QUOTES

1. "Take up one idea. Make that one idea your life—think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success." --
Swami Vivekananda
2. "I have not failed. I've just found 10,000 ways that won't work." --*Thomas A. Edison*
3. "If you can't explain it simply, you don't understand it well enough." --*Albert Einstein*
4. "Innovation distinguishes between a leader and a follower." --*Steve Jobs*
5. "Thinking should become your capital asset, no matter whatever ups and downs you come across in your life." --
A.P.J. Abdul Kalam
6. "If you want to achieve excellence, you can get there today. As of this second, quit doing less-than-excellent work." --
Thomas J. Watson
7. "As we look ahead into the next century, leaders will be those who empower others." --*Bill Gates*
8. "The successful warrior is the average man, with laser-like focus." --*Bruce Lee*
9. "You may have to fight a battle more than once to win it." --*Margaret Thatcher*
10. "The starting point of all achievement is desire." --*Napoleon Hill*

* * *

"A woman's guess is much more accurate than a man's certainty" - *Rudyard Kipling*

THE ART OF PUBLIC SPEAKING

Smt. G Lakshmi Saraswathi

Lecturer in English

Many people feel anxious about giving a formal talk or presentation in public. The main reasons appear to be:

- **Unfamiliar situation** : because most people speak formally only rarely to an audience.
- **Lack of confidence** : this stems often from a feeling that others are better speakers than ourselves, or that they know more about the topic in question.
- **Sense of Isolation** : The speaker is alone, the centre of attraction - and vulnerable.
- **Self-Consciousness**: about our accents, grammar, voice and image generally.
- **Fear of looking Foolish** : we may worry that we will forget or say the 'wrong' thing, etc.
- **Fear of the Consequences**: for example being 'judged' by others, particularly tutors, as lacking in ability or insight because of a poor public presentation.

The signs of anxiety are all too painfully familiar to those affected: increased heart and breathing rates, increased adrenaline, over-rapid reactions, and a tension in the shoulder and neck area. These bodily changes can affect the voice, making it sound tremulous, or disjointed by over rapid breathing.

What can you do about it?

- Relax your Body: Take a deep breath, hold it, then breath out slowly. At the same time try and relax your arms, shoulders and hands - let them go floppy. Repeat.
- Relax your Voice : by humming up some musical or say: AEIOU
- Try and 'Defuse' the Situation: what is the worst that can happen?

- Practice: in small informal groups, or listen critically to themselves speak on tape.
- Prepare: fear and apprehension can be lessened by a thorough preparation of the material to be presented, and by organising your ideas into note form.

Speaking Effectively the Quick and Easy Way:

- Speaking about something you have earned the right to talk about through experience or study
- Be sure you are excited about your subject
- Limit your subject
- Develop reserve power
- Fill your talk with illustration and examples
- Relive the Feelings you have about your topic

Organizing the Longer Talk

- Get attention immediately
- Avoid getting unfavourable attention
- Support your main ideas
- Appeal for action

Delivering the Talk

- Crash through your shell of self-consciousness
- Don't try to imitate other--Be yourself
- Converse with your audience
- Put your heart into your speaking
- Practice making your voice strong and flexible

Making the Short Talk to Get Action

- Give your example, an incident from your life
- State your point, what you want the audience to do

- Give the reason or benefit the audience may expect

Making the Talk to Inform

- Restrict your subject to fit the time at your disposal
- Arrange your ideas in sequence
- Enumerate your points as you make them
- Compare the strange with the familiar
- Use visual aids

Making the Talk to Convince

- Use visual aids
- Win confidence by deserving it
- Get a Yes-response
- Speaking with contagious enthusiasm
- Show respect for your audience
- Begin in a friendly way

Making Impromptu Talks

- Practice impromptu speaking
- Be mentally ready to speak impromptu
- Get into an example immediately
- Speak with animation and force
- Use the principle of the Here and the Now
- Don't talk impromptu--Give an impromptu talk



'Education in America today is a mysterious process whereby the information in the note books of the lecturer is passed on to the note books of the students without entering the the mind of either'

- Prof. Carlson in a lecture in Chicago University, 1954.

CRITICAL AND CREATIVE THINKING

Sri K S Chandrasekhar

Lecturer in English

"It is the mark of an educated mind to be able to entertain a thought without accepting it" - Aristotle

What is involved in critical thinking?

- Asking "how do we know? What is the evidence?" Being aware of gaps in knowledge.
- Distinguish between fact and conjecture. Distinguishing between an idea and the name of that idea, and providing definitions. Looking for (hidden) assumptions.

Logical reasoning: Intellectual self-reliance. Being aware of own thinking process.

Steps in critical thinking studies/ learning:

- Start a subject or problem with open-mindedness.
- Define your destination, what you want to learn.
- Think about what you already know about the subject. What do you already know that will help you in this study? What are your prejudices?
- What resources are available to you, and what is your prejudices?
- What resources are available to you, and what is your timeline?
- Gather information.
- Keep an open mind so as not to close your options and for chance opportunities.
- Ask questions: what are the prejudices of the authors of the information?
- Organise what you have collected into patterns to understand it.
- Look for connections.
- Ask questions (again!)
- Think in terms of how you would demonstrate your learning for your topic.
- Yes ! how would you create a test on what you have learned?

* * *

CONSTRUCTIVE CRITICISM

*Ms. A N Surya Kumari
Lecturer in English*

“The way do develop the best that is in a person is by appreciation and encouragement. There is nothing else that so kills the ambition of a person as criticism.” - Charles Schwab

When Criticizing Others (Do not criticize, but if you have to)

- Make your comments specific
- Attempt to provide the person with some valuable information.
- Help them to understand exactly what needs to change.
- Be sure the criticized behaviour can be changed.
- If the person can do nothing about the problem, you will probably just make things worse by being critical of it.
- Use assertive communication.
- Speak calmly and try not to let your emotions dictate the conversation.
- Try not to humiliate or blame the person.
- Give the person a reason to change.
- Inform them of benefits which might come out of acting on your suggestions.
- Time your criticism well.
- Avoid criticizing someone in public.
- Wait until the person is in a reasonably good mood.
- View constructive criticism as feedback not punishment.

Receiving Personal Criticism

There are two things we should think about whenever we are criticized: the motives of the person criticizing and our reaction.

Possible motives of critics are:

- to help you
- to help someone else
- to make themselves feel superior (A need of insecure people)
- to hurt you (This is obviously a problem of the person doing the criticism. Is it worth letting someone with the intent to hurt succeed? Perhaps the person is projecting his own character faults onto you or expressing a personal fear of his own.)

The first thing, is to decide why you are being criticized. To help you decide, listen to what other have to say with an open heart and mind. Is the accusation real to unfounded? (Some people say that all criticism is based on fact to a certain extent.)

- Attacks based on genuine hurts, slights, or mistakes you have made, can lead to improvements in the way you act.
- Unfounded attacks will be revealed to be just that when you think about their actual meaning, how you behave, and what others mean and say.

You may decide that you would like to work on changing the fault that has been pointed out, even if the intent was not for your benefit. If you think the criticism points out a real fault or mistake of yours, then pay attention.

The following might be helpful in minimizing your hurt.

- **Do lots of listening:** A criticism often creates a strong response. Listen to your response carefully. Verify what you conclude from listening. At times, tomorrow may be a better time to verify than immediately, since a good criticism that is on target may initially create a

strong denial of its validity. But in a day or so, that very criticism may be found to have started some effective re-thinking.

- **Be patient** - There is a difference between accepting a criticism and making a permanent change in habits and the practice of living. It is totally possible that a good idea delivered today will be resonating in someone's mind for a month or a year. Expecting reflection to take time is wise.
- **Seek help if necessary** - If it is harder to change the habit than you can handle, you might ask a trusted person to help you.

If we follow the basics and try to extract good ideas for life from criticism, both changes needed and paths to continue along, we know we have done what we could.

Dealing with Unhelpful Criticism

As a rule do not bother responding to unhelpful criticism. However if you want to reduce your hurt, you could acknowledge and let the criticism go through the cloud, seek clarifications so as to explore the motive behind criticism, confuse the issue by using a big word quite out of context or adopt any other defense mechanism that will not leave you with the hurt.

Ignore criticism from people who do not know you unless the occasion, on which the criticism is given, is very important and significant. However pay great attention to any hint of criticism from people who know you well and those who mean well for you.



TOUGH INTERVIEW QUESTIONS

Sri V Venkata Rao
Sr.Lecturer in English

General advice

In an interview the first few minutes are the most important because the interview starts when you walk through the door. The interviewer will notice how you walk, shake hands, sit down and answer the first few questions.

Try to be confident and relaxed, answering all questions as clearly as possible- preparing in advance will help. Identify points that you want to say, work out how to say them and try to work them into the interview. Anticipate questions and have your answers ready. Avoid being too aggressive or too submissive but be assertive when necessary.

An interview is a 'conversation with a purpose'. Do your best to help the conversation flow by volunteering information where it seems natural to do so - but don't take control away from the interviewer.

1. Tell me about yourself

Means : Can you sell yourself?

Approach : Give a quick snapshot of your background, skills and personality- but don't ramble.

2. Why did you apply for the job?

Means : How motivated are you?

Approach : Research the job beforehand, state the benefits you expect to gain and those you offer. Say why you want this job - not why you are leaving yours.

3. Tell me what you do in your spare time?

Means : Are you a rounded person- and could your hobbies interfere with work?

Approach : Go over your outside interest quickly, emphasizing and work-related skills they give you.

4. When have you been involved in teams?

Means : Are you a team player?

Approach : Highlight any team roles (e.g. creative, promoter, developer, organizer, producer etc) and try to link answers to the job.

5. What are main strengths and weaknesses?

Means : Are you self-aware and capable of developing?

Approach : Link your strength to the job. Choose positive weaknesses and turn them into strength, e.g. I'm a bit of a perfectionist - but that's good for quality.

6. Why should we employ you?

Means : Can you add value to the company?

Approach : Make brief but telling comparisons between the job description and your skills-but back up anything you say with facts.

7. When did you last work under pressure or deal with conflict - and how did you cope?

Means : Can you cope with problems efficiently?

Approach : Think of an example and explain how you dealt with it. If you are asked directly if anything made you annoyed or frustrated, be truthful but avoid appearing negative.

8. Where would you be in five or ten years' time?

Means : How committed and motivated will you be?

Approach : If you do have some insight into where you are heading, think of some of the functions and responsibilities you would hope to have.

9. So sell this product.

Means : Can you think on your feet?

Approach : Again, do your homework and be prepared to demonstrate your skills in action.

10. What salary do you expect?

Means : How do you rate yourself?

Approach : Don't undersell (or oversell) yourself. Work out a salary you consider reasonable - job ads will give you an idea. Give a range to show you're prepared to negotiate.

At the end of the interview seek permission (in a positive way) to ask for feedback at a later date. This provides you with a valuable 'hook' for future contact and ensures you leave the door open even if you're rejected.



OUR ATTITUDE TOWARDS WORK CULTURE

The following two verses provide guidance on a leader's attitude towards work:

*Karmany-evadhikaras te
ma phaleshu kadachana
Ma karma-phala-hetur bhur
ma te sango 'stvakarmani (2.47)*

Translation: You have a right to perform your prescribed duty, but you are not entitled to the fruits of action. Never consider yourself the cause of the results of your activities, and never be attached to not doing your duty.

Leadership purport: It is one of the widely acclaimed and quoted shlokas from the Gita about refraining from inaction and focusing on action or duty without being attached to the results of the action. It should be noted that the Gita does not say that one should not keep a goal in mind; it preaches that while the actions should be directed towards a goal, one should not be anxious about the outcome of actions. A leader's attitude towards work determines how he leads the organization. A leader should focus on achieving excellence in working with various stakeholders of the organization, rather than merely achieving financial targets. A leader should motivate the team to relentlessly act based on the organization's unique systems, processes, people, culture, values and beliefs. This would lead to a long-term action-oriented view. Action converts into passion when it is free from

any bondage of results, and passion is eternal. Results-orientation leads to fear of failure. Hence, actions undertaken with result-orientation generally follow the status quo and lack experimentation, creativity and innovation. On the other hand, when actions are undertaken for the sake of enjoying the actions themselves, they bring out the best from the people; thus, building an enduring organization. This shloka also reminds that not being attached to the fruits of action does not imply that one should sit back courting inaction. Verse 3.8 elaborates on this idea of not succumbing to inaction. It says,

*Niyatam kuru karma tvam
karma jyoyo hyakarmanah
Sharira-yatrapa cha ten
a prasiddhyed akarmanah (3.8)*

Translation: Perform your prescribed duty, for doing so is better than not working. One cannot even maintain one's physical body without work.

Leadership purport: A leader must continue to remain engaged in active learning, thinking, innovations and actions (svadharma) appropriate to his behaviour (swabhava), and must not stagnate through inaction. Inaction can lead to the downfall of an organization; competition will eat up market share and dent profitability. An organization may find it difficult to even sustain itself if the leader stagnates through inaction.

FULFILMENT IN LIFE

“Compared to what we ought to be, our performance lags far behind our expectation. The truth is that we utilize only a fraction of our physical and mental powers. On the whole, man lives in a small region of the really unlimited expanse of his potential energy. Though he is endowed with great powers, not desiring to utilize them, he remains disabled throughout his life”, so said the famous American psychologist William James.

Imagine a cow fastened to a tether on a vast grassland by means of a length of rope. The cow just moves a few yards around the tether to graze the grass. It restricts its freedom of movement by encircling the tether and thus shortening the length of the rope. Men too act within the limit they themselves set, not being aware of their potentialities and possibilities. That is what the psychologist means by his statement.

What a miraculous instrument our body is! What marvellous energy lies hidden within us! But we have been closing our eyes with our palms and complaining that it is dark! We have no aspirations in life, no specific objectives. We have no confidence in our own strength. We wouldn't like to want to spend time in gossip. How can we ever lay hands on success?

A sage in his ripe old age attempting a review of his life, it seems said, “I have struggled hard in life”. That is a review of life

characterized by continuous effort, perseverance, and relentless activity, undaunted encounter with difficulties and privations. The success of our life depends on the way we live every moment, every hour, every day of our life. What would those who have always postponed decision making and hesitated to act, say at the end of their lives?

“Oh, my time has been spent on useless pursuits”.

“I followed only the mirage in life leaving behind everything useful.”

“I didn't come up to the expectations of friends and made my opponents only mock at me.”

“Though I didn't fail, my success is insignificant”.

Would you like to use such words to describe your life later?

There could be many reasons why you don't have specific objectives in your life. You may not have been adequately trained to identify your aptitude. Ill health and weakness could be acting as obstructions to your goal. You may be, by nature, unsteady and vacillating and might not have pursued your goal with the necessary devotion and concentration. Or perhaps you have no interest in the job that you pursue or no proper qualification for it. You may not have had the opportunities to reveal your abilities and strength. Or the opportunities to reveal walks of life may have

turned you into a pessimist. Or you may lay all blame for your lack of achievement on fate, providence, the position of stars or your deeds in past life.

Scrutinize the way of your life. Think carefully and set up proper goals for your life. Life without a goal moves aimlessly like a boat without a rudder.

A GOAL FOR LIFE

To activate the latent abilities in yourself, you have to fix a goal for your life. The goal need not be just the desire for salvation. There should be a specific and clear goal in everybody's life. Of course, a momentary desire is not a goal. And it is not enough to have a desire to succeed in the task you have set for yourself. It is necessary to act in the proper manner so that it is carried out within the prescribed time. Unless you have a working plan, your valuable mental energy and time will be wasted.

You may have thought of giving a speech before an audience, planned to run a business, or become an artist or a writer. You may just wish to improve your performance in your profession and earn more. Whatever it may be, you have to have a clear idea about your aim or goal. It is that special desire or idea that induces the spirit to translate the idea into action.

To be able to overcome uncertainly and vacillation, you have to ask yourself what it is that you most desire for yourself. Then it becomes clear to you what main goal you

should have for yourself in your life. Then your mind devotes its energy to the fulfilment of the desire.

Intense yearning : The driving Force

In the city of Frankfurt, Germany, there is a big library. In the midst of the books is seated a sage-like individual in deep meditation. It is his personal library with a collection of thirty thousand books. Most of them are books relating to linguistics. He knows not one, two, ten, nor even a hundred languages. He knows about three hundred. He can not only read and write in these languages, but speak them lucidly as well. This is not a piece of fiction but reality. His name is Dr. Herald Srucz. Dr. Srucz is not only a multi-linguist but also a distinguished poet.

When he was asked how he could learn so many languages, he only said smilingly, "There are three things required for getting mastery in any language: First, a keen desire to learn and to know. Secondly, an unrelenting devotion to learning and perseverance. Thirdly, you need opportunity. The desire to learn was deep-rooted in me during my childhood. Later when I got the opportunity, I tried to learn with enthusiasm and concentration. I succeeded."

Dr. Srucz could learn three hundred languages; but we? We cannot learn even one language perfectly. Why? We don't have the support of that ardent desire. We don't want to learn. Abraham Lincoln had a keen desire to become a lawyer. To get the books of Blackstone, he once walked a distance of forty miles!

Keen desire and ardent aspiration are the forces that take you to an environment that is conducive to the fulfilment of your goal. Even in the spiritual world, if you have very keen desire and very ardent longing you will be able to attain God. If you have intense yearning, it means there is the dawn; the sun is not far behind!" said Bhagawan Sri Ramakrishna. Just see the miracle of intense yearning!

If a man doesn't feel in his heart an ardent desire to know something, if he doesn't develop a keen aspiration to achieve something, he will see only darkness before his eyes. The thing doesn't appear before him at all.

"In the endless ocean of reality, man finds only what he seeks. Saint Francis of Assisi found God, Einstein, the laws of the cosmos. God can only be encountered outside the dimensions of space and time, behind the intellect, in that indefinable realm, which according to Ruysbrock the Admirable, can only be penetrated by love and longing." (Dr. Alexis Carrel, 'Relections on Life', Jaico.) Don't these words of Alexis Carrel show that if one struggles hard one can attain the peak of success?

We have the different idols of gods in the various temples in our country. Have you ever observed the gestures of reassurance and blessing they always convey this message to the devotee: "Fear not, your desire will be fulfilled!"

If there has been a desire, it will be fulfilled sooner or later. According to Hindu

Scriptures, God, who is omnipotent and omniscient, has created this world in order to fulfil the aspirations of humans and to see that they get the due reward for their deeds on this earth. Your ardent desire certainly gets fulfilled one day. In fact, to reach the divine state of all freedom from desire, we need the tool of desire, as a thorn can be removed only with another thorn. You may ask whether wicked desires also get fulfilled. Yes, they do. But the result disastrous. The evil intention of Ravana and Duryodhana were indeed carried out but it brought them nothing but tragedy and total ruin. This refers to the villainous characters of the Hindu epics - Ramayana and Mahabharata, respectively. What you need, you will get. But you must know what you need. Otherwise there will be no result. From a goalless life we earn nothing but dejection, humiliation, inferiority complex and sorrow. In short, this is a life of utter debility, of utter tragedy.

The development mantra

What are the means of ascending from our present stage of life to the path of progress and achievement?

Yes, we should have a strong desire to go forward, to rise higher, and to attain all-round improvement.

You have to be clear about the nature of your goal and the direction you have to take to attain that goal.

Think with a steady and calm mind about your desire. Desires must be realistic and within reach. We should remember that before leaping into the sky, we should be

able to leap across the veranda. Let us not try to build castles in the air.

Perhaps when you were studying in the ninth grade, you developed an ardent desire to become a pilot. This is not an impossible aspiration. But to be able to fulfil this main desire you must pass through another stage and fulfil many other small requisites. Good eyesight, good physical health, bold and calm mind, and passing the final examination with a good score—these are the preliminary requisites to be fulfilled.

Determine what your desires are. To achieve them set to work at once. Study the lives of those who have achieved success in a similar field. We should consider the kind of pain and trouble they underwent in the pursuit of their desire.

If it is possible to get in touch with them, discuss your problems with them and consider the solutions they recommend.

Don't forget that deceit, cheating and other indigent means don't really lead to any real success.

Failures shouldn't discourage us. We should probe the cause of failure, and patiently continue our efforts in pursuit of our goal.

Ends and means

Swami Vivekananda once said, "One of the greatest lessons I have learnt in my life is to pay as much attention to the means of work as to its end." He was a great man from whom I learn, and his own life was a practical demonstration of this great principle. I have been always learning great lessons from that

one principle, and it appears to me that the secret of all success is this: to pay as much attention to the means as to the end."

"Our great defect in life is that we are so much drawn to the ideal, the goal is so much more enchanting, so much more alluring, so much bigger in our mental horizon, that we lose sight of the details altogether."

"But whenever failure comes, if we analyse it critically, in ninety-nine percent of cases we shall find that it was because we did not pay attention to the means. Proper attention to the finishing, the strengthening, of the means is what we need. With the means all right, the end must come. We forget that it is the cause that produces the effect; the effect cannot come by itself; and unless the causes are exact, proper, and powerful, the effect will not be produced. Once the ideal is chosen and the means determined, we may almost let go of the ideal, because we are sure it will be there, when the means are perfected. When the cause is there, there is no more difficulty about the effect; the effect is bound to come. If we take care of the cause, the effect will take care of itself. The realization of the ideal is the effect. The means are the cause attention to the means, therefore, is the great secret of life."

Once Beethoven, the celebrated composer and musician, conducted his concert and was surrounded by friends and admirers. Struck with wonder at his obvious skill, they started at him, wide-eyed. They were too overwhelmed by emotion to express

themselves in words. They had all been carried away by the sweetness of his music. The Solemn silence was broken by the words of an enthusiastic lady: "If only God had given me this uncommon gift of music..." Beethoven replied: "You say the uncommon gift you find in me is the gift of God. Remember that you too can get this gift. Do you know what you should do? Play on the piano eight hours a day for forty years. That's enough. You will be as good as I am." Doesn't this contain the eternal principle that the right path is bound to take us to the goal? In his memoirs, the famous Indian musicologist Vasudevacharya recounts the unparalleled achievements of a great violinist. His name was Krishna Ayyar. The Acharya gives an instance of the mastery Krishna Ayyar had over playing the instrument. In one concert, Krishna Ayyar was playing the violin as an accompanist when one of the strings gave way. The singer looked at him, sarcastically implying that he had deliberately tampered with the strings because he could not effectively follow him on the violin. Krishna Ayyar reacted sharply. He said, "Do you think I need four strings to provide you accompaniment? See I am pulling out more strings." It seems he played on a single string of the violin, and still effectively accompanied the singer!

One should not miss the lesson to be drawn from this episode. The remarkable triumph has behind it long years of devoted, uninterrupted and persistent practice.

No great man begins his career as a great man. Nor is he necessarily a born genius. Most great men have acquired their greatness through constant exercise and practice. If the path is properly chosen, the attainment of success is certain. What do we generally do? We go on ruminating on the goal, choose the means as directed by the whims of the moment, exhaust our energy, and then get desperate. We blame the goal itself for our failure like the proverbial fox that said that the grapes were sour because it could not reach them. We should, at least now, tread the right path, which is almost half of what is required to achieve our goal.

WORKING IN TEAMS AND ITS SPIRIT

Mr. A B Sivanand

II B.Sc (MSCS)

*Coming together is a beginning.
Keeping together is progress. Working
together is success. - Henry Ford*

Why work as a group?

Students who work in co-operative groups often do better than those who work alone, or competitively. Working in a group can provide opportunities which, as an individual learner, are not so readily available.

Another member of the group may have knowledge or experience which may help you. A sense of responsibility to fellow students can provide good motivation and encouragement – for example, you may be more likely to do the preparation work if you know that your other group members are depending on you for one aspect of the group task.

More complex problems can be solved by breaking them down into separate tasks for group members – for example, a reading list could be shared out and group members make their notes available to others.

Discussing a subject with others can often help your understanding. A number of skills are developed working a part of a team, such as: interpersonal skills, e.g. assertiveness, debate oral communication skills self appraisal, i.e. thinking about your own performance/contribution to the group task as well as specific skills related to the group task, such as: critical reading time management, negotiation, decision – making.

How to be a group

Your group may have been decided by your teacher, or chosen randomly by yourselves. Your group size, and mix, will probably change depending on the nature of the task in each seminar. Whatever the situation, it is important to consider the group dynamics.

In order to work effectively together, some effort must be made to get to know one another, to appreciate each others strengths (and seaknesses!) and to decide how best you can work as a group.

Working as a group can be an exciting and fruitful experience, but it can also, if poorly managed, strain the best of relationships. It helps to decide certain things before your start, for example:

- What exactly is the task?
- What are we supposed to learn?
What skills to develop?
- What are we supposed to product?
- What criteria will be used to assess it?
- What are the deadlines?
- Are there any guidelines?
- What do we want from the team project?
- How high a mark are we aiming for?
- Do we want to enjoy it or just get it done?
- How much time do we want to spend on it?
- Do we have other priorities?

“An institution is the lengthened shadow of one man” - Ralph Waldo Emerson

22 INDIAN WOMEN WHO WERE THE 'FIRSTS' IN THEIR FIELD

The history of Indian women is full of pioneers, who have broken gender barriers and worked hard for their rights and made progress in the field of politics, arts, science, law etc. Let's celebrate the many 'first' times that an Indian woman achieved something great.

1. Anandibai Gopalrao Joshia became the first Indian female physician in the year 1887. She was also the first Indian woman who was trained in Western medicine and the first woman to travel to the United States of America.



2. Roshini Sharma recently became the first Indian woman to ride a motorbike from Kanyakumari to Kashmir.



3. Shila Dawre became country's first woman auto rickshaw driver when she first stepped into the 'male-dominated' zone in the year 1988. Pune based Dawre wants to now



start an academy for women interested in becoming trained auto drivers.

4. Arunima Sinha is the first female amputee to climb Mount Everest. She is also the first Indian amputee to climb the Everest. She was a national level volleyball player who was pushed from a running train by thieves in 2011 as she was resisting them. After meeting this accident, one of her legs had to be amputated below the knee.



5. Reita Faria Powel is an Indian model, doctor and beauty queen, who won Miss World 1966 to become the first Asian woman to win the title. She also went on to become the first Miss World winner to qualify as a doctor.





6. Arati Saha became the first Indian and Asian woman to swim across English Channel in the year 1959. She also became the first female sportsperson to be awarded Padma Shri in 1960.

7. Mithali Raj was the first woman to score a double hundred in Test Cricket (214* against New Zealand at Wellington, 2004). She was the first to achieve this landmark in the world.



8. Mother Teresa became the first Indian woman to win the Nobel Peace Prize in 1979. Mother Teresa founded many Missionaries of Charity, a Roman Catholic religious congregation, giving her life to social work.



9. Indira Gandhi became the first woman Prime Minister of India and served from 1966 to 1977. Indira Gandhi was named as the “Woman of the

Millennium” in a poll which was organised by BBC in 1999. In 1971, she became the first woman to receive the Bharat Ratna award.



10. Pratibha Patil became the first woman President of India and held office from July 2007 to July 2012.



11. Kalpana Chawla was the first Indian woman who reached in space. As a mission specialist and a primary robotic arm operator, she went into space in 1997.



12. Kiran Bedi joining Indian Police Service (IPS) in 1972, Kiran Bedi became the first woman officer in India. Moreover, later in 2003, Kiran Bedi also became the first woman who was appointed as the United Nations Civil Police adviser.



13. Anjali Gupta is the first female flying officer in the Indian Air Force to be court martialled. She used to work for the Aircraft Systems and

Testing Establishment unit in Bangalore. Anjali completed her Masters of Philosophy in Sociology from the Delhi University and was first posted at Belgaum in 2001.

14. Justice M. Fathima Beevi became the first female judge who was appointed to the Supreme Court of India in 1989.



15. Sania Mirza, a professional tennis player,



became the first ever Indian woman to win the Women's Tennis Association (WTA) title in 2005. Later in 2015, Sania Mirza became the first Indian woman to be ranked no. 1 in WTA's double rankings.



16. Saina Nehwal became the first Indian woman to win a medal in Badminton at 2012 Olympic Games. Later in 2015, she became the first Indian woman to secure no. 1 position in world rankings.

17. Sarla Thakral received the license for flying aircrafts when she was only 21 years old. She became the first Indian woman to fly an aircraft. After



earning the license, she completed one thousand hours of flying an aircraft and became the first woman pilot to obtain 'A' license. She also achieved the title of the first Indian to get airmail pilot's licence.

18. Mary Kom Mangte Chungneijang



Mary Kom, also known as Mary Kom is the only woman boxer who has won a medal in each of the six World Championships. She was the only Indian woman boxer who qualified for the 2012 Olympics and became the first Indian woman boxer to win a gold medal in Asian Games in 2014.

19. Bachendri Pal became the first Indian woman to reach the summit of Mount Everest In 1984. Later, she led expeditions in 1993, 1994 and 1997 with a team comprising of only women in 'Indo-



Nepalese Women's Mount Everest Expedition,' 'The Great Indian Women's Rafting Voyage' and 'First Indian Women Trans-Himalayan Expedition.'

20. Durga Banerjee was the first Indian female pilot and captain of Indian Airlines in the year 1966. She was also the first woman ever to fly the 'Tornado A-200' aircraft.



21. Harita Kaur Deol became the first woman pilot to fly solo in the Indian Air Force, in 1994.



22. Priya Jhingan with a dream to be serve Indian Army, became the first lady cadet to join the Indian Army in 1993.



* * *

(Collected by *Ch.Naga Raju,*
Jr.Asst., Office)

We and Our World

*“We’ve taller buildings, shorter temperes
We’ve costly temples, cheap hearts
We’ve wider freeways, narrower viewpoints
We’ve bigger houses, smaller families
We’ve more conveniences, lesser time
We’ve more academic degrees, lesser senses
We’ve more knowledge, less judgement
We’ve more medicines, less health
We’ve more expertise, lesser knowhow
We’ve multiplied possessions, reduced values
We’ve added years to life, not life to years
We’ve conquered the outer space, not the inner space
We’ve cleaned up air, polluted our souls
We’ve split the atom, joined the prejudices
We’ve higher incomes, lower morals
We’ve larger quantities, lower qualities
We’ve more leisure, lesser fun
We’ve more food, less nutrition
We love too seldom and hate too often
We know how to make a living, not how to live
We talk of world peace, losing domestic warfare
We’ve fancier houses, broken hearts
We’ve great-show windows, empty stockyards
Ours is a world of nuclear giants and ethical infants”*

-The Dalai Lama

CV WRITING - WHAT IS A CV?

Sri Md Mohaboob Basha

Lecturer in English

A Curriculum Vitae or Resume is a documentary record of your education, qualifications and employment history.

When applying for any kind of job you are trying to sell your skills to the employer. Initially the average time an employer spends on your CV is (approx) 30 seconds. The employer will decide whether to interview you depending on the contents of your CV. The CV is therefore not just a documentary record of your career to date but also a chance to sell yourself. Spending a little time getting your CV right is therefore well worth the effort involved.

How do you write a CV?

First think about what makes you a good bet as an employee and what the employer wants. Take a few minutes to plan what you want to write before typing it up. Start by jotting down an outline of the CV by hand. Don't sit straight down in front of a computer until you understand clearly what skills you intend to 'sell'.

How should it look?

A Curriculum Vitae or Resume is a documentary record of your education, qualifications and employment history.

- Make your comments specific.
- Clean and sharp – black ink on white (A4) paper is best.
- Clearly mark each section with a section heading.

- Ask a friend to check the grammar and spelling before you send the CV.
- Avoid fancy fonts and decorations – it is the content that is really important.

Does length matter?

- Yes Keep it brief - but be sensible 2 to 4 sides is usually best.

What writing style should I use?

- Write in the first person.
- Stick to the point. An employer wants to identify your key skills and experiences by glancing at your CV. If it is hard work to get this information you will be passed over.

What else?

- Give maximum coverage to your most recent experience or the relevant skills for the IT job you're after.
- Don't leave gaps! Employers are suspicious of unexplained gaps in the timeline of a CV. If you took a year off to go travelling or were forced not to work because of other CV. If you took a year off to go travelling or were forced not to work because of other commitments then say so.
- When you think you have finished, turn the tables on yourself. Pretend the CV belongs to someone else and you are the employer reviewing it. Be critical!.

If your presentation is kinked and flawed, living in the spotlight is like a magnet.

DEVELOPING AFFIRMATIVE APPROACHES AND BEHAVIOUR PATTERNS

Sri K S Chandra Sekhar

Lecturer in English

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We have to look upon others as living images of ourselves.

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- Do you say “yes” when you mean “no”?
- Do you keep your opinions to yourself for fear of upsetting or confronting others?
- Can you accurately interpret other people’s emotions? Are you sensitive to other people’s feelings?

Passiveness

Assertiveness

Aggressiveness

- **Passiveness** : Passive behavior focuses too much on pleasing others and meeting others’ goals compared to satisfying your own values, goals and happiness. It is a “You win, I lose” proposition. Passive behavior includes avoidance, withdrawal, timidity, deference, submissiveness, fearfulness, and indirectness.
- **Assertiveness**: We have our right to “life, liberty, and the pursuit of happiness” so long as we don’t violate others’ rights to do the same. Assertive thinking balances an active concern for one’s own welfare and goals with an active concern for the welfare and goals of others. It is a genuine, active, and persistent attempt to find “I win – you win” solutions to problems.
- **Aggressiveness** : Aggressive thinking focuses too much on pleasing oneself at the expense of others. Aggressive thinking often ignores the impact of one’s behavior on others. It is an “I win, you lose” proposition. Aggressive behavior includes many forms of domination and direct manipulation. Aggression usually aims at getting control of situations or getting one’s goals met no matter what the consequences are to others.

Assertive Thinking Behavior

Asserting yourself is not easy. One reason is that some people see assertiveness as a negative behavior. Perhaps they confuse assertiveness with aggressiveness.

Assertive individuals try to understand others, and acknowledge the value others bring in a conflict, assertive people actively listen, explain themselves clearly, and invite the others to work together towards a solution. Assertive people realize they want to have a long-term relationship with people. In order to do so, they do not create barriers with anger or humiliation. Instead they use constructive feedback.

Assertive people attempt to find general, lasting solutions to recurring problems as opposed to only finding peripheral and temporary solutions that cause the underlying problem to recur. They are willing to probe more deeply into the motives of one’s self

and others to find out what each really, really wants.

You can train your behavior to be assertive:

1. Prepare by role-playing: What words or actions from the other person(s) would be the hardest to cope with (internally and externally)? What outcomes do you fear most (being rejected, being fired, being called certain names, being embarrassed in front of others, etc.). Keep working on both your thinking and behaviors until you are confident that they meet the criteria for assertiveness (win-win, calm, diplomatic, strong, persistent, etc.). You are trying to achieve and you feel pretty confident about using them.
2. Take time to think before your act: During the actual situation with the others(s), slow the action down and give yourself time to think. You can slow the situation down by saying "I need some time to think about it. "Perhaps the best way to give yourself time is to give the other person time.
3. Do post-situation analysis: Remember that you can't change others' actions and that blaming them is dysfunctional. Instead try to understand why they acted the way they did at a deep level. What was their underlying motivation?
It is important to understand the other person, but it is even more important to

evaluate your thinking and behavior by the assertive criteria you are learning.

Don't beat yourself up if you don't do well. Instead replay the whole situation in your mind and role-play the assertive thoughts and behaviors you could have used. This technique actually reprograms your thinking and habits so that the next time you are in a similar situation, your new assertive response will be more likely to pop out automatically.

4. Gradually overcome fears as you become more assertive: The most powerful tool in your program to becoming more assertive is to take one step at a time. When you begin your program, it is a good idea to write down your eventual goals and your most feared situations. This will also help prioritize the situations where you want to spend your energies to train yourself to be assertive.

* * *

"If you have right attitude, nobody under the sun can stop you from achieving your goal. On the other hand, if you have wrong attitude nobody can help you."

- Thomas Jefferson

WONDERFUL, WONDERFUL WOMEN

*“A woman as a child is very sweet and mild
Woman as a girl is life’s most precious pearl*

*Woman in the teenage is every boy’s craze
Woman as a sister shows what is love and care*

*Woman in her youth is world’s wonderful truth
Woman as a bride is every home’s pride*

*Woman as a wife is the best man can get in his life
Woman as a mother is like dream come true*

*Woman as a mother-in-law corrects any faults
Woman as a grand mother is world’s best story teller*

*Woman as a daughter, unlike a son, is a daughter forever
Woman, from womb to tomb, is like an innocent lamb*

*Woman as a writer is the most prolific fighter
Woman in Service is the very definition of service*

*Woman -Oh Woman -You are God’s wonderful plan
Try never to be like a man,
Oh Woman, Be a Woman forever!”*

(Courtesy : The Inspirer)

HELEN KELLER

'Science may have found a cure for most evils, but it has found no remedy for the worst of them all-the apathy of human beings"- Helen Keller, US deaf- blind author and campaigner, yet described the most popular woman of all times, 1880-1968.

"Sight is light and Light is life. Still, the best and most beautiful things in the world can't be touched or even seen. They must be felt with the heart"

"When one door of happiness closes, another opens. But, often we look so long at the closed"

"The most pathetic person in the world is someone who has sight but has no vision"

"I thank God for my handicaps for without them I could not have succeeded"

"That the sky is brighter than the earth means little unless the earth itself is appreciated and enjoyed. Its beauty loved gives the right to aspire to the radiance of the sunrise and the stars"

"Life is either a daring adventure or nothing"

- Helen Keller

MAN AND NATURE

"Nature is the Physical Form of God"-

Prof. KVSG Murali Krishna

"Do Good.

Mother Nature heaves a sigh of relief

Rivers gurgle their gratitude

Leaves rustle their acknowledgement, and

the Air whispers its appreciation,

Don't expect more to do good.

Do Good"

"A society can be judged by the way it treats its animals"-**Gandhi**

"It took Britain half the resources of the planet to achieve this prosperity. How many planets will a country like India require?" -

Gandhi

"Use almost can change the stamp of Nature" - **Shakespeare**

"The only certainty is that nothing is certain"

- Pliny, Roman Naturalist

"All art is but imitation of Nature"-**Seneca**

"We live on our planet among question marks which Nature has put generously all around us" - **Bernard Heuvelmans**

"Nature is a wonderful book, full of profound meaning, which is open to all of us and which all of us can read, but it is also a dark mine which conceals immense treasures in its depths" - **VO Kovalvsky**

"What a piece of work is man

How noble in reason

How infinite in faculties

In form and moving, how express

In action how like an angel

In apprehension how like a God

The beauty of the world

The paragon of animals"

- Shakespeare

QUOTATIONS

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- संकलन

Dr.RNVS Raja Rao

Lecturer in Hindi

तुलसी मीठे वचन ते, सुख उपजत चहुँ ओर, वशीकरण यह मंत्र हे, परिहरू वचन कटोर ॥ - तुलसीदास

మనం నిరంతరం విద్యార్థులమే

జ్ఞానసముపార్జనకు నాలుగు ముఖాలున్నాయి. అందరం నిరంతరం విద్యార్థులమే అంటుంది శాస్త్రం. ఏ విద్యనైనా ఎలా సంపాదిస్తామో వివరించే శ్లోకం ఇది.

శ్లో॥ ఆచార్యత్ పాదమదత్తే పాదం శిష్యం స్వమేధయా ।

పాదం సబ్రహ్మచారిభ్యః పాదం కాలక్రమేణ చ॥

(పాదమ్ అంటే పావు భాగమని అర్థం)

మనం జ్ఞానాన్ని ఆచార్యులనుంచి పావుభాగం, స్వంత తెలివితో పావు భాగం, తోటి విద్యార్థుల నుంచి ఓ పావు భాగం సంపాదిస్తాము. మిగతా పావు భాగం కాలం గడిచేకొద్దీ లభిస్తూ ఉంటుంది.

తల్లిదండ్రులు, ఉపాధ్యాయులు, ఆచార్యులకోవకి చెందినవారు. వీరిద్వారా పావుభాగం జ్ఞానం లభిస్తుంది. మరో పావుభాగం ఆ వ్యక్తి తన స్వయంకృషితో సంపాదిస్తాడు. మరోభాగం - సమాజం నుండి, తోటి విద్యార్థుల నుంచి, చూసి నేర్చుకుంటాడు. కొందరిని చూసి ఎలా ఉండాలో, మరికొందరిని చూసి ఎలా ఉండకూడదో నేర్చుకొంటాడు.

చివరి పావుభాగం జ్ఞానం, కాలక్రమేణ లభిస్తుంది. కాలం ఇచ్చే అనుభవం అపారమైనది. అనుభవం అమూల్యమైనది. అందుకే మనిషి నిరంతరం విద్యార్థిగా ఉండాలి.

పూర్ణవిద్య లభించాలంటే చదివినదాన్ని జీవితానికి అన్వయించుకోవాలి. కాలక్రమేణ అది సాధ్యమవుతుంది. అంటే పూర్ణవిజ్ఞానానికి కర్తలం

మనమే అని భావం. పూర్ణత్వాన్ని అందించేది మన ప్రయత్నమే అని సారాంశం. స్వానుభవంతోనే విద్య పూర్తి అవుతుంది. జ్ఞాన సముపార్జనకు గురువు అవసరం - సొంత బుర్ర కూడా వుండాలని తాత్పర్యం.

నాలుగే నాలుగు

టి. ఫణి కుమార్

అర్థశాస్త్ర అధ్యాపకులు

సాధారణంగా లోక వ్యవహారములలో నాలుగు అనే అంకె నలుగురితో నారాయణ, నలుగురూ వెళ్ళేదారిలో నడవాలి, నలుగురూ నవ్వుతారు- అనే మాటలు తరచుగా వినబడుతూ ఉంటాయి. సంఖ్యా శాస్త్రం ప్రకారం అంకెలకు సంబంధించి ఎన్నో నమ్మకములు ఉన్నాయి. కొందరు ప్రజలు కొన్ని అంకెలను తమకు అదృష్ట సంఖ్యలుగా భావిస్తుంటారు.

సృష్టికర్త బ్రహ్మను చతుర్ముఖుడు అని అంటారు. సృష్టి ఆరంభంలో బ్రహ్మజీవుడు నలుగురు మానవ పుత్రులను సృష్టించాడు. వారే సనక, సనందన, సనత్కుమార, సనత్కుజాతులు. వేదములు నాలుగు. అవే ఋగ్వేద, యజుర్వేద, సామవేద, అధర్వణ వేదములు. పురుషార్థములు నాలుగు - ధర్మ, అర్థ, కామ, మోక్షములు. ఆశ్రమ విధానములు నాలుగు - బ్రహ్మచర్యం, గృహస్థాశ్రమం, వానప్రస్థం, సన్యాసాశ్రమం. వర్ణ వ్యవస్థ నాలుగు భాగములుగా ఉన్నవి. అవి బ్రహ్మణ, క్షత్రియ, వైశ్య, శూద్రులు. యుగములు నాలుగు - కృతయుగము, త్రేతాయుగము, ద్వాపర యుగము, కలియుగము. మానవ జీవిత దశలు నాలుగు - అవి బాల్య, యౌవన, కౌమార, వార్ధక్యము మొదలైనవి.

దిక్కులు నాలుగు - తూర్పు, దక్షిణము, పడమర, ఉత్తరము. మూలలు నాలుగు - ఆగ్నేయము, నైఋతి, వాయువ్యము, ఈశాన్యము. వీటిలో తూర్పు దిక్కు సూర్యోదయమునకు ఆధారం

కనుక పూజనీయము. మిగిలిన వాటికి తగిన ప్రాముఖ్యం ఉన్నది.

వేదాంగములైన ఉపనిషత్తులలో నాలుగు అవస్థలను గురించి చెప్పినారు. అవి జాగ్రదవస్థ, స్వప్న అవస్థ, సుషుప్తి, తుర్య అవస్థ మొదలైనవి. మనసు, బుద్ధి, చిత్తము, అహంకారము అవి నాలుగు అంతఃకరణములకు సంబంధించినవి. స్నేహితులతో మైత్రి మనసు లక్షణము. ఆర్తుల పట్ల కరుణ బుద్ధి లక్షణము. పుణ్య కర్మలను ఆనందించడం చిత్త లక్షణం. సజ్జనులను బాధించడం అహంకార లక్షణము. అలాగే వాక్కుకు నాలుగు రూపములు. పరా, పశ్యంతి, మధ్యమ అనే మూడు అంతరంగ వాక్కులు. వైఖరి అనేది మాత్రమే బహిర్గతమవుతుంది.

రాజ్య రక్షణకు అవసరమైన చతురంగ బలములు నాలుగు. అవి రథ, గజ, తురగ, పదాతి దళములు. రాజనీతికి సంబంధించి చతుర ఉపాయములు నాలుగు. అవి సామ, దాన, భేద, దండము. మేఘం, మెరుపు, పిడుగు, వృష్టి అని వీటికి నాలుగు రూపములు.

వేదముల ప్రకారం మానవునికి మృత్యువు నాలుగు రూపములలో సంభవిస్తుందని చెబుతున్నది. అవి - సూర్యుడు, వాయువు, అగ్ని, చంద్రుడు. సూర్యుడు రోజూ ఉదయం మరియు సాయంత్రముల ద్వారా రోజూ జీవుల ఆయుర్దాయం గ్రహిస్తూ మృత్యువుకి కారణమవుతాడు. శరీరంలో వాయు సంచారము సరిగా లేపపోతే ఊపిరితిత్తుల వ్యాధుల

ద్వారా మరణాలు ఎక్కువ అవుతాయి. శరీరంలో జరరాన్ని సరిగా లేకపోతే తీసుకొన్న ఆహారం జీర్ణం కాదు. చంద్రుడు పంటలకు కారకుడు. పంటలు పండకపోతే ఆహారం లేక మనకు కరువులు వస్తాయి. ఆరోగ్యం క్షీణిస్తుంది. చివరగా మానవునికి ముక్తిని కల్గించే మార్గములు కూడా నాలుగే అవి - సాలోక్య, సామీప్య, సారూప్య, సాయుజ్యములు. కావున నాలుగు అంకె అనేది ఎంతో ఘనమైనది అని చెప్పవచ్చు.

ప్రస్తుత విద్యావిధానం

ఈనాడు ఎవరిని కదిపినా ఒకటే మాట. విద్యా ప్రమాణాలు పడిపోతున్నాయి. సమాజ ప్రగతి కుంటువ డుతున్నది. నైతిక విలువలు అడుగంటుతున్నాయి. ఈ దేశం ఎటుపోతున్నది. ఈ జాతి భవితవ్యం ఏమిటి? అని. నిజమే ఎన్నో త్యాగాల ఫలితంగా ఎందరో మహనీయుల రక్త తర్పణంతో కష్టపడి సంపాదించుకున్న ఈదేశం స్వాతంత్ర్యం సర్వతోముఖాభివృద్ధి యువతరం మీదనే ఆధారపడి ఉంది. స్వాతంత్ర్యం సిద్ధించిన తరువాత జన్మించిన ఈనాటి యువతీ యువకులలో నెలకొనియున్న అశాంతి, ఆందోళన, నిరాశానిస్పృలు, ప్రగతిని కాంక్షించే వారందరినీ వేదిస్తున భయంకర ప్రశ్న. ఈ సమస్యకు పరిష్కారం ఏది? అన్నింటికీ మూల కారణం విద్యావిధానాలలోని లోపాలేనడం నిర్వివాదాశం. ఎన్నో కమీషన్ల ద్వారా విద్యా సంస్కరణలు చేయాలని ప్రయత్నించారు. కానీ ఆశించిన ఫలితాలు రాలేదు. ఈనాటికి విద్యకు పరమార్థం మార్కులు సంపాదించడం, ర్యాంకులు సంపాదించడం ద్వారా ఉద్యోగాలు, డబ్బు సంపాదించడమే ప్రధానం అయ్యింది. అంటే మౌఖికంగా బ్రిటీషువారి పరిపాలనలో మిస్టర్ మెకాలే ప్రవేశపెట్టిన విద్య యొక్క ఉద్దేశ్యాలు ఇప్పటికీ మారలేదు. ప్రతి వ్యక్తికీ ఈ ప్రపంచంలో నిర్వహించాల్సిన పాత్ర ఉంది. అది అతనికే స్వంతం. అలాగే ప్రతివారికి చేయాల్సిన పని ఉంది. ప్రతివారిలోని ప్రజ్ఞాపాఠవాలను సృజనాత్మక శక్తిని వెలికి తీయుటకు సమగ్ర విద్యావిధానం అవసరమని శ్రీ అరవిందులు ఏనాడో చెప్పారు.

- దివ్య దీపిక మాస పత్రిక

దేశ అభివృద్ధిలో యువత పాత్ర

ఎ. శామ్యూల్ పాల్

థర్డ్ బి.ఎ., రోల్ నెం: 52016

జాతి నిర్మాణంలో ఉన్నత శక్తులు యువతీ, యువకులే. దేశ ప్రగతిలో జాతి నిర్మాణములో ప్రముఖ పాత్ర వహించాల్సింది యువతే.

జాతి అనేది అనేక రకములైన ప్రజల కలయిక. ఇతరులకు సాయం చేస్తూ, ఇతరులకు సహాయపడుతూ ఒకరికొకరు కలసి, మెలసి ఉంటే అటువంటి యువత దేశానికి వజ్రాయుధం లాంటిది. యువత జాతికి, సమర్థవంతమైన నాయకుడు లాంటిది. ఇటువంటి నాయకత్వంలో జాతిని మరియు దేశాన్ని అట్టడుగునుంచి ఉన్నత శిఖరాలకు చేరుస్తంది. నాయకత్వం అనేది మనం యువకులుగా ఉన్నప్పటి నుంచి అలవరచుకోవాలి.

దేశమందు మంచి పనులు చేసేవారు, చెడ్డ పనులు చేసేవారు ఉంటారు. ఇది చాలా ముఖ్యమైన విషయం. జాతిని నాశనం చేయడానికి చెడ్డపనులు చేసే వారి గురించి తెలుసుకోవాలి.

ప్రతిరోజూ పేపరు చదివి వాళ్లు అలా చేశారు, వీళ్లు అలాచేశారు, అందుకే దేశం బాగుపడలేదు అని మాట్లాడకూడదు. మనం నీతిగా, నిజాయితీగా ఉంటూ, మన చుట్టూ జరిగే అక్రమాన్ని, అన్యాయాన్ని నిర్మూలిస్తూ ఉండాలి. దీనికి తెగింపు అనేది నీ నుండి మొదలుపెట్టాలి.

యువత గురించి మాట్లాడేటప్పుడు ఉడుకు రక్తం, తెగింపు, ధైర్యం, సాహసవంతమైన పనులు అనేవి సరిగ్గా ఉండాలిని లక్షణాలు. నిరుద్యోగం అనేది యువతను పట్టుకొని పీడిస్తున్న

భూతం. ఈ భూతాన్ని తరిమి కొట్టాలంటే నూతన వ్యవస్థాపకులుగా మారాలి.

మితము అన్నిటా శుభం

తక్కువగా మాట్లాడు

ఎక్కువగా పనిచేయి

దేశ పురోగ అభివృద్ధికి, జాతి నిర్మాణానికి యువత ప్రధానమైనది. యువత తప్ప. వేరొకటి లేదు చెప్పుకోవడానికి కూడా.

యువత మేలుకో - దేశాన్ని మేల్కొలుపు

- స్వామి వివేకానంద

ఆరోగ్యవంతులు ఎవరు?

ఆరోగ్యవంతులు ఎవరు? వేల సంవత్సరాల క్రితమే సుశ్రుతసంహిత ఇచ్చిన ఈ నిర్వచనం ఆధునిక వైద్య ప్రపంచాన్నే అబ్బురపరచినది.

శ్లో॥ సమదోషః సమాగ్నిశ్చ సమధాతుమలక్రియః ।

ప్రసన్నాత్మేంద్రియమనాః స్పష్ట ఇత్యభిధీయతే ॥

నాత, పితృ, శ్లేష్మములనే మూడు దోషాల సమత్వం, సమమైన అగ్నిదీప్తి (ఆకలి వేయడం, తిన్నది అరగటం సమంగా ఉండటం), సమమైన ధాతువులు (రస, రక్త, మాంస, మేదోస్థి, మజ్జ, శుక్రములనే సప్తధాతులువు హెచ్చుతగ్గులు లేకుండా సమత్వం కలిగి ఉండడం) సరి అయిన విసర్జన క్రియలు (మల, మూత్రాది విసర్జనల సమత్వం) వీటితోపాటు ప్రసన్నమైన ఆత్మ, ఇంద్రియాలు, మనస్సు కలిగినవారు ఆరోగ్యవంతులు.

మానవ మస్తిష్కం అత్యంత క్లిష్టం. అనేక రోగాలకు మూలస్థానం. అది గ్రహించిన ఋషులు ఇంద్రియాలు, మనస్సు, ఆత్మలను ప్రసన్నంగా ఉంచుకొనమని చెప్పారు. అట్టివారే పూర్తిగా ఆరోగ్యవంతులని చెబుతూ వాటిని ఎలా ప్రసన్నంగా ఉంచుకోవాలో తెలియజేసే యోగసూత్రాలని అందించారు. దోషాలు, ధాతువుల లోపాలు ఇతర శారీరక సమస్యల నివారణకు ఔషధాలు పనికొస్తాయి.

ఇంద్రియాల ప్రసన్నతకు 'జ్ఞానం' ఆవశ్యకం! విషయవాంఛల పట్ల మనస్సు వరిగెట్టకుండా కాపాడేది జ్ఞానం. మంచి విషయాలను మాట్లాడటం, తలవటం, వినటం, విన్నది జ్ఞాపకం పెట్టుకోవడం ఇంద్రియాలకు వ్యాయామం. మనస్సుకి తృప్తి ఔషధం. ఉన్న వాటితో

తృప్తి పడటం, లేనివాటికోసం విచారించకుండా వుండటం ఆరవ ఇంద్రియమైన మనస్సుకి ఔషధం. ఈ విధంగా శారీరక, మానసిక ఆరోగ్యాన్ని నిర్వచించిన మన ఋషుల ప్రతిభ అనితరసాధ్యం. ఆ ఋషులకు వారసులం మనం. కేవలం శారీరక ఆరోగ్యాన్నే దృష్టిలో వుంచుకొని తొలుతగా 'ఆరోగ్యవంతుల్ని' నిర్వచించిన ఆధునిక వైద్యులు మనస్సునీ పరిగణంలోకి తీసుకొన్నారు. ఇంకా 'ఆత్మ' వారికి అంతుపట్టనిదే.

x x x

లక్ష్యం ఉన్న జీవనం ఆవసరం

పుట్టడం - పెరగడం - చదువులు - పెళ్ళిళ్ళు - పేరంటాలు - ఉద్యోగాలు - పిల్లలూ - పెంపకాలు - వృద్ధాప్యం - రోగాలు - మరణం. అంతే... సాధారణ జీవితాలెందరికో ఇలాగే సాగుతాయి. 'సుఖం' ఇందులో లేదంటారు భర్తహారి. దేశం కొరకు, సంఘం కొరకు, మానవాళికోసం జీవించే జీవితమే ఆనందకారకం. వంద సంవత్సరాల జీవితం ఎలా సాగిపోతోంది? జీవిత లక్ష్యాన్ని సాధించగలిగినామనే తృప్తిని సాధించడం కోసం దీని గతిని మార్చగలమా? అని ఆలోచింపజేసే సుభాషితం. లక్ష్యం వున్న జీవనం ఆవసరం అని భావం.

శ్లో॥ ఆయుర్వర్షతం నృణాం పరిమితం రాత్రౌ తదర్థం గతం
తస్మాద్దస్య పరస్య చార్థమపరం బాలత్పవృద్ధత్వయోః
శేషం వ్యాధివియోగదుఃఖసహితం సేవాదిభిర్నీయతే
జీవే వారితరంగచంచలతరే సౌఖ్యం కుతః ప్రాణినామ్॥

- భర్తహారి

మనిషి ఆయుర్దాయం నూరు సంవత్సరాలు. అందులో సగం కాలం (50 సం॥) రాత్రులలో (నిద్రలో) గడిచిపోతుంది. ఇలా మిగిలిన 50 సం॥లో బాల్యం, వృద్ధాప్యం క్రింద మరో సాతికేళ్ళు గడిచిపోతాయి. పొట్టకూటికై వారికీ, వీరికీ దాస్యం చేయటంలోనూ (ఉద్యోగాలు మొ॥ వాటితో) రోగాలు, వియోగాలు, దుఃఖాలతో మిగిలిన కాలం అంతా గడిచిపోతుంది. నీటి కెరటం వలె క్షణభంగురమైన మానవజీవితంలో సుఖం ఎక్కడ?

వందేళ్ళ జీవితంలో మనకి 'మిగిలినకాలం' ఎంత? సముద్రంలో కెరటాలు తగ్గాక స్నానం చేద్దామనుకొనే ఆలోచన సాధ్యమయ్యేదేనా?

ధర్మకార్యనిర్వహణలో వాయిదాలు వేసుకొనే వారికి నిజమైన సుఖం లభించదు. సమయాన్ని వృథా చేయక సద్వినియోగం చేసుకోలేకుంటే జీవితం వ్యర్థం చేసుకున్నందుకు పశ్చాత్తాపం చెందవలసి వుంటుంది.

సుఖం అందరికీ కావాలి - కానీ జీవనం అందుకు విరుద్ధంగా వుండేమో గమనించామా? అంటారు ఒక కవి. జీవితం ఫలప్రదం కావాలంటే ఏం చేయాలి? లక్ష్యం వున్న జీవితం కావాలి!

స్త్రీ మూర్తి

కె.హరిచంద్ర వాగ్

జూనియర్ అసిస్టెంట్

అక్కగా ... చెల్లిగా ... సహధర్మచారిణిగా ... అమ్మగా ... అమ్మమ్మగా ... అత్తగా ... నాయనమ్మగా ... మురిపాలు పంచే బామ్మగా ... అలుపెరుగని గృహిణిగా... వండి వడ్డించే అన్నపూర్ణగా ... అడిగినవారికి లేదనక సాయం చేసే మనసెరిగిన యజమానురాలిగా... పొరుగువారికి ప్రేమగా పడ్డెడన్నం పెట్టిన అమృతమూర్తిగా ... ఎప్పుడూ వాత్సల్యం చూపించే శాంతమూర్తిగా ... మానవీయ విలువలకు మహారాణిగా ... ఓర్పులో, సహనంలో భూదేవిగా విరాజిల్లే స్త్రీమూర్తులకు పాదాభివందనం.

పండిత లక్షణాలు

ఓ వ్యక్తిని పండితునిగా, బుద్ధిమంతునిగా మనం వర్ణిస్తుంటాం. వారి లక్షణాలేమిటి?

మహాభారతంలో, విదురుడు బుద్ధిమంతునికి వుండవలసిన లక్షణాలు అనేకం పేర్కొన్నారు. “సరాః పండిత బుద్ధయః” అన్న మకుటంతో ఉన్న అనే శ్లోకాలలో మచ్చుకి రెండు చూద్దాం.

శ్లో॥ యథాశక్తి చిక్తిర్పన్తి యథాశక్తి చ కుర్వతే ।

స కించిదవమస్యన్తే సరాః పణ్ణితబుద్ధయః ॥

శ్లో॥ నాస్రాప్యమభివాఞ్చన్తి నష్టం నేచ్ఛన్తి శోచితుమ్ ।

అపత్సు చ న ముహ్యన్తి సరాః పణ్ణిత బుద్ధయః॥

పండితుని లక్షణాలు :

తన శక్తిని అనుసరించి పనులు చేయాలనుకుంటాడు. అలానే చేస్తాడు. ఏ విషయంపైనా చిన్న చూపు ఉండదు. అందరాని వాటి కోసం ఆరాటపడడు.

విలువలు

□□

విశ్వంలో విలువైనవి ఎన్నున్నా □
అమ్మ ప్రేమ అమూల్యమైనది.

చుట్టూ ఎంతమంది ఉన్నా
నాన్న ఇచ్చే ధైర్యం మరువలేనిది. □

ఆత్మీయులు ఎందరు ఉన్నా
స్నేహితుడు స్థానం పోల్చలేనిది.

మనలో ఎన్ని కళలు ఉన్నా
విద్య అనే ఆయుధం విలువదైనది.

నేడు చావుకున్న విలువ బ్రతుకుకు లేదు □
పోసుకున్న విలువ ఆత్మీయులకు లేదు.

బండికున్న విలువ స్నేహితుడికి లేదు
డబ్బుకున్న విలువ మనిషికి లేదు.

కానీ ఇవి మరినా? మారక పోయినా
విద్యకున్న విలువ వాటికి లేదు.

ఎ.సామ్యూల్ పాల్,
రోల్ నెం. 52016,
బి.ఏ., మూడవ సంవత్సరం

వసుదైవ కుటుంబం

సంకుచిత స్వభావం హానికరం. సనాతన ధర్మం మాత్రమే సకల జనుల హితాన్ని కోరుకుంటుంది. “సర్వే భవంతు సుఖినః” అని ఆకాంక్షిస్తుంది. ఆరాధనా పద్ధతులను, ప్రాంత భాషా భేదాలను లెక్కచేయక అందరినీ అక్కూన చేర్చుకొంటుంది.

తన-పర భేదాలు లేక విశ్వమంతా ఒకే కుటుంబ సభ్యులవలె శాంతి సుఖాలతో మెలగాలనే ప్రతిపాదన ఈ శ్లోకంలో

శ్లో॥ అయం నిజః పరో వేతి గణనా లఘుచేతనామ్ |
ఉదారచరితానాం తు వసుదైవ కుటుంబకమ్॥

ఇతడు నావాడు, అతడు పరాయివాడు అన్న ఆలోచన సంకుచిత మనస్సున్న వారికే ఉంటుంది. ఉదార స్వభావులకి భూమి అంతా ఒకే కుటుంబం.

సంకుచిత స్వభావం అనేక విధాలుగా కలుగవచ్చు. ఉపాసనా పద్ధతుల ఆధారంగానో, కులం, భాష, ప్రాంతాల ఆధారంగానో, కొందరు తమ చుట్టూ ఒక గిరి గీసుకొని కూర్చొని ఉంటారు. ఆ వృత్తంలోకి మరొకరిని రానివ్వరు, సరికదా వారిని ద్వేషభావంతో చూస్తారు. ఈ సంకుచిత భావన వల్లే ప్రపంచంలో పలుచోట్ల రక్తసిక్త సంఘటనలు జరుగుతున్నాయి.

‘నువ్వు ఓ చిన్న వృత్తం గీసి, నన్ను బయట నిలబెట్టావు. కానీ నేనొక పెద్ద వృత్తాన్ని గీసి నాతో నిన్ను కలుపుకున్నాను’ అంటారో కవి. సనాతన ధర్మం భారతీయ సంస్కృతికి ఉన్న ప్రత్యేకత ఇదే.

‘నా దేవుడొక్కడే నిజం...’ అనే ఆలోచనే ప్రపంచంలో అశాంతిని పెంచుతోంది. ‘దేవుడు

ఒక్కడే - అదే నిజం’ - అంటే అన్ని ఆరాధనా పద్ధతులు ఆ పరమాత్ముని దగ్గరకే చేరుస్తాయి అన్న సిద్ధాంతమే శాంతికి పునాది ఇది భారతీయుల ఆలోచన.

ఈ ఉదారమైన భావనే “లోకాః సమస్తాః సుఖినోభవంతు” అనే వాక్యం ద్వారా వ్యక్తం అవుతోంది. ప్రపంచ శాంతికి ఇదే మూలం!

పనికిరానిది ఏదీ లేదు

స్పష్టిలో పనికిరానిది ఏదీలేదు.

వాటిని ఎలా ఉపయోగించుకోవాలో తెలిసినవారే అరుదు - అని తెలియజెప్పే శ్లోకం ఇది.

శ్లో॥ అమంత్రమ్ అక్షరం నాస్తి
నాస్తి మూలమ్ అనాషధమ్ ।
అయోగ్యః పురుషో నాస్తి
యోజకః తత్ర దుర్లభః ॥

మంత్రము కాని అక్షరం లేదు - ఔషధంగా పనికిరాని మొక్క లేదు. అలాగే పనికిరాని మనిషి లేడు. కానీ అక్షరాలలో, మొక్కలలో, మనిషిలో ఉన్న గొప్పతనాన్ని గుర్తించి వాటిని ఎలా ఉపయోగించాలో తెలిసిన యోజకుడు (నిర్వాహకుడు) చాలా అరుదుగా ఉంటాడు.

విడివిడిగా వ్యక్తులందరూ సమర్థులే కావచ్చు. కానీ, వీరందరినీ సంఘటితం చేసే వ్యక్తి కావాలి. అతడే యోజకుడు. ఉపయోగపడే వస్తువులు ఉన్నా, వాటిని సమర్థవంతంగా ఉపయోగించే జ్ఞానం ఉన్న వ్యక్తే యోజకుడు.

ఏ అక్షరం ఏ మంత్రంలో ఉందో (అ+ఉ +మ్ = ఓమ్) గుర్తించే ఋషి, ఫలానా మొక్క ఆకులు ఫలానా జబ్బు నివారణకు పనికొస్తాయి అని చెప్పే ఆయుర్వేద వైద్యులు, ఈ వ్యక్తిలో ఈ మంచి గుణముంది - ఈ పనిలో రాణిస్తాడు అని గుర్తించే నిర్వాహకుడు అరుదు. (యోజకః అంటే కలిపేవాడు).

“పనికిరాని వారు ఎవ్వరూ లేరు - వారిచే సరిగ్గా పనిచేయించుకోవడమే లోపం” - అని అంటుండేవారు స్వామి చిన్మయానంద. మనిషిలోని అర్హతలను గుర్తించి, వారు ఏ ఉద్యోగానికి పనికొస్తారో తెలియజెప్పే నేర్పరి అయిన నిర్వాహకుడు అవసరం.

చదువు-సమాజం-విలువలు

కె.ఎస్. చంద్రశేఖర్, లెక్చరర్, ఇంగ్లీష్ డిపార్ట్‌మెంట్

అమ్మానాన్నల ఆశలకు,
 అధ్యాపకులు అంకితమై
 అమ్మ ఒడినే మరపించి,
 ప్రేమతో పాఠాలు చెప్పంగా
 బడినే గుడిగా భావించి,
 హాయిగా పిల్లలు చదవంగా
 శ్రద్ధగ శిష్యులు వింటుంటే,
 ముద్దుగా పిల్లలు రాయంగా
 మార్కులే పంటగా పండునుగా,
 ర్యాంకులే రుల్లుగా కురియునుగా
 క్రమశిక్షణయే అమ్మ శిక్షణయై
 పాఠశాలలోన నాన్న శిక్షణయై
 వాక్కుభావం పొందుగనిమడగా
 ఆలోచనయు, సృజన శక్తియు
 రాతలోన మేళవించగా
 అమ్మ సరస్వతికి నమస్కరించి
 అక్షర వంపు చక్కగ దిద్దగా
 మార్కులే పంటగా పండునుగా
 ర్యాంకులే రుల్లుగా కురియునుగా
 వందేమాతమే ఊపిరిగా
 బంకించంద్రుని స్మరియించి
 జనగణమనయే ఆత్మగీతమై
 రవీంద్రుని ఆశలు సాధించి
 సమతను పెంచి మమతను పంచి
 కర్తవ్యంలో కార్యోన్ముఖులై
 కలామ్ కలలను పండిద్దాం
 బాపి(పు) నీడు(డ) రాచబాటలో
 'బాబుగారి' కార్యాచరణలో
 అందరు ఒక్కటై ముందుకు సాగి
 ధర్మరాజ్యమునే స్థాపిద్దాం

“మహాత్ముని మానసపుత్రిక మన అన్నపూర్ణ

Smt SAL కళ్యాణి

హిస్టరీ లెక్చరర్

1921 మార్చి 31న గాంధీజీ అఖిలభారత జాతీయ కాంగ్రెస్ నాయకులతో సహా విజయవాడ విచ్చేసారు. రెండు లక్షలకు పైగా ప్రజలు విచ్చేసిన ఆ మహా సభలో గాంధీజీ ఉపన్యసించడానికి కర్రలతో నిర్మించిన వేదికపైకి వచ్చారు. ప్రజలు ఆయనను దగ్గర నుండి దర్శించాలనే ఉత్సాహముతో ఒకరినొకరు త్రోసుకుంటూ వేదిక చుట్టు ముట్టారు. కర్రలు విరగగొట్టి వేదిక పైకి ఎగబ్రాకారు. వేదిక కంపించసాగింది. ప్రమాదాన్ని ఊహించిన రక్షకులు గాంధీజీని వేదికపై నుండి జాగ్రత్తగా దింపేసారు. ఆ సమయంలో రక్షణ కవచంలా నిలబడి గాంధీజీని తన పవిత్రకొంగు చాటున దాచి సభ నుండి బయటకు తీసుకొని వచ్చింది ఒక మహిళా రత్నం..

మరనాడు సభాస్థల ఏర్పాట్లు సమర్థవంతంగా నిర్వహించబడ్డాయి. గాంధీజీ వేదికపై సహాయ నిరాకరణ ఉద్యమ లక్ష్యాలు, అనుసరించవలసిన కార్యక్రమాలు వివరిస్తున్నారు. ఆ సభయందు నిన్న మహాత్ముని విపత్తు నుండి కాపాడిన యువతి ఖద్దరు వస్త్రములు ధరించి సభయందు కలియతిరుగుతూ ప్రజలను క్రమశిక్షణగా ఉండాలని విజ్ఞప్తి చేస్తుంది. గాంధీజీ తిలక్ స్వరాజ్య నిధికి చందాలు అభ్యర్థించగనే ఆమె తన మంగళ సూత్రము మినహా తన వంటిపై ఉన్న రూ. 3,000/-లు విలువచేసే 200 కాసుల బంగారు ఆభరణాల్ని గాంధీజీకి ఆనందంగా సమర్పించి

సభా సదుల్ని ఆశ్చర్యానందాల్లో ముంచివేసింది. గాంధీజీ “అమ్మా! నీవు తల్లిదండ్రుల అనుమతి తీసుకున్నావా? అని ప్రశ్నించారు. “నా తల్లిదండ్రులు నా ఇష్టాన్ని ఎన్నడూ కాదనరు, నా ఆభరణములపై నాకు పూర్తి స్వేచ్ఛ ఉంది, ఏ మహాత్తర కార్యానికి సహాయబడినందుకు సంతోషిస్తారు కూడా! అని అనర్గళంగా ఆంగ్లంలో వినయంతో సమాధానమిచ్చింది. అంతేగాక “మహాత్మా ! మా మహిళల తరపున ఏలూరు విచ్చేయవలసిందిగా అభ్యర్థిస్తున్నాను” అని కోరింది. మహాత్ముడు ఆమె ఆహ్వానాన్ని మన్నించి ఏప్రిల్ 3న ఏలూరు సందర్శించారు.

గాంధీజీని ప్రప్రథమంగా జిల్లాకు రప్పించిన ఆ నారీమణియే మాగంటి అన్నపూర్ణా దేవి. 1900 మార్చి 3త తేదీన చాటపర్రు గ్రామంలో కలగర రామస్వామి, పిచ్చమ్మ దంపతుల ఏకైక సంతానంగా జన్మించారు. వీరు బ్రహ్మసమాజ ప్రభావితులు అగుటచే స్త్రీ స్వేచ్ఛ, విద్యలకు అధిక ప్రాధాన్యాన్ని ఇచ్చారు. ఏలూరు, గుంటూరులలో కొంతకాలం విద్యనభ్యసించిన అన్నపూర్ణను మంచి వాతావరణం అభిలషించి వారు కలకత్తా బ్రహ్మబాలికా పాఠశాలకు పంపారు. ఇంటర్మీడియట్ కూడా అక్కడే చదివించారు. తల్లిదండ్రులు అంత సంపన్నులు కాకపోవడంతో, స్వతంత్రంగా సంపాదించాలనే కుశాగ్ర బుద్ధితో రచనా వ్యాసంగాన్ని అన్నపూర్ణ

ప్రరాంభించింది. సీతారాములగూడ అనే చిన్నపిల్లల పుస్తకం 1916లో రచించి పండిత, పామరుల ప్రశంసలు పొందారు. 1920లో విద్యుత్తు శాస్త్ర రచించిన 'వివాహ మంగళము', సరళాదేవి గారి నవవర్ణస్వప్నం అరవిందుని లేఖలు బెంగాలీ నుండి తెలుగులోకి అనువదించి 'ఆంధ్రప్రచారిణీ గ్రంథాలయము' ద్వారా ప్రచురింపచేసిన దృఢదీక్షాపరులు.

1920లో మేనమామ మాగంటి బాపినీడుతో బ్రహ్మధర్మ సాంప్రదాయంలో వైభవంగా వివాహం జరిగింది. వివాహమంత్రాలన్నీ తెలుగులో బ్రహ్మణీతర ప్రముఖుడు కానూరి వెంకట చలపతయ్య చౌదరి చదివారు. వివాహమైన కొద్దిరోజులకే బాపినీడు వ్యవసాయశాస్త్రం అభ్యసించేందుకు అమెరికా ప్రయాణమైనారు. ఆ సందర్భంలో భర్తను వినమ్రంగా 'నన్ను మరచినా, దేశమును మాత్రం మరవబోకుడు' అని హెచ్చరించి పంపిన సుగుణశీలి అన్నపూర్ణ తాను కూడా అమెరికా వెళ్ళుటకై విలువైన విదేశీ వస్త్రములను కొని, ఓడ టికెట్టును కూడా రిజర్వు చేసుకున్నది. అట్టి సమయంలో గాంధీజీ స్వరాజ్య సమర శంఖారావం పూరించారు. గాంధీజీ విజయవాడ రాకతో అన్నపూర్ణదేవి జాతీయ సమరాహ్వానాన్ని అందుకొని, తన విదేశీ వస్త్రాలను అగ్నికి ఆహూతి చేసి, ఖద్దరు ధరించి, తన సమస్త ఆభరణములను దేశ సేవకై గాంధీజీకి సమర్పించినది. అమెరికా ప్రయాణాన్ని విరమించుకున్నది. పశ్చిమగోదావరి జిల్లాలో స్వాతంత్రోద్యమంలో ప్రేమేశించిన ప్రథమ మహిళయై, సహాయనిరాకరణోద్యమాన్ని ప్రభోదిస్తూ,

ఆంధ్రదేశంలో వివిధ ప్రాంతాలను సందర్శించారు. భీమవరం, పెదఅమరం, పెంటపాడు లలో ఆమె ఇచ్చిన ఉపన్యాసాల ప్రభావం యువతలో దేశభక్తిని రగుల్కొల్పింది. ప్రజల నుండి విరాళాలు వసూలు చేసి ఏలూరు నందు 1923లో మోహన్ దాస్ ఖాదీ పరిశ్రమాలయాన్ని స్థాపించింది. విదేశీ వస్తు దుకాణాల వద్ద, కల్లు అంగడుల వద్ద పికెటింగ్ చేసి పురుషులలో దేశభక్తిని పురిగొల్పారు. హరిజన బాలిక రామానుజమ్మను, మరి ఒక బాలుని ఇంటిలో ఉంచుకొని సొంత పిల్లలవలె వారి పోషణ భారం వహించారు. ఈ చర్యవలన సాంఘిక సంఘ బహిష్కరణకు గురియైనా చలించని ధీమంతురాలు.

భర్త వీలయినంత త్వరగా స్వదేశానికి వచ్చి తనతో కలిసి ఉండి దేశ సేవచేస్తూ జాతి, కుల, మత, ప్రసక్తికి అతీతమైన నాయకునిగా కీర్తి పొందాలన్నదే తన తపన అని వదే వదే లేఖల ద్వారా తెలియపర్చింది.

1923లో బాపినీడు స్వదేశానికి తిరిగి రాగా ఓడ వద్దకు తాను స్వయంగా ఖద్దరుదస్తులు తీసుకొని వెళ్ళి విదేశీ సూటు, బూటు, పేంటులను సముద్రంలో పార వేయించి, ఆయనకు స్వదేశీ దీక్షను ఇచ్చి రాజకీయ మార్గదర్శియైనది. అన్నపూర్ణకు అన్నీ ఉన్నా అనారోగ్యం వెంటాడింది. 1924లో మగ శిశువు జన్మించి విగతుడైనాడు.

అనారోగ్యం ఆమెను క్రుంగిదీసింది. విజయవాడలోవైద్యం చేయించారు. ఆ కాలంఓనే అన్నపూర్ణ 'నారి' అనే స్వంత రచన చేసింది. రామకృష్ణ పరమహంస "లీలామృతము" అనే బెంగాలీ

గ్రంథాన్ని ఆంధ్రీకరించింది. 1927 మార్చి 1న ఆమెకు ఏకైక సంతానమగు రూనీ లక్ష్మికి జన్మనిచ్చి అక్టోబర్ 9న దైనసాన్నిధ్యం చేరింది.

27 సంవత్సరాల చిన్న ప్రాయంలో మరణించిన అన్నపూర్ణ దేవికి శ్రద్ధాంజలి ఘటిస్తూ గాంధీజీ “నాకు జ్ఞాపకమున్నంత వరుకు తనకున్న బంగారు నగలన్నింటినీ దేశం కోసం సమర్పించిన ప్రథమ భారత మహిళ మాగంటి అన్నపూర్ణ దేశంలో నా అదృష్టం కొద్ది అనేకమంది పుత్రికలు నన్ను తండ్రిగా స్వీకరించారు. అలాంటి పుత్రికలలో ఒకరైన అన్నపూర్ణ అత్యుత్తమురాలు. ఆమె మరణం భక్తురాలినే కాదు, పుత్రికను కోల్పోయినట్లు భావిస్తున్నాను”. అని అశ్రునయనాలతో అన్నారు. గాంధీజీ దేశంలో ఎచ్చట స్త్రీల సమావేశంలో మాట్లాడినా అన్నపూర్ణ దేవి ప్రశంస లేకుండా మాట్లాడలేదు. దేశభక్తితో జీవితాన్ని పునీతం చేసుకొని మహిళా లోకానికి మణికిరీటమై నిలచిన అన్నపూర్ణ దేవికి ఆంధ్రులు అందరూ అంజలి ఘటించారు.

అమరావతి

అమరావతి ఆంధ్రప్రదేశ్ రాష్ట్ర రాజధాని నగరం. రాజధానికి 2015 అక్టోబరు 23న శంకుస్థాపన జరిగింది. మార్చి 2, 2017న శాసనసభ ప్రారంభించబడి అక్కడనుండి పరిపాలన మొదలైంది, సచివాలయం, హైకోర్టు పనికూడా అమరావతి నుండే జరుగుతున్నది. నిర్మాణపనులు వేగంగా జరుగుతున్నా 2020 నాటికి నగరం ఒక

రూపు సంతరించుకోగలదని విశ్లేషకులు భావిస్తున్నారు. అయితే జగన్ ప్రభుత్వం అధికార వికేంద్రీకరణ పేరుతో అమరావతిని కేవలం శాసనరాజధానిగా మార్చే ప్రతిపాదన వివాదాలకు దారితీసింది. తాత్కాలిక సచివాలయ భవనాలు నిర్మించబడ్డాయి. నగరంలో నిర్మాణాలు పూర్తయ్యేదాక, కొన్ని సంస్థలు విజయవాడ, గుంటూరులో కార్యాలయాల నుండి పనిచేస్తున్నాయి.

క్రీడల వసతులు :

ఈ ప్రాంతంలో క్రికెట్ అత్యంత ప్రజాదరణ పొందిన క్రీడ, ఎసిఎ ఇంటర్నేషనల్ క్రికెట్ స్టేడియం రాష్ట్ర రాజధానిలో భాగంగా ఉన్న మంగళగిరి మండలం, నవులూరు వద్ద నిర్మాణంలో ఉంది. భాష మరియు మతం : అమరావతి నివాసితులు తెలుగు మాట్లాడే ప్రజలు, తెలుగు నగరం యొక్క అధికారిక భాష తెలుగు, హిందువులు పెద్ద సంఖ్యలో ఉన్నారు. రాష్ట్ర ప్రభుత్వం రాజధాని నగరం నిర్మాణ కోసం సింగపూర్ ఆధారిత అస్కెన్టాన్ సిన్సిస్టెంట్ మరియు సెంకోకార్ డెవలప్మెంట్ కన్సార్టియంను ప్రారంభించింది. కొత్త రాజధాని నగరం యొక్క మౌలిక సదుపాయాలు, 7-8 సంవత్సరాల దశలో 33,000 కోట్ల అంచనా వ్యయంతో అభివృద్ధి చేయబడతాయి. భారత ప్రధాని నరేంద్రమోడి ఉద్దండరాయుని పాలెంలో రాజధాని నగర నిర్మాణానికి 2015 అక్టోబర్ 22న శంకుస్థాపన చేశారు.

ఎ.సామ్యూల్ పాల్,

రోల్ నెం. 52016,

బి.వి., మూడవ సంవత్సరం.

संस्कृत साहित्ये कालिदास् रघुवंशः- संस्करणोद्दीप्तयः

डा. श्रीपाद रामकृष्णः

विश्रान्त संस्कृतशाखाध्यक्षः, सर्.सि.आर्.आर्. कलाशाला, हेलापुरी (एलूरु)

सर्वास्वपि भाषासु साहित्यं, वाङ्मयं, सारस्वतं च बहुदीप्यते । सूक्ष्मपरिशीलने तेषु भेदमपि दृश्यते । साहित्य शब्दस्य “हितेन सहितं साहित्यम्” । लोकहित बोधनयुक्तं सर्वमपि साहित्यमिति व्युत्पत्त्या विशिष्टार्थः लभ्यते । वाचां निधिरिव, गिरिरिव यद्धर्तते तद्वाङ्मयम् इति केचन वदन्ति । सर्वेषां विषयाणां विचारः बोधनं वा वर्तते इति दर्शनेऽपि साधुगुणावाप्तिकारकमेव यद् भवति तद् वाङ्मयमिति ऊहयन्तु । तद्देव नवरसात्मकं वर्णनादिभिर्युतं सारस्वतमिति केचिद्बहुः । रसात्मकं, कथारूपात्मकं वर्णनात्मकं च वागूपां सारस्वतं भवतीति भेदः लक्ष्यते । भाषाणां सर्वासामपि मातृरूपिणी भाषा संस्कृतभाषा ।

संस्कृतसाहित्यं च द्विधा विभज्यते । लौकिकभाषा, वैदिकभाषा इति हि भेदः । लौकिक पदानां वैदिकपदानां च सूक्ष्मभेदो वर्तते । उदाहरणतया देव शब्दस्य तृतीया बहुवचने देवैः इति लौकिकं पदम् । वैदिकपदन्तु देवैः इति दृश्यते । तथा गम्लू धातोः क्त्वा प्रत्यये गत्वा इति भवति । एवंगीत्या शब्दरूपेष्वपि लौकिकवैदिकयोः भेदः वरीवर्ति । संस्कृतसाहित्ये बहवः कविराजानः, कविशेखराः वर्तन्ते । तेषु विराजमानः कवीश्वरः, भारत षेक्सपियर (Indian Shakespear) बिरुदाञ्जितः कालिदासः । (तस्य) तेषां नाम अन्यं वर्तते । किन्तु प्रसिद्धनाम कालीदासः ।

कालीदेव्याः दासः कालीदासः । व्यवहारे दीर्घः ह्रस्वो भूत्वा कालिदास इति प्रसिद्ध, अन्वर्थ नाम सम्प्राप्तम् । एते विक्रमादित्यस्य नरेन्द्रस्य आस्थान कवीश्वर इति, सभानवरत्र पण्डित कविवरेण्येषु विश्वविख्याताः । कालिदास विरचित ज्योतिर्विदाभरणम् इति ग्रन्थे

“ध्वन्वन्तरि क्षपणकारसिंह शङ्कु

वेतालभट्ट घटकपर्कालिदासाः ।

ख्यातो वराह मिहिरो नृपते स्सभायां

रत्रानि वै वररुचि नर्वविक्रमस्य ॥

स्वीयोक्तिः परिशीलयन्तु । विक्रमस्य आस्थाने नव कवीश्वर पण्डितेश्वराः सन्ति । तेषु कालिदासः सप्तम ऋषिरिव विराजते इत्युक्तम् । तदाधारेण च अस्य कवीश्वरस्य कालः क्रीस्तोः पूर्वं प्रथमशताब्दमिति, उज्जयिनी नगर वासी इति च बोध्यते । कविराजः इति बिरुदाञ्जितः । तत्समर्थयत्ययं श्लोकः

“पुरा कवीना गणना प्रसङ्गे

कनिष्ठिकाधिष्ठित कालिदासः ।

अद्यापित्तुल्यकवेरभावा

दनामिका सार्थवती बभूव ॥

पूर्वस्मिन् काले कवीनां गणना विषये कनिष्ठिकाङ्गुलिना कालिदासं गणितवन्तः । तत्समान कवीश्वरस्य एतत्कालेऽपि अदर्शनात्

Every citizen of India must remember that he is an Indian and he has every right in this country but with certain duties. - Sardar Patel

अनामिकाङ्गुलिः सार्थकनामधेयः अभवत् । अतः कालिदासः कविकुलगुरुः कविराजः इति प्रसिद्धमन्वभवत् । कालिदासकाव्येषु सर्वत्रापि उपमालङ्कारं बहुधाप्रयुज्य “उपमा कालिदासस्य” इति ख्यातिमलभत ।

एषः कालीमातुरनुग्रहेण महाकाव्यद्वयं रघुवंशः, कुमारसम्भवम् इति, खण्डकाव्यात्मिका मेघसन्देशमिति काव्यत्रयमरचयत् । केचित्तु “ऋतुसंहारम्” इति अपरं खण्डकाव्यमरचयत् इति वदन्ति। तेषां मते काव्यचतुष्टयम् नाटकत्रयं च कालिदास रचनानि भवन्ति । मालविकाग्निमित्रम् विक्रमोर्वशीयम्, अभिज्ञानशाकुन्तलम् इति नाटकत्रयं वर्तते । यद्यपि रसात्मकपदैः वर्णनं रूपकाणि काव्यानि तथापि सूक्ष्मनिशितं अर्थपरिशीलनेन कवेरूहाः, समाजे प्रवर्तितान् दुराचारान् दुर्नीतिः, तानि च संस्करणशीलाः प्रदीपयन्ति। संस्करणात्मकाः ऊहाः गोचरन्ति । केचन संस्करणरूपाः वर्तन्ते । आलेचनेन गोचरन्ते । तान्मया प्रदीयन्तेऽत्र ।

रघुवंश महाकाव्ये एकोनविंशति (१९) सर्गाः सन्ति । तेषु नवमसर्गपर्यन्तं सूर्यवंशतिलकानां दिलीप, रघु, अज, दशरथ राज्ञां चरितानि वर्णितानि । नवमादारभ्य पञ्चदशपर्यन्तं श्रीरामचन्द्रस्य चरितं, षोडशादारभ्य एकोनविंशति पर्यन्तं कुशस्य, अग्निवर्णस्य च चरितं वर्णितम् । केचित्तु नवमसर्गपर्यन्तं कालिदासकृतं दशमादारभ्य सर्वमन्यकविकृतमिति वदन्ति । रचनायां, कविताशैल्यां च भेदः समदृश्यत । बाणभट्टः

“निर्गतासु न वा कस्य
कालिदासस्य सूक्तिषु ।
प्रीतिर्मधुरसान्द्रासु
मञ्जरीष्विव जायते ॥

इति कालिदासं प्रशंसितवान् ।

कालिदासः रघुवंशे प्रथमसर्गे

“क्व सूर्यप्रभवो वंशः
क्रचाल्पविषयामतिः ।
तितीर्षुर्दुस्तरं मोहा
दुदुपेनास्मि सागरम् ॥

इति श्लोके स्वकीयासामर्थ्यं कविरुक्तवान् । किन्तु परिशीलने “अहं पण्डितप्रकाण्डः कविशेखरः। मम असाध्यं कर्मनास्ति । सूर्यवंशराज्ञाम् इति किम् सूर्यमेव वर्णयामि नास्ति संशयः” इति उत्कर्षरूप वाग्वृत्तिः न समीचीना । कालिदासः साक्षाद् देव्यनुग्रहप्राप्तः । सकलशास्त्रकोविदः । स एव उत्तमविनयं प्रकटितवानेवम् । अल्पमति रहम् । मया सूर्यवंशीयानां चरित्रवर्णनं कथं सिध्यति? इत्यादि रूपेण । अन्ततः स्वोत्कर्षः न न्याय्यः इति संस्करणोत्कण्ठत्वं दीप्यते ।

तथैव

“ततो मन्दानिलोद्धत
कमलाकरशोभिना ।
गुरुं नेत्रसहस्रेण
नोदयामास वासवः ॥

इति श्लोके मन्दवायुना उध्दूत
 नेत्रसहस्रयुक्तः, कमलाकरशोभी वासवः गुरुं बृहस्पति
 वीक्ष्य नोदयामास । इन्द्र पदवीविराजमानः,
 नेत्रसहस्रयुक्तोऽपि चन्द्रसमभासमानोऽपि गुरुं वीक्ष्य
 उदयं उद्वेगं न प्राप्तवान् । अत्र
 पदवीविराजमानोऽपि, बहुविध बलसमन्वितोऽपि’’
 आचार्यदेवोभव’’ इति सूक्तिमनुसृत्य विनीत इव,
 स्वातिशयपरित्यक्तविबुध इव उद्विक्तो न भूयात्
 इति संस्करणाकांक्षत्वमुद्दीप्यते । एवमनेक
 संस्करणाभिकांक्षाः सर्वत्र कालिदासकाव्येषु
 अर्थान्तरदीप्त्या प्रकाशन्ते ।

नाहं पण्डितशेखरः,
 श्रेष्ठबुद्धिमतोऽपि न ।
 केवल पण्डितात्मजः
 किञ्चिज्ञोऽपि भवामि वै ॥

श्रीपाद रामकृष्णः





‘अकेलापन’ इस संसार में
सबसे बड़ी सजा है ।
और ‘एकांत’
सबसे बड़ा वरदान ।

ये दो समानार्थी दिखने वाले
शब्दों के अर्थ में
आकाश पाताल का अंतर है ।

अकेलेपन में छटपटाहट है,
एकांत में आराम ।

अकेलेपन में घबराहट है,
एकांत में शांति ।

जब तक हमारी नजर
बाहरकी ओर है
तब तक हम

अकेलापन महसूस करते हैं ।

जैसे ही नजर
भीतर की ओर मुड़ी,
तो एकांत

अनुभव होने लगता है ।

ये जीवन और कुछ नहीं,

वस्तुतः

अकेलेपन से एकांत की ओर

एक यात्री ही है ।

ऐसी यात्रा जिसमें,
रास्ता भी हम हैं,

राही भी हम हैं और
मंजिल भी हम ही हैं ॥
घर में अकेलापन नहीं अपनापन हैं इसका
आनंद लीजिए

*Akelaapan v/s Aikaant
from the Gita*