

# ಪ್ರತಿಬಿಂಬ

## *Reflections*

### REFLECTIONS



# ***Magazine Committee***



## *Editor in Chief :*

Dr Bhagyalakshmi

## *Assistant Editor :*

Dr Sreeshyla

## *Advisor :*

Dr Deepika

## *Proof Editor:*

Dr Prathiba  
Dr Deepika  
Dr Shruthi

## *Art Editor :*

Dr Shyam  
Dr Vaz Mithchum  
Dr Varun  
Navia

## *Picture Editor:*

Dr Sanjay  
Dr Suma  
Dr Sanjeed Kabeer

## *Copy Editor :*

Dr Sreeshyla  
Dr Shabareesh  
Dr Shimsha  
Steffi

## **Cover page Pics by :**

Front Oil Painting  
**Dr. Pallavi Ram** - Batch 2013-14

Back cover :

**Sumukh Bharadwaj**  
Student, JSSDCH



His Holiness Jagadguru  
Dr. Sri Shivarathri Rajendra Mahaswamiji



||Sri Shivarathreeshwaraya Namaha||

**Jagadguru Sri Shivarathri Deshikendra Mahaswamigalu**

Jagadguru Sri Veerasimhasana Math, Suttur Srikshethra-571 159 Sri Suttur Math

(Mysuru Branch), Mysuru 570 025

17.12.2019

## Message

It is common knowledge that magazines in schools and colleges provide opportunities for students to exhibit their latent literary talent. We expect the magazine to have, in addition to the colourful exposition of the academic achievements of the year, good articles - both in English and Kannada - popular write-ups that would help the readers to understand the basic tenets of hygiene and well-being.

The students should develop the art of writing, an effective mode of communication, which will enhance the face-value of their personality, to a greater extent.

We wish the "Reflections: 2017-19" the Annual Magazine of JSS Dental College, Mysuru, would bring out bright and eventful reflections of the institution, for the benefit of students and parents alike.

Shubham Bhooyath

**Jagadguru Sri Shivarathri Deshikendra Mahaswamiji**

Srimath (Mysuru) : 0821-2548220, 2548221, Fax: 0821-2548219

Suttur: 08221-232 223, 232 224

Mahavidyapeetha: 0821-2548201, Fax: 2548218

Suttur Sadana, Bengaluru : 080-22970101 Fax: 22970100

e-mail: jssashram@yahoo.com

*Dr. B. Suresh*  
*Pro Chancellor*

*July 31, 2019*



## MESSAGE

*It is indeed a matter of pleasure to note that JSS Dental College & Hospital, Mysuru is bringing out its college magazine 'Reflections 17-19'.*

*I am glad that the College is providing high quality dental education and contributing to the needs of Dental Healthcare System of the society. I am also sure that this magazine will provide a platform to showcase talents of the students and staff of the college to share their views.*

*On this happy occasion, I would like to convey my heartiest wishes on the occasion of release of the said magazine.*

*With best wishes*



*Dr. B. Suresh*  
*Pro Chancellor*

*Dr. H. Basavanagowdappa*  
*Vice Chancellor*

*July 31, 2019*



## *MESSAGE*

*It gives me immense pleasure to note that JSS Dental College & Hospital, Mysuru, is bringing out its college magazine 'Reflections 17-19'*

*I congratulate the Principal, Faculty, staff and students for bringing out 'Reflections 17-19 and convey my good wishes and hope that this issue would be meaningful, enjoyable and memorable in achieving its objectives.*

*With best wishes*



*Dr. H. Basavanagowdappa*  
*Vice Chancellor*

*Dr. P A Kushalappa*  
*Director (Academics)*

*July 31, 2019*



## MESSAGE

*Greetings to the JSS Dental College & Hospital, a constituent college of JSS Academy of Higher Education & Research!*

*JSS Dental College & Hospital has in its 3 decades of existence improved by leaps and bounds in conformity with the rapid strides made in the field of Dental Education. The college has dedicated faculty and has made much improvement in the area of research and it is heartening to know that many of the faculty have opted to do their PhD and a lot of activities are seen in the areas of collaborative research, projects and patents. The institution has also been ranked 29th among the Dental Colleges in the country.*

*This institution can only keep going further in the field of Dental Education and I am sure with the dedication of the faculty, it will very soon be ranked among the top 10 Dental Colleges in the country. I wish the JSS Dental College & Hospital all the best in its future endeavors.*



*Dr. P A Kushalappa*  
*Director (Academics)*

*JSS Academy of Higher Education & Research, Mysuru.*

*Dr. Ravindra S*  
*Principal*



*July 31, 2019*

## *MESSAGE*

*Nurturing creativity is one of the key elements for a successful education and a college magazine is the right source for it. Reflections, our college magazine is a collection of our student and faculty skills, creativity and achievements.*

*I appreciate and applaud the editorial team for this great effort and my warm congratulations to all our budding talents who have contributed to our college magazine. Reflections is indeed a precious document of interests and talents of my beloved students and staff.*

*Wish you all a happy reading!*

*Dr. Ravindra S*  
*With best wishes*  
*Dr. Ravindra S*  
*Principal*

# EDITORIAL



“Everyone has a hidden talent; Discover it, Express it, Strengthen it!”

Reflections, our college magazine is a platform for our students and staff to present their hidden talents. It is our effort to ignite these talents

and give scope for their future. Reflections is the result of dedicated teamwork who helped to overcome the challenges faced. One of the biggest challenges we faced was to release the magazine on time. As deadline approached, the pressure soared high. It would not have been possible without the constant support from my team. My heartfelt thanks to each and every one of them.

I would like to specially thank our magazine advisor, Dr Deepika who believed in me, in my team and was always there whenever we needed any guidance.

A special thanks to my beloved student members who stood by us, helped us in whatever way they could. From organising photoshoot, persuading their classmates to pen down for the magazine, they have worked tirelessly to make Reflections a dream come true. I wish them good luck and I hope they come back again in our future endeavours.

In this roller coaster journey, we have tried our best to capture everyone's talents and abilities. Hope you all will have a nice time going through the pages of Reflections 17-19.

Editor in chief

**Dr. Bhagyalakshmi A.**

# ABOUT JSS AHER

**Dr. Prashanth S.**

Asst. Director, Academics, JSS AHER

**JSS ACADEMY OF HIGHER EDUCATION & RESEARCH**, a deemed to be University, is guided by the legacy and sustaining principles of Sri Suttur Math and the JSS Mahavidyapeetha, the sponsoring society of the Deemed University. The JSS Deemed University since its establishment has completed ten successful years with several accomplishments to its credit.

**Accreditation :** The Deemed University has been accredited with A<sup>+</sup> Grade with CGPA of 3.47 by National Assessment and Accreditation Council (NAAC) in the second cycle in 2018

The Pharm D. programme of JSS Academy of Higher Education & Research has been granted with International Certification by Accreditation Council for Pharmacy Education (ACPE), USA, and becomes the first among the Universities in the Asia Pacific region.

## Rankings

### NIRF RANKING 2019

1. JSS Academy of Higher Education & Research, Mysuru was ranked 34<sup>th</sup> out of 1479 Universities and 55<sup>th</sup> out of 4867 over all Institutions in India, registered for NIRF 2019.
2. JSS Medical Colleges was ranked 17<sup>th</sup> out of 113 Medical Institutions/colleges in India
3. JSS College of Pharmacy, Ooty was ranked 8<sup>th</sup> out of 301 Pharmacy Colleges in India, which was at 15<sup>th</sup> rank in 2018.
4. JSS College of Pharmacy, Mysore was ranked 10<sup>th</sup> out of 301 Pharmacy Colleges in India and sustaining its position for the last four years at 10<sup>th</sup> Rank.

*Expanding the boundaries of Education  
to make the most Amazing Learning Possible...*



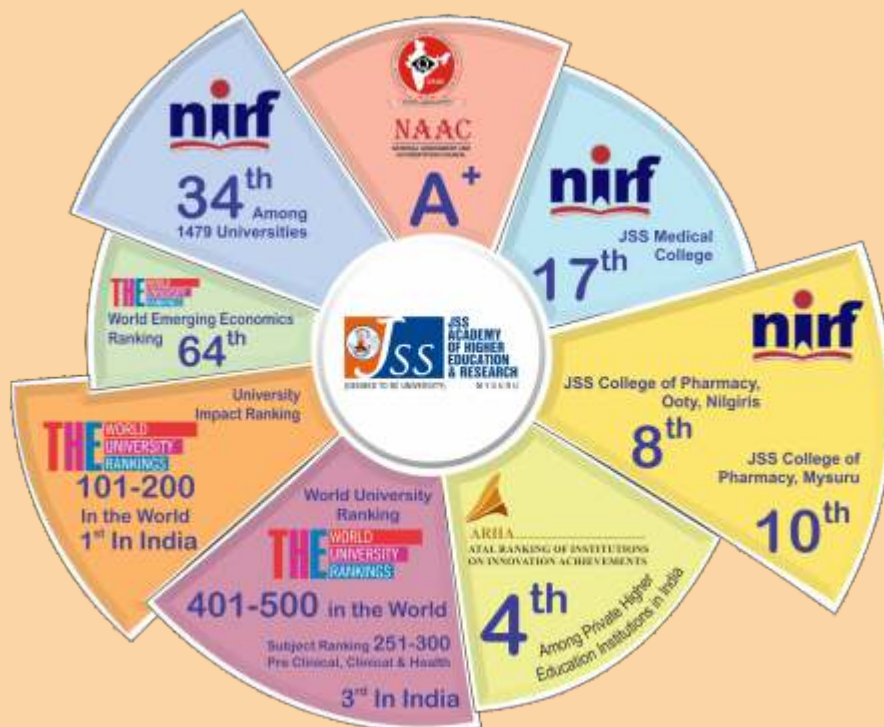
**JSS ACADEMY OF HIGHER EDUCATION & RESEARCH**  
(Deemed to be University)  
Accredited "A+" Grade by NAAC  
Sri Shivarathreeshwara Nagar, Mysuru – 570 015

**Accreditations and Rankings:**

- NAAC 2018: A<sup>+</sup>
- ACPE Accredited
- NIRF 37<sup>th</sup> in INDIA
- Rank Band 401-500 In the World
- THE WORLD UNIVERSITY RANKINGS: Clinical, 251-300; Pre-Clinical & Health
- 3<sup>rd</sup> in INDIA
- STARS: 4 Stars
- KSURF 1<sup>st</sup> Young Universities Karnataka

## ARIIA RANKING - ATAL RANKING OF INSTITUTIONS ON INNOVATION ACHIEVEMENTS 2019

JSS Academy of Higher Education & Research is ranked 4th among all the Private Higher Education Institution in India. Atal Ranking of Institutions on Innovation Achievements (ARIIA) is an initiative of Ministry of Human Resource Development (MHRD), Govt. of India to systematically rank higher educational institutions and universities in India on indicators related to "Innovation and Entrepreneurship Development" amongst students and faculties. Assessment of



innovation and start-up ecosystem was based on Budget, Expenses to Support, Facilities to Support Innovations and Start-ups, Awareness Activities for Promoting Innovation, Entrepreneurship Development, Intellectual Property Generation, Technology Transfer and Commercialization, Innovative Learning & Innovations in Governance of the Institution.

**Times Higher Education (THE) World University Ranking 2019** announced on 26th September 2018 credits JSS Academy of Higher Education and Research with International Rank band between 401–500 this year out of 1258 institutions worldwide, and among the top 3 universities in India out of 49 participating institutions.

THE SUBJECT RANKING by THE World University Ranking (2019): JSS AHER is under rank band 251-300 in the world and 1st in India under the subject - Clinical, Pre-Clinical & Health

### Times Higher Education (THE) World University Impact Ranking 2019

The Times Higher Education University Impact Rankings are the only global performance tables that assess universities against the United Nations' Sustainable Development Goals. JSS Academy of Higher Education and Research is ranked 101 -200 in the overall 2019 **THE World University Impact Rankings 2019** for the first time. This result is based on JSSAHER scaled and pre rounded performance on Sustainable Development.

JSS Academy of Higher Education & Research has been awarded QS 4-Stars rating in excellence by QS (Quacquarelli Symonds) from the UK in 2018. It is also the first institution in the state of Karnataka to receive this recognition and first to receive 4 Star among the Health Science based Institutions in India.

Department of Higher Education, Government of Karnataka rated JSS Academy of Higher Education & Research, Mysore as a four-star institution with a Score of 711 out of 1000 and was first among Young Universities in Karnataka in 2017.



*Teaching Staff*

## *Oral Pathology & Microbiology*



*(L-R) – Dr Premalatha B.R , Dr Usha Hegde , Dr S Ravindra ,  
Dr Vidya G D , Dr Sreeshyla H.S*

## *Oral & Maxillofacial Surgery*



*Standing (L-R) – Dr Harsha Raj B.S, Dr Shyam Sundar, Dr S Manjula, Dr Shivananda S,  
Dr Chandan S N Sitting (L-R) – Dr Saikrishna D, Dr Sujeeth Kumar Shetty, Dr S Ravindra,  
Dr Satish R, Dr Sahith Kumar Shetty*

## *Conservative Dentistry and Endodontics*



*Standing (L-R) - Dr M G Harini , Dr Savitri Gabbur , Dr M Vinutha , Dr Parinitha , Dr Sowmya H K  
Sitting(L-R) – Dr Suneeth Shetty , Dr Paras Mull , Dr S Ravindra , Dr Sunil Tejaswi , Dr Ambikatanaya*

## *Oral Medicine & Radiology*



*Standing (L-R) - Dr Prasanna Srinivas Deshpande , Dr G Jyothi , Dr Sanjay C.J  
Sitting(L-R) – Dr Karthikeya Patil , Dr S Ravindra , Dr H.P Jaishankar*

## *Orthodontics & Dentofacial Orthopedics*



*Standing (L-R) – Dr Bhagyalakshmi A, Dr Pradeep S, Dr Suma S  
Sitting(L-R) – Dr N Raghunath, Dr S Ravindra, Dr S Ravi*

## *Paedodontics & Preventive Dentistry*



*Standing (L-R) – Dr Chanchala H P, Dr Talwade Priyanka, Dr Girish M S, Dr Raghvendra Shanbhog,  
Dr Prashanth S, Dr Seema Deshmukh, Dr Indira M D  
Sitting(L-R) – Dr Rashmi S, Dr B Nandlal, Dr S Ravindra, Dr K T Srilatha, Dr Brinda S Godhi*

## *Periodontology*



*Standing (L-R) – Dr Vidya Priyadarshini. D S, Dr Avinash B S,  
Sitting(L-R) – Dr Pratibha Shashikumar, Dr Deepika, Dr S Ravindra, Dr Sheela Kumar G*

## *Public Health Dentistry*



*(L-R) – Dr Sunitha S, Dr Chandrashekar B R, Dr S Ravindra, Dr Thippeswamy H M, Dr Sushma R*

## *Prosthodontics, Crown & Bridge*



*Standing (L-R) – Dr M K Gourivandana, Dr C P Kathyayini, Dr Meenakshi S, Dr Anupama C  
Sitting(L-R) – Dr Sunila B S, Dr S Ganesh, Dr M R Dakshaini, Dr S Ravindra, Dr Anil Kumar G,  
Dr Raghavendra swamy K N, Dr Ravi M B*

### *People who missed the photo shoot*



*Dr Priyanka Nithin*



*Dr Ashwini*



*Dr Annapoorna*



*Dr Ramya*



*Dr Deepa*



*Dr Mahesh K P*

*People who missed the photo shoot*



*Dr Nagabhushan*



*Dr. Maurya*



*Dr Nitin V M*



*Dr Jyothi Kiran*



*Dr Vishal S Kudagi*



*Dr Mahima V G*



*Dr Poornima*



*Dr Lakshmi*



*Dr Shruthi*



*Dr Suman B*



*Dr Anitha*



*Dr Aruna*



*Dr Nanditha*



*Dr Sowmya*



*First Year BDS*



*Second Year BDS*



*Third Year BDS*



*Final Year BDS*



*Interns*



*Post Graduate Students*



*Forensic Odontology*



*Mechatronics*

## Dental Auxillary Staff



**Standing (L-R) – Row 1-** Mr. Vishakantegowda, Mr. Mallikarjuna C S, Mr. Manjunatha S, Mr. Mahesh C M, Mr. Ravikumar Mr. Chandrashekar R V, Mr. Sharath Kumar K P, Mr. Shivarudrappa, Mr. R Shivakumar, Mr. Kishor L, Mr. Sidappa H B  
**Standing (L-R) – Row 2 -** Mrs. Govamma, Mr. K C Chandramouli, Mr. Shivaprakash B, Mr. Venkatesh, Mr. Maltesh N Mrs. Rekha B P, Mrs. Dani V A, Mrs. Prem Kumari, Mr. Mahadevaswamy, Mr. Kemparajendrappa  
**Sitting(L-R) –** Mrs. Bhanumathi, Mrs. Leena, Mrs. Uma V, Dr S Ravindra, Mrs. Saraswathi G K , Mrs. C R Poornima, Mrs. Shivanagamma

## Office Staff



Mrs. Kalyani

**Standing (L-R) – Row 1-** Mr. B V Suresh, Mr. Mahesh Kumar, Mr. Prakash Kumar, Mr. G Raju, Mr Satish Kumar, Mr.Manju N , Mr. Yogendra  
**Standing (L-R) – Row 2-** Mr. Mallappa M G, Mr. Mallanna, Mrs.Mohana Kumari, Mrs. Devamma H G , Ms. Dakshayini,  
 Mrs. Ashwini N S, Mr. K R Mahesh, Mr K Kendagannappa  
**Sitting(L-R) –** Mrs. Sumitra, Mrs. Shashikala, Mrs. K S Shalini, Mrs. Anustree, Dr S Ravindra,  
 Mr. Veerabhadraswamy, Mr. Shadaksharaswamy B.V., Mr. Mahendra D G

## Non Teaching Staff



**Standing (L-R) :** Mrs.Rathnamma, Mrs. Janaki, Mrs. Dhanalakshmi, Mrs.Vedavathi,

Mrs. Kamala, Mrs.Susheela, Mrs.Tayamma, Mr. Harish, Mr. Sudeep

**Standing (L-R) :** Mrs.Puttagowri, Mrs.Pankaja, Mrs.Sharadamma, Mrs. Lakshmi, Mrs. Shashikala, Mrs. Lakshmi,

Mrs. Vedavathi, Mrs.Chikamma, Mrs.Nagamma, Mrs.Sunandha

**Sitting (L-R) –** Mrs.Mahadevamma, Mrs.Mahadevamma, Mr.Muthuraj, Dr Ravindra S, Mrs., Malikamma, Mrs. Usha, Mrs. Hema

# OBITUARY



**Dr Shivalinga B.M.**  
13.08.1962 – 16.07.2018



**Miss Dakshaini**  
08.01.1984 - 08.12.2018

## The Prettiest Soul..

This is for someone who I missed knowing Neha chechi..a wonderful person ... altogether.. who taught me so many things in life...The impact that you've left in my life is really huge,that I will never be able to forget you...

When I rewind the memories in JSS,your dance in cultural fest is something I will always remember in life.

Thanks to all the million memories you gave me, which will be etched forever in my heart..

Your name is one among in the list of my favourite seniors...

The positive vibes, happiness and love you have given us is so immense that your void left everyone a huge pain which is never forgotten..

And your smiling face will be always remembered, you are loved and missed forever..

Your life has touched so many people....and impact you've left is very huge..

So I believe that

A life that touches other's goes on forever.

You are one such person who will be remembered, loved and cherished always..

Lots of love to Someone I would like to call "Our Wonder Woman"



**Dr. Neha A. Thomas**  
08-11-1993 to 26-09-2018

**Sreelakshmi**  
Student ,JSSDCH

## Cultural Secretary Message

JSS Dental College & Hospital has always been in the forefront when it comes to celebrating cultural unity. Our students here are from all walks of life, from all corners of the world. This blend gives us an insight into various cultural wonders across the world. A wonderful mixture of different students from different regions and their different culture, ideologies as well as our common interests, helps us unite and learn from each other, makes it a unique experience. This is celebrated every year wherein the students host and participate in cultural events under the guidance of the cultural committee. Every year, be it ATHULYAM 2018 or the recent AURA 2K19, we have a tradition of creating something new and a different year. The bench mark is raised each year as new ideas are explored and brought into existence. With the cultural bonanza, a range of colors in our monotonous life is brought to our door step, where in faculty & students alike enjoy being a part of this celebration. Cultural fests create a platform that provides the students & faculties with an opportunity to display creative talents in a variety of ways. The essence of sharing, joy, happiness and the spirit of celebrations are revered during this time. As cultural secretary, on behalf of cultural committee members, I would like to take this opportunity to express my pleasure for being a part of the celebration. Hope we will have fun filled time for years to come.

**Dr. Priyanka Nitin**  
Cultural Secretary

## Sports Secretary Message

As the old adage goes “All work and no play make Jack a dull boy”; it is of mammoth importance to give prominence to sports and work in our instance, studies.

It has been a pleasure to associate with JSS Dental College and Hospital as Sports Secretary for the last five years apart from academics. With unhindered backing and keen cooperation of JSS Dental College and Hospital and JSS Academy of Higher Education & Research, I am delighted to announce that our college teams have been participating in various tournaments across the country and have been winning laurels to the College and Academy.

Major credit for these achievements goes to the exceedingly talented students of JSSDCH. The college sports events organized annually as well as participation at several intercollegiate and inter university sports meets help them bring out their unseen potential and help in their personality development. It is also worthy to note that the enthusiastic faculties too have played a vital role in sports happenings by inspiring the students and participating in quite a few events as well.

Fun, Frolic, Laughter, Merriment, Fitness and much more is how we can sum up the sports events of JSS Dental College and Hospital.

I wish that, our students and staff alike, achieve greater heights in sporting activities too, apart from academics in which they are already roaring.

Thank you Team Sports-JSSDCH and one and all for all the confidence instilled in me and giving me an opportunity to be a part of this memorable event.

**Dr. Prasanna Srinivas Deshpande**  
Sports Secretary



# The Artsy Lens



Pic : Dr. Gayathri Devi  
Alumni

Pic : Muzammil Nawaz  
Student JSSDCH



**Dr. Premalatha**  
Dept. of Oral Pathology

# The Artsy Lens



**Dr. Nitin V. Muralidhar**  
Dept. of Orthodontics



## Scaling the heights.....Touching the sky at 20000 ft.

*"Believe you can and you are half way there"*

**Theodore Roosevelt**

I, Dr.Brinda Suhas Godhi, have always done what best I have been trained in - being a Pedodontist, treating little children and teaching about them, with a routine work time and schedule. I had no other interest or exposure. This changed and for the better after meeting my childhood friend 27 years later in 2015. Both of us decided to become fit and adventurous and signed up for a 6km run, followed by a 10km run. At these events I met a lot of like minded people and my life became healthier and adventurous. I hereby want to share one such memorable experience in the hope that somewhere someone might get inspired and motivated to get off that couch and become a healthier and fitter person.

My wish to climb the Himalayas started in the year 2017. I knew the journey would be tough and all the more so, as I was not into any adventurous activities for past many years. Yet, I was determined to give it a try and hence jumped at the first opportunity that came my way.

I did my first trek to Mantalai Lake, Himachal Pradesh (13,500ft.) in 2017. After seeing the White Mountains I was mesmerized by their beauty and tranquillity and my desire to scale even greater heights got stronger. It also made me realise that nothing is impossible, all one needed was a strong will to work towards achieving the set goal.

After all the necessary training and preparations, I signed up to trek "STOK KANGRI", one of the most fascinating places on earth. It is one of the peaks of the Himalayan Mountain at a maximum altitude of 20,180ft at the summit and lies in the beautiful area of Ladakh region of North west, India. The whole trek incorporates varying sceneries, magnificent landscapes and experience of complete peace. Thus my dream journey to this peak, Stok Kangri started.

Day 1: Aug 7th 2018: We reached Leh, and had an acclimatization walk in the beguiling city of Leh.

Day 2: Aug 8th 2018: Visit to the beautiful Thikse Monastery, Shey Palace & Stok Village!!!(11884 ft).

Day 3: Aug 9th 2018: Real work began with an acclimatization walk to and around Stok Village with delicious ladakhi cuisine.


Day 4: Aug 10th 2018: Actual Trek (20 kms from Stok village to the summit) started by 8 am to cover a distance of 5.5 kms to reach Chang Ma camp(12,950 ft).

Day 5: Aug 11th 2018: We left Chang Ma camp early in the morning for Mankorma camp covering a distance of 3.5 kms (14400 ft).

Day 6: Aug 12th 2018: Mankorma camp to Matho Pass and back to Mankorma camp.

Day 7: Aug 13th 2018: We left Mankorma camp to Base camp covering a distance of 4 kms (16400 ft), followed by acclimatization walk up to 17400 ft.

Day 8: Aug 14th 2018: Medical Check-up, Training (on how to use seat harness, carabineer, micro crampons, team roping.... etc) & rest before summit.



Day 9: Aug 15th 2018 Independence day : Finally the much awaited day, the day for the final summit to Stok Kangri peak @ 20180 ft arrived. We started at 10 pm on 14th August from the base camp and reached first rest point and later advanced base camp with a gradual ascent. Walked almost for 40 mins on Glacier, which was almost a flat walk. Later we had a moderate to difficult ascent and we successfully reached shoulder/ South ridge (20000 ft).

It was the day my dream became a reality and indeed a very proud day for me and my team (Royal Ryders). I will always cherish this day with great dignity and pride and remember the memory of hoisting the Indian Tricolor and singing our national anthem, "Jana Gana Mana..." at this great altitude.

Day 10: Aug 16th 2018: Trekking back from summit to base camp (16400 ft) and to Stok village (11473 ft), covering about 20 km of Trek.

Day 11: Aug 17th 2018: From Stok village we visited the highest motorable road - Khardungla Pass (18380 ft) and reached Leh. The whole team was in a joyous mood, we shopped, dined and celebrated our successful summit @ The Tibetan Kitchen.

Day 12: Aug 18th 2018: It was time to say bye bye to Stok & Leh city & go back home , with experience of a lifetime.

Stok Kangri is one of the most exhilarating treks in the Himalayan range. The rapid altitude gain, thin air, steep climbs and descend and of course the spine chilling cold makes it one of the toughest treks.

As I recollect my trek, few experiences ring a bell even today:

- The constant headaches, intermittent sleep and low appetite that played havoc on everyone
- The ritual of endless drinking of water, black tea, and soup to bring some respite
- The exciting training sessions about the seat harness, use of carabineer, crampons and roping up.
- The frustrating experiences on the final summit day – pushing ourselves in a profusely snowing weather, climbing with our ponchos on, the thin air making us to struggle to take every breath, (Left leg - huge breath in, right leg - huge breath out, was our mantra)!!
- The most rewarding summit and unfurling the national flag after 9 hours of struggle.
- The final gruelling but contented and satisfied descend of continuous 15 hours till we reached the base camp

One of the toughest treks to trek, but the whole team of 11 members survived it with very little exhaustion, aches and pains. Thanks to my team leader Mr. Vinay Singh for having trust in me and for the constant motivation through out my journey. Special thanks to my dearest friends Anisha, Veena Deepak and to team Royal Ryders who stuck through thick and thin (literally), making the whole experience a nostalgic event. Heartfelt thanks to Sherpa Skalzang Kalyan, Tashi Norbu Jayo, Dawa Sir, Sonam Sir, Namgyal & the entire Team of Mitra for making our summit a reality.

There is no top; There are always further heights to reach.....until such next time, signing off for now .

**Dr.Brinda Suhas Godhi**

Dept. of Paediatric Dentistry



## SMALL TRIBUTE TO OUR ENVIRONMENT

**W**e all love the weekends and holidays and that too if we are having an opportunity to spend time with our family and friends, it would be an additional advantage and most of the urbanites would all love to go to the greener, serene and tranquil places and spend quality time with our near and dear ones. But, the key question is, where are these places now? Are we heading towards extinction of such places and our natural resources? The answer looks very much a big “YES”.

Human have anthropogenic impact upon our environment means the effect resulting from human activity. With the advancing technology, it has been impacting more and more of it. It is just like a human time bomb who in each of our individual capacity are trying our best to destroy it. The main culprit is the human over population and his greed, so much so that we are destroying the natural habitats of the animal species and leading to more frequent human animal conflicts which of course is won by the super advanced Humans. The overpopulation in turn cause overconsumption, overexploitation of our natural resources, pollution and deforestation. The problems emerging out of it would result in global warming and biodiversity loss leading to an existential risk to the humans.

As a small tribute to our mother Earth, we can do our bit towards conservation.


### WATER

Every drop of water is precious. A simple calculation for our understanding - even 10 drops of water wastage in a minute from a tap results in wastage of about 3.6 litres of water per day and if it is left unattended for 100 households in a community then it is 360 litres of water wastage a day and a delay in repair for even a week would cause a wastage of 2520 litres of water, which is roughly the capacity of a small overhead water tank. Now one can imagine the amount of precious water that goes as a wastage from a continuously flowing tap which goes unmanaged for even a day

- ♦ Just ensure the tap is closed full before departing.
- ♦ The leaking taps need to be repaired at the earliest
- ♦ See to that the taps are closed while brushing your teeth, while shaving or scrubbing utensils
- ♦ Stop usage of house pipes for washing your 2 or 4 wheelers – the best is a bucket of plain or soapy water (or even smaller quantity of water )
- ♦ Ensure that the water pump to pump the water from the sumps are switched off in time and don't let the overhead tanks overflow
- ♦ Mind the water used for cleaning the front yards especially during summer

### PAPER

Paper is manufactured from trees and a ream (500 pages of A4 sheets) consumes about 6% of a tree



and each ton of recycled paper saves 17 trees and a multitude of other resources such as oil, water, landfill space and the energy used to produce paper.

- ♦ Judicious usage of paper and books
- ♦ Do not burn the paper but use it for recycling
- ♦ Use the conventional handkerchiefs to wipe your hands than using a tissue paper

Next time, we can always give a second thought before pulling a piece of paper to scribble or even getting a print out or when you keep pulling heaps of tissue to wipe our hands in a public toilet.

## PLASTIC

Plastic usage has become indispensable, but we can unlearn this by adopting older methods when people lived without it. Plastic trash is ubiquitous and mountains of it are found even in the oceans, forget about the land. It has gone on to reach the guts of almost 90% of the seabirds and more than 50% of sea turtles and apparently if it continues at the same rate, it is estimated that by 2050, the plastic mass would be more than the fish mass in the sea. And the hardest fact is that they last forever and they can even outlast Humans. OMG!!

- ♦ Please say “NO” to the usage of plastic – whatever form it may be, whether thin or thick micron
- ♦ Do not burn it either, it leaves a carbon footprint of 6 kgs of CO<sub>2</sub> for 1 kg of Plastic, which we all know is the major source of greenhouse gas and global warming
- ♦ Next time – think twice before buying a bottle of mineral water or carbonated drinks and more so before you throw it anywhere on the street or even into a garbage, because that is just going to outlive you and the subsequent generations
- ♦ Can always replace with steel cans for carrying water

## AIR CONDITIONING

With the growing economy, there has been a rapid change in the purchasing power of individuals in even a developing country like ours. And the Air Conditioners (AC) are one such luxury that we all are looking forward to be installed at our homes which is fast becoming a basic need in our houses. But, hold on. Does it cause harm to our environment? Yes!! The main culprits are CFC's (Chlorofluorocarbons) replaced with its environmental friendly companion HFC's (Hydrofluorocarbons), which do get leaked with improper maintenance of the AC system and its improper disposal of the unit. And they do contribute to the green house gases leading to heat trapping and ozone depletion. They do consume a lot of electricity in turn contributing to more usage of fossil fuels or coal and the emission of greenhouse gases. And not to forget the same effects by our vehicle AC systems and the effect of the refrigerators as well. We are already in a vicious cycle of hotter environment and more reliance on the AC.



·Where is the solution? What can be done? At least, we can think about the above background before switching on the AC from next time

Of course, there are plenty of other things to be discussed including the increase in the usage of motor vehicles, but a small effort to focus upon the issues which are most often encountered in our daily lives. We can always wish and hope that we are all sensitized to these small environmental issues and we try adopting few changes in our lives just like the changes in our lifestyles.

**Dr.Deepa**

Dept. of Oral & Maxillofacial Surgery



**Pic : Dr. Premalatha,**  
Dept. of Oral Pathology



## FOR THE LOVE OF DESIGNING SMILES!!


One fine morning I was scrolling through my Instagram when I read this, posted by a singer, “What a beautiful morning. Let's start our day with one good act of kindness, even if that is to put a smile on someone's face.” It felt so amazing to realize that we as dentists do that on an everyday basis!

Smiling is all about feeling good. It's never about analysis but is something so natural and subtle. A beautiful smile and harmonic facial esthetics are the attributes that contribute to the well-being of the patient. So, to make my patients feel good about themselves on the very first visit to the clinic, I decided to learn something very simple yet so important – Digital Smile Designing (DSD).

Smile designing is an age old concept but doing it digitally is something which could be only possible with the advent of technology. Technically, digital smile designing is a planning tool for esthetic dentistry, in which the evaluation of the esthetic relationship among the teeth, gingiva, smile and face is obtained through lines and digital drawings that are inserted on the facial and intra oral photographs of the patient. The use of digital tools offers dentists and technicians a new perspective for diagnosis and treatment plan, facilitating and improving the communication among dentist, technician and the patient.

Knowing the basics of DSD, let me go about the methodology in short simple steps.

- ♦ First and foremost select a patient with high esthetic needs.
- ♦ Thereafter, click pictures of the patient including a full facial, intra oral and lateral profile. A minimum of six pictures are recommended. Rest depend on the software the dentist is using. Clicking pictures is an art, henceforth the dentist has to make sure that the lighting and camera are perfectly suited.
- ♦ Thereafter a video is made of the patient talking, smiling, may be laughing too. Videography is based on the fact that, smile is something natural and dynamic and photography is something very static and may be unnatural at times. So, our treatment plan cannot be just based on pictures and no motion.
- ♦ Once, this is done the pictures and video are uploaded to the software used by the dentist. It may be simply on power point, keynote or software like DSD by Dr Coachman etc.
- ♦ Then the basic lines are drawn, depicting the midline, smile curve and gingival contour.
- ♦ Once this is done the templates are set accordingly. From this step we can just show the digital mock up or go about a physical mock up by sending the above details to the technician for temporaries.

- 
- ♦ After all of the above is done patient is recalled and a new video is made with the temporaries on. Our main agenda is always to activate the right hemisphere of brain, which is less analytical and easy to impress.
  - ♦ There you go!! Now, since the patient is happy with what she sees and knows what is going to be the outcome in the future, is ready for the dental procedures.

So you see, the key to make this positive change without drastically altering teeth and gums is open and honest communication only! DSD is actually transforming how dentistry is performed these days. It has broken the boulders of traditional dentistry and added emotional dentistry as a wing to our profession by producing truly customized results.

DSD has basically democratized esthetic dentistry by making the patient a co-author in his own smile designing. For us, it has increased the treatment predictability manifold with its multidisciplinary approach. We are people who believe in detail and what better than this to give accurate and precise yet the most beautiful results! Go ahead with DSD, and create your own beautiful smiles.

**Dr.Priya Mukharjee;**  
PG. in Prosthodontics

## HOW I OVERCAME MY FEARS

Dentistry I never thought this was complicated. Joined the college without knowing what to expect . First year , went well. Still did not know what to expect. Second year lots of preclinical works to do ,yet it was fun. Then came third year, seniors said it was fun but to be honest, "oh my god " I was horrified because with third year came the patients and with patients came "kannada". I still remember the moment I stood dumbstruck in front of my patient in conservative dentistry. Finally with shivering hands i tried but patient was transferred to intern and that was last of my posting unfortunately. What else could I do, I started developing this fear thinking about treating a patient. Months passed and I was in prosthodontics with the same shivering hands after multiple failed attempts I finally took her impression. My patient was not impressed but that day changed everything .I was now free of all of my fears and I decided my patient should leave hospital happily with the right guidance of teachers I finished my work, patient was happy. I saw a wonderful change in my patient, the same patient who was not satisfied with me was happy to receive her RPD she asked my name and asked me to attend all her future treatments. Well that day I realised the change we as dentists can bring about in life of others. Seeing my patient happy was an overwhelming feeling and that's how I overcame my fears.

**Irene. Sara Thomas,** Student JSSDCH

## MARATHON RUNNING: It's not just exercise .....

*What running does to lives???????*

*It's not just exercise, it's not just achievement, but it's daily discipline that has nothing to do with speed, weight, social status, sexual orientation, political affiliation, where you live, what car you drive or whether anyone anywhere loves you. It's about the slow and pleasurable process of being the "BEST YOU CAN BE"*


Marathon is all of 42.195km or 26miles 385yards of running. The idea behind this distance is a very interesting story. A Greek messenger, raced from Marathon to Athens, a distance of 40kms with the important news of Greek victory over an invading army of Persians way back in 490BC. After announcing the good news, he collapsed and died of exhaustion. In order to commemorate him, the first ever marathon running event was introduced in 1896 Olympic with 40km distance. This continued for years, till 1908 London games, wherein the London course was extended to accommodate the British Royal Family. This boost in mileage got stuck and in 1921, the length of the marathon was officially standardized at 26.2miles/42.195kms.

When one looks at the distance of a marathon run, the first expression is like "it's impossible", "are they crazy" and so forth. Yet we see a steep increase in the number of people taking up this sport. This itself is proof enough that yes it is possible. And I strongly vouch with this possibility for I belonged to the category of people saying "my god, I can never run a marathon" (precisely three years back) and today I have successfully completed 3 marathons with good credibility, having qualifying time to run the Boston Marathon (the Mecca of all marathons).

To achieve this task that looks impossible, all one needs is a well-structured training plan, dedication, hard work, common sense and grounded attitude to do what's best for oneself rather than getting carried away by lot of free advices. Execution of the plan every single day of training and not just on the race day becomes the key in one's training. Based on individual's physical and mental makeup, it might take few months for some, or few years for others - to reach the target. But definitely anyone can run a marathon.

Why would anyone want to torture oneself with all the hard hours of training??? This is a frequent question that pops up in many minds. After all one puts in somewhere about 50km of running mileage (the least) every week. Hmm, I can't deny that such a thought hasn't crossed my mind too. But then that's only been temporary and the joy, contentment and a sense of accomplishment that one gets with running, over rides all other thoughts and there is no stopping a runner. Runner's high???, maybe. I guess once you are bitten by the bug there is no stopping and we don't see any age or gender limitation among these runners, only a sense of brotherhood.

One hears lot of brave heart stories in these runners - a cancer survivor taking up running to spread awareness, runners running with messages against social atrocities, runners with physical disabilities



running to show the power of true grit, runners who have transformed their lifestyle from couch potatoes to becoming physically active and inspiring others to do so, competitive runners thriving to achieve their personal goals.....the list goes on. Each and every marathon finisher has an incredible story to share.

To conclude, preparing for a marathon gives one ample time to reflect on oneself. It makes a person stronger, focussed, determined and healthier. It teaches us to balance our otherwise routine and monotonous life with a sense of satisfaction and pride.

**Dr. Usha Hegde**  
Dept. of Oral Pathology

## CAREER OR CARRIER

The selection of a career or profession is one of the most important things of life. But it is equally difficult. The lack of guiding services, proper counselling and ever increasing unemployment has further complicated the matter.

There is cut-throat competition. Therefore, most of the young men and women in search of suitable jobs are a confused, indecisive and frustrated lot. It has generated a deep sense of frustration and indiscipline among the young people.

A right choice of a career is fundamental importance. On it does depend one's success or failure in life. A correct choice may lead to happy, prosperous and satisfying career and life. On the other hand, a wrong selection may result in failure, disappointment and sadness in life. The result of prolonged indecision rimy still proves worse.

Therefore, the problem should be faced and resolved as early as possible. Life has become all the more complex and competitive. There is a keen struggle and competition in the world of careers and professions. And only the fittest will survive. After finishing their school and college education or training, the young students are baffled as to which profession to choose. They find themselves groping in the dark.

A career should be chosen at the earliest possible stage but with proper and full deliberation. The help and guidance of teachers, parents, experienced people and professionals should be sought in the matter.

Hence would like to conclude in ways that don't be the carrier of the career.

**Panshul Kharche**, Student JSSDCH



## HARA HARA MAHADEV

Om Namah Shivaaya ....were the sacred words with which I began my sojourn of the holy mount Kailash and Manasarovar lake.

The month was June and the date 14th with my brother-in law accompanying me, set out for this Holiest of yatras. Of course having done a daily routine of jogging 3-5kms accompanied with a bit of cycling, but no amount of altitude training could have prepared us for what we were embarking upon. But we were high on self-belief that we could successfully complete the Parikrama by foot. With these thoughts we boarded the Indigo flight from Bengaluru to Kathmandu via Delhi. On approaching the Tribhuvan International Airport of Kathmandu reminded me of the video game where we need to land the aircraft on a narrow strip amidst mountains and other hazards. This was certainly not far off from that game and hats off to all the competent pilots who do this on a daily basis.

Kathmandu was a bustling city like any other densely populated places on the planet. We checked into the Royal Singi Hotel, a comfortable drive of 20mins from the airport. The next day was a day of local sightseeing which included the famous "Pashupathinath " temple and the Budhaneelkantha where the statue of Vishnu is kept amidst a small pond and whose entire reflection can be seen in the water.

The 16th of June was the start of our arduous journey towards the China border. After crossing Kathmandu city, we got stuck in a highway traffic jam for half an hour due to some broken down truck in the middle of the road. We were a total of 54 members divided into two mini buses. "HaraHaraMahadev" was the constant chant which we all used to shout whenever our vehicle encountered bad roads, which was of regular frequency. By the time we reached our destination of the day, it was almost 6 in the evening, our bodies rattled by the constant rumblings of the almost non-existent roads for the majority of the journey, but our spirits were still high, thanks to chants and the passing around of the snacks once every hour.

After a gruelling 9hr drive in a rickety old bus from Kathmandu over horrible roads we somehow reached the small border town of Shybrubesi.

Shybrubesi ...the name of the small town where we had to camp in lodges overnight until we crossed over to the Chinese side the next day. Shybrubesi introduced us to an all the new meaning of the word---BreakFast....as the pooris literally broke our teeth very fast. Then ensued a day where most of us had a feeling the stomach was put into the latest model of Bosh washing machine...OMG what a day to forget.

The Chinese authorities were quite elaborate in their checking process. They even had thermal imaging where one was refused entry into Tibet if found sick with fever. They took our biometric readings of our palms. Our group got out of the clutches of the Chinese in about 2hrs and we boarded the better built Chinese buses for our onward journey towards Keyrong which was a nice 6hrs journey. The landscape consisted of mostly coniferous trees and small shrubs. This slowly



transformed into a landscape of dry and arid fields with the Himalayan ranges staring at us from a distant.

Keyrong was a nice little town surrounded by some snow-clad mountain peaks. The next morning we went around the town and visited one of the old Buddhist monastery and paid our respects to Lord Buddha. Coming out of the monastery, many prayer wheels which we gleefully rotated.

Then we embarked on our journey to Saga, a town situated by the banks of River Brahmaputra. We checked into a nice hotel called “ The Grand Hotel” where we met other tourists who had successfully completed the Parikrama. This gave us a lot of confidence and hope that we could also do it. But looking at the present condition of most of our troupe, dampened my spirits a little.


Again the long haul of bus journey chanting the name of “Mahadev”, we embarked towards Manasarovar lake. This time the journey route was extremely flat and the weather chilly and very sunny. At an altitude of 15000 ft/ above sea level the sun beams down with all its arsenal of UV rays and much more I guess, but it was not at all warm given the amount of brightness. Thanks to those UV protection sunglasse from decathlon, made my vision comfortable.

Then after a wait of 4 days in a gruelling bus journey, we finally had a glimpse of the Holy Mount Kailash overlooking the holy Lake....Manasarovar.

The dormitory accommodation on the banks of the holy lake was just basic and a forgettable wash-air experience (open air). As I had heard about the celestial lights dancing over the holy lake every day at around 2am to 4am (just before sunrise) , I accordingly adjusted my alarm to go off at 2am . And when I went out into the chilly and windy night leaving the warmth of my room, Low-behold I got the opportunity to witness the celestial bright light shining brightly over the holy lake. I watched it for a while and even thought my mind wanted to be there just staring at the celestial light but my body had other plans for me....go sleep.

After a good nights sleep we woke up early, had breakfast and proceeded for 4-5kms in our bus towards Yama Dwar which is the starting point of Parikrama. Members who wont be able to go for the Parikrama will return from Yama Dwar. We hired a porter to carry our backpack and chanting Lord Shivaa's name we embarked on the Prikrama after taking a few pics at the Yama Dwar. The walk was quite easy and pleasant as the terrain was mostly flat amidst a valley which was overlooked by the mighty Himalayan range. As we continued we came across a heard of Yaks grazing peacefully in the valley. Apples , fruit juice and chocolates were consumed for lunch after a trek of 3hrs. The next 3 hrs of trek was also smooth but for a few mild gradients. We reached Diraphuk covering 13kms at an altitude o f 4900mts. Diraphuk is one of the best and closest point from where we can see crystal clear north face of Mt. Kailash standing ahead. I clicked a few memorable pics with the imposing Holy Mount Kailash as the backdrop. We had a quick dinner ( Khichidi and soup) and went off to sleep in the freezing temperature of 0<sup>0</sup>c , but thanks to my sleeping bag I could get some sound sleep.

We woke up very early morning before dawn, we witnessed the first sunlight on Mt. Kailash offering amazing view of the holy mount, took quick light breakfast and got ready to begin the trek



towards Zuthulphuk camp. This day is considered as toughest day of this trip. The trek went from a steep climb up continuously upto Dolma-La high pass (5600 m) for about 3-4 hours and steep down to Gauri-Kund and upto flat valley for about 2.5 hours then after you will walk all the way flat land for about another 2-3 hours. That's why it is the tough & longest trek of about 9-10 hours. Keeping our fingers crossed and hoping for a clear weather we embarked on the second day huffing and panting along the way and stopping more frequently than the 1st day for more water breaks. As we neared the Dolma-La pass we could see the mountain covered with colourful Tibetan prayer flags and as we neared the peak called "Shivasthal" that was covered with holy flags and the personal things like clothing, ornaments, for which there is strong belief in Tibetan religion that you will get it (whatever you offered here) in heaven after your death.

At the peak of Dolma-La peak, it was an amazing feeling, clicked few quick pics and started descending slowly maneuvering through the narrow pathway. As we descended we got a glimpse of the Holy GauriKund (named after Goddess Parvathi). We came across a small glacier which was slowly melting in the mild sunny month of June, and thankfully I caught-up with my porter and he gleefully obliged to click a few photographs of mine on the glacier. As I reached the bottom of the mountain, found a small tea shop where all my co-trekkers had reached before me including my brother-in law, Tejas. After a relaxing for 1 hour of rest in the tea shop we embarked towards Zuthulphuk which according to our local guide was just 2-3hrs of easy walking. As the journey began, the walk was most on flat ground and so we kept up a decent pace. We came across two Tibetans who were circumambulating the Holy Mount Kailash by doing a prostrate namaskaras all along the path. They were wearing protective rubber boots, shin covers, rubber gloves and elbow gourds too and woolenheadcaps and they were covered with dust from head to toe. We were flabbergasted by seeing their devotion to the almighty..Lord Shiva. Later when we came to know that those Tibetans take almost 7-8days to complete the circumambulation in that fashion. We had nothing but admiration to their devotion, commitment and physical and mental endurance.

Hour by hour passed on but no sight of our destination. And at last after an arduous walk of almost 6hrs we sighted Zuthulphuk. We got into a small dormitory had hot tea and biscuits. And still we could not believe that we had reached our destination of the day as we were totally exhausted. We had an early dinner and hit out beds. Oh I slept like I was a dead log.

The next day was also an early start at 5.30 am just before the sunrise. The trek was for about 8kms which we covered in about one and a half hour. Our transport was waiting for us midway to pick us and transport us to Darchen. So this point was actually the end of our parikrama by foot and we rejoiced and thanked Lord Shiva for enabling us to complete it successfully as I was one of the six members to do so successfully on foot from our group of 54.

**Dr. Nitin V. Muralidhar**  
Dept. of Orthodontics




## **WE CAN DO IT... IN ANOTHER 15 MINUTES: A PRO ENCOUNTER WITH PROCRASTINATION**

As the chilly air of December embraced the sunny Sunday morning, I sat huddled in a small chair with my trusty notepad and pen. The deadline for submission of articles loomed over me. In all honesty, my undying faith in the grossly exaggerated capabilities of my skill as a writer was at high tide as well. A little voice in my head had me convinced that I could easily make at least five submissions within the next two days, leaving three days to spare. Squinting at the blue blobs of ink on my paper, I began jotting the list of topics I would enjoy writing about. Three hours and five and a half doodles later I found myself looking at a rather extensive array of topics that interested me. It can be safely assumed that, at that time, practically anything and everything under the sun (and beyond) seemed like a viable subject. Impressed and slightly overwhelmed by this daunting discovery, I thought it would do me well to take a lunch break so that I could come back and start writing- or so I thought. Fast forward through the break and I found myself vacillating between the abyss of reasons as to why I need to get started with writing and the justification why every other task (which was otherwise trivial) was more important than the one at hand:

- 1) Cleaning my desk and book rack- because they are dusty and there was a chance that I could develop a newfound dust allergy.
- 2) Re-stacking my books in the shelves because I've already come this far, I might as well be organized.
- 3) Coming across a book of limericks and reading it because poorly written, inappropriate, 5 lined poetries are always a hoot.
- 4) Watering my cactus (I have no justification for this.)
- 5) Scavenging social media for memes, so on and so forth.

The sun (literally) set and along with it came the sweet embrace of sleep, which was followed by Monday blues. The entirety of my Sunday (and Monday, Tuesday and Wednesday) had passed in the blissful haze of my stalling as I kept telling myself I would come back and start writing again. For someone who strongly believes in Polonius' "This above all: to thine own self be true...", I could not have a peaceful night's sleep for the entire week, knowing that I have such a task pending. Much like Hamlet, I found myself facing a moral dilemma as every day passed: Was I to dismiss this unforeseen carnal instinct to do literally anything that wouldn't involve me to sit down to write as a 'human vice' and move on? Or was I to stop dead in my tracks and explore this sudden need for me to dally with the one task that brings me immense joy on regularity?



I needed closure, and like anyone with an unhealthy amount of free time in their hands, I scoured the internet looking for answers. Procrastination, according to Wikipedia was the 'habitual delay of starting or finishing a task despite its negative consequences'. Slightly miffed by the labyrinth of psychology reports and articles that delved far too deep into the crevasse of the said subject, I managed to understand that every act of procrastination no matter the gravity of its outcome was rooted to three basic human instincts: fight, flight or fright.

The fight-ers were the thrill seekers. They put off doing things simply because they believed that they performed better under stress. The rush of adrenaline that accompanies while working against a deadline was their version of thrill; similar to the wallop of excitement that is a direct result of participating in extreme sports like skateboarding, surfing, parajumping or interrupting your mother in the kitchen.

The flight-ers were the most common kinds of procrastinators- the avoiders. They fear judgement, rejection and quite possibly every emotion a teenager feels, except that they don't outgrow it. I suppose their theory is that you cannot scrutinize a work that's non-existent. Quitting even before the race begins. They tend to give far too much attention to what others may think and far too little to what they can take from the process.

The fright-ers were the perfectionists- a rarity, but present nonetheless. As much as we gaze in awe at perfectionists, there is no doubt that they lack decisiveness. Ironically, the fear of being unable to complete a task perfectly, makes them put it off for as long as possible. Their very strength paves way to their weakness.

Regardless of the kind of procrastinator one could be, the methods of overcoming it were brutally generic- make a 'to-do list', break down large tasks into smaller manageable goals, self-bribery, establish a routine, work in a 'distraction-free' environment and quite possibly the typical humdrum we keep hearing from anyone, anywhere and at any time. Solutions that were easier said than done, but effective nonetheless. Freshly equipped with this new found information, I sat down again at my neatly organized, dust- free desk and began writing. It was Thursday and I had just enough time to write my little heart out and finally put all this behind me.

**V. K. Joshi,**  
Student, JSSDCH

## PARENT AND CHILD

Understanding children, encouraging them, and guiding them plays a significant role in moulding their character. Very often, parenteral ignorance results in unwelcome consequences."

Talking to children is an art. Children are seldom naïve in their communication. Their coded messages require deciphering. To reach out to children and to reduce parenteral frustration, we need a new mode of relating to children. It is based on respect and skill. When a child is buffeted by strong emotions, he will not listen to anyone. He will not accept advice or consolation or constructive criticism. He only wants his feelings to be understood. When a child makes a statement about himself, it is often desirable to respond, neither with an agreement nor disagreement, but with details that convey to the child an understanding beyond his expectation.

Parents tend to pamper their children with flattery. Consider a mirror, it merely reflects feelings as they are, without distortion or adding flattery or faults. To a

child, the statements what parents make should be in a loving tone. It is a widely held belief that praise builds up a child's confidence and makes him feel secure. In actuality, praise may and often result in tension and misbehavior, especially when its inept. The single most important rule is that praise should deal only with the child's effort and accomplishments, not with his character and personality.

When things go wrong, it is not the right moment to teach an offender about his personality but it is best to deal only with the event, not the person. When a child is repeatedly told by his teachers or parents that he is stupid, he comes to believe it. He starts thinking of himself as such. He then gives up intellectual efforts, feeling that his escape from ridicule lies in avoiding contest and competition. His safety hinges on not trying. Thus, it can be seen that the intellectual progress and the character development of a child depends to a large degree on the way his parents accurately judge a situation and deal with it.

**Sumukh Bharadwaj**, Student, JSSDCH



*Pic : Adoncia Fernandes, Student JSSDCH*



## Motivation is Empowering

Motivation is a very strong tool we can use to get further in life and to achieve our dreams and goals. Setting goals for ourselves is something that I consider to be very important. I believe in always pushing myself further and further up in life. Never wait for an external person or force to motivate you because as far as I think self motivation is more empowering. In order to stay motivated, we have to have a goal and be driven towards achieving that goal. Believe that you are unique and no one else can take your place. Create yourself to be indispensable!


Do not fight for mediocrity, because you will end up losing the big game. Your fight for reaching maximum shouldn't be just in words, break your words down into those powerful actions that will ignite the real possibilities of life. When playing the game of life, you should be very careful on how you can strategize. Your next move, money and love life shall always remain a secret. When time comes, the world will let you know. Have the confidence to stand apart and you shall go ahead.

When I urge you to be positive in life, I am not asking you to be oblivious. I do completely understand that your pain is real, the toughness of the day to day hustling is real, the failure is real, the breakup is real, the unemployment is real, the fear is real and there is no one-shot medicine to cure any of the above. But there is always a way you want to let these circumstances go through you. Are you going to let these tough movements of life break you or make you? This is the real question you need to be asking yourself.

Being positive in life is about knowing and believing that there will be a new day better than the one I am going through today and when it comes, I shall not stop to reach my phoenix strata. Your yesterday shall give you foresight, your today shall give you strength and your tomorrow shall bless you with potential. Have the eyes. Always remember "there is an Easter after every Good Friday, and you can break boulders too." Smile it out.

Are you playing the finite game or infinite game? "Don't pray for an easy life, pray for the strength of endurance." most of the time, we fail to understand and recognize that, "it's not the load that breaks us down, it's the way we carry it." That always takes the hit. Remember it's not the bean bags, free food, free cab service, alcohol, free laundry service that matters, it's the extra mile that you are going, to be the best of yourself which is going to be macro. You are the person that you need to fight against.

Your philosophy on life needs to be simple, focus and activate those areas of your life that is going to ignite your positivity and happiness. Most of us are working towards all the available "set definitions of success" which sometimes may not be your run, and happiness is compromised through the process. Do not carry any unwanted, disturbing, unsatisfying load on your back. Everything you do, should only contribute towards a smile. Create and work on this magic. Give yourself the ability to rise in strength and happiness. Have you ever wondered about the "happiness



gap"? The process of you postponing your happiness to a later time, waiting for yourself to reach a destination, waiting for your environment to be better, waiting for an approval from your lover, waiting for the people around you to be nicer etc!! The problem is, we shall never attain that happiness because our goal and necessities are ever growing, and holistic development along with happiness shall never take place.

Celebrate your yesterday, open your champagne bottle to the challenges you have overcome. Nobody can change the world for you. You are the only one in-charge. If you really want to grow, don't blame the people, don't blame the system, don't blame the situation, and don't blame the economics. These are all manifestations of your true action.

My plea goes out to the real tough sector of the universe, parents and teachers. Make your voice heard today, create impact.

Remember that the sheep always needs a shepherd.

Step up.

Cheers to all you beautiful souls out there

**Ria Treesa Raju;** Student JSSDCH

---

- 1) A child asked God: If everything is already written in destiny, then why should I wish?  
God smiled and said may be on some pages, I have written, "As you wish".
- 2) If a drop of water falls in a lake, its identity is lost  
If it falls on a lotus leaf, it shines like a pearl,  
The drop is the same, but the company matters.
- 3) Smile is the ultimate antidepressant.
- 4) Right handed people tend to chew food on their right side
- 5) What is success?  
It is when your photos are uploaded on Google  
Instead of Face book.

**Dr.Vidya,** Student, Forensic odontology, JSS AHER



## Step up . . .

### Cheers to all you beautiful souls out there.

It's the second time from morning, my visit to the shop, I told him to repair my watch fast and give me but still inspite of telling two times he didn't! I got so angry, when I visited third time and I shouted at him, still he was cool he asked me to show my watch, I showed him the watch, he asked me to just wait for 5mins, I was standing so fiercely, folding my wrist so tightly. He asked me to not to fold the wrist ? So politely! But I refused, it's my wish I'll keep however I want ! My younger brother was standing beside him, he slowly started talking to my brother, it's not that low, I can hear it though ! He was saying that his son has suicided by consuming sleeping pills, at that time of suffering because of the effect of the pills, he tightly folded his both the wrists and when he saw me tightly folding my wrists, he remembered his son, so he asked me to leave them freely. After listening to this, tears rolled out of my eyes! I regret for behaving so rude! With a soft voice I asked him, how is your son now ? He didn't reply me. A worker who is working there replied, He is no more !  
I felt so bad after listening that !  
I said sorry to him !

#### **MORAL:**

Every one's life is not so easy, it's very difficult to handle someone's character!  
Think twice before you react !  
The most painful thing for the parents is seeing their child dead before them !  
You can imagine, how the father has undergone severe pain after seeing his son suffering and dying in front of him !!  
Give your parents - treats not tears !!  
They have given birth to see you happy , don't make them cry in front of your funeral !  
Think twice before you react !!  
Let the world be against you, still two people will be waiting for you !!  
Your mother and father !!

**Yaseen Shaik**, Student, JSS DCH

## Weekend Wanderings

MYSURU is a beautiful city!! Not only most comfortable city in karnataka, in my opinion one of the best cities on the planet. There are ample of places to visit in the heart of city such as Mysore Maharaja Palace, sacred Chamundi Temple, Brindavan Gardens, KRS dam and the back waters, Balmuri water falls, Karanji lake, Kukkarhalli lake and the skits and plays at rangayana and many more. All these places can be visited even on your hectic weekdays just get out in the evening and breathe. Check the timings on google. But one must also look around the out-skirts which holds many major attractions. Some of the main attraction which can be your weekend getaway are,


MELUKOTE, one of the most beautiful places I have seen so far. The attractions here include the sacred Vishnu temple, and the kalyani right beside the temple and a beautiful view point called dhanushkoti, the view here is breath taking and dont miss the delicious food at Subbanna Mess.

SHRAVANABELAGOLA around 83kms from Mysore is a place with a great history. Very sacred temple for jains. Main attraction includes the monolith statue of Bhagwan Bahubali located at a height of 17.3736 meters. And there are 3 to 4 other temples in the vicinity to visit. Please eat properly before going as you have to ascend like some 1000 steps and its not that easy.

HIMAVAD GOPALSWAMY BETTA located about 70km away from mysore. Most beautiful hill temple I visited so far. Situated about 1400m height has a great view and picturesque surroundings. You can reach this place in a government bus. It is in the heart of bandipur forest and the highest peak of bandipur. Private vehicles are not allowed from the forest check post. The gates opens at 8.30 am closes 4 pm. Best time to visit this place is winter.

OOTY the queen of nilgiris is not so far from Mysore and can plan a weekend to visit. On the way to Ooty you can visit the Bandipur Tiger Reserve, can go for a safari if you are lucky enough you can even spot some animals, you can always spot some wild elephants here. The place is very serene and the night stay and camps are superb. And about ooty you may need 2 to 3 days to visit around this beautiful place there are many sight seeings around you can either book a taxi or a self drive car to move around.

SHIVANASAMUDRA the most beautiful waterfalls to visit on a boring Sunday. It is located with in a range of 80km from mysore and can be reached in about one and half hour. You can book a taxi or even take a bus. It is one of the first hydro electric power station in Asia. the height of this is around 300ft. It is one of the most beautiful segmented waterfall I have seen, also called Gaganachukki and Bharchukki falls. On the way back you can visit SOMNATHPURA the chennakesava temple over here is one of my favourite temples so far, breathtaking architecture don't miss visiting this place, located about 40kms from mysore. TALAKADU is another place which is located in the same direction. It is said that it once had over 30 temples, most of which are lay buried in sand. One of the most popular pilgrimage for hindus. You can visit all these three places on a Sunday. People who are lazy to walk around can skip Talakad, it requires a lot of physical strength.



NANJANGUDU it is about 23 kms from Mysore don't miss visiting the beautiful srikanteshwara temple in the heart of the city. Can have a hot coffee in the café coffee day on your way back to mysore.

SRIRANGAPATNA last but not the least very close to mysore around 15km from Mysore. A beautiful place with ample of temple at every step and the beautiful enchanting Kaveri river. And places such as the Daria Daulat Bagh, Jumamasjidh, elephant gate, Tipu Sultan Gumbaz, Wellesely Bridge, kKarighatta view point are worth visiting.

RANGANATHITTU BIRD SANCTUARY also know as pakshikashi of Karnataka located about 16kms from mysore, is one of the most important sanctuary of india. Do visit the place where you can watch different species of birds, crocodiles, otters, this also can be your weekend getaway.

So all these places can save you from your boring Sundays. Go and have lots of fun. Be safe.

**RYALI RADHA MADHAVI**  
2013-14 BATCH

## Evils of Ragging

Ragging refers to any act that violates the dignity of a person. These evils of ragging have been in many forms like physical, psychological , racial, caste , color and sexual violation and have become rampant in colleges and educational institutions. This is a nightmare to fresh students and their guardians at the time of admission, not only in degree colleges but also in various professional colleges like engineering , IITs, health and allied colleges.

The supporters of ragging offer an argument for it as an ordeal to make the students fit for the future struggle for existence. Various evil form of ragging is in practice in professional colleges. The reports of incidents of ragging in some of the reputed professional colleges and educational institutions are quite alarming. It is a matter of shame that even though ragging has been criticized for decades, we still come across such incidents of inhuman torture. As a disastrous result, many students give up their studies and go back home, some lose their mental balance, and some are seriously injured and some commit suicide. Indeed, ragging has become a dreadful affair in the institutions of higher learning, especially in professional colleges.

The press and media have drawn our notice to this cruel practice. To curb this ragging the honourable Supreme court has developed strict laws to punish any body, indulging in ragging and has directed university grants commission to develop portals, helpline in college and proactive measures to prevent the menace of ragging . Ragging is a no no situation in any form and has to be curbed at every stage. Ultimately the motto for ragging is - 'Say no to ragging'. The deep roots of ragging has to be uprooted completely and should provide a secure safe entry to a fresher in the educational institutions.

**Dr. Raghavendraswamy**  
Anti Ragging Committee



## New Girl In The City

A girl so shy, her feelings that laid so deep and the meanings locked in complex words, her expressions that have been buried since long into silence, somewhere far away from worldliness. With calmness in her tender foots and dreams in her eyes, she entered into the fast paced world.

Leaving home, your family has never been easy not just because of moving out of your comfort zone or people you've grown up with but becaue of the mere fear of being away from people who selflessly love you, nurture you and put up with you no matter what. Moving into a world with people who belog to different parts of the country, have different values, cultures perhaps completely different to yours can be scary. You know everyone is here to create an identity, so was she but with the hope of not losing what she was in path of finding who she will be.

With ambition on her marks, tears beneath her smile and pure heart she started her journey.

Initially, as it may seem was an intimidating environment for her, for people around her she was alien to their culture, ways of being and thought processes. No matter how hard she tried to keep pace with the time and emerge stronger out of it, her efforts seemed to go in vain. She longed to find her source of comfort, but returned back feeling lonely in a world full of opinions, judgements and conceptions surrounding her.

Nevertheless she was determined to make her way out of the chaos, While she made studies her companion, which was the primary goal of being here the walls surrounding slowly began to discover the person that she was, breaking barriers between them to give birth to a new friendship.

With the negativity surrounding her dying out, she began to love her life again. She saw the good in everything she once connsidered a bane. Her goals still required to achieve but with the much needed support and companionship she believed she could achieve them. She regained the smile she had once lost and walked towards a future, which seemed delightfully chaotic which behelded a much stronger, calmer and braver girl, who was once the quintessential new girl in the city.

**Harshita Prem**, Student JSSDCH

## Dedication and divine blessings

What is impossible if you are intelligent What is unachievable if you have dedication (will) and (his) blessings? Sincere dedication will strengthen and reinforce our resolve to achieve what we have set as our goal. One should always be optimistic that is to take the brighter past of our life and should not lose heart in despair when confronted with obstacles. One should also try again, keeping faith in God to achieve success.

In Mahabharata, it was bravery coupled with Lord Krishna's blessings which brought victory to the Pandavas in Kurukshetra war. Even physically challenged people like Wilma Rudolf, Sudha Chandran, Louis Braille, Hellen Keller have achieved remarkable and great things in their life by following the above mentioned success in life. May the fragrance of success always dwell in all of us.

**-Chandan.R**, Student JSSDCH



## What Masad saw

“Self actualization: The desire for self-fulfillment, namely the tendency for him [the individual] to become actualized in what he is potentially. This tendency might be phrased as the desire to become more and more what one is, to become everything that one is capable of becoming” Abraham Maslow 1962

Masad stood there, lost in what he had just seen. Transfixed. He saw a man who had turned Maslow's “hierarchy of self actualisation” upside down. A man who didn't ask for anything. Who wasn't given anything either, by this decaying earth. Masad felt numb inside, he couldn't move, he couldn't feel his very physical cage in which his tired forever aching soul was entrapped. He couldn't move his eyes to see or wonder why no one else in busy Camacstreet was not noticing what he was seeing. He saw a man. He saw this man with his very own eyes (that has seen all the filth in the world already). This man who hardly resembles any living being in eyes of you an I, was a tiny fragile physical knot of melody in the barbwire of city cacophony. Masad didn't realise his clothes were falling off, his dark brown skin that once glittered in mid July's sun was slowly slipping through his flesh, with blood spilling all over the pitch black road of Kolkata. This lonesome road was crying for more. His flesh slowly melting away like the filthy foams on the surface of a gutter by summer's embrace. His skeleton yearning to kiss the ground. Masad saw a man with a bamboo flute in his shaking hand filling it with all the air his lungs could offer filling the air with his heavenly serenade. Just a thin, brown man curved with the burden of age. A man who was hungry and not hungry at the same time, a man who didn't belong anywhere and none belonged to him either. A man with no promises to keep, no roof and walls to call home, with no clothes to cover his insignificant bleeding effigy. A man with no prestige, no need for anything, who had nothing but the best of him.

Masad as bewildered as he was at this moment fell to the ground with all the weight he had been carrying and felt so relieved. He couldn't believe it was this easy. The answer was lying here all along, unnoticed. He curved a final smile on his face.

Busy Camacstreet didn't see any of these. The city just saw another human, cold as a razor blade in December, lying on the ground with it's dark eyes wide open gazing the sky like a lost kid in an art museum. The city didn't bother, she just moved on with her daily hustle.

**Tamal Das,**  
Student JSSDCH



## Normal Girl

I am just a normal girl !  
 I am not a goddess who does no ill  
 I am just a normal girl!  
 I am not perfect, like a scented rose  
 I am just a normal girl!  
 I can be happy, sad, angry and jealous..  
 Like anybody else cause.,  
 I am just a normal girl  
 Why do you think I am sublime and put  
 me on a pedestal,  
 when all I want is to be treated as normal  
 Now that your illusion has shattered, you  
 think I am the devil  
 No my darling, I am just a normal girl!  
 You think I am conniving and scheming  
 and have misled you!  
 All the while I was screaming, I am just a  
 normal girl"!  
 I am neither an angel nor the devil!  
 I am just a normal girl who loves you  
 very much!!

## Mind

Mind is a monkey  
 I can't control thee  
 You go on to people  
 Who have broken free from me  
 You remind me of things, I so want to forget  
 And you make me remember them, with so  
 much regret  
 My minds little monkey  
 Go on to your leash  
 Sit in your corner, don't cause me anguish  
 Let me concentrate on the tasks ahead  
 There are so many, that have been neglected !  
 My minds monkey, stop the wandering  
 Come sit by me and do my bidding  
 Oh ! Dear God, I pray to thee  
 Please help, to leash the monkey in me !

**Dr. Deepika Rao**

Dept. Periodontology  
 Magazine Advisor

## The Dark

There goes a girl  
 Doing her beautiful twirls  
 She has never seen light  
 Knows nothing about white  
 Though life was about touch  
 She could do lot more than just so much  
 She dreamt about stars  
 Not caring her scars  
 Fearing nothing she kept going  
 To a land where stars were glowing  
 Clans told her she was wrong  
 But she kept moving her way and on  
 Look up and tell me what u see?  
 They asked  
 The DARK she replied

**Nivedha, Student JSSDCH**

## VALENTINE'S VALLEY



There is a silence in these valleys now,  
For the shock and pain have passed.  
Some screams of agony still linger though,  
As the blood dries slowly across the snow.

A day this one of love and loss,  
Of blood, gore, chocolate and candy floss.  
To beating hearts a romantic pantomime,  
To bravehearts that stopped a bloody valentine.

All the hatred of those decades past,  
Came ripping through the shockwave's blast.  
Shredding both steel and skin alike,  
Leaving man and metal a mangled mass.

Another slaughter has come to pass,  
Another tragedy that is sure to last,  
Another brick in a growing wall of hate,  
Another blow to this sorry state.

A paradox this valley of beauty and beast,  
Of sorrow and joy, of fun and feast.  
Nature in glory most rare to behold,  
Man in his most primal, cruel and cold.

Vengeance flies high on wings of retribution,  
Death rides hard on the steed of suspicion,  
Thick is the air with betrayal and fear,  
The shadow of doubt always lurks near.

Valour is martyr'd at the altar of duty,  
The scythe of suicide harvests young beauty.  
Cunning slavemasters fill minds with untruths,  
A mocktail of madness for gullible youth.

Where is the end to this parade of destruction?  
This charade of life, this cruel parody.  
Can the machine of fate be stopped by  
intention?  
Or simply grind away till it runs out of bodies.

**Dr. Ravin Chengappa,**  
1987 batch, Alumni

## Dream catcher

A sacred hoop stands real tall  
Every beautiful mess of me in the light  
I lay my very head with bad dreams  
Down on my bed  
Carries all the demons away from me  
And entangled in the web  
All things bound together  
In borne of broth flow down the slopes  
Feathers hanging below the hoop  
Gives strength, passion and patience  
Lurid diurnal drizzle nightmare  
Soft nocturnal flurry of air takes our balladry  
To the moon  
Calls every night  
Come and catch me  
This lucky charm returns that every light  
And now in silent confirmation  
Trying to feel the frolicsome

**Kavana P**  
Student



## In the wake of it all

Sirens wailing in the distance,  
Echoes of their cries hung in the air.  
Fumes rising up the sky every second,  
Cities tumbling and crashing.  
Blood splattered onto the walls,  
Countless bodies disseminated on the streets.  
Perplexed eyes, blurred vision, disoriented thoughts.  
In the name of God, amity and unity.  
Violence and bloodshed in the name of pacifism.  
How ironic that the scriptures teach us to pursue peace  
And our twisted minds ravage any harmony left.  
Bombings and flames are our only reactions.  
Fighting wars to find peace.

- Achsah Mercy Mohan, Student JSSDCH

## "My Divine Mother"

Oh she's my dearest mother.  
Who cuddles me and hugs me.  
She fills all my thoughts and my every blink.  
Who showers all blessings.

She's so graceful and charming.  
She's no wonder a wishful tree.  
She's the mirror of my heart .  
That I adore endlessly.

I am so grateful to you, my dearest mother!  
And I owe a great deal all through.  
Your smile I cherish forever.  
You are none other than my soul.

M.S.Nithyashree, Student JSSDCH

## Life

Life lead us ill, life to a turning point  
Yet beautiful and romantic it is  
Possessed with its flowing energy  
Making me desperate and high  
Edging through my past life  
Filled with absolute darkness and sorrow  
Evil thoughts haunting me  
Myself panic running to and fro  
Suffocating, heart pounding  
Realising its depth with broken heart  
Sacrificed everything just for him  
The world seems nothing  
Except my only love, lost forever  
Love leads us to our doom  
And I seek the path of virtue  
Leaving me in a trodden path  
Trusts, friends, family...  
Spoiled within seconds  
In a state of depression  
Roaming around madly  
Smiling at myself  
Crying at fate  
"MAKTUB" that's what it is  
There were many omens  
Doubtful to choose one  
Sorry to say that I had chosen the path  
Unimaginable and awful  
That's why I am here  
Lost with thoughts  
Lost with my love  
Only mine, only mine

Varsha Vargheese, Student JSSDCH

## Unleashed Voice

With shimmering stars in my eyes  
Hundreds of songs in my heart  
Sleepless night dreams that I could conquer  
Like a shooting star in the boundless sky  
There was wings of hope  
And lots of untold stories

But it all shattered on that dark night  
Where the demon reside down silently  
And the angels closed their eyes  
It seemed I lost everything  
They were monsters , I couldn't win

My soul screamed out of vengeance  
desolute , desperate I reside there  
Then it was days of struggle  
Millions of candles burned on streets  
Hashtags beholder my purity

My father saw my vanquished body  
But still with a ray of hope  
Despair soul gave up  
Blindfolded god hails me up  
There I saw India's daughters in a fearless world  
- Niha M, Student JSSDCH



Pic : Dr. Gayatri Devi

## Boundless

Around, Around My Mind It Turns  
Thoughts Immemorable Like Fire It Burns  
We Are All Players In The Game Called Life  
Brawling Battles of Love And Strife.

All Positive Thoughts Processed And Stored In  
My Brain  
Few Vibes Negative and It All Gets Drained In  
Like Rain  
And There I Stand In Solitude, Far, Far Away  
Picturing My Life Full Of colours And Not Just  
Plain and Grey.

All The Attention Needed And Some of Which  
I Crave  
Each Day I learn and Each Day I become Brave  
Suffering And Making it Through The Depths  
of Darkness  
I See The future Brightly Shining With All it  
Takes, Regardless.

All The Vows I once made to Myself, And All  
Those Rules and Pacts I Set  
Breaking Them All, Those Bonds and Making It  
Through The Edges and Curves of Threat  
It Set Me Free like A Bird  
And Left My World slightly stirred.

Around, Around My Mind It Turns  
Thoughts Immemorable Like Fire It Burns  
We Are All Players In The Game Called Life  
Brawling Battles of Love and Strife.

**Pravallika H.N.**  
Student JSSDCH

## The Book

Through several ages ,  
Through trillion nights ,  
I recite ; I'm the might ,  
I'm as old as light .  
I descended on the world ,  
To see and show ,  
The words they painted ,  
And the facts that glow .

From the era of emperors ,  
To the reign of queens,  
I produced the heroes,  
I sharpened the Eves ,  
I kindled the fire ; I spread the light ,  
For I'm the might , I'm as old as light .

Before the stream of computers ,  
Before the dimmest light ,  
I enlightened the world ,  
And displaced the fright ;  
For I'm the might , I'm as old as light .

I bore Edison , I raise Einstein ;  
Follow my dust , now it's your time ;  
Glide to my depth , fly to my heights ,  
You'll surely shine ;  
For I'm the might , I'm as old as light.

**Farina Mehrin**  
Student, JSSDCH

## Slides of nature

Light so high glazing through the night,  
Alighting into the green meadows in the  
whistling wind.  
Jaw dropping ,creepy silence in the distant  
woods of tigers, lions,and wild beasts.  
I heard the monsters cry from the sloppy  
mountain, like a wild monster on the prowl.  
Then came a gush of midnight showers,  
alarming as it rolls down the slopes,  
rivaleh,streams canals and then the river taken  
its might. That uprooted the woods, the  
hatched houses and plains.  
Moments of thick despair, flown without  
seeing what is near and far away.  
The slides of nature into the lives of man that  
buried their dream and me too?

- **Nadine**, Student JSSDCH



Sketch :  
**Neehara Venugopal**  
Student, JSSDCH

# Inspiring Thoughts

1. Don't rush along the flow like a dead fish. Be a whirlpool!
2. It's fine if it's old -its precious! It's fine if you are bold -you are beautiful!
3. Your presence might be absence in someone's sense !  
Then don't make sense of their absence in your presence!!
4. Sometimes it's fine to slow down at a particular point ,  
Like  
No matter how much speed you go , you have to slow down at speed breakers!
5. Life is like a seed ,  
Sow it Plough it,  
Irrigate it, Cultivate it,  
Then enjoy the grains of success!  
But if you are waiting,  
These all to happen on its own  
Then you will die of a hunger called failure
6. Not all succeeded people  
Got their life filled with success  
Everyone will get empty leaf let's of life  
You have to fill them ,if you can't  
It will fall off !

-Yaseen Shaik  
Student, JSSDCH

Pic by : Dr R. Satish, Staff,  
Dept of Oral Surgery



## A Mad World

It's A Mad World Where We All Stay,  
It's a Mad World where we All Love And Pray.  
Give It All, All What You can  
Expect Nothing, Nothing From No Man  
Keep Yourself Going, And Make Yourself  
moving  
It's Vast like An ocean Don't Get Lost Rowing  
Wonder Why, Wonder How  
Wonder How To Make It All Happen Now  
Because It's A Package Of One Time  
And, Oh Dear There Isn't Anything to Whine  
Take It All, All What It Takes  
You'll see In The End What Remains  
Your Sins Burnt Into Ashes Turned Grey  
And The Virtue Finding it's Way.  
It's a Mad World Where We All Stay  
It's a Mad world Where We All Find Our Own  
Ways.

**Pravallika.HN**  
Student, JSSDCH

## Illusion

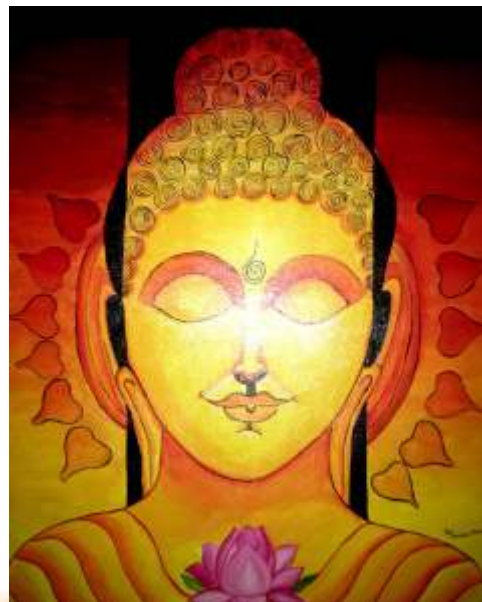
I is as powerful as ME  
ME is as strong as MYSELF  
MYSELF is as focused as MY SOUL  
MY SOUL is as confident as MY TEARS  
MY TEARS are as pure as MY HEART, as my  
heart aims to MY DESIRE  
MY DESIRE is as stubborn as ME  
ME, MYSELF, MY SOUL, MY TEARS, MY  
HEART, MY STUBBORNNESS,  
MY DESIRE.....ALL together .....MY  
DREAM  
'Miles to go before asleep'

**Prarthana Ramesh N**  
Student, JSSDCH

## Best Friend Forever

Amongst the many new faces and confused eyes  
I noticed that one alone  
That gaze shook me like a tornado  
Scared I was to start a talk  
Yet she smiled at me unexpectedly  
As days passed by that gaze became usual  
Coupled with smile in her eyes  
Later did we realize  
Something somewhere linked us together  
Making us closer than ever  
Never did I think of us  
Walking hand in hand  
Sharing the slightest of emotions  
Days without fights are rare among us  
Yet I cannot live a day without her  
Her one change in face, disturbs my day  
Nothing can separate us  
As we bond like flesh and blood  
No one else loved me like her  
Because she is my best friend forever.

**-STEFFI ANN KURUVILLA**  
Student, JSSDCH



Painting. : **Rochana**, Student

## Reflections On Silence

Speech needs company,  
Silence needs solitude.

Speech wants to conquer others,  
Silence help conquer oneself.

Speech demands respect,  
Silence commands it.

Speech is self expression,  
Silence is self bound.

Speech asserts ego,  
Silence effaces it.

Speech dissipates energy,  
Silence conserves it.

Speech is human,  
Silence is divine.

Great work inspired by speech,  
But is written in silence.

In prayers you speak to God,  
In meditation God speaks to you.

While speaking you are heard by creatures,  
In silence you hear the creator.

**Chandan.R**  
Student, JSSDCH

## Warbling of birds is indeed no jargon

I love the early morning singing  
of a lone nightingale high up in the trees  
right outside my window,  
the characteristic eeeiu of the peacock,  
calling out to his hen raucously,  
the lively dawn chorus  
of the heavenly winged creatures  
as the sunrays begin to kiss the trees and the land,  
and the sight of the graceful circling  
of the bald eagle high up in the sky,  
emitting a series of high- pitched piping notes.  
Each chirrup of the birds is distinct from the other.  
Some are tweets, short and high,  
some are shrieks, piercing the air,  
Others are deep, long drawn hoots.  
The chirps and tweets in the afternoons  
have always made me smile  
as I just begin to tire in the bones.  
Even the cawing of a crow  
Or the clucking of a chicken  
is music in the deafening silence.  
It could just be a chirp, a peep or a tweedle  
but each is savoured by my hungry ears.

**Dr N Rekha Govindan**  
PG Student, Department of Prosthodontics



Pic: Dr Gayatri Devi, Alumni, JSSDCH

## ಪ್ರತಿಬಿಂಬ

ಮನ ಭಾವನೆಗಳ ಕೈಗನ್ನಡಿ  
ಕಥೆ ಕವಿತೆ ಚುಟುಕು ಒಗಟು  
ಪುಟ ಚಿತ್ರ ಚರಿತಗಳ ಸಾರ

ಗದ್ಯ ಪದ್ಯ ಕಥಾವರಣ  
ಹಾಸ್ಯ ಪ್ರವಾಸ ರೋಮಾಂಚನ  
ಗುರುಶ್ರೀಗಳ ಅನುಭಾವ ಮಂಥನ

ಭಾಯಾಗ್ರಹಣ ಚಿತ್ರ ಸಂತೆ  
ಚಿತ್ರ ಚಿತ್ತಿ ಗೀಚಿ ರಂಗೋಲಿ  
ಬಯಲುರಂಗ ನೆನಪುಬುತ್ತಿ

ಪುರಸಮ್ಮಿಲನ ನವನವೀನ  
ಸುಪ್ತ ಪ್ರತಿಭೆಗಳ ಅನಾವರಣ  
ಸೃಜನಾತ್ಮಕ ಕಲ್ಪನಾ ತುಣುಕುಗಂಧ  
ತನುಮನಗಳ ರಸದೌತಣ

ಇದೋ ಇಲ್ಲಿದೆ ನಿಮಗಾಗಿ,  
ಜಿ.ಎಸ್.ಎಸ್ ದಂತ ವೈದ್ಯಕೀಯ  
ಮಹಾವಿದ್ಯಾಲಯದ ಅಂತರಂಗ,  
ಪದಪುಂಜ ಸ್ವರ ಶೋಧಗಂಗ  
ಆಂತರ್ಯ ನುಡಿನಮನ ಭಾವತರಂಗ

ಡಾ|| ಶ್ರೀಶೈಲ ಹೆಚ್.ಎಸ್.  
ಅಧ್ಯಾಪಕರು.

## “ರೋಗ ಮತ್ತು ಆರೋಗ್ಯ”

ಸೂರ್ಯ ನಮಸ್ಕಾರದ ಮಹತ್ವ

“ಉದಯೇ ಬ್ರಹ್ಮರೂಪಾಯ ಮಧ್ಯಾಹ್ನೇತು ಮಹೇಶ್ವರಹಃ |

ಅಸ್ತಮಾನೇ ಸ್ವಯಂ ವಿಷ್ಣುಃ ತ್ರಯಿಮೂರ್ತಿರ್ದಿವಾಕರಃ ||



ವೇದದಲ್ಲಿ ಉದಯಿಸುವ ಸೂರ್ಯನನ್ನು ತ್ರಿಮೂರ್ತಿಗಳಿಗೆ ಹೋಲಿಸಿದ್ದಾರೆ.

ಹಿರಿಯರಿಗೆ ಮತ್ತು ಗುರುಗಳಿಗೆ ನಮಸ್ಕಾರ ಮಾಡಿದಾಗ ಅದಕ್ಕೆ ಪ್ರತಿಯಾಗಿ ಅವರು

“ಶತಮಾನಂ ಭವತಿ ಶತಾಯುಃ ಪುರುಷಃ ಶತೇಂದ್ರಿಯಃ

ಆಯುಷ್ಯವೇಂದ್ರಿಯೇ ಪ್ರತಿಷ್ಠಿತಿ |

ಎಂದು ಆಶೀರ್ವಾದ ಮಾಡುತ್ತಾರೆ. ಇದರ ಅರ್ಥ ನೂರು ವರ್ಷ ಆರೋಗ್ಯವಾಗಿ ಮತ್ತು ನೆಮ್ಮದಿಯಿಂದ ಬಾಳು ಎಂದು.

ಇಹಪರಗಳೆರಡರ ಸಾಧನೆಗೆ ನಮ್ಮ ಶರೀರವೇ ಉಪಕರಣ, ಆದ್ದರಿಂದ ನಮ್ಮ ಪೂರ್ವಾಚಾರ್ಯರು

“ಶರೀರ ಮಾಧ್ಯಮಾದ್ಯಂ ಖಲು ಧರ್ಮಸಾಧನಂ” ಎಂದು ಸಾರಿದರು, ಅಂದರೆ ಯಾವುದೇ ಧರ್ಮಸಾಧನೆಗೆ ಶರೀರವು ಬಹಳ ಮುಖ್ಯವಾದುದು. ಒಟ್ಟಿನಲ್ಲಿ ಇವೆಲ್ಲದರ ಫಲಶ್ರುತಿಯೆಂದರೆ ಮಾನವನಿಗೆ “ಆರೋಗ್ಯವೇ ಭಾಗ್ಯ” ಹಾಗಾದರೆ ನಮ್ಮನ್ನು ರೋಗದಿಂದ ಮುಕ್ತರಾಗಿಸುವ ವಜ್ರಕಾಯಕರನ್ನಾಗಿಸುವ ಆಚರಣೆಯಲ್ಲಿ “ಸೂರ್ಯ ನಮಸ್ಕಾರವು” ಒಂದು. ನವಗ್ರಹ ಪೀಡಾಪರಿಹಾರದಲ್ಲಿ ಹೇಳಿರುವಂತೆ ಸೂರ್ಯನು ಕ್ರಿಮಿನಾಶಕನೂ ಮತ್ತು ರೋಗ ನಿವಾರಕನು ಹೌದು, ತಲೆನೋವು- ಕಣ್ಣನೋವು, ಕುಷ್ಠ ದೇಹದ ಮೇಲಿನ ಬೊಕ್ಕೆ, ತುರಿಕೆ, ಮುಂತಾದ ಚರ್ಮರೋಗಗಳು, ಭೂತ ಬಾದೆಗಳು, ಕಟ್ಟಿರೋಗ ಜ್ವರ ಹಾಗೂ ಅತಿಸಾರ ಮುಂತಾದವು ಸೂರ್ಯನಿಂದ ನಿವಾರಣೆಯಾಗುತ್ತದೆಂದು ಶ್ರೀಕೃಷ್ಣನು ಅರ್ಜುನನಿಗೆ ತಿಳಿಸುತ್ತಾನೆ.

ಸೂರ್ಯ ಚಿಕಿತ್ಸೆ : ಕೇವಲ ವೇದ ಪುರಾಣಗಳೇ ಅಲ್ಲ ಆಧುನಿಕ ವೈದ್ಯವಿಜ್ಞಾನವೂ ಸಹ ಸೂರ್ಯನ ರೋಗ ನಿವಾರಕ ಶಕ್ತಿಯನ್ನು ಗುರುತಿಸಿ ರೋಗ ಚಿಕಿತ್ಸೆಗೆ ಸೂರ್ಯ ಕಿರಣವನ್ನು ವಿವಿಧ ರೀತಿಯಲ್ಲಿ ಬಳಸಿಕೊಳ್ಳಲು ಪ್ರಯತ್ನಿಸಿದೆ. ಇದನ್ನೇ ಸೂರ್ಯಚಿಕಿತ್ಸೆ ಎನ್ನುತ್ತಾರೆ. ಇದನ್ನು ನಿಸರ್ಗ ಚಿಕಿತ್ಸೆ ಎಂತಲೂ ಕರೆಯುತ್ತಾರೆ. ಪಂಚಭೂತಗಳಿಂದ ಕೂಡಿದ ಈ ಶರೀರಕ್ಕೆ ಪಂಚತತ್ವಗಳಿಂದಲೇ ಚಿಕಿತ್ಸೆಮಾಡುವ ಕ್ರಮವೇ “ನಿಸರ್ಗ ಚಿಕಿತ್ಸೆ” ಪಂಚ ತತ್ವಗಳೆಂದರೆ, ಭೂಮಿ, ನೀರು, ಗಾಳಿ, ಅಗ್ನಿ ಮತ್ತು ಆಕಾಶ.

ಸೂರ್ಯ ಚಿಕಿತ್ಸೆಯಲ್ಲಿ ಎರಡು ವಿಧ

1. ಸೂರ್ಯ ಸ್ನಾನ 2. ವರ್ಣಚಿಕಿತ್ಸೆ

ಸೂರ್ಯ ಸ್ನಾನವೆಂದರೆ ಸೂರ್ಯನ ಕಿರಣಗಳಿಗೆ ಮೈಯೊಡ್ಡುವುದೇ ಆಗಿದೆ ಮತ್ತು ಸೂರ್ಯ ಸ್ನಾನವನ್ನು ಬೆಳಿಗ್ಗೆ (ಪ್ರಾತಃಕಾಲ) ಮತ್ತು ಸಾಯಂಕಾಲ (ಸಂಧ್ಯಾಕಾಲ)ಮಾಡಬಹುದು

ಸೂರ್ಯ ಸ್ನಾನದ ವಿಧಗಳು:- ಸರಳ ಸೂರ್ಯ ಸ್ನಾನ ಬೆಳಿಗ್ಗೆ 8 ಘಂಟೆಯ ಒಳಗೆ ಅಥವಾ ಸಾಯಂಕಾಲ 5 ಘಂಟೆಯ ನಂತರ, ಆದಷ್ಟು ಕಡಿಮೆ ಉಡುಪು ಧರಿಸಿ ಸುಮಾರು ಅರ್ಧ ಘಂಟಿಕಾಲ ಬಯಲಿನಲ್ಲಿ ಓಡಾಡುವುದು ಸೂರ್ಯಸ್ನಾನ.

2. ವರ್ಣ ಚಿಕಿತ್ಸೆ : ಸೂರ್ಯನ ಬೆಳಕಿನಲ್ಲಿರುವ ಬಣ್ಣಗಳನ್ನು ಉಪಯೋಗಿಸಿ ನಡೆಸುವ ಚಿಕಿತ್ಸೆಗೆ “ವರ್ಣ ಚಿಕಿತ್ಸೆ” ಎಂದು ಹೆಸರು, ಸೂರ್ಯನು ಸಪ್ತ ಬಣ್ಣಗಳನ್ನು ಹೊರ ಸೂಸುತ್ತಾನೆ, ಅವು ಯಾವುವೆಂದರೆ ನೇರಳೆ (Voilet), ಊದಾ(Indigo), ನೀಲಿ(Blue), ಹಸಿರು(Green), ಹಳದಿ(yellow), ಕೆಂಪು(Red) ಮತ್ತು ಕಿತ್ತಳೆ(Orange).

ಸೂರ್ಯ ನಮಸ್ಕಾರವು ಹಲವು ಯೋಗಾಸನಗಳ ಸಂಯೋಜನೆಯಾದ್ದರಿಂದ ಶ್ವಾಸೋಚ್ಛಾಸನವು ಪೂರಕ-ಕುಂಬಕ-ರೇಚಕ) ಯುಕ್ತವಾಗಿರಬೇಕು,' ಪೂರಕ ಎಂದರೆ ಉಸಿರನ್ನು ಒಳಗೆ ತೆಗೆದುಕೊಳ್ಳುವುದು, ಕುಂಬಕ ಎಂದರೆ ತೆಗೆದುಕೊಂಡ ಶ್ವಾಸನನ್ನು ಒಳಗಡೆ ತಡೆಯುವುದು ಹಾಗೂ ರೇಚಕ ಎಂದರೆ ತಡೆಹಿಡಿದಿದ್ದ ಉಸಿರನ್ನು ಹೊರಗೆ ಬಿಡುವುದು.

### ಸೂರ್ಯ ನಮಸ್ಕಾರವನ್ನು ಮಾಡುವಾಗಿನ ಉಸಿರಾಟದ ಪಟ್ಟಿ

ಕ್ರಮ ಸಂಖ್ಯೆ	ಆಸನ	ಶ್ವಾಸ ಪ್ರಕ್ರಿಯೆ
1.	ಸಮಸ್ಥಿತಿ	ಸಾಮಾನ್ಯ ಶ್ವಾಸ
2.	ನಮಸ್ಕಾರಾಸನ	ಪೂರಕ
3.	ಉರ್ಧ್ವಾಸನ	ಪೂರಕ-ಕುಂಬಕ
4.	ಹಸ್ತಪಾದಾಸನ	ರೇಚಕ
5.	ಏಕಪಾದ ಪ್ರಸರಣಾಸನ	ಪೂರಕ
6.	ದ್ವಿಪಾದ ಪ್ರಸರಣಾಸನ	ಪೂರಕ-ಕುಂಬಕ
7.	ಭೂಧರಾಸನ	ರೇಚಕ
8.	ಸಾಷ್ಟಾಂಗ ಪ್ರಣಿಪಾತಾಸನ	ಪೂರಕ
9.	ಭುಜಂಗಾಸನ	ಕುಂಬಕ
10.	ಭೂದರಾಸನ	ರೇಚಕ
11.	ಏಕಪಾದ ಪ್ರಸರಣಾಸನ	ಪೂರಕ
12.	ಹಸ್ತ ಪಾದಾಸನ	ರೇಚಕ
13.	ನಮಸ್ಕಾರಾಸನ	ಪೂರಕ
14.	ಸಮಸ್ಥಿತಿ	ರೇಚಕ

ಮಾಲತೇಶ. ಎನ್

ಡೆಂಟಲ್ ಹೈಜಿನಿಸ್ಟ್

ಡಿಪಾರ್ಟ್‌ಮೆಂಟ್ ಆಫ್ ಪೆರಿಯೋಡಾಂಟಿಸ್ಟ್

(ವಸಡು ಸಂರಕ್ಷಣಾ ವಿಭಾಗ)

## ಗನ್ನ ಪ್ರೀತಿಯ ಅಮ್ಮ

ಅಕ್ಕರೆಯಿಂದ ಆರೈಕೆ ಮಾಡಿ  
ಇಚ್ಛೆಗಳನ್ನೆಲ್ಲಾ ಈಡೇರಿಸಿ  
ಉತ್ಸಾಹದಿಂದ ಊಟೋಪಚಾರ ನೀಡಿ  
ಯಶುಮಾನಗಳ ಲೆಕ್ಕವಿಲ್ಲದೆ  
ಎಂದಿಗೂ ಮಕ್ಕಳ ವಿಳಿಗೆಯಲ್ಲೇ  
ಐಕ್ಯವಾಗಿ ಒಲವಿನ ಓಲಗ ಊದುತ್ತ  
ಜೀವರ್ಯದ ಹೊಳೆಯನ್ನೆ ಹರಿಸಿ  
ಅಂತ್ಯವಿಲ್ಲದ ಅನುರಾಗ ತೋರುವವಳೇ  
ನನ್ನ ಪ್ರೀತಿಯ ಅಮ್ಮ....

ತಾಯಿಯ ದೇವರು, ತಾಯಿಗೆ ನಮ್ಮ ಸಮಾಜದಲ್ಲಿ ಪೂಜ್ಯ ಸ್ಥಾನವನ್ನು ನೀಡಲಾಗಿದೆ ತಾಯಿ ತನ್ನ ಮಕ್ಕಳನ್ನು ಒಂಭತ್ತು ತಿಂಗಳು ಹೊತ್ತು, ಪ್ರೀತಿಯಿಂದ ಸಾಕಿ ಬೆಳಸಿ ಸಂಪೂರ್ಣ ಜವಾಬ್ದಾರಿಯನ್ನು ವಹಿಸಿಕೊಂಡು ಉತ್ತಮ ಪ್ರಜೆಯನ್ನಾಗಿ ಮಾಡುತ್ತಾಳೆ. ಹೆತ್ತವರಿಗೆ ಹೆಗ್ಗಣ ಮುದ್ದು ಎಂಬ ಗಾದೆಯಂತೆ ಮಕ್ಕಳು ಎಷ್ಟೇ ಕ್ರೂರ, ಕುರೂಪಿ, ಅಂಗವಿಕಲಾದರು ಅವಳ ಪ್ರೀತಿಗೆ ಕೊನೆಯಿಲ್ಲ. ತಾಯಿಗೆ ಎಷ್ಟೇ ಮಕ್ಕಳಿದ್ದರೂ ಅವರನ್ನು ಒಂದೇ ಭಾವನೆಯಿಂದ ಹಾಗೂ ಪ್ರೀತಿಯಿಂದ ಕಾಣುತ್ತಾಳೆ ಆದರೆ ಆ ಮಕ್ಕಳು ತಾಯಿಯನ್ನು ನಿರ್ಲಕ್ಷ್ಯಮಾಡಿ ವಯಸ್ಸಾದ ಕಾಲದಲ್ಲಿ ಒಂದು ಹೊತ್ತು ಊಟ ಹಾಕದ ಪರಿಸ್ಥಿತಿಗೆ ಹೋಗುತ್ತಾರೆ ಉಪ್ಪಿಗಿಂತ ರುಚಿಯಿಲ್ಲ ತಾಯಿಗಿಂತ ಬಂಧುವಿಲ್ಲ ಎನ್ನುವ ಗಾದೆ ಮಾತು ಮಕ್ಕಳಿಗೆ ತಾಯಿಯ ಅಗತ್ಯತೆಯ ಅರಿವನ್ನು ಮೂಡಿಸುತ್ತದೆ. ಅಡುಗೆಯಲ್ಲಿ ಏನೇ ಬಳಸಿ ಚಿಟಕಿ ಉಪ್ಪಿನ ಕೊರತೆಯನ್ನುಂಟುಮಾಡಿದರೆ ಅಡುಗೆ ಕೊಂಚವು ರುಚಿಸದು, ಹಾಗೆಯೇ ಮಕ್ಕಳಿಗೆ ತಂದೆ, ಅಣ್ಣತಮ್ಮ, ಅಕ್ಕ-ತಂಗಿ, ಅತ್ತೆ-ಮಾವ ಹೀಗೆ ಯಾರೇ ಇದ್ದರೂ ತಾಯಿ ಇಲ್ಲದೆ ಹೋದರೆ ಆ ಮಕ್ಕಳ ಬದುಕು ಒಂದರ್ಥದಲ್ಲಿ ಅಪೂರ್ಣವೇ

ಭಾರತೀಯ ಸಂಸ್ಕೃತಿಯಲ್ಲಿ ತಾಯಿಗೆ ವಿಶೇಷ ಸ್ಥಾನ-ಮಾನವಿದೆ. ಭಾರತೀಯರಾದ ನಾವು ಭಾರತವನ್ನು ಭಾರತಮಾತೆಯಂತಲೂ, ಕರ್ನಾಟಕವನ್ನು ಭುವನೇಶ್ವರಿಯ ನಾಡು ಎಂತಲೂ, ನಾವು ನಡೆದಾಡುವ ನೆಲವನ್ನು 'ಭೂಮಿತಾಯಿ' ಎಂತಲೂ ಕರೆದು ಗೌರವಿಸುತ್ತೇವೆ ಒಟ್ಟಿನಲ್ಲಿ ತಾಯಿಗೆ ಪರ್ಯಾಯ ತಾಯಿಯೊಬ್ಬಳೆ.

ರೀತು,  
ವಿದ್ಯಾರ್ಥಿ, ಜೆ.ಎಸ್.ಎಸ್.ಡಿ.ಸಿ.ಹೆಚ್



## ಜೀವನ

ಜೀವನ ಎಂದರೆ ನೀವು ಹುಡುಕಿಕೊಳ್ಳುವುದಲ್ಲ, ನಿಮ್ಮನ್ನು ನೀವು ಸೃಷ್ಟಿಸಿಕೊಳ್ಳುವುದು. ಸರಿ- ತಪ್ಪುಗಳ ನಡುವೆ ಕೆಲವರು ತಮ್ಮ ಜೀವನದಲ್ಲಿ ಬೇರೆಯವರ ತಪ್ಪುಗಳನ್ನು ಗುರುತಿಸುವಲ್ಲಿ ಸಮಯ ಕಳೆಯುತ್ತಾರೆ. ಆದರೆ ತಪ್ಪು ಎಂದರೇನು ? ಎಂದೇ ಅವರಿಗೆ ತಿಳಿದಿರುವುದಿಲ್ಲ. ತಪ್ಪು ಎಂದರೆ- ನಮ್ಮಿಂದ ಇನ್ನೊಬ್ಬರಿಗೆ ತೊಂದರೆಯುಂಟಾಗುವುದು ಅಥವಾ ನಷ್ಟವಾಗುವುದು, ಅದು ಮಾನಸಿಕವಾಗಿರಲಿ, ದೈಹಿಕವಾಗಿರಲಿ ಅಥವಾ ವ್ಯವಹಾರಿಕವಾಗಿರಬಹುದು. ಕೆಲವೊಂದು ಘಟನೆಗಳಿಂದ ಜನರಿಗೆ ಈ ತರಹದ ಯಾವುದೇ ನಷ್ಟ ಉಂಟಾಗುವುದಿಲ್ಲ. ಆದರೆ ವಾಸ್ತವವೇನೆಂದರೆ ಬಹುಶಃ ಅಡಗಿರುವುದಿಲ್ಲ. ಆ ಘಟನೆಗಳಲ್ಲಿ ತಪ್ಪು ಅಡಗಿರುವುದಿಲ್ಲ. ಈ ಪ್ರಪಂಚದಲ್ಲಿ ತಪ್ಪು- ಸರಿಗಳೆರಡೂ ಕವಚಗಳಿದ್ದ ಹಾಗೆ ಎಲ್ಲರೂ ತಮ್ಮ ಅನುಕೂಲಗಳಿಗಾಗಿ ಅಗತ್ಯಗಳಿಗನುಸಾರವಾಗಿ ಈ ಕವಚಗಳನ್ನು ಹೊದಿರುತ್ತಾರೆ. ಒಬ್ಬರಿಗೆ ತಪ್ಪು ಎನಿಸಿದರೆ ಇನ್ನೊಬ್ಬರಿಗೆ ಸರಿ, ಆದರೆ ಸತ್ಯ ಏನೆಂದರೆ “ ನಿಮಗೆ ಮನಶಾಂತಿ ಬೇಕಿದ್ದಲ್ಲಿ ಬೇರೆಯವರ ತಪ್ಪುಗಳನ್ನು ದೋಷಗಳನ್ನು ಹುಡುಕಬೇಡಿ.” ಯೋಚನೆಗಳ ಸುಳಿಯಲ್ಲಿ ಕೆಲವರು ತಮ್ಮ ಜೀವನವನ್ನು ಕಳೆಯುತ್ತಾರೆ. ಇನ್ನೂ ಕೆಲವರು ಭವಿಷ್ಯದಲ್ಲಿ ನಡೆಯಲಿರುವ ಘಟನೆಗಳ ಬಗ್ಗೆ ಯೋಚಿಸುತ್ತಾರೆ. ಆದರೆ ವರ್ತಮಾನದಲ್ಲಿ ಮಾಡಬೇಕಿರುವುದರ ಬಗ್ಗೆ ಯೋಚಿಸುವವರೇ ಕಡಿಮೆ. ವಯಸ್ಸಾದವರು ತಾವು ಜೀವಿಸುತ್ತಿದ್ದ ಜೀವನ ಶೈಲಿಯನ್ನೇ ನೆನೆಯುತ್ತಾ ತಮ್ಮ ಮಕ್ಕಳು ತಮ್ಮ ಹಾಗೆ ಏಕೆ ಜೀವನ ನಡೆಸುತ್ತಿಲ್ಲ ಎಂದು ಯೋಚಿಸುತ್ತಿರುತ್ತಾರೆ. ಆದರೆ ಅವರಿಗೆ ತಿಳಿದಿರುವುದಿಲ್ಲ ಅರಳಿಕಟ್ಟಿ ಹರಟೆಯ ಜಾಗದಲ್ಲಿ ಲ್ಯಾಪ್‌ಟಾಪ್, ಫೇಸ್‌ಬುಕ್ ಬಂದಿದೆ ಎಂದು. ನಾಳೆ ಪರೀಕ್ಷೆ ಇದೆ ಎಂದು ಯೋಚಿಸುತ್ತಾ ಕುಳಿತರೆ ಏನು ಫಲ. ಇಂದು ಮಾಡಬೇಕಿರುವ ಕೆಲಸದ ಬಗ್ಗೆ ಅರಿವಿರಲಿ ಓದುವುದರಿಂದ ಪರೀಕ್ಷೆ ಎಂಬ ಯೋಚನೆ ನಾಶವಾಗುತ್ತದೆ. ಕಾರ್ಯದಲ್ಲಿ ಗಮನವಿಡಿ ಫಲಾನುಫಲ ದೇವರಿಗೆ ಬಿಡಿ, (ದೇವರು ಎಂಬ ಶಕ್ತಿಯಿಂದ ನಿಮ್ಮ ಭವಿಷ್ಯ ಎಂಬ ಯೋಚನೆ ನಾಶವಾಗುವುದಾದರೆ ದೇವರನ್ನು ನಂಬಿ. ಏಕೆಂದರೆ ಯೋಚನೆಯಿಂದ ಭಯವನ್ನು ಮೀರಿ ನಡೆಯಲು ಸಾಧ್ಯವಿಲ್ಲ, ಆದರೆ ಕಾರ್ಯ ಪ್ರವೃತ್ತಿರಾಗುವುದರಿಂದ ಸಾಧ್ಯ) ಅರ್ಥ ಸಮಸ್ಯೆಗಳಿಗೆ ಕಾರಣ ಕೆಟ್ಟದಾಗಿ ಆಲೋಚಿಸುವ ಮನಸ್ಸು. ಇಂದಿನ ಕೆಲಸವನ್ನು ಪೂರ್ತಿಮಾಡು, ನೆನ್ನೆಯ ತಪ್ಪುಗಳನ್ನು ತಿದ್ದಿಕೊ ದುಃಖಿಸಬೇಡ. “ಹೊಸ ನಾಳೆಯು ಅದ್ಭುತವಾದ ರೀತಿಯಲ್ಲಿ ನಿನ್ನ ಬದುಕನ್ನು ಪ್ರವೇಶಿಸಲಿದೆ.” ತಪ್ಪು- ಸರಿಗಳ ಮತ್ತು ಯೋಚನೆಗಳ ಆಚೆಗೆ ಜೀವನವಿದೆ.... ಅದನ್ನು ಅರಿತು ನಾವು ಜೀವಿಸಬೇಕು.

ರಕ್ಷಿತ.ಎಸ್., ವಿದ್ಯಾರ್ಥಿ,  
ಜೆ.ಎಸ್.ಎಸ್.ಡಿ.ಸಿ.ಹೆಚ್

## ದಂತ ಪುರಾಣ

ಪುಟ್ಟ ಮೃದು ದವಡೆಯಲ್ಲಿ  
ಕುಡಿಯೊಡೆದು ಚಿಗುರಾಗಿ  
ದವಡೆ ಮೂಳೆ ಭದ್ರಕೋಟೆ  
ಮೇಲ್ದರ ವಸಡೆ ಸೀಳಿ  
ಬಾಯಿಯೊಳಗೆ ಪಳಪಳನೆ  
ಮಿನುಗುತ್ತಿರುವುದು

ವದನಾರವಿಂದ ಶೋಭಿತ  
ನೈಸರ್ಗಿಕ ಸಿರಿಲೇಯ  
ಅಗಿ ಜಿಗಿ ಕಡಿ ತಿನ್ನು  
ಪಚನಕ್ರಿಯೆಗೆ ಅಡಿಪಾಯ

ಅಟ್ಟಹಾಸ ಮುಗುಳ್ಳಗೆ  
ಮಂದಸ್ಥಿತ ಪ್ರಕಾಶ  
ನುಡಿ ಗೀತೆ ನಮನ  
ಶೃತಿ ಸಂಗೀತ ಪದಪ್ರಾಸ

ಹಲ್ಲಚ್ಚಿ ಅಧರ ತೀಡಿ  
ಶೃಂಗಾರ ರಸಸಾರ  
ಹಲ್ಲಡಿದು ಕರವನಿಂಡಿ  
ರೌದ್ರಭಾವ ಕ್ರೌರ್ಯಧಾರ

ಸಿಹಿಕಹಿ ಖಾರ ಹುಳಿ  
ಚಳಿ ಮಳೆ ಬಿಸಿ ಬಿರುಗಾಳಿ  
ಸುಖ ದುಃಖ ಏಳುಬೀಳು  
ಸಮತತ್ವದ ಸವಿಬಾಳು

ದಂತಭಗ್ನವಾಗದಿರಲು,  
ಬಾಯಿ ದೇಹ ಮನೆ ಮನಗಳ  
ಪರಿಪೂರ್ಣ ಆರೋಗ್ಯವ  
ಮಮತೆ ಮುದದಿ ಕಾಪಾಡಿ  
ನಗುವ ಮುಖಕ್ಕೆ ಶೋಭೆ ತರುವೆ

ಡಾ ||ಶ್ರೀಶೈಲ ಹೆಚ್.ಎಸ್  
ಅಧ್ಯಾಪಕರು.

## ಅಪ್ಪ



ಅಪ್ಪ ಎನ್ನುವ ಪದದಲ್ಲೇ ಪ್ರೀತಿಯ ಅಪ್ಪುಗೆ, ಮುಗ್ಧತೆ, ಹರುಷ, ಸ್ಪೂರ್ತಿ, ಕೀರ್ತಿ, ಹುಮ್ಮಸ್ಸು ತುಂಬಿರುತ್ತದೆ. ಇದನ್ನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳುವ ಯೋಗ್ಯತೆ, ಅರ್ಹತೆ ಮತ್ತು ಮನಸ್ಸು ಮೊದಲು ಅಂತಹ ಅಪ್ಪನಿಂದ ಜನ್ಮ ಪಡೆದಿರುವ ಮಕ್ಕಳಾದ ನಮಗೆ ಇರಬೇಕು. ಹಾಗೆ ಇಲ್ಲವೆನಿಸಿದರೆ, ಅದಕ್ಕಾಗಿ ಹೋರಾಡಿ

ಪಡೆಯಬೇಕು. ಆಗಲೇ ಜನ್ಮತಾಳಿದ್ದಕ್ಕೆ ಸಾರ್ಥಕವಾಗುತ್ತದೆ.

ಅಪ್ಪ ಎನ್ನುವವರ ಜೀವನದಲ್ಲಿ, ಜೀವನದುದ್ದಕ್ಕೂ ತನ್ನ ಬದುಕಿಗಿಂದ ತನ್ನ ನಂಬಿ ಬಾಳ ಸಂಗಾತಿಯಾಗಿರುವ ಹೆಂಡತಿ, ತನ್ನ ಮಕ್ಕಳು ಹಾಗೂ ಮಗನಾಗಿ ತನಗೆ ಜನ್ಮ ನೀಡಿದ ತನ್ನ ತಂದೆ ತಾಯಿಯವರಗಳು ಮತ್ತು ಕೆಲವು ಸಂದರ್ಭಗಳಲ್ಲಿ ತನ್ನ ಜೊತೆ ಹುಟ್ಟಿರುವ ಬಂಧುಬಳಗಗಳು - ಹೀಗೆ ಎಲ್ಲರ ಬದುಕಿಗೂ ಒಳಿತಿಗೂ, ಜೀವನಕ್ಕೂ ಸದಾ ದುಡಿದು ಸವೆದು, ನೊಂದು, ಬೆಂದು, ಹೋರಾಡಿ, ಬಿಡದ ಭಲದಿಂದ, ಬಲದಿಂದ ಬುದ್ಧಿ ಶಕ್ತಿಯಿಂದ, ಆತ್ಮಸ್ಥೈರ್ಯದಿಂದ, ಧೈರ್ಯದಿಂದ, ಹಟದಿಂದ ಪ್ರತಿನಿತ್ಯ, ಪ್ರತಿಘಳಿಗೆ ಹೋರಾಡಿ ತನ್ನ ನಂಬಿರುವವರೆಲ್ಲರನ್ನು ಸಾಕಿ ಸಲಹುವುದೇ ಆತನ ಗುರಿಯಾಗಿರುತ್ತದೆ. ಜೀವನ ಸಾಗರದಲ್ಲಿ ಸಿಲುಕಿ ಬಳಲುತ್ತಿರುವ ದೋಣಿಯನ್ನು ದಡ ಸೇರಿಸು

ಜವಾಬ್ದಾರಿಯನ್ನು ಸಂಪೂರ್ಣ ಹೊತ್ತಿಕೊಂಡು ಸಾಧನೆ ಬೀರುವವರೇ ಅಪ್ಪ, ತನಗಾಗಿ ಏನನ್ನೂ ಬಯಸದೆ, ತನಗಿಷ್ಟವಾದುದನ್ನು ತ್ಯಜಿಸಿ ತನ್ನ ನಂಬಿರುವ ಮಕ್ಕಳಿಗಾಗಿ, ಕುಟುಂಬಕ್ಕಾಗಿ ಎಲ್ಲವನ್ನೂ ಧಾರೆಯೆರೆಯುವ

ಮಹಾನುಭಾವ “ಅಪ್ಪ”. ಆತನಿಗೆ ನೋವು, ಕಷ್ಟ, ಹಸಿವು, ತೊಂದರೆ ಇತ್ಯಾದಿ ಎಲ್ಲವನ್ನೂ ತನ್ನೊಳಗೆ ಜೀರ್ಣಿಸಿಕೊಂಡು ಬದುಕುವ ಅತ್ಯಂತ ದೊಡ್ಡ ಶಕ್ತಿ ಇರುತ್ತದೆ. ಆತನೇ ಮಾರ್ಗದರ್ಶಿ ಆತನೆ ಗುರು, ಆತನೆ ಮಿತ್ರ, ಆತನೆ ಎಲ್ಲವೂ,

ಹೆತ್ತ ಮಕ್ಕಳಿಗೆ ತಂದೆ-ತಾಯಿ ಒಂದು ಹೃದಯ, ಎರಡು ಕಣ್ಣುಗಳು ಇದ್ದಂತೆ. ಹೆತ್ತ ಮಕ್ಕಳ ನಿರೀಕ್ಷೆಗಳನ್ನು, ಆಸೆ ಆಕಾಂಕ್ಷೆಗಳನ್ನು ಪೂರೈಸುವವರು ಅಪ್ಪ, ಅಪ್ಪ ಎನ್ನುವವರು ಮಕ್ಕಳ ಬಾಳಿಗೆ ಸರ್ವಶಕ್ತಿ, ಕೀರ್ತಿ, ಸ್ಪೂರ್ತಿ, ಧೈರ್ಯ, ನಂಬಿಕೆ, ಭಲ, ಒಂದು ಒಳ್ಳೆಯ ಮಾರ್ಗದರ್ಶಕ, ಬಾಳಿನ ಶಿಲ್ಪಿ.

ಎಲ್ಲಾ ಕಷ್ಟ ನಷ್ಟ ನೋವುಗಳನ್ನು, ತನ್ನೊಳಗೇ ನುಂಗಿ ಕಣ್ಣೀರನ್ನು ತಡೆಗಟ್ಟಿ, ತನ್ನ ನಂಬಿರುವ ಮಡದಿ, ಮಕ್ಕಳಿಗೆ ಧೈರ್ಯ, ತುಂಬಿ, ಸಾಧನೆಯ ಹಾದಿಯನ್ನು ಸೃಷ್ಟಿಸಿ, ಅದರ ಮಾರ್ಗದರ್ಶಕನಾವಾಗಿ, ಆಶಾಧಾಯಕವಾಗಿ ಮೂಡಿಬರುವವರೆ “ಅಪ್ಪ”

ಐಶ್ವರ್ಯ ಶ್ರೀ ಡಿ.

ವಿದ್ಯಾರ್ಥಿ, ಜೆ.ಎಸ್.ಎಸ್.ಡಿ.ಸಿ.ಹೆಚ್

## ಅಮ್ಮ



ಅಮ್ಮ ಎಂಬ ಪದವೇ ಉಚ್ಚರಿಸಲು ಎಷ್ಟು ಚಂದ! ಅಮ್ಮ ಎಂಬ ಪದವು ತಾಯಿ, ಜನನಿ' ಜನ್ಮದಾತೆ ಮಾತೆ, ಅವಳ ಮುಂತಾದ ಹಲವಾರು ಪರ್ಯಾಯ ಪದಗಳನ್ನೊಳಗೊಂಡಿದೆ. ಅವಳ ಸ್ಥಾನ ಅದ್ವಿತೀಯ ವಾದದ್ದು. ಆ ತಾಯಿಯ ಬಗ್ಗೆ ಹೇಳುವುದಾದರೆ ಅವಳ ಜನ್ಮವೆಲ್ಲಾ ಸವಿಸುವುದು ತನ್ನ ಗಂಡ, ಮನೆ-ಮಕ್ಕಳಿಗಾಗಿಯೇ. ಅವಳು ತನ್ನ ಮಕ್ಕಳಿಗೆ ಎಂದೂ ನೋವಾಗದಂತೆ ಸಾಕಿ-ಸಲಹಲು ಪರಿತಪಿಸುತ್ತಾಳೆ. ತಾಯಿಗೆ ತನ್ನ ಮಗು ಜಗಕ್ಕೆ ಜ್ಯೋತಿಯಾಗಬೇಕು ಎಂಬ ಮಹಾದಾಸೆ ಇರುತ್ತದೆ. ಅವಳ ಮಮತೆ, ಸಹನೆ, ಕರುಣೆ, ಅಕ್ಕರೆ, ಮುಗ್ಧತೆ, ಕಣ್ಣೀರು, ಚೀರಾಟ, ಹೋರಾಟ ಎಲ್ಲದಕ್ಕೂ ಕಾರಣವೆಂದರೆ, ತನ್ನ ಮಕ್ಕಳ ಜೀವನವನ್ನು ಚಂದವಾಗಿಸುವುದು. ತನ್ನ ಜೀವನದುದ್ದಕ್ಕೂ ಕಷ್ಟವನ್ನೇ ಅನುಭವಿಸುತ್ತಾ, ಬರಿ ನೋವುಂಡರೂ, ಇತರರಿಗೆ ಸುಖವನ್ನು ಬಯಸುವ

ಮಹಾನ್ ತ್ಯಾಗಮಯಿ, ಭೂಮಿಯ ಕ್ಷಮತ್ವದ ಪ್ರತೀಕ. ಅವಳು ಪ್ರತಿಯೊಬ್ಬರಿಗೂ ಸ್ಪೂರ್ತಿ ನೀಡುವ ಸ್ಪೂರ್ತಿದಾತೆ. ಆಕೆಯ ಅಕ್ಕರೆ, ತ್ಯಾಗ, ಸಹನೆ, ಲಾಲನೆ-ಪೋಷಣೆ, ನಿಷ್ಕಲ್ಮಶ ಮನವನ್ನು ಕಂಡಾಗ ಕೆಲವು ಕ್ಷಣ ನಮ್ಮನ್ನೆ ಮರೆತು ತನ್ಮಯರಾಗುತ್ತೇವೆ. ಅಮ್ಮನನ್ನು, ಆಕೆ ಮಕ್ಕಳ ಮೇಲೆ ತೋರುವ ಪ್ರೀತಿಯನ್ನು ಜೀವನದುದ್ದಕ್ಕೂ ಮಾಡಿದ ತ್ಯಾಗವನ್ನು' ಸಾಕು-ಸಾಕೆನಿಸುವಷ್ಟು ಸುರಿಯುವ ವಾತ್ಸಲ್ಯವನ್ನು ಕೆಲವೇ ಪದಗಳಲ್ಲಿ ಹಿಡಿದಿರುವುದು ಯಾರಿಂದಲೂ ಸಾಧ್ಯವಿಲ್ಲ. ಒಬ್ಬೊಬ್ಬರ ವರ್ಣನೆಯಲ್ಲಿ ಒಂದೊಂದು ರೀತಿ ಕಾಣುವ ಅಮ್ಮ ಮಾತ್ರ ಒಬ್ಬಳೇ. ನಮ್ಮ ಜನನ ಮತ್ತು ಮರಣದ ನಡುವಿನಂತರದಲ್ಲಿ ಅಮ್ಮನ ಕಾಳಜಿ ತುಂಬಾ ದೊಡ್ಡದು. ತನ್ನೊಡಲಲ್ಲಿ ಮುದ್ದು ಮಗುವೊಂದು ಚಿಗುರೊಡೆಯುತ್ತಿದೆ ಎಂಬುದನ್ನು ಅರಿಯುತ್ತಿದ್ದಂತೆಯೇ ಹೆಣ್ಣು ತಾಯನದ ಜವಾಬ್ದಾರಿಯನ್ನು ಹೆಗಲಿಗೇರಿಸಿಕೊಳ್ಳುತ್ತಾಳೆ. ಒಬ್ಬ ಸಾಮಾನ್ಯ ಹೆಣ್ಣು ದೈವತ್ವಕ್ಕೇರುವ ಪರ್ಯಂತ ಆರಂಭವಾಗೋದೇ ಆಗ. ತೊದಲು ನುಡುವ ಕಂದನ ಬಾಯಿಯಿಂದ ಮೊದಲ ಬಾರಿಗೆ ಬಂದ 'ಅಮ್ಮ' ಎಂಬ ಕೂಗಿಗೆ ಹೆಣ್ಣಿನ ಬದುಕನ್ನೇ ಸಾರ್ಥಕಗೊಳಿಸುವ ಶಕ್ತಿಯಿದೆ! ಆಕೆಯ ಬಗ್ಗೆ ಬರೆಯುವುದಕ್ಕೆ ಹೋದರೆ ಭಾಷೆ ಬಡವಿ ಎನಿಸುತ್ತದೆ. ಯಾವುದೇ ಪದದಲ್ಲಿ ವರ್ಣಿಸಲು ಹೋದರೂ, ಆಕೆಯ ಪಾತ್ರದವರು ಆ ಪದವೇ ಸೋತು ಬಿಡುತ್ತದೆ! ಒಂದು ಪದದಲ್ಲಿ ಒಂದು ವಾಕ್ಯದಲ್ಲಿ ಒಂದು ಕಥೆಯಲ್ಲಿ ಒಂದು ಹೊತ್ತಿಗೆಯಲ್ಲಿ ಹಿಡಿದಿರುಲು ಸಾಧ್ಯವಾಗದ ಮಹೋನ್ನತ ವ್ಯಕ್ತಿತ್ವ ಅಮ್ಮನದು. ತಾಯಿ ಎಂಬ ಶಿಲ್ಪಿಗೆ ಆಕಾರವಿಲ್ಲದ ಕಲ್ಲನ್ನೂ ಸಂಸ್ಕಾರದ ಉಳಿಪೆಟ್ಟಿನಿಂದ ಪೂಜನೀಯ ಮೂರ್ತಿಯನ್ನಾಗಿಸುವ ತಾಕತ್ತಿದೆ. ಇಂದು ಮಹೋನ್ನತವಾದದ್ದನ್ನು ಸಾಧಿಸಿದ ಅಷ್ಟು ಜನರ ಸಾಧನೆಯಲ್ಲಿ ನಿಸ್ಸಂದೇಹವಾಗಿ ಅವರವರ ಅಮ್ಮನ ಬೆವರಿದೆ'. ಆಕೆಯ ನಿದ್ರೆಯಿಲ್ಲದ ರಾತ್ರಿಯಿದೆ, ಹಸಿದ ಹೊಟ್ಟೆಯ ತ್ಯಾಗವಿದೆ. ಸ್ವಂತ ಮಕ್ಕಳಿಂದ ಪರಿತ್ಯಕ್ತಳಾಗಿ ವೃದ್ಧಾಶ್ರಮದ ಮೂಲೆಯೊಂದರಲ್ಲಿ ಕೂತರೂ ಅದೇ ಮಕ್ಕಳ ಬಾಲ್ಯವನ್ನು ನೆನಪಿಸಿಕೊಂಡು ನಸುನಗೆ ಬೀರುವ, ತನ್ನ ಮಕ್ಕಳ ಭವಿಷ್ಯ ಚೆನ್ನಾಗಿರಲೆಂದು ಎರಡೂ ಕೈ ಎತ್ತಿ ಹಾರೈಸುವ ಆ ದೈವತ್ವದ ಸಾಕಾರಮೂರ್ತಿಯನ್ನು ಪುಟ್ಟ ಲೇಖನದಲ್ಲಿ ಕಟ್ಟಿಹಾಕಲು ಸಾಧ್ಯವೇ?

ಕಿಶನ್ ಪಿ,

ವಿದ್ಯಾರ್ಥಿ, ಜಿ.ಎಸ್.ಎಸ್.ಡಿ.ಸಿ.ಹೆಚ್

## ನಡೆದಾಡುವ ದೇವರು

ಸರ್ವರನ್ನೂ ಸಮಾನವಾಗಿ ಕಂಡು ಬುದ್ಧನ ಶಾಂತಿ, ಬಸವಣ್ಣನ ಕ್ರಾಂತಿ, ಅಂಬೇಡ್ಕರ್ ಅವರ ಸಂವಿಧಾನದ ಆಶಯಗಳನ್ನು ತಮ್ಮ ಜೀವನದುದ್ದಕ್ಕೂ ಆಚರಣಾ ಕ್ರಾಂತಿಯನ್ನಾಗಿಸಿದ, ಬಸವಶಕ್ತಿಯ ಕೊಂಡಿಯಾಗಿದ್ದ ವಿಶ್ವರತ್ನ ಶತಾಯುಷಿ ಸಿದ್ಧಗಂಗಾ ಶ್ರೀಗಳ ಸಾಧನೆ ನಿಜಕ್ಕೂ ಅವರ್ಣನೀಯವಾದುದು.

ಹಳ್ಳಿಗಳ ಉದ್ಧಾರದಿಂದ ಮಾತ್ರ ದೇಶದ ಏಳಿಗೆ ಸಾಧ್ಯವೆಂಬ ತತ್ವದಲ್ಲಿ ಅವರ ನಂಬಿಕೆ ಇರಿಸಿಕೊಂಡಿದ್ದ ಪರಮ ಪೂಜ್ಯ ಶ್ರೀ ಶಿವಕುಮಾರ ಸ್ವಾಮೀಜಿ ಸಿದ್ಧಗಂಗಾ ಮಠದ ವತಿಯಿಂದ ಹಳ್ಳಿಗಳಲ್ಲಿ ಶಾಲೆಗಳನ್ನು ನಿರ್ಮಿಸುವ ಮೂಲಕ ಶೈಕ್ಷಣಿಕ ಕ್ರಾಂತಿಗೆ ನಾಂದಿಹಾಡಿದರು. ಬಡತನ-ಹಸಿವಿನ ಅರಿವಿದ್ದ ಪೂಜ್ಯರು ಬಸವಾದಿ ಶರಣರು ಹಾಕಿಕೊಟ್ಟ ಕಾಯಕ-ದಾಸೋಹ ಹಾದಿಯನ್ನು ಅನುಸರಿಸಿ ಜನಮಾನಸದಲ್ಲಿ ಉಳಿಯುವಂತೆ ಕಾಯಕನಿಷ್ಠೆ ಮೆರೆದಿದ್ದಾರೆ.

ಸರಿಸುಮಾರು 600 ವರ್ಷಗಳ ಹಿಂದೆ ಗೋಸಲ ಸಿದ್ಧೇಶ್ವರರು ತಮ್ಮ ತಪಃಶಕ್ತಿಯಿಂದ ಸಿದ್ಧಗಂಗೆಯಲ್ಲಿ ಹೊತ್ತಿಸಿದ ಮಹಾದಾಸೋಹದ ಒಲೆ ಇಂದಿಗೂ ಆರದಂತೆ ಹಸಿದ ಹೊಟ್ಟೆಗೆ ಅನ್ನ, ಅರಿವಿಗಾಗಿ ಜ್ಞಾನ, ಆಸರೆಗಾಗಿ ಮಠವನ್ನು ಕಟ್ಟಿದ ತ್ರಿವಿಧ ದಾಸೋಹ ಮೂರ್ತಿ ಸಿದ್ಧಗಂಗಾ ಶ್ರೀಗಳು ಇಡೀ ವಿಶ್ವದಲ್ಲಿ ಯಾವೊಬ್ಬ ಸಂತನೂ ಮಾಡದ ನಿಜಸೇವೆಯನ್ನು ಈ ನಾಡಿಗೆ ಸಮರ್ಪಿಸಿದ್ದಾರೆ.

ಒಮ್ಮೆ ಸ್ವಾಮೀಜಿಯವರನ್ನು ಮಾಧ್ಯಮದವರು ಕೇಳಿದರಂತೆ 'ಸ್ವಾಮೀಜಿ ನೀವು ದೇವರನ್ನು ನೋಡಿದ್ದೀರಾ' ಎಂದು, ಸ್ವಾಮೀಜಿ ನಗುತ್ತಲೇ ಅವರನ್ನು ನಿತ್ಯ ಸಂಜೆ-ಮುಂಜಾನೆಯಲ್ಲಿ ಮಠದ ಆವರಣದಲ್ಲಿ ನಡೆಯುವ ಸಾಮೂಹಿಕ ಪ್ರಾರ್ಥನೆಗೆ ಕರೆದೊಯ್ದು ಅಲ್ಲಿನ ಮುಗ್ಧ ಮಕ್ಕಳನ್ನು ತೋರಿಸಿ ಮಕ್ಕಳೇ ನನ್ನ ದೇವರು' ಎಂದಿದ್ದರು.

ಪೂಜ್ಯರು ನಡೆದಾಡುವ ದೇವರೆಂದೇ ಜನಮಾನಸದಲ್ಲಿ ಉಳಿದವರು, ಯುಗಸಿರಿಯಾಗಿ ಬೆಳಗಿ, ಜಗದ ಸಿರಿಯಾಗಿ ಮೂಡಿ ಬಂದವರು. ಪೂಜ್ಯರ ಜೀವಿತಾವಧಿಯಲ್ಲಿ "ನಾವುಗಳೆಲ್ಲಾ ಬದುಕಿರುವುದೇ ನಮ್ಮ ಸೌಭಾಗ್ಯವೆನ್ನಬಹುದು. ಕರ್ನಾಟಕ ಸರ್ಕಾರ ಇವರಿಗೆ 'ಕರ್ನಾಟಕ ರತ್ನ' ಬಿರುದಿನ ಪ್ರಶಸ್ತಿ ನೀಡಿ 2007 ರ ಏಪ್ರಿಲ್



Sketch : Dr. Premalatha

1 ರಂದು ಸನ್ಮಾನಿಸಿದೆ. ಭಾರತ ಸರ್ಕಾರದ 'ಪದ್ಮಭೂಷಣ ಪ್ರಶಸ್ತಿ' ಇವರ ಮುಡಿಗೇರಿದೆ. ಇಡೀ ಕರ್ನಾಟಕ ಸರ್ಕಾರವೇ ತುಮಕೂರಿನ ಸಿದ್ಧಗಂಗಾ ಮಠಕ್ಕೆ ತೆರಳಿ ಈ ಅಭಿನವ ಬಸವಣ್ಣನಿಗೆ ಅವರ 103ನೇ ಹುಟ್ಟುಹಬ್ಬದ ಸಂದರ್ಭದಲ್ಲಿ 2010 ರ ಏಪ್ರಿಲ್ 1 ರಂದು

'ರಾಷ್ಟ್ರೀಯ ಬಸವ ಪುರಸ್ಕಾರ ಪ್ರಶಸ್ತಿ' ನೀಡಿ ಗೌರವಿಸಿದೆ. ಸಾಧನೆಗೈದು, ಇಷ್ಟೆಲ್ಲಾ ಬಿರುದು ಹೊಂದಿದ್ದ ಈ ಶರಣಚೇತನ, ಕರ್ನಾಟಕರತ್ನ, ನಿಜ ಅರ್ಥದಲ್ಲಿ ಭಾರತರತ್ನವೇ ಆಗಿದ್ದಾರೆ.

ಸಾಮಾನ್ಯ ಮನುಷ್ಯನಾಗಿ ಹುಟ್ಟಿ, ತಮ್ಮ ಮಾನವೀಯ ಕಾಳಜಿಯ ಅಸಾಮಾನ್ಯ ವ್ಯಕ್ತಿತ್ವದಿಂದ ದೈವತ್ವಕ್ಕೇರಿ "ನಡೆದಾಡುವ ದೇವರೆಂದೇ" ಹೆಸರಾಗಿದ್ದ ಡಾ.ಶಿವಕುಮಾರ ಸ್ವಾಮೀಜಿಗಳು 111 ವರ್ಷಗಳ ಸಾರ್ಥಕವಾದ ತುಂಬು ಜೀವನ ನಡೆಸಿ 2019 ಜನವರಿ 21 ರಂದು ಶಿವೈಕ್ಯರಾಗಿದ್ದರೂ ಶ್ರೀಗಳು ಅಜರಾಮರರು. ಈ ಅಮರ ಚೇತನದ ದಾಖಲಾರ್ಹ ಸೇವಾ ಕೈಂಕರ್ಯವನ್ನು ಸಮಾಜ ಎಂದೂ ಮರೆಯಬಾರದು.

ಐಶ್ವರ್ಯ.ಕೆ

ಅಕ್ಷತ ಆನಂದ್

ವಿದ್ಯಾರ್ಥಿ, ಜೆ.ಎಸ್.ಎಸ್.ಡಿ.ಸಿ.ಹೆಚ್

## ನಿರ್ಗ

ನಿರ್ಗವು ಎಷ್ಟೊಂದು ವಿಶಾಲ  
ಮರ, ಗಿಡಗಳ ಸ್ನೇಹ ಮಧುರ  
ಆ ನಿರ್ಗವನ್ನು ಕಾಪಾಡುವುದು ನಮ್ಮ ಹೊಣೆ  
ಅದೇ ನಾವು ದೇವರಿಗೆ ಮಾಡಬೇಕಾದ ಆಣೆ

ಕೋಗಿಲೆಯ ಹಾಡು ಕಿವಿಗೆ ಇಂಪು  
ಪಕ್ಷಿಗಳ ಚಿಲಿಪಿಲಿ ಮನಸ್ಸಿಗೆ ತಂಪು  
ಮಳೆಗಾಲದಲ್ಲಿ ತುಂಬಿ ಹೊಳೆ, ನದಿಗಳು  
ಕೆರೆ ಕುಂಟೆಗಳು ಬಹಳ ಸುಂದರ

ಮುಂಜಾನೆಯ ಸೂರ್ಯ ಕಿರಣದಲ್ಲಿ  
ಅರಳುತ್ತಿರುವ ಹೂವುಗಳು  
ರಾತ್ರಿಯ ಚಂದ್ರ ನಕ್ಷತ್ರಗಳು  
ನೋಡುತ್ತಿದ್ದರೆ ಕಣ್ಣಿಗೆ ಸಂತಸದ ಹಬ್ಬ

ನಿರ್ಗದ ವಿಸ್ಮಯಗಳು ಅದ್ಭುತ  
ಇದು ನಮಗೆ ಆ ದೇವರ ಕೊಡುಗೆ  
ಉಳಿಸಿ ಮನುಕುಲದ ಹಿತಕ್ಕಾಗಿ  
ಬೆಳಗಲಿ ಜೀವಸಂಕುಲದ ಬೆಳಕಾಗಿ

ಚಂದನ್ ಆರ್, ವಿದ್ಯಾರ್ಥಿ, ಜೆ.ಎಸ್.ಎಸ್.ಡಿ.ಸಿ.ಹೆಚ್

## ಸ್ನೇಹ

ಕಷ್ಟ ಸುಖಗಳ ಸಮಾಗಮವೇ ಸ್ನೇಹ  
ಎರಡು ದೇಹವಾದರೂ ಒಂದೇ ಜೀವ  
ಹೆದರದು ಎದುರಾದರೂ ಜಟಿಲವಾದ ಪ್ರವಾಹ  
ಈ ಸ್ನೇಹ ಸಾಗರವೇ ಪರಿಪೂರ್ಣ ಗೆಳೆತನದ ವ್ಯೂಹ

## ಗೆಳೆತನ

ಸಣ್ಣ ಕೋಪ ಪುಟ್ಟ ಮನಸ್ಸು  
ಚಿಕ್ಕ ಎಸ್‌ಎಂ‌ಎಸ್ ದೊಡ್ಡ ಭಾವನೆ  
ಒಂದಷ್ಟು ಪ್ರೀತಿ ಬೆಳೆದಷ್ಟು ಕಾಳಜಿ  
ಕೆಲವೊಂದು ಜಗಳ ಸಾವಿರಾರು Sorry  
ಈ ನಮ್ಮ ನಿಮ್ಮ ಗೆಳೆತನ

## ನಿಧಿಸದೆ

ವಿದ್ಯಾರ್ಥಿ, ಜೆ.ಎಸ್.ಎಸ್.ಡಿ.ಸಿ.ಹೆಚ್

## ನಾ ಕಂಡ ಕನಸು

ನಾ ಪಡೆದೆ ನಾಲೆಡ್ಜ್  
ಮೈಸೂರಿನ ಜೆ.ಎಸ್.ಎಸ್.ಕಾಲೇಜ್  
ನನ್ನ ಜೀವನವನ್ನೆ ಬದಲಾಯಿಸಿತು  
ರಾ ಮೆಟೀರಿಯಲ್ ಅನ್ನು  
ಸಿದ್ಧ ಮಾಡಿದ ಫ್ಯಾಕಲ್ಟಿ  
ಎಷ್ಟು ಹೊಗಳಿದರು ಅಲ್ಪವೇ  
ಅದು ನನ್ನ ಅದಷ್ಟವೇ  
ಎಷ್ಟೋ ವಿದ್ಯಾರ್ಥಿಗಳ ಡಾಕ್ಟರ್ ಮಾಡಿ  
ಕಳುಹಿಸಿದ್ದಾರೆ ವಿದೇಶಗಳಿಗೆ  
ಇವರನ್ನು ಮರೆಯಲು ಸಾಧ್ಯವೇ  
ಎಂದೆಂದಿಗೂ ಇವರೇ ನಮಗೆ ಕಾಣುವ ದೇವರು  
ನಮ್ಮ ಭವಿಷ್ಯದ ಸಾಧಕರು  
ಅವರು ನೀಡಿದ ಕೋಚಿಂಗ್  
ಯಾವ ಕಾಲೇಜಿಗೂ (ಸರಿಸಾಟಿ) ಇಲ್ಲ ಮ್ಯಾಚಿಂಗ್  
ಅದರ ಕನಸಿನಲ್ಲಿ ನಾ ಮುಳುಗಿದ್ದೆ  
ಬೆಳಗಾಯಿತೆಂದು ನಾ ಮೇಲೆದ್ದೆ  
ಇದು ಸತ್ಯ ಇದು ನಿತ್ಯ

ಪ್ರಿಯಾಂಕ ಬಿ.ಜೆ  
ವಿದ್ಯಾರ್ಥಿ, ಜೆ.ಎಸ್.ಎಸ್.ಡಿ.ಸಿ.ಹೆಚ್

## ತಾಯಿಯ ಪ್ರೀತಿ

ಈ ತಾಯಿಯ ಪ್ರೀತಿಯು ಇಂದು ಬದಲಾಗದು ಜನುಮದಲಿ  
ಈ ಪ್ರೀತಿಯು ಮಳೆಯಾಗಿಂದು ಅರಳಿದೆ ಈ ಲೋಕದಲ್ಲಿ

ನನ್ನಮ್ಮನ ಪ್ರೀತಿಯು ಇಂದು ಕಾಪಾಡಿದೆ ಜನುಮದಲಿ  
ಪ್ರತಿ ಜನುಮವು ಆಸರೆ ನೀನು ನನ್ನೊಲುಮೆ ನನ್ನಮ್ಮ  
ಕನಸಿನ ಮುಖ ತೆರೆಯುವ ಆ ಕ್ಷಣವೆ ಕಾಣುವೆ ನಿನ್ನಮ್ಮ  
ಕಾಣುವೆ ನಿನ್ನಮ್ಮ

ಭೂಮಿಕಾ.ವಿ.ಆರ್  
ವಿದ್ಯಾರ್ಥಿ, ಜೆ.ಎಸ್.ಎಸ್.ಡಿ.ಸಿ.ಹೆಚ್

## ಕುಟುಂಬಗಳು

ಸಂದೇಶವೊಂದು ಸಂತಸವ ತರಲು  
ಕಳುಹಿಸಲು ಏಕೆ ದಿಗಿಲು  
ಮಳೆ ಸುರಿಸುವಾಗ ತಾನೆಂದು ಕೂಡ ಅಳಲಿಲ್ಲ  
ಅಲ್ಲಿ ಮುಗಿಲು  
ಕೆಲ ಕಾಲ ಸುಮ್ಮನೆ ಜೊತೆಯಲ್ಲಿ ಕಲೆವೆವು  
ದಿನ ಕಳೆದು ಹೋದರೆ ನಾವೆಲ್ಲೋ ಇರುವೆವು  
ಇರೋವರೆಗೆ ನಾವು ಜೊತೆಯಲ್ಲಿ ಇರಲು  
ಹೆದರಿಕೆಯು ಬೇಡ ನಮಗೆ  
ಸುಖ ದುಃಖ ಎರಡು ಸಮನಾಗಿ ಇರಲಿ  
ನಾವಿಲ್ಲಿ ಇರುವವರೆಗೆ

ವಿಧಿಯನೆದುರಿಸಿ ಗೆಲುವುದುಂಟೆ  
ನಿಧಿಯ ಕಬಳಿಸಿ ಉಳುವುದುಂಟೆ  
ಅಮಾಯಕರನು ಕೊಲುವುದುಂಟೆ  
ಅಸಹಾಯಕರನು ತುಳುವುದುಂಟೆ  
ಇಂತಹವರಿಗೆ ಶಿವ ಒಲಿವುದುಂಟೆ  
ಮಿತಿಯು ಮೀರಲು ಒಡೆವ ಗಂಟೆ  
ಆಗ ಮುಗಿವುದು ಎಲ್ಲ ತಂಟೆ

ಯಾರಿಗೂ ಅರ್ಥವಾಗದು ನನ್ನ ನೋವು  
ನನ್ನ ಪಾಲಿಗೆ ಆಕೆ ಆಗಲಿಲ್ಲ ನಗುವ ಹೂವು  
ಮುಖವ ನೋಡಿದರೆ ನೆನಪಾಗುವುದು ಮಾವು  
ಮುಟ್ಟಲೋದರೆ ಅದು ಕೂಡ ಕಹಿಯಾದ ಬೇವು  
ಮರೆಯಾಯಿತು ನನ್ನ ಮುಖದ ನಗೆ  
ಆದರೂ ಆಕೆಯ ಮೇಲಿಲ್ಲ ನನಗೆ ಹಗೆ  
ಈ ಬದುಕೇ ಹೀಗೆ

ದರೋಡೆಕೋರರು ದೋಚುವರು  
ಆಸೆಬುರುಕರು ಬಾಚುವರು  
ಹೊಟ್ಟೆಗಿಲ್ಲದವರು ಕೈ ಚಾಚುವರು  
ಬುದ್ಧಿವಂತರು ಗೀಚುವರು  
ಕಡೆಗೊಂದು ದಿನ ಎಲ್ಲರೂ  
ಮಣ್ಣಿನೊಳಗೆ ಮೈ ಚಾಚಿ ಮಲಗುವರು  
ಇದೆ ಸೃಷ್ಟಿ ನಿಯಮ

ಲಂಗ ಫ್ರಾಕು ತೊಟ್ಟ ಮಗುವು  
ನೋಡಲಂದ ಅದರ ನಗುವು  
ಕುಣಿದು ಕುಪ್ಪಳಿಸುತ್ತಿರುವುದು  
ಹರುಷ ಅಪ್ಪಳಿಸುತ್ತಿರುವುದು  
ಮಗುವ ನೋಡಿ ಜಗವೆ ಬೆರಗು  
ತಾಯಿ ಮನಸ್ಸಿಗೆಂತ ಮೆರಗು  
ನೋಡಿ ತನ್ನ ಮಗುವ ಸೊಬಗು

ಊಟವಿದ್ದರೂ ತಿನ್ನದಿರುವುದು ಉಪವಾಸ  
ಹೊಟ್ಟೆಗಿಲ್ಲದೆ ಅನುಭವಿಸುವುದು ವನವಾಸ  
ಮೊದಲನೆಯದು ದೇವರಿಗಿಟ್ಟಿದ್ದು  
ಎರಡನೆಯದು ದೇವರು ಕೊಟ್ಟಿದ್ದು

ವೀರಭದ್ರಸ್ವಾಮಿ  
ಸಹಾಯಕ ಆಡಳಿತಾಧಿಕಾರಿ



## ಮೌನವಾದೆ

ಒಳಗೆ ಫ್ಯಾನಿನಡಿಯಲಿ ಕೂತು  
ಸೆಕೆಸೆಕೆಯೆಂದು ಗೋಣಗುತಲಿದ್ದೆ  
ಹೊರಗೆ ಉರಿಬಿಸಿಲಿನಲ್ಲಿ ಬೆನ್ನು  
ಬಾಗಿ ಸಿ ದುಡಿಯುತ್ತಿದ್ದವನ ಕಂಡು  
ಮೌನವಾದೆ....

ಈಜುಕೊಳದಲ್ಲಿ ಈಜಾಡಲು  
ನೀರಿಲ್ಲವೆಂದು ಕೊರಗುತಲಿದ್ದೆ  
ತೊಟ್ಟು ನೀರಿಗಾಗಿ ಮೈಲು ದೂರ  
ನಡೆದು ಹೋಗುತ್ತಿದ್ದವನ ಕಂಡು  
ಮೌನವಾದೆ...

ಹೊಟ್ಟೆ ತುಂಬಿಸಲು ರುಚಿಯಾದ  
ಊಟ ಸಿಗಲಿಲ್ಲವೆಂದು ಸಿಟ್ಟಾಗುತ್ತಲಿದ್ದೆ  
ತುತ್ತು ಅನ್ನ ಸಿಗದೆ ಹಸಿವಿನಿಂದ  
ಸಾಯತಲಿದ್ದವನ ಕಂಡು  
ಮೌನವಾದೆ...

ಸಾವಿರ ರೂಪಾಯಿ ಇಟ್ಟುಕೊಂಡು  
ಲಕ್ಷ ಲಕ್ಷ ಬೇಕೆಂದು ಹಂಬಲಿಸುತ್ತಲಿದ್ದೆ  
ಒಂದು ರೂಪಾಯಿ ಹಣಕ್ಕಾಗಿ  
ಭಿಕ್ಷೆ ಬೇಡುತ್ತಿದ್ದವನ ಕಂಡು  
ಮೌನವಾದೆ.

ಹೆತ್ತವರು ಬಂದುಬಳಗದವರು  
ಮಾತಾಡಿಸಿಲ್ಲವೆಂದು ಮಂಕಾಗುತ್ತಲಿದ್ದೆ  
ಹೇಳುವವರು ಕೇಳುವವರು ಯಾರೂ  
ಇಲ್ಲದೆ ಅನಾಥನಾಗಿದ್ದವನ ಕಂಡು  
ಮೌನವಾದೆ...

ಬಣ್ಣವಿಲ್ಲ ಎತ್ತರವಿಲ್ಲ ಅಂದವಿಲ್ಲ  
ಚಂದವಿಲ್ಲವೆಂದು ಚಿಂತೆ ಮಾಡುತ್ತಿದ್ದೆ  
ಕೈಯಿಲ್ಲದೆ ಕಾಲಿಲ್ಲದೆ ಕಣ್ಣಿಲ್ಲದೆ  
ಅಂಗಹೀನನಾಗಿದ್ದವನ ಕಂಡು ಮೌನವಾದೆ...  
ಹೌದು  
ಇರುವ ಭಾಗ್ಯ ನೆನೆದು  
ನಾ ಮೌನವಾದೆ....

ಗನ್ಯ, ವಿದ್ಯಾರ್ಥಿ, ಜೆ.ಎಸ್.ಎಸ್.ಡಿ.ಸಿ.ಹೆಚ್

## ಗಡಿ ನಾರುಕರು

ಹಿಮಾಲಯದ ಚಳಿಯಲಿ  
ಸಮುದ್ರದ ಅಲೆಯಲಿ  
ಸತ್ತು ಬದುಕುವ  
ಇವರೇ ನಮ್ಮ ಸೈನಿಕರು  
ನಮ್ಮ ದೇಶವ ಕಾಯುವ ರಕ್ಷಕರು

ತಾಯಿಯ ನೋಡದೆ ಪ್ರೀತಿಯ ಪಡೆಯದೆ  
ತಂದೆಯ ಬೇಡದೆ ತಂಗಿಯ ಕಾಡದೆ  
ಚಳಿಯಲಿ ಬಿಸಿಲಲಿ ನೊಂದವರು  
ಅಲ್ಲಿ ಬೆಂದವರು  
ಇವರೇ ನಮ್ಮ ಸೈನಿಕರು  
ನಮ್ಮ ದೇಶವ ಕಾಯುವ ರಕ್ಷಕರು

ನಿದ್ದೆಯ ಮಾಡುವ ಜನರಿಗೋಸ್ಕರ  
ನಿದ್ದೆಗೆಟ್ಟವರು ಇವರು  
ಎಲ್ಲರ ಉಳಿಸಲು ಪಾಣ ತೆತ್ತವರಿವರು  
ಇವರೇ ನಮ್ಮ ಸೈನಿಕರು  
ನಮ್ಮ ನಿಮ್ಮೆಲ್ಲರ ರಕ್ಷಣೆ ಭಾರ ಹೊತ್ತ ಸಂರಕ್ಷಕರು

ವೃಷ್ಟಿ ಯು  
ವಿದ್ಯಾರ್ಥಿ, ಜೆ.ಎಸ್.ಎಸ್.ಡಿ.ಸಿ.ಹೆಚ್

## ರೈತ

ಸುಡು ಸುಡು ಬಿಸಿಲಿನ ಬೇಗೆಯ ಹಬೆಯಲಿ  
ಬೆವರೂ ಹರಿಯಲಿ ಮಳೆಯೂ ಬರಲಿ  
ಎಣಿಸದೆ ಎಲ್ಲವ ಸುಖದಲಿ ಉಳುವ  
ನೇಗಿಲಯೋಗಿಯು ನಲಿನಲಿದಾಡಲಿ ||

ಡಾ|| ಶೃತಿ. ಎಸ್.  
ಹೌಸ್ ಸರ್ಜನ್



## भारतीय संस्कृति

भारतीय संस्कृति विश्व की सबसे प्राचीन संस्कृति है, जो लगभग पाँच हज़ार वर्ष पुरानी है। विश्व की पहली और महान् संस्कृति के रूप में भारतीय संस्कृति को माना जाता है। 'विविधता में एकता' का कथन यहाँ पर आम है। भारत एक विविधतापूर्ण देश है जहाँ विभिन्न धर्मों के लोग अपनी संस्कृति और परंपरा के साथ शांतिपूर्ण तरीके से एक साथ रहते हैं। विभिन्न धर्मों के लोगों की अपनी भाषा, खाने की आदत, रीति-रिवाज़ आदि अलग हैं फिर भी वो एकता के साथ रहते हैं।

हमारे राष्ट्र की ये महान संस्कृति है कि हम बहुत खुशी के साथ अपने घर आये महमानों की सेवा करते हैं क्योंकि मेहमान भगवान का रूप होता है, इसी वजह से भारत में 'अतिथि देवो भवः' का कथन बेहद प्रसिद्ध है। हमारी संस्कृति की मूल जड़ इंसानियत और अध्यात्मिक कार्य है।

भारत में लगभग 22 आधिकारिक भाषा और 400 दूसरी भाषाएँ रोज़ बोली जाती हैं। इतिहास के अनुसार हिन्दू और बुद्ध धर्म जैसे धर्मों की जन्मस्थली के रूप में भारत को पहचाना जाता है। भारतीय हमेशा दयालू और सौम्य व्यवहार के लिये जाने जाते हैं। अपने सिद्धांतों और विचारों में बिना किसी बदलाव के अपनी सेवा भाव और शांत स्वभाव के लिये भारतीयों की हमेशा तारीफ़ होती है, भारत महान लोगों की भूमि है। जहाँ स्वामी विवेकानन्द, एएपिएजे अब्दुल कलाम, चन्द्रशेखर आज़ाद, भगत सिंह जैसे महापुरुषों ने जन्म लिया है। उन्होंने अपना जीवन भारत के नाम कर दिया। भारत महात्मा गाँधी की भूमि है जहाँ उन्होंने लोगों में अहिंसा की संस्कृति पल्लवित की है। उन्होंने हमेशा हम लोगों से कहा कि अगर तुम बाकई बदलाव लाना चाहते हो तो दूसरों से लड़ाई करने के बजाय उनसे विनम्रता से बात करो।

भारत एक महान देश है, जहाँ लोग आपस में मिल-जुल कर रहते हैं। ये दुनिया में अकेला देश है जहाँ इतने धर्म के लोग रहते हैं। भारत एक अनमोल देश है, और यहाँ की संस्कृति बाकई महान है।

प्रभात प्रसाद, Student, JSSDCH

## माँ

आकश सा व्याप्त  
पकड़ने चली हूँ माँ के आँचल को छोड़  
सोया है बटोर कर ममत्व के सब ताने बाने  
बाधूँगी एक कविता, माँ की उपहार देने।

खीचूँ पल्लू का वह कोना  
जिसे पकड़ मैं बड़ी हुई  
वह धूँधला सा बचपन  
जब माँ ही सच थी  
और सीख हर उनकी लकीर पत्थर की।

इन अनगिन बातों का  
कैसे पाऊँ कोई कोना  
मुश्किल नहीं है असंभव  
अपार प्यार का व्यक्त शब्दों में होना।

अदिती, Student, JSSDCH

## बीते हुई पल

एक पल था  
जब मे मेरी माँ की गोद में रही थी  
और उनकी मीठी - मीठी गाने सुनकर  
सो जाती थी।

एक पल था  
जब पापा के हाथ पकड़कर  
स्कूल जाती थी  
और मे सोचती थी कि  
वो मेरे हाथ कभी न छोड़ेंगे।

तो अब क्या हुआ  
फरक सिर्फ़ इतना है कि  
तब मैं छोटी थी अब मैं बड़ी हूँ।  
आज भी मुझे मेरी माँ की  
गोद में सोना है।  
और आज भी मुझे  
मेरी हर राक कदम पर  
पापा के हाथ पकड़कर जाना है  
ये मेरी छोटी सी आशा है।

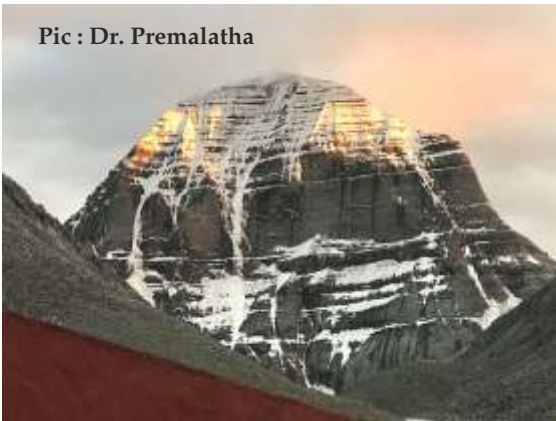
आइशा सेबाह, Student, JSSDCH

## लव्स ये परिंदे हैं (A search for goal)

लव्स ये परिंदे हैं  
जो अपने स्वर्णों को, ढूँढ़ने निकल पड़े हैं  
बहुत कुछ कहना चाहते हैं,  
पर अल्फ़ाज़ कहि लुप्त हुए हैं....  
घबराते हैं, हिचकिचाते हैं..  
लव्स ये परिंदे हैं  
जो अपने स्वर्णों को, ढूँढ़ने निकल पड़े हैं..  
हवा की सरसराहट, बादल की घड़घड़ाहट,  
कोयल की कूक और बादलों की बूंदों में छिपे हुए हैं,  
पहाड़ों ने, दीवारों ने, ऊंची चट्टानों ने, इन्हे रोकना चाहा,  
पर ये तो सागर की मचलती लहरे हैं,  
जो अपने स्वर्णों को, ढूँढ़ने निकल पड़े हैं..  
ये घुंगरू से बजते हैं,  
नदी से इठलाते हैं, किसी से नहीं डरते हैं...  
रोक पाना इन्हे असंभव है, रात से जा टकराते हैं,  
और सूरज की पहली किरण के साथ, फिर खिल उठाते हैं..  
लव्स ये परिंदे हैं..  
जो अपने स्वर्णों को, ढूँढ़ने निकल पड़े हैं..  
रास्ता मुश्किल है, पर फिर भी फूलों सा मुस्कुराते हैं,  
ताल से ताल मिलाकर दोस्त बनाते चलते हैं..  
कई मिले, कई छूटे, पर ये लक्ष्य नहीं भूले,  
पंखों ने दिया आत्मविश्वास, और ज्ञान ने दिखाया मार्ग,  
अरे... ये तो ओस की वो ठंडी बूंदें हैं, जो अपनेपन का अहसास दिलाती हैं...  
इस मंलमुग्ध उड़ान का कोई अंत नहीं,  
क्योंकि ये परिंदे हैं,  
जो अपने स्वर्णों को, ढूँढ़ने निकल पड़े हैं .....

**Dr. Shubhi Goel,**  
PG, Dept. of Public Health Dentistry

Pic : Dr. Premalatha



**Sketch by : Sahana Alwar,**  
Student, JSSDCH



**Dr. Vishal S Kudugi,**  
Dept. of Orthodontics



# Culturals



# Culturals



# Culturals





# Culturals



# Culturals



# Culturals





# Culturals



# Culturals



# Culturals



# Culturals



# Culturals



# Culturals



# Culturals





# Culturals





# Culturals





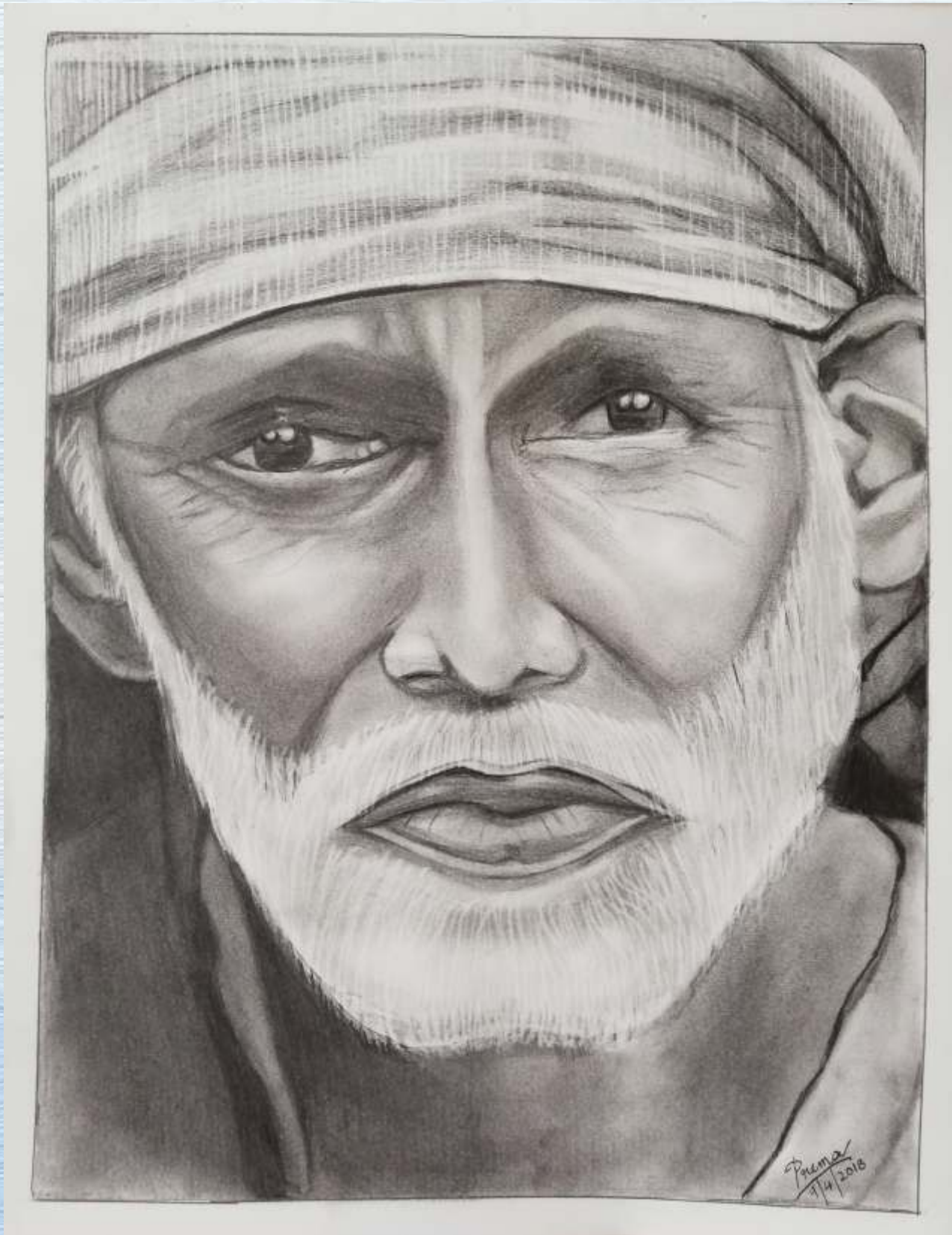
# Culturals





# Culturals





**Sketch : Premalatha**  
Staff, Dept. of Oral Pathology

# SPORTS



# SPORTS



# SPORTS



# SPORTS

