

SRIMATH SUTTURU SRI VEERASIMHASANA MAHASAMSTHANA MATADA PARAMAPUJYA RAJAGURUTILAKA
JAGADGURU DR. SRI SHIVARATHRI RAJENDRA MAHASWAMIJI



ಕವಿತೆಯಾಗಿದೆ ಕೈತುತ್ತು

ಉದುರಿಸಿದವರಿದ್ದಾರೆ
ಮಂತ್ರಕ್ಕೆ ಮಾವಿನಕಾಯಿ.
ತೋರಿ ತಾರೆಗಳನ್ನು ಬ್ರಹ್ಮಗೊಳಿಸಿದವರಿದ್ದಾರೆ
ಆಕಾಶವೇ ನಿಮ್ಮದು ಎಂದು
ಕುಳಿತು ಪಲ್ಲಕ್ಕಿಯಲಿ
ಅದನು ಹೊತ್ತವರನ್ನೆ
ಮೆಟ್ಟಿ ತುಳಿದವರು ಇದ್ದಾರೆ.
ಇದ್ದಾರೇನು ನಿಮ್ಮಂತೆ
ಅಡವಿಟ್ಟವರು
ದೈವವನ್ನೆ ದಾಸೋಹಕ್ಕೆ?

- ಪ್ರೊ. ಜಿ.ಎಸ್. ಸಿದ್ದಲಿಂಗಯ್ಯ
(ಸಂಗ್ರಹಣೆ)

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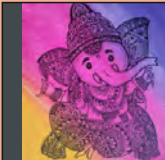


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ಪದಪುಂಜ ಸ್ವರ ಶೋಧಗಂಗಾ
ಆಂತರ್ಯ ನುಡಿನಮನ ಭಾವತರಂಗ

ಡಾ|| ಶ್ರೀಶೈಲ
ಪ್ರಾಧ್ಯಾಪಕರು

Photography
-Dr Satish
Faculty



VISION

- To be a Leader in Education, Training in Dental Sciences, and Fostering Professionals recognized for their Excellence and Patient Care

MISSION

- To impart Quality Dental Education and develop exemplary oral health care professional.
- To nurture research that contributes towards the advancement of knowledge and innovation in Dental Sciences.
- To provide comprehensive oral health care that contributes to the well-being of society with an emphasis on underserved population.
- To foster lifelong learning that support professionals to keep pace with advances in Dental Sciences.

*Leaders
Insights*

ಆಶೀರ್ವಚನ



||Sri Shivarathreeshwaraya Namaha||

Jagadguru Sri Shivarathri Deshikendra Mahaswamigalu

Jagadguru Sri Veerasimhasana Math, Suttur Sriksheethra-571 159

Sri Suttur Math (Mysuru Branch), Mysuru 570 025

Message

Generally college magazines are considered an effective place to showcase the academic and co-curricular activities of students and teachers. It also narrates the special events happened at its corridor. Some even carry the achievements of their alumni who have been doing good services in their chosen field.

More than all these, the magazines also act as a springboards to display the hidden talents of the students and encourage them to express themselves through articles, skits, drawings, caricatures etc. This literary and creative exercise enhances their confidence level, imbibe in them leadership qualities, and help them ultimately to transform into better citizens. We hope there will be some articles for common readers as well, in regional languages, so that the magazine can really claim to be a people's magazine.

Let "Reflections" Magazine of JSS Dental College act as an effective vehicle to uncover the feelings and aspiration of young students, through their literary and thoughtful expressions.

Om Tat Sat

Srimath (Mysuru) : 0821-2548220, 2548221, Suttur: 08221-232 223, 232 224

Mahavidyapeetha: 0821-2548201, Fax: 2548218

Suttur Sadana, Bengaluru : 080-22970101 Fax: 22970100 * e-mail: jssashram@yahoo.com

JSS ACADEMY OF HIGHER EDUCATION & RESEARCH

📍 Sri Shivarathreeswara Nagara, Mysuru - 570 015, Karnataka, India.

☎ +91-821-2548391 / 400 ☎ +91-821-2548394 ✉ registrar@jssuni.edu.in 🌐 www.jssuni.edu.in



Dr. B. Suresh
Pro-Chancellor

Message

It gives me immense pleasure to note that JSS Dental College & Hospital, Mysuru, is bringing out its college magazine “Reflections”

I Congratulate the Principal, Faculty, Staff and Students for bringing out “Reflections” and convey my good wishes and hope that this issue would be meaningful, enjoyable and memorable in achieving its objectives.

With Best Wishes

Dr. B. Suresh
Pro-Chancellor

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Dr. Surinder Singh
Vice Chancellor

Message

It is indeed a matter of pleasure to note that JSS Dental College & Hospital, Mysuru, is bringing out its college magazine “Reflections”

I am happy to know that our JSS Dental College & Hospital, a constituent college of JSS Academy of Higher Education & Research has brought out this annual magazine. I am sure that this magazine serves as a channel to express the students creative talents and it is imperative that the skills and roles of today’s dentists be aligned to meet the needs of the society and be effective so as to ensure that high quality dental care is available to all.

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

With Best Wishes,

Dr. Surinder Singh
Vice Chancellor

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Dr. Manjunatha B.
Registrar

Message

I am very much happy to note that JSS Dental College & Hospital, Mysuru is bringing out its college magazine “REFLECTIONS 2023-24”.

The title of the magazine “Reflections” is very much apt and meaningful as this magazine reflects the achievements, creative talents of students and faculty, journey of some of our distinguished alumni. It also showcases the literary, sports and cultural talents of our students.

Students are bringing laurels to university in both academic co-curricular activities.

I congratulate the Principal, staff, students for all their efforts due to which JSS Academy of Higher Education & Research, Mysuru is one of the top deemed universities in India.

Kudos to the editorial team for their hard work and untiring efforts.

With Best Wishes,

Dr. Manjunatha B.
Registrar

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☎ +91-821-2548391 / 400 ☎ +91-821-2548394 ✉ registrar@jssuni.edu.in 🌐 www.jssuni.edu.in



Dr. Dhakshaini M.R.
Principal

Message

As we present the latest edition of our college magazine, I am filled with immense pride and gratitude. This publication is not just a reflection of our academic year but a testament to the collective spirit, creativity and dedication of our students and faculty.

This year has been marked by numerous achievements, both in and out of the classroom. Our students have excelled in academics, showcased their talents in various fields and demonstrated an unwavering commitment to community service. The magazine captures these moments of excellence and perseverance, highlighting the stories that make our college unique and vibrant.

I extend my heartfelt congratulation to the editorial team, whose hard work and vision have brought this magazine to life. Their efforts ensure that the voices of our college community are heard and celebrated.

As you read through these pages, I hope you find inspiration and a renewed sense of pride in our collective journey. Here's to the continued success and growth of each member of our college family.

Warm Regards,

Dr. Dhakshaini M.R.
Principal



Note From Editor

You are gifted with little spark of madness, and you must not lose it, so say the great. This edition of reflection reflects that spark of creative madness. With the blessings of His Holiness, our institution has made outstanding progress in terms of moving forward towards universities mission and vision. A great effort has been put by the faculty on knowledge upliftment, career growth and goal orientation. The students have been offered many opportunities to explore their interest and talent worth emulating. As another year rushes past us, we find ourselves amidst a whirlwind of memories and moments worth treasuring. The annual chronicle reflection serves as poignant reminder of experiences, encapsulating the year gone by.

Crafting this edition has been a labourious yet exhilarating task for the editorial team. We have keenly observed the myriad events both academics and extracurricular, within and beyond the institution, and kept our aim simply to document these occurrences and remind ourselves the pleasures of reading. Thus, this issue shall mirror the memorable activities, contributions of students in form of cultural, sports and creative outputs of students. The reflection of our institution does not only showcase talents of present students but also continuing link of aluminous who are well placed in pivotal positions in society.

This is not just the chronicle of college events but a mirror of ideas and a celebration of uniqueness of many individuals compiled into one.

Having withstood the test of time, the team has managed to bring out the Magazine which was indeed a herculean task. On behalf of the entire editorial board, I extend gratitude to management, administrators, principal, all faculty, and appreciations to all contributors for materialization of this issue.

Wishing All Happy Reading,

Dr. Sunita S
Editor

Miles of Smiles



SAY IT WITH A SMILE!

SMILE, IT LETS
YOUR TEETH BREATHE

DENTAL CARE





ಬೋಧಕ ಸಿಬ್ಬಂದಿ
Teaching Faculty



ಆಡಳಿತ ಸಿಬ್ಬಂದಿ
Office Administrative Staff

ಬಾಂಲಯ ವೈದ್ಯ ಮತ್ತು ಕ್ಷ-ಕಿರಣ ವಿಭಾಗ Oral Medicine & Radiology



Oral Medicine is the discipline of dentistry concerned with oral health care including the diagnosis and management of medical conditions that affect the oral and maxillofacial region. Oral and maxillofacial radiology is the specialty of dentistry and discipline of radiology concerned with production and interpretation of images and data produced by all modalities of radiant energy that are used for diagnosis and management of diseases, disorders and conditions of the oral and maxillofacial region.

ಮಕ್ಕಳ ದಂತ ಚಿಕಿತ್ಸಾ ಹಾಗೂ ರೋಗ ನಿರೋಧಕ ವಿಭಾಗ Pediatric and Preventive Dentistry



Department of Pediatric and Preventive Dentistry is concerned with excellence in dental care for children from infancy to adolescence. This specialty is enriched with skills required to be applied to the needs of children throughout their ever-changing stages of development and to treating conditions and diseases unique to growing individuals. With emphasis on prevention of oral diseases in children, the specialists provide proactive to the parents regarding prevention that goes beyond caries to address all aspects of children's oral health.

ಬಾಂಲ ಮತ್ತು ಮುಖಾಂಗದ ಶಸ್ತ್ರ ಚಿಕಿತ್ಸಾ ವಿಭಾಗ Oral and Maxillofacial Surgery



Department of Oral and Maxillo-Facial surgery has been providing quality care at affordable cost ever since its inception. The department has itself earned a formidable reputation for its outstanding management of minor surgical procedures, casualties, major surgical procedures like maxillofacial trauma, pathologies of the jaws, reconstructive surgeries, cleft lip and palate , dental implants ,orthognathic procedures and TMJ surgeries. The department provides 24*7 service to patients and is catered to receive emergencies round the clock.

ಹಲ್ಲು ಉಚಿಸಿಕೆ ಮತ್ತು ಹಲ್ಲುಸುರು ಶಾಸ್ತ್ರ ವಿಭಾಗ Conservative Dentistry and Endodontics



Department of Conservative Dentistry and Endodontics combines expertise in providing comprehensive care for teeth from fillings to root canals. The team prioritises minimally invasive technique to retain the natural teeth. The department has a state of art and skill developing pre clinical Phantom head lab with 100 mannequins and facility for live demonstrations with latest technology for the benefit of undergraduate and post graduate students.

ಸಾರ್ವಜನಿಕ ದಂತ ಆರೋಗ್ಯ ವಿಭಾಗ Public Health Dentistry



The Department of Public Health Dentistry at JSS Dental College and Hospital aims to extend the basic oral health care services to the people of Mysore and neighboring districts. Department caters to the oral health needs using state-of-the-art mobile dental unit and portable dental equipments. Patients are offered emergency, first aid and basic oral health services at camps while referring patients requiring specialty services to the dental college hospital for further management. Department offers comprehensive oral health care services and aims to excel in areas of teaching and research.

ವಸಡು ಶಾಸ್ತ್ರ ವಿಭಾಗ Periodontology



Periodontology is the specialty of dentistry which encompasses the prevention, diagnosis, and treatment of diseases of the supporting and surrounding tissues of teeth and their substitutes. This speciality also deals with maintenance of the health, function and esthetics of these structures and tissues; and the replacement of lost teeth and supporting structures by grafting or implantation of natural and synthetic devices and materials. The department also houses a diabetic care centre where diabetic patients are counselled and a special care is given to them as diabetes and periodontal health are inter-

ಹಲ್ಲು ನ್ಯೂನಪೂರಣ ಶಾಸ್ತ್ರ ವಿಭಾಗ Prosthodontics and Crown & Bridge



The department of Prosthodontics and Crown & Bridge offers diagnosis, treatment planning, rehabilitation and maintenance of oral function while ensuring comfort, appearance and health of patients with clinical condition associated with missing or deficient teeth. It specializes in implant, aesthetic and reconstruction dentistry. The department focuses not just on patients care but also gives equal emphasis on innovative teaching methodologies and research.

ವಕ್ರದಂತ ಚಿಕಿತ್ಸಾ ವಿಭಾಗ Orthodontics



Orthodontics is the branch of dentistry which is concerned with facial growth with development of dentition and occlusion it involves diagnosis, prevention, interception, and treatment of occlusal anomalies, abnormalities of dentofacial region. Dentofacial orthopaedics references to area of dentistry concerned with supervision, guidance's, and correction of growing and mature dentofacial structures including movement of teeth / correction of relationship & malformations among teeth and facial bones by application of forces, stimulation and redirection of functional forces within the craniofacial complex.

ಬಾಯಿಯ ರೋಗಶಾಸ್ತ್ರ ಮತ್ತು ಸೂಕ್ಷ್ಮ ಜೀವಶಾಸ್ತ್ರ ವಿಭಾಗ Oral Pathology & Microbiology



Oral Pathology & Microbiology is a speciality of dentistry that deals with the understanding of normal histology and anatomy of oral and para oral structures. It also encompasses the identification of diseases affecting head and neck regions using histopathological & laboratory techniques. It also imparts knowledge & skills on Forensic Odontology.



ದಂತ ನ್ಯಾಯಶಾಸ್ತ್ರ ವಿಭಾಗ
Department of Forensic Odontology

ಯಾಂತ್ರಿಕ ವಿಭಾಗ
Department of Mechatronics



ತಾಂತ್ರಿಕ ಸಹಾಯಕ ಸಿಬ್ಬಂದಿ
Technical Assistants



ಶುಶ್ರೂಷಕ ಸಿಬ್ಬಂದಿ
Nursing Staff



ಗ್ರಂಥಾಲಯ ಮತ್ತು ಮಾಹಿತಿ ವಿಭಾಗ
Department of Library & Informatics



ವಿಭಾಗೀಯ ಪರಿಚಾರಕರು
Department Attenders



ವಿಭಾಗೀಯ ಸಹಾಯಕರು
Department Assistants



ಸ್ನಾತಕೋತ್ತರ ಪದವಿ ವಿದ್ಯಾರ್ಥಿಗಳು
Post Graduate Students



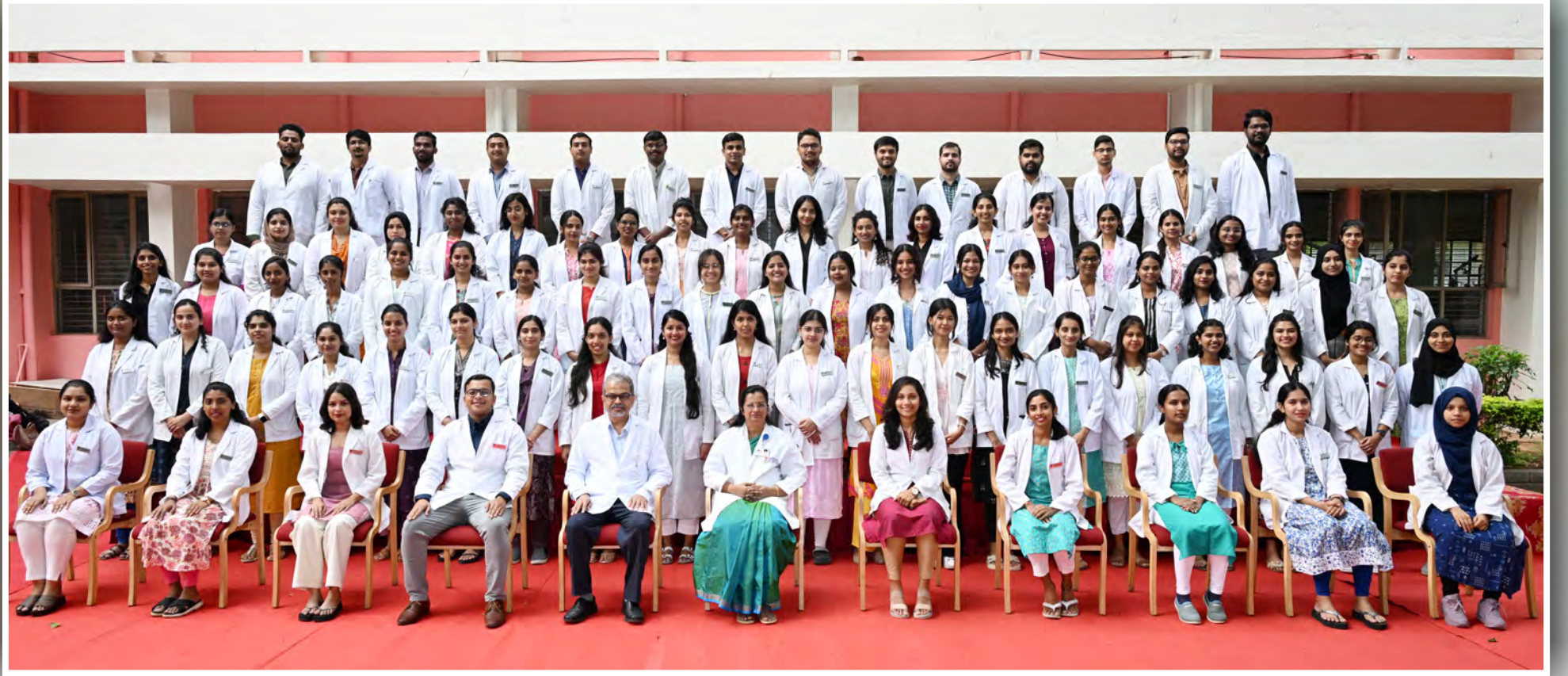
ದ್ವಿತೀಯ ವರ್ಷದ ಜಡ್ವೆಲ್ ವಿಜ್ಞಾನಿಗಳು
2nd BDS Students



ತೃತೀಯ ವರ್ಷದ ಜಡಿಎಸ್ ವಿದ್ಯಾರ್ಥಿಗಳು
3rd BDS Students



ನಾಲ್ಕನೇ ವರ್ಷದ ಜಡ್ವೆಲ್ ವಿಜ್ಞಾನಿಗಳು
4th BDS Students



ಹೌಸ್ ಸರ್ಜನ್ಸ್
House Surgeons





Panaroma

ವಿಹಂಗಮ



ABMSS Recognizes Cleft Lip and Palate Free Rehabilitative Care at JSS Dental College and JSS Hospital, JSSAHER, Mysuru. On August 10, 2024, JSS Dental College and JSS Hospital had the honour of welcoming Mr. Muyeen from ABMSS, Bangalore, for a site visit of the ABMSS Free Scheme for cleft care and the handover of an additional surgical kit for CLCP surgeries. The visit was successful, marked by fruitful discussions and interactions aimed at further strengthening our ongoing collaboration with ABMSS

On the occasion of Anti-Ragging Awareness Week, Dr. Kishor M, Professor & HOD, Dept. of Psychiatry at JSSMC, delivered an eye-opening lecture on the Psychological Effects of Ragging. His insightful talk highlighted the deep emotional and mental scars that ragging can leave on victims, emphasizing the urgent need for awareness and prevention.



On the eve of World No Tobacco Day, a National Workshop in hybrid mode was conducted on 30.5.2024 titled 'Tobacco Free Life: Healthcare Professionals' Vital Role and Responsibilities' by Tobacco Control and Cessation Centre (TCC), Department of Public Health Dentistry and Oral Medicine and Radiology, JSS Dental College & Hospital, JSS AHER

Department of Periodontology, JSS Dental College and Hospital celebrated Oral Hygiene Day on 1st of August with the Oral Hygiene awareness Walkathon. The event was organised in collaboration with Indian Society of Periodontology and Young Indians. More than 100 students and faculty participated in the Walkathon.



The Department of Public Health Dentistry, JSSDCH participated in Suttur Jathra Exhibition held between 5th to 11th February 2024. Health education exhibits were presented for the benefit of Jathra Visitors.

JSSDCH signed a knowledge partnership agreement with Swastify Foundation, an NGO with the objective of collaboratively working towards remote approach Diagnosis and prevention of Dental caries in Children, facilitating treatment needs and monitoring system.

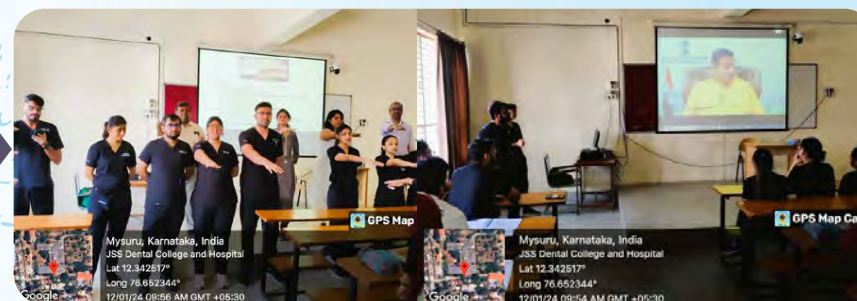


Pururona



On May 3rd, the 10th Annual Conference of the Indian Prosthodontics Society Karnataka State unfolded in Mysore. The event is a collaborative effort between the Indian Prosthodontic Society, Karnataka State Branch and JSS Academy of Higher Education & Research (JSSAHER). This event was meticulously organized by the Department of Prosthodontics and Crown & Bridge at JSS Dental College and Hospital. A total of 250 delegates participated in the conference.

As a component of the AOMSI traffic awareness campaign celebrations, the Oral and Maxillofacial Surgery department staff at JSSDC&H organized a program focusing on Road Safety Awareness. A video message from the Minister of Road Transport and Highways, Shri Nitin Gadkari, emphasizing the importance of safety for oneself and others on the road, was played for the participants. Subsequently, all attendees pledged to adhere to road safety measures.



SIG Dental Cariology, JSS Dental College and Hospital in collaboration with Edelweiss Dentistry organized an informative and interactive lecture along with a hands-on workshop on the topic of Direct System Pediatric Crown 'Full Coverage Crowns: Restorations for Deciduous and Permanent Teeth in Developing Dentition.' On 17th August 2023 at Sri Gowrishankar

"Danta Siri" a collaborative event was organized to train and discuss regarding Government Oral Health Facilities at JSS Dental College Hospital which was participated by Government Dentist from across the Karnataka State





JSS Dental College and Hospital along with Institutional Innovation Council conducted a 2-day program where in patents published by dental college were exhibited. A total of 19 innovators enthusiastically showcased their prototypes. A total of 38 patents have been applied by JSSDCH where-in 33 patents are published out of which 4 are granted and 4 innovations are commercialised by JSSDCH

On 20th July 2023, Department of pediatrics & preventive denstistry, JSSDCH the inauguration of the "Special Smiles Oral Care Clinic" took place at the Department of Pediatrics, JSS Hospital Mysuru.

The purpose behind establishing the "Special Smiles Oral Care Clinic" is to extend oral care services to children with special health care needs and those with medically compromised conditions.



"World Environment Day-2023" was enthusiastically celebrated by the student members of Eco club -JSSDCH under the leadership of Dr Premalatha BR and Dr Thippeswamy HM on 19th June 2023 by displaying their creativity in the form of e-posters and drawings on the topic of "Environment Conservation".



On the occasion of Kannada Rajyotsava and Women's Day Book Club "Saahitya" hosted book presentation from students and faculty members in presence of Dr. Smitha JD, Dr. Kishore, Dr. Prasanna, Dr. Dhakshaini and Sri Vijay Hemmige. The program was attended by student and faculty of JSS Istitutions

Special Intrest Groups on " Oral Microbiome, Dysbiosis and Diseases" and "Oral Precancer & Cancer" were inagurated on 22nd August at Gowrishankara auditorium, JSS Dental College & Hospital. Dr Shashidhara, Prof. Coorg Institute of Dental Sciences, delivered guest lecture.



CELEBRATING A REMARKABLE ACHIEVEMENT!



We are thrilled to announce that Dr. Usha Hegde, Professor, Department of Oral Pathology at JSS Dental College and Hospital, Mysuru, has summited Mount Everest at an astounding 29,030 feet!

Dr. Hegde's incredible journey exemplifies the spirit of perseverance, dedication, and the pursuit of excellence that we stand for at JSS Academy of Higher Education and Research. As an ambassador of good health and well-being, she has literally taken our flag to the top of the world



“Once I was selected and cleared for the expedition in december 2023 there was no looking back!”
—Dr Usha Hegde



Events held in devine presence of his Holiness

Suttur Jathra Mahostava 2024



Graduates Reception - 2018



Release of Reflection 2023



Receiving Prize for Reflection 2023



Felicitation of Dr. Usha Hegde



Inauguration of Peripheral Center at JSS PDA



Purana



Lakshya -24

JSS Dental College and Hospital hosted its annual sports meet, graced by esteemed Chief Guest Dr. Vishal Kumar Gupta (Dean Academic, JSSAHER), Principal Dr. Dhakshaini M R, Vice Principal Dr. Jaishankar H S, Sports Secretary Dr. Sowmya S, AAO Dr. Anushree, as well as HODs, faculty, Non-teaching staff, and enthusiastic students. The event commenced with an energetic athletic session at the JSS AHER ground, followed by a formal inauguration. Fun-filled games were organized for staff members, adding to the festive spirit of the occasion. Dr. Sowmya S, the Sports Secretary, concluded the event by announcing the results of the annual sports activities, celebrating the achievements of participants.





Drushya-24



The Cultural Fest at JSS Dental College and Hospital, DRISHYA-24, was a vibrant celebration of talent and creativity held from April 15th to April 20th, 2024. The fest started with an Ethnic Day, which saw enthusiastic participation from staff and students, setting a lively tone for the week-long event. Each day had a unique theme, including Color Day, Masquerade Day, and Filmy Day, adding excitement and variety to the festivities. The fest featured both on-stage and off-stage events, including literary competitions that showcased the diverse talents of the participants.





Medley

ಅಕ್ಕರಮಾಲಕೆ



AESTHETIC DENTISTRY

The Future of Aesthetic Dentistry: Trends and Innovations

Aesthetic dentistry, a field dedicated to enhancing the appearance of the teeth, gums, and smile, has undergone significant evolution over the years. As technology and techniques continue to advance, the future of aesthetic dentistry promises even more transformative changes.

Digital Dentistry and 3D Printing

One of the most significant advancements in aesthetic dentistry is the integration of digital technology. Digital imaging, including intraoral scanners and 3D imaging, allows for highly accurate diagnostics and treatment planning. This technology enables dentists to create detailed, three-dimensional models of a patient's teeth and gums, facilitating more precise and customized treatments.

3D printing further enhances these capabilities by allowing for the creation of custom dental restorations, such as crowns, bridges, and veneers, in a fraction of the time traditionally required. This technology also offers the potential for rapid prototyping and testing of new dental designs, improving overall patient outcomes and satisfaction.

Advancements in Material Science

The materials used in aesthetic dentistry are constantly evolving to offer better durability, functionality, and aesthetics. Traditional materials like amalgam and composite resins have been complemented by newer materials, such as lithium disilicate and

zirconia ceramics. These materials not only mimic the appearance of natural teeth but also offer superior strength and longevity.

Future advancements in material science may include the development of biomimetic materials that more closely replicate the properties of natural teeth. These materials could enhance the functionality and aesthetics of dental restorations, potentially making them more resistant to wear and staining.

Minimally Invasive Techniques

There is a growing trend towards minimally invasive techniques in aesthetic dentistry. Traditional procedures often required significant alteration of healthy tooth structure, but modern techniques aim to preserve as much of the natural tooth as possible.

For instance, the use of laser technology allows for precise removal of dental tissue with minimal impact on surrounding areas. Similarly, advancements in adhesive dentistry enable the application of veneers and bonding materials with less tooth preparation. These minimally invasive approaches not only improve patient comfort but also contribute to longer-term dental health.

Personalized Aesthetic Treatments

The concept of personalized medicine has made its way into aesthetic dentistry, emphasizing treatments tailored to individual needs and preferences. Advances in genomics and biotechnology could enable more personalized approaches to dental aesthetics, such as custom-tailored whitening treatments based on a person's



genetic predisposition to tooth discoloration.

Furthermore, digital smile design tools allow for the customization of treatment plans based on a patient's unique facial features, smile characteristics, and personal desires. This level of personalization ensures that aesthetic treatments align closely with each patient's vision of their ideal smile.

Integration with Orthodontics

The integration of aesthetic dentistry with orthodontics is another exciting development. Traditional orthodontic treatments were often perceived as purely functional, with aesthetics being a secondary consideration. However, modern orthodontics increasingly focuses on achieving not just functional alignment but also an aesthetically pleasing result.

Clear aligners, such as Invisalign, have revolutionized orthodontic treatment by offering a discreet and aesthetically pleasing alternative to traditional metal braces. Future developments may further enhance the aesthetic outcomes of orthodontic treatments through advanced aligner materials and technology that better integrate with cosmetic dental procedures.

Artificial Intelligence and Machine Learning

Artificial Intelligence (AI) and machine learning are poised to revolutionize various aspects of aesthetic dentistry. AI algorithms can assist in diagnostics by analyzing digital images and identifying patterns indicative of dental issues. These tools can aid in creating more accurate treatment plans and predicting patient outcomes.

Machine learning can also enhance the design and customization of

dental restorations. For instance, AI-powered software can analyze vast amounts of data to recommend optimal designs for crowns, veneers, and other restorations, based on factors such as tooth shape, bite alignment, and aesthetic goals.

Tele-dentistry and Remote Consultations

The rise of telemedicine has extended to dentistry, including the field of aesthetics. Tele-dentistry allows for remote consultations, which can be particularly beneficial for preliminary assessments and follow-up appointments. Patients can share digital images or videos of their teeth, and dentists can provide initial recommendations or treatment plans without requiring an in-person visit.

This trend towards remote consultations can increase accessibility to aesthetic dental care, allowing patients to receive expert advice and preliminary evaluations from the comfort of their homes.

Focus on Holistic and Preventive Care

The future of aesthetic dentistry is likely to see an increased focus on holistic and preventive care. Rather than solely concentrating on cosmetic improvements, there is a growing recognition of the importance of maintaining overall oral health. Preventive measures, such as regular cleanings, fluoride treatments, and early intervention for potential issues, are integral to ensuring long-term dental aesthetics.

Holistic approaches may also consider the impact of diet, lifestyle, and general health on dental appearance, promoting practices that support both dental and overall well-being.

Ethical and Sustainable Practices

As with many fields, there is a rising awareness of ethical and sustainable practices within aesthetic dentistry. Future developments may emphasize eco-friendly materials, waste reduction, and sustainable practices in dental laboratories. Patients are increasingly seeking providers who prioritize ethical standards and environmental responsibility, influencing the direction of future innovations.

The future of aesthetic dentistry is marked by a convergence of technology, personalized care, and a holistic approach to oral health. Digital advancements, new materials, minimally invasive techniques, and innovations such as AI and tele-dentistry are reshaping how dental care is delivered and experienced. As these trends continue to evolve, they promise to enhance not only the aesthetic outcomes but also the overall patient experience in aesthetic dentistry.

-Dr. Sneha Jaison
House Surgeon

NATURALLY BEAUTIFUL OR COSMETICALLY PERFECT

Beauty has been talk of the town ever since the dawn of time. Every decade, we come across a vast plethora of new variants of the 'so called' standard of beauty. The once looked down upon median diastema, is now a soaring pedestal of beauty among women. The forward angulation of the lower jaw that once made women 'manly' now is a standard requirement for modeling. And this is just to list a few. Be it cosmetic dentistry or plastic surgery, the alarming increase in their popularity is disheartening. We seem to be so lost in our pursuit for perfection that we've completely disregarded the very thing that makes us human, imperfection.

The nature's unequivocal prowess at enabling the generation of a new species after every apocalypse is irrefutable. Yet we aspire to attain perfection in things which by nature are already perfect. Yes, it may not fit into the narrative of the ever-changing standard, but this does not make it any less perfect. We know we have failed as a society every time a 12- or 13-year-old thinks about getting a nose job or veneers or any such cosmetic treatment. The list of imperfectly beautiful things is unending. The leaning tower of Pisa being one. There must be a bandwagon of such towers built in that era but what made this stand out was the imperfection of its leaning. Despite such eye-opening instances this debate never ends. One end of the spectrum shows that the natural way is the best, but the other end also gives some groundbreaking insights.

The discontent with oneself has skyrocketed in the recent years. A massive boom is seen in the diagnosis of body dysmorphia and low self-esteem. This raises a huge question whether cosmetic procedures can enable such persons to overcome these ailments. In most cases, yes. Most testimonials are proof that cosmetic procedures are changing lives. The quality of life becomes better and so does the will to live. The boost in confidence seen after a bespoke set of veneers is placed is remarkable. Be it the prosthesis of a new eye or an mm of lip filler, all allow the person to walk with their head held high. Cosmetic intervention time and again has proven its importance in today's world. It's constant evolution and advancements have paved ways to conquer feats never thought of before. Yet we have this debate.

Being cosmetically perfect or naturally beautiful; the choice is evidently yours to make.

-Tanisha
1st BDS

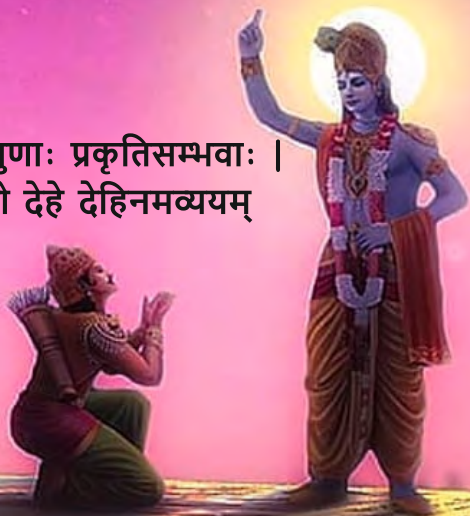


The Bhagavadgita and Psychology

The bhagavadgita is the epitome of the essentials of the whole vedic teaching; and its meaning is very difficult to understand. Once a scholar said that all the things in this world have manual but for life bhagavadgita is the manual. The psychology has its own relation with the bhagavadgita. So I'll try to explain few. The history of psychiatry in India begins with lord Krishna's successful counselling of Arjuna before the war of Kurukshetra. Arjuna here represents confusion, dilemma of humans living in Kaliyuga. Let us see now how it is related.

The psychoanalytical theory by Freud he mentions about 3 aspects the id, Ego and Superego which acts in 3 stages influenced by unconscious, preconscious and conscious respectively. In the chapter 14 of the gita i.e guna triya vibhaga Krishna tells Arjuna that there are 3 gunas sathvaguna, rajoguna and tamoguna. The shloka will be as follows;

सत्त्वं रजस्तम इति गुणाः प्रकृतिसम्भवाः ।
निबध्नन्ति महाबाहो देहे देहिनमव्ययम्



The meaning of the shloka where Shree Krishna now explains in chapter 14 how prakriti (material nature) binds the soul. Although it is divine, its identification with the body ties it to material nature. The material energy possess three gunas—goodness, passion, and ignorance. Hence the body, mind, and intellect that are made from prakriti also possess these three modes.

The question which arises now is how its similar?

सत्त्वं सुखे सञ्जयति रजः कर्मणि भारत ।
ज्ञानमावृत्य तु तमः प्रमादे सञ्जयत्युत ॥

Sattva binds one to material happiness; *rajas* conditions the soul toward actions; and *tamas* clouds wisdom and binds one to delusion.

Id i.e primitive basic impulses seeking immediate gratification without thinking which is right and which one is wrong, Tamoguna resembles Id where it is blinded by ignorance and delusion . the best example in Mahabharata is Dushysana where he blindly followed what his brother said

Superego i.e ideals and morals; striving for perfection; becoming a person's conscience, this corresponds to sathva guna where it binds by attachment to knowledge and happiness.

Ego is corresponding to rajoguna the example would be Pitamaha Bishma, where he knew what is right and wrong but develops attachments which eventually blinds the knowledge.

And therefore, these modes of material nature are Sattva (mode of goodness), Rajas (mode of passion), and Tamas (mode of ignorance). The relative proportion of the three modes varies for every individual, accordingly, everyone has different inclinations and tendencies. To

achieve the control over all three modes the control over subconscious mind is important.

The subconscious mind is very manipulative so how to keep in control will be a question. To control the subconscious mind one should have constant practice and focus. To have do it constantly you need to elevate the mind.

उद्धरेदात्मनात्मानं नात्मानमवसादयेत् ।
आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः ॥

Elevate yourself through the power of your mind, and not degrade yourself, for the mind can be the friend and also the enemy of the self.

बन्धुरात्मात्मनस्तस्य येनात्मैवात्मना जितः ।
अनात्मनस्तु शत्रुत्वे वर्ते तात्मैव शत्रुवत् ॥

For those who have conquered the mind, it is their friend. For those who have failed to do so, the mind works like an enemy.

I conclude this article with few other examples where I'll be explaining about the what happens if the mind is not in control? Eventually the person develops kama (Desire/Lust), krodha (Anger), lobha (Greed), mada (Ego), moha (Attachment), and matsarya (Jealousy) additionally alasya (laziness) and perishes. This has been mentioned in the bhagavadgita very well in chapter 2 i.e **sankhya yoga** verse 62 & 63

ध्यायतो विषयान्पुंसः सङ्गस्तेषूपजायते ।
सङ्गात्सञ्जायते कामः कामात्क्रोधोऽभिजायते ॥
क्रोधाद्भवति सम्मोहः सम्मोहात्स्मृतिविभ्रमः ।
स्मृतिभ्रंशाद् बुद्धिनाशो बुद्धिनाशात्प्रणश्यति ॥

what happens if the fulfillment of desire is obstructed? It gives rise to anger. Bear in mind that anger does not arise by itself. It is created from the obstruction of desire; and desire arises from attachment, while attachment comes from contemplation of the sense objects. In this manner, we see how the simple act of contemplating the pleasures of sense objects leads downward to the twin diseases of greed and anger. Anger leads to clouding of judgment, which results in bewilderment of memory. When memory is bewildered, the intellect gets destroyed; and when the intellect is destroyed, one is ruined.

As it goes on and on it has a beautiful relationship with the psychology, These are few applications of bhagavadgita in human psychology. I hereby conclude my article.



-Dr. Aneesh jois
House Surgeon

Advancements in Machine Learning for Dentistry: A Comprehensive Technical Overview

Applications and Uses :

1. Dental Imaging Analysis

CNNs for Caries Detection: CNNs are highly effective in analyzing dental radiographs and intraoral images to detect carious lesions. These models learn to identify the visual features of caries, providing accurate and early detection.

Orthodontic Treatment Planning: CNNs and other deep learning models are used to analyze cephalometric radiographs, aiding in the diagnosis and planning of orthodontic treatments. They can automatically identify anatomical landmarks and predict treatment outcomes.

2. Periodontal Disease Diagnosis

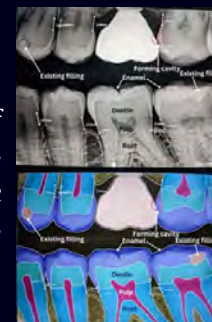
SVMs for Classification: SVMs classify periodontal disease severity by analyzing clinical parameters and patient data. These models can differentiate between healthy and diseased states, assisting in early diagnosis and treatment planning.

3. Endodontic Treatment

Random Forests for Outcome Prediction: Random forest models predict the success of endodontic treatments based on preoperative data, including patient history and radiographic findings. These predictions help dentists choose the most effective treatment strategies.

4. Implantology

DNNs for Implant Placement: Deep neural networks assist in the precise placement of dental implants by analyzing 3D scans and



The integration of machine learning (ML) in dentistry represents a significant leap towards more efficient, accurate, and personalized dental care. The book "Machine Learning in Dentistry," edited by Ching-Chang Ko, Dinggang Shen, and Li Wang, explores the potential and current applications of ML across various dental specialties. This article distills the high-level technical content of the book, focusing on key areas such as dental imaging, diagnosis, treatment planning, and research.

Types of Machine Learning Models :

1. Convolutional Neural Networks (CNNs)
2. Support Vector Machines (SVMs)
3. Random Forests
4. Deep Neural Networks (DNNs)
5. Generative Adversarial Networks (GANs)
6. Natural Language Processing (NLP) Models

planning optimal implant positions. These models consider bone density and anatomical structures to ensure successful outcomes.

5. Prosthodontics

GANs for Prosthetic Design: GANs generate realistic 3D models of dental prosthetics, such as crowns and bridges, based on patient-specific data. This customization ensures better fit and aesthetics, improving patient satisfaction.

6. Oral Cancer Detection

CNNs for Early Detection: CNNs analyze oral mucosal images to detect precancerous lesions and early-stage oral cancer. These models enhance early diagnosis, significantly improving patient prognosis.

7. Patient Management and Record Keeping

NLP for Data Extraction: NLP models extract relevant information from patient records and clinical notes, streamlining the documentation process. These models help maintain accurate and comprehensive patient histories.

8. Predictive Analytics

Predicting Caries Risk: ML models analyze patient data, including dietary habits, oral hygiene practices, and genetic factors, to predict the risk of developing caries. This information guides preventive measures and personalized care plans.

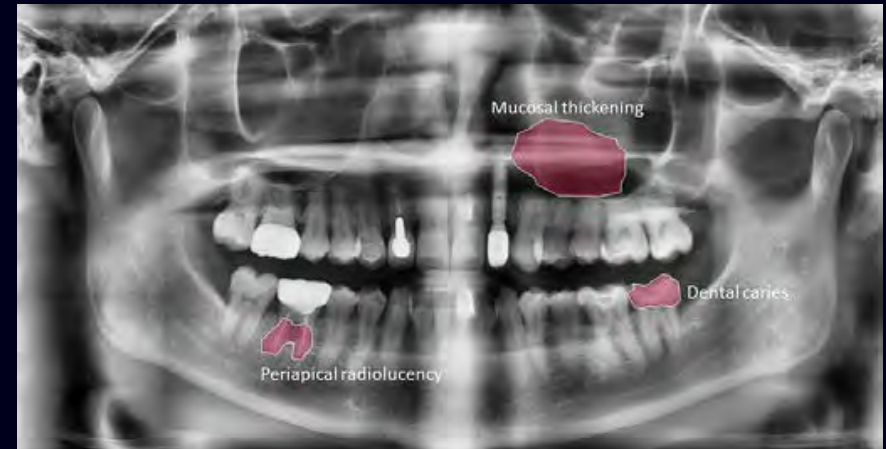
9. Outcome Assessment

Machine Learning for Treatment Evaluation: ML models assess treatment outcomes by comparing pre- and post-treatment data, including images and patient feedback. This continuous evaluation helps refine future treatment plans and improve care quality.

10. Genetic and Genomic Research

ML for Genomic Data Analysis: ML models analyze genetic and genomic data to identify associations between genetic markers and

dental conditions. This research contributes to understanding the genetic basis of dental diseases and developing targeted therapies.



Machine learning models are transforming dentistry by enhancing diagnostic accuracy, personalizing treatment plans, and improving patient outcomes. The integration of ML technologies into dental practice holds the promise of a new era of precision dentistry, where data-driven insights guide every aspect of patient care. As these technologies continue to evolve, ongoing collaboration between dental professionals and data scientists will be crucial to fully realize their potential and advance oral health globally.

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Machine Learning in Dentistry:
Ching-Chang Ko,
Dinggang Shen, Li Wang

-Dr. G.S. Gunalan
House Surgeon

THE WINDOW

"P.C." -Gunalan
House Surgeon

I couldn't sleep that night. It had been quite a while that I'd been sitting on the table completing my work trying to meet some deadline. I was tired. I moved onto my bed and pulled the curtain aside. I opened the window and looked out. The far away lights of the stadium glistened as I felt the night air gently touching my face. The curtain gracefully waved back and forth with the impact of the wind. It was peaceful. The warm light coming from the table lamp fell over my bed. My bed was right next to the window. It must have been around 3 am. I had lost track of time while working. A distant rhythmic clanking broke the silence. It could be heard very distinctly from my room. The lone chugging sound of the train piercing through the night always made me feel an unexplained emptiness within me. Honestly nights like these were common. While the entire world was asleep, I would just stare at the ceilings sometimes, or see how still everything else in the room was and let the vacant feeling sink in. It was awfully quiet. But that night all I could do was listen to the sound and stare at the lights outside. Something about it was captivating. The stadium lights were brighter and white. They were lined up in rows. The two rows resembled shiny streaks from afar. You could hardly tell it was a stadium, if you didn't already know. The houses were consecutively placed.

There were only a few where the lights were on at that time. The street lamps focused on the pacified streets devoid of any living company. They looked comparatively lifeless at night.

It was pretty different during the day when it's bustling with people. The houses were mostly painted white. Some had blue tin roofs. Many of them had yellow coloured water tanks on their terraces. Narrow lanes and coconut trees made their way amidst them. They looked like tiny toy houses bathed in sunlight. A single cell site towered among them. It all seemed very cluttered but somehow it was aesthetic. The neighbourhood was beautiful in my eyes. Whenever I looked out I saw people being busy with their day to day activities. People put out their laundry on twisted nylon strings on the terrace, ladies leaned against their doors and talked to each other across the street, auto rickshaws and 'vespa's were parked in a line, kids ran around playing tag, some even cycled, street vendors went around selling snacks while clinking the bells on their carts, birds kept soaring across the sky, it seemed like the sunsets only got prettier each day, occasionally aeroplanes passed by making a monotonous aviation noise, the cry of some random child kept cutting into the white noise, sometimes a dog's barks accompanied the latter. It was the same but different everyday.

There was this little boy I noticed flying his kite on his terrace once. He was trying so hard to launch it that it made me stay back and see what he does next. His failed attempts made me hold my breath too. After a few trials he was able to launch it successfully. He seemed like he had conquered the world. I had nothing to do with the kid but watching him being satisfied made a smile spread across my face as well. I came to realise that I enjoyed being a part of people's stories, even if it was for a brief moment. A range of mountains stood solemnly at a distance. A translucent veil of fog concealed them. The apricity of the winter sun made all my worries go away temporarily. A sudden awareness of my surroundings often hit me at times like this, it made me wonder if these

Get and Give: The Power of Balanced Exchange



In the dynamic interplay of life's relationships and transactions, the principles of "get" and "give" form the foundation of meaningful interactions. This balance is essential in personal growth, professional development, and community building.

Getting is about receiving knowledge, support, opportunities, and resources that help us grow and achieve our goals. It's an acknowledgment of the interdependence we share with others. By getting, we allow ourselves to learn, evolve, and become better equipped to face challenges. It teaches us humility, gratitude, and the value of seeking help when needed.

Giving, on the other hand, is about sharing our own knowledge, resources, and support with others. It is an act of generosity that fosters a sense of community and interconnectedness. When we give, we contribute to the growth and well-being of others, creating a ripple effect of positive change. Giving teaches us compassion, empathy, and the joy of making a difference in someone's life.

The beauty of "get and give" lies in its reciprocity. When we get, we are empowered to give back, creating a continuous cycle of mutual benefit. This balance ensures that while we are nourished by others, we also play a part in nurturing those around us thereby bringing in growth. In simple let's say "give to get and grow"

In a world often focused on self-interest, embracing the "get and give" philosophy can transform our interactions and relationships. It encourages us to appreciate the value of both receiving and giving, fostering a culture of collaboration, support, and shared success. Whether in our personal lives, workplaces, or communities, practicing "get and give" leads to more fulfilling and enriching experiences for everyone involved.

-Dr. Manjula
Faculty

things had always been there. The answer was they had. It's just that I probably observed less. The picturesque view outside the window always made everything seem so scenic, that I was almost convinced that it was a picture frame. The sounds and the moving people, were the ones that gave life to the frame.

A notification beep brought me back to the present. Around half an hour had passed by then. I was still sitting on my bed clenching onto the curtain and looking outside into the pitch black night. I believe I had zoned out. At that moment everything around me was so stagnant, that it felt like I was the only exception. I responded to the notification and looked down at my phone's screen. The light from the screen glowed up my face.

"You still there?" The message read. My eyes widened a bit, startled to see him awake at that late hour.

"I thought you slept long time back..." I typed not knowing what else to say.

"I was waiting for you" he said.

The cold lonely feeling started to fade away slowly. The sudden presence of someone else in the scene felt like a warm embrace of a fireplace on a chilly night.

Dr. Shivangi Baruah Pegu
House Surgeon

INDIAN CULTURAL PRESERVATION IN A GLOBALIZED WORLD: EFFORTS TO MAINTAIN CULTURAL HERITAGE AMIDST GLOBALIZATION

In an era marked by rapid globalization, the preservation of cultural heritage presents both a challenge and an opportunity. India, with its rich tapestry of traditions, languages, and customs, faces a unique set of circumstances in maintaining its cultural identity amidst the tide of global influence. As global connectivity increases and cultural exchanges become more frequent, India's efforts to preserve its heritage are multifaceted, involving governmental initiatives, community-based activities, and the role of technology.

1. The Impact of Globalization on Indian Culture

Globalization has brought about significant changes in the way cultures interact. For India, this means increased exposure to international cultures, which can both enrich and threaten traditional practices. While global media, technology, and economic integration have facilitated cultural exchange and understanding, they also risk overshadowing local customs and traditions.

Indian culture, characterized by its diversity and complexity, includes various elements such as festivals, languages, arts, and rituals. Globalization has introduced new lifestyles, consumer

habits, and value systems that sometimes conflict with traditional Indian practices. For instance, the proliferation of Western fast food chains and global fashion trends has influenced dietary habits and clothing choices, potentially eroding traditional practices.

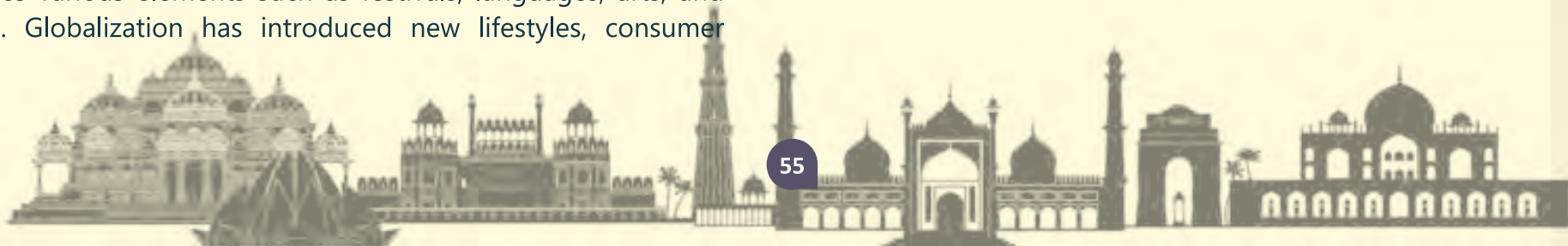


2. Government Initiatives for Cultural Preservation

Recognizing the importance of cultural preservation, the Indian government has implemented several initiatives aimed at safeguarding its heritage. These efforts are embodied in various policies, projects, and institutions designed to protect and promote India's cultural assets.

2.1. UNESCO World Heritage Sites

India has a rich array of UNESCO World Heritage Sites, including the Taj Mahal, Qutub Minar, and the group of monuments at Hampi. The inclusion of these sites on the World Heritage List helps ensure their protection and provides funding for their conservation. The Archaeological Survey of India (ASI) plays a crucial role in maintaining these sites, overseeing restoration projects, and implementing preservation practices.



2.2. Cultural Institutions and Academies

Institutions such as the National Museum, the Indian Council for Cultural Relations (ICCR), and various state-level cultural academies work to preserve and promote Indian art forms, literature, and traditions. The ICCR, for example,

supports cultural exchanges and promotes Indian arts globally, while regional academies focus on preserving local traditions and languages.

2.3. The National Mission on Monuments and Antiquities

Launched by the Ministry of Culture, this mission aims to document and protect India's monumental heritage. It includes efforts to catalog monuments, assess their condition, and develop conservation strategies. The mission also emphasizes public awareness and education regarding heritage preservation.

3. Community-Based Efforts and Grassroots Movements

Beyond formal government initiatives, grassroots movements and community-based efforts play a critical role in preserving cultural heritage. Local communities often spearhead initiatives to maintain traditions and practices that are integral to their identity.

3.1. Traditional Craftsmanship and Art Forms

Crafts and artisanal practices are vital components of India's cultural heritage. Efforts to preserve these include the establishment of craft villages and cooperative societies that support traditional artisans. Programs like the 'Craftsmen's Welfare Scheme' provide financial support and training to

artisans, helping them sustain their crafts in the face of modern challenges.

3.2. Festivals and Rituals

Festivals are a cornerstone of Indian cultural life. Local communities organize and celebrate traditional festivals, often involving elaborate rituals and cultural performances. Organizations such as the Intach (Indian National Trust for Art and Cultural Heritage) work to document and support these festivals, ensuring their continuity.

3.3. Language Preservation

India's linguistic diversity is immense, with hundreds of languages spoken across the country. Efforts to preserve endangered languages include the documentation of linguistic heritage, the promotion of regional languages in education, and the establishment of language academies. The development of educational materials and media in regional languages helps keep them relevant in a globalized world.

4. The Role of Technology in Cultural Preservation

Technology offers new avenues for cultural preservation, making it possible to document, share, and promote cultural heritage more effectively.

4.1. Digital Archives and Virtual Museums

Digital archives and virtual museums provide platforms for the preservation and dissemination of cultural artifacts and knowledge. Projects such as the Digital South Asia Library and the Virtual Museum of the Global Indian contribute to the accessibility of cultural resources. These digital platforms

allow global audiences to explore and appreciate Indian heritage while supporting research and education.

4.2. Social Media and Online Platforms

Social media and online platforms facilitate the sharing of cultural practices and heritage. Platforms like YouTube and Instagram enable cultural practitioners to reach wider audiences, showcasing traditional music, dance, and art forms. Online communities also provide spaces for discussions and collaborations, fostering a global appreciation for Indian culture.

4.3. E-Learning and Educational Resources

E-learning platforms and educational resources promote cultural knowledge and skills. Online courses and webinars focused on Indian history, art, and languages offer accessible learning opportunities for people worldwide. These resources help bridge the gap between traditional knowledge and contemporary learning methods.

5. Challenges and Future Directions

Despite the efforts to preserve Indian culture, several challenges persist. The impact of modernization, the homogenizing effects of globalization, and the erosion of traditional practices pose ongoing threats.

5.1. Balancing Tradition and Modernity

One of the main challenges is balancing the preservation of traditional practices with the demands of modern life. While some communities successfully integrate modern elements

with traditional practices, others struggle to maintain their cultural heritage in the face of rapid change.

5.2. Economic Pressures

Economic pressures often lead to the prioritization of development over heritage preservation. The commercial exploitation of cultural sites and practices can undermine their authenticity and significance. Sustainable development practices that respect and integrate cultural heritage are essential to addressing this issue.

5.3. Global Cultural Homogenization

The spread of global culture can sometimes overshadow local traditions. To counteract this, efforts to promote and celebrate cultural diversity are crucial. Initiatives that highlight the unique aspects of Indian culture and encourage intercultural dialogue can help maintain cultural distinctiveness.

The preservation of Indian cultural heritage in a globalized world involves a complex interplay of government policies, community initiatives, and technological advancements. While globalization presents challenges, it also offers opportunities for cultural exchange and preservation. Through coordinated efforts, India can safeguard its rich cultural legacy while embracing the benefits of global connectivity. The ongoing commitment to preserving traditions, supporting local communities, and leveraging technology will be pivotal in ensuring that India's cultural heritage continues to thrive in the 21st century.

-Dr Sneha Jaison
House Surgeon



BIRTH OF COINS

Coins evoke a nostalgic charm of a simpler era, when every clink in a jar spoke of savings and every dime promised a small treasure in hand. Contrary to the modern world where everything has become digital including our transactions, I for one have always been fascinated by coins since childhood.

The strength and progress of any country is intricately tied to the worth of its currency. Coins, being a rapidly moving capital, influence our world and economy greatly. Apart from this, the study of coins (numismatics) reveal a lot about the history of the country as well. Many great rulers established and operated their own coin factories boasting about their power, legacy, achievements and prosperity. It was also seen as a means to showcase their knowledge about metallurgy and outlook towards the society.

To this date, coins are still used as a tribute or a celebratory gesture. From legendary artists to scientists, from social initiatives to monuments, we have issued coins as a homage or remembrance. Coins directly put the spotlight on history through various directions such as economy, technology, philosophy, religion, politics and arts. Having said that, it can be understood that coins have served as nothing but important documents of any time period. So the question is, how did the idea of using some metal pieces holding such significance arise?

BIRTH OF COINS

The birth of coins dates back to 6th century BC with the introduction of “Aahat” (punch marked coins), which is believed to be the oldest Indian currency. India has a rich heritage of coins spanning over more than 2600 years.

Lets go a few more years back, the early man had no money but the concept of exchange or barter has been prevalent since then. Animals and farm produce like cows, cereals, barley, coconut, tobacco and even sea shells were used as currency. It might interest you that until very recently, black pepper was used as an exchange currency in south India and even today you might find a few rare general stores in rural parts of India where they will happily accept farm produce like cotton, soya bean, etc., instead of money. Well, isn't it safe to say that this was the actual beginning of “cashless India”.

But alas, I wish the world was this simple and I could trade dental materials for fruits in the department. The barter system has its fair share of problems. For eg. If you get 2kgs of wheat for 1 cow, it is quite impossible to buy 1kg of wheat for half a cow. Another problem was that the food products being exchanged were not long lasting and there was obviously no standardization.

The advent of metallurgy made the usage of metal pieces as an exchange medium easier. Soon they started engraving the metal pieces defining their weight, purity and value. Usually the currency varied from kingdom to kingdom and eventually marked the birth of the modern day coin.

Major kingdoms like those of Kashi, Magadha, Kalinga introduced their pioneer currency in 2600 BC. They were irregular and variable in shapes. Such coins have been discovered from Kabul in the north to Coimbatore in the south extending over Bengal's Sunderban with engravings of human shapes, animals, trees and stars.



Reflections



In the 3rd and 4th century BC, the Maurya dynasty popularized the usage of copper coins.

The credit for minting the oldest poured coins goes to Takshashila (Taxilla) on which signs of Buddha, Bodhi tree and Swastika were found

Gold coins were introduced by the Kushanas on which carvings in Sanskrit have been found.

Kingdoms of Ayodhya, Mathura, Kaushambi also issued gold coins with Brahmi Lipi carvings in the 3rd century BC. Amongst these, Gupta dynasty's gold coins exhibited precision, accuracy and variety displaying their prowess. Through the years, India has seen a large number of rulers and dynasties that were often unstable and regional which inevitably led to considerable variation in the coinage. Kshatrapas from modern day Persia ruled in India from 1st to 4th century

BC while the southern part was held by Pandya, Chola and Chera dynasties. As the Maurya dynasty started to decline, Satvahanas rose to power in south and ruled from 225 BC to 225 AD nearly 450 years. They used silver and copper coins.

Later in the 8th century, Badami Chalukya and Kanchi Palaj dynasties ruled in the south until Rashtrakutas defeated them.

In the central India, kingdoms like Gurjar, Pratihhaar, chandela, solanki, Chauhan came to existence.

As the mighty Prithviraj Chauhan was defeated by Mohammed Ghori, India was under Muslim rulers for about 650 years. After Ghori's death in 1206, the power shifted to Qutubuddin Aibak.

The shift to the Delhi Sultanate led to the gradual disappearance of Gods and Goddesses from coins. Mohammad Ghazni promoted coins having Arabic on one side and Sanskrit on the other.

Coins having Ayats of Quran, names of Sultans and Khalifas started enrolling in the market. An infamous coin of this era was known as the "Tanka" popularized by Iltamash. Tughlaq's famous experiment to switch gold coins with copper failed miserably but were appreciated for artistry.

Every ruler, every kingdom in an attempt to leave a mark in the history made their own set of coins which could display their ideologies or legacy for generations to come.

The great Akbar's coins had both Hindu gods and Muslim signs. Jahangir manufactured 12 coins of 12 zodiac signs. He was the one to manufacture a single coin of 12 kg of pure gold. World's largest coin!!



THE WAIT

"Waiting is not mere empty hoping. It has the inner certainty of reaching the goal." ~I Ching
Waiting has a bad rap in modern Western society. We don't like to wait! I really didn't know much about waiting. It was just an excuse not to take action. What I've learned since then is that waiting is one of the most powerful tools we have for creating the life we want. The ego, or mind, is very uncomfortable with waiting. This is the part of you that fairly screams, "Do something! Anything is better than nothing!" And, because we are a very ego-driven society, you'll find plenty of external voices that back up that message.

The mind hates uncertainty, and would rather make a mistake than simply live in a state of "not knowing" while the right course unfolds. There's a term I love that describes this place of uncertainty, liminal. Liminal spaces can be deeply uncomfortable, and most of us tend to rush through them as quickly as possible. If we can slow down instead, the landscape gradually becomes clearer, the way it does when your eyes adjust to a darkened room. There's a proper timing to all things, and it's often not the timing we want. There are things that happen on a subconscious level, in ourselves and in others, that prepare us for the next step. Oddly, when the time to act does come, there's often a sense of inevitability about it, as if it was always meant to be this way. Look back over your life and you'll see this pattern. First, look at the decisions that you forced, how did those turn out? Then look for times when you just "knew" what to do, without even thinking about it. What happened then?

The key is waiting for that deep sense of inner knowing. That doesn't mean you're certain that everything will turn out exactly the way you want it. Or that you don't feel fear, but there is a sense. Just go when the time is right. Let us simply know what to do when the time is right. But to do that we have to unhook from the mind. Thinking is useful up to a point, but we usually take it far beyond the point of usefulness! We go over and over various options, trying to predict the future based solely on our hopes and fears. We think about what we "should" do, based on any number of external measures, common sense, morality, religion, family values, finances, and so on, with the thoughts over the instincts. So, we need to ignore that voice in your head that says you need to make a decision now. Don't rush through life. Linger in the liminal spaces and see what becomes clear as you sit with uncertainty. Learn to trust your gut more than your head. Have faith that the right course will unfold at the perfect time. And then, when the time comes, just do it, as simply and naturally as the birds take flight.

- **Prakruthi .S.M**
1st BDS

Vijaynagar kingdom's iconic golden "Hon" coin gained popularity during the time of Raja Krishnadevaraya. Shivrai and Hon of Maratha Empire. Coins have been a medium of spreading power and culture over their sovereign land and this very attribute was adopted by Chhatrapati Shivaji Maharaj when he founded Swarajya. The above long list of rulers and dynasties like Adilshahi, Nizamshahi, French, British, Portuguese and Mughals had inner disputes and conflicts over land and power which inevitably resulted in the suffering of the common man. Shivaji Maharaj during his coronation not only formed an able governance but also protected the culture and heritage by instituting Sanskrit as the official state language. He implemented a new taxation system which was beneficial to the farmers, respected every religion and issued new coins which have been one of the most successful in the Indian history. These reforms not only accelerated the economic growth but also gave the people of India hope, self confidence and a sense of belonging.

19th century onwards, the British took over the entire nation and again introduced their own coins with symbols of the Royal Family. But as you know, a coin has two sides and the coin flipped again when India got independence in 1947.

Today, the Government of India has the sole authority to mint coins in the country. The Reserve Bank of India (RBI) plays a crucial role in distributing these coins in the market. The coins continue to evolve in terms of design, materials, and denominations.

The history of coinage in India is a testament to the country's rich heritage and economic evolution. From ancient punch-marked coins to modern currency, each coin carries a piece of India's history and culture. Exploring these coins not only provides insights into the past but also helps us appreciate the artistic and cultural diversity that makes India truly unique.

--**Dr. Kshitij Sanjay Deshmukh**
PG Student

MYSURU DASARA

A Royal Tradition with Ancient Roots

Mysuru Dasara's origins can be traced back to the Vijayanagara Empire, but it was under the Wodeyar dynasty that it gained its present grandeur. The Wodeyars, who ruled Mysuru, revived and expanded the festivities in the 17th century. The annual Dasara celebrations, as we know them today, started in 1610 under the reign of Raja Wodeyar I.

The Golden Howdah

One of the highlights of Mysuru Dasara is the majestic procession featuring a golden howdah (palanquin) carrying the idol of Goddess Chamundeshwari. This exquisite howdah, made of gold and weighing 750 kilograms, is carried by decorated elephants. What's lesser known is that the howdah has been a part of the royal tradition for over 400 years, and its design has remained largely unchanged since the time of its creation.

The Hidden Symbolism of the Rituals

Each aspect of the Mysuru Dasara has deep symbolic significance. For instance, the 'Jamboo Savari' or the grand procession is not just a spectacle but also a ritual that represents the victory of Goddess Chamundeshwari over the demon Mahishasura. The elephants, the performers, and the elaborate decorations all narrate this epic tale, blending mythology with tradition.

The Illuminated Palace

The Mysuru Palace, an architectural marvel, is the centerpiece of the Dasara celebrations. Every evening, the palace is illuminated with over 97,000 bulbs, creating a mesmerizing sight. What many don't know is that the lighting ceremony is done manually, and it takes over 10 hours to install and light up all the bulbs, ensuring that the palace dazzles each night of the festival.

Festival of celebrating victory of Truth over Evil

Mysuru Dasara, also known as the "Naada Habba" or the "Royal Festival," is one of India's grandest and most vibrant festivals celebrated with great pomp and grandeur in Mysuru, Karnataka. It marks the victory of good over evil and is a tribute to the goddess Chamundeshwari.

While the spectacle of the procession, the illuminated palace, and the cultural extravaganza are widely known, there are many lesser-known facts and intriguing facets of Mysuru Dasara that add to its mystique and allure.

The Exclusive Dasara Exhibition

Held at the Palace's Banni Mantapa, the Dasara Exhibition is a treasure trove of crafts, art, and cultural artifacts. This exhibition is not just a display but a repository of the region's art and heritage. It showcases traditional silk sarees, handcrafted artifacts, and intricate jewellery, providing a glimpse into the rich craftsmanship of Karnataka. Interestingly, some exhibits include pieces that have been part of the Wodeyar's royal collection, never before displayed to the public.

The Mystical Elephants

The elephants that participate in the Dasara procession are not just any animals. Each elephant has a special story and a unique bond with the mahouts (keepers). The lead elephant, often adorned with the golden howdah, is selected based on its lineage, temperament, and the bond it shares with its mahout. The connection between the elephant and its mahout is a sacred one, often lasting a lifetime.

The Secret Location of the Goddess's Idol

While the golden howdah is the star of the show, the idol of Goddess Chamundeshwari, which is placed in the howdah, is said to have been consecrated in the Chamundi Hills temple. This idol, considered extremely sacred, is believed to have been brought from the ancient temples of Mysuru. The exact details of its origin and the rituals performed for its consecration remain a closely guarded ceremony, passed down through generations of the royal family.

The Hidden Cultural Gems

Beyond the procession and the palace, Mysuru Dasara is a cultural fiesta that includes classical dance performances, traditional music concerts, and the spectacular torchlight parade. The 'Yuva Dasara,' a unique segment of the festival, showcases the talent of the youth of Mysuru, offering them a platform to perform and engage in the cultural festivities.

Mysuru Dasara is not just a festival; it is a living legend, a celebration that brings together history, culture, and mythology in a dazzling

display of color and tradition. While the grandeur of the procession and the illuminated palace are widely celebrated, the lesser-known aspects of Mysuru Dasara reveal a deeper, more intimate connection to the region's heritage. As you immerse yourself in the festivities, you discover that every element of Mysuru Dasara, from the golden howdah to the intricate rituals, adds a layer of mystique to this grand spectacle, making it a truly unforgettable experience.

-Dr. Nagannagari Gokul
House Surgeon



"P.C."-Meghana
4th BDS

To miss her and I do

The drug I couldn't resist,
the pill to my sleep.
Tight warm cuddles,
and soft little caress.
Her lap being my pillow
and the arm serving as a blanket,
sky high of reasons
to miss her and I do.
and now I'm gulping
a glass of red wine,
reminiscing on my woman
for what else could I do?
I do cry out
not to God but to fate,
the same old fate that
snatched her away.
Time never heals,
not before leaving a scar.
But it sure did a loud whisper,
"she ain't coming back".

-Ayush
1st BDS



-Reshmitha
House Surgeon

A Friend Long Lost

In the shadow of memories, our laughter echoes
A friend long lost in the labyrinth of time
Feathered away without a tint of smile
Heartaches linger, a silent chime.

We cried and laughed through the windy nights
Glued together holding tight
A bond once strong, now broken ties
Leaving me aloof in sorrow's blight.

Promises broken like a fragile glass
Bruising the heart that now looks dead
In the heap of lies, all trust will pass
Leaving the bond behind where once trust led

Through the tears I came up as a whole
Forgiveness grew for a friend who left
Broke my heart and scarred my soul
I stand here alone wondering why you left.

-Anitta
House Surgeon



-Srilekha
4th BDS



THE POETIC WORLD

Poetry is a type of literature that can convey a thought, describe a scene, or tell a story. It can be structured, with rhyming lines and meter, or freeform, with no formal structure. Poetry is often written in verse and uses figurative language to give multiple meanings to a word or phrase.

Incorporate diverse voices: Poetry can incorporate a diversity of voices and ways of thinking.

Poetry can ask questions and make us look at things in a different way.

Poetry can offer insight into a culture's history and values.

WE live in the age of grace and the age of futility, the age of speed and the age of dullness. The way we live now is not poetic. We live prose, we breathe prose, and we drink, alas, prose. There is prose that does us no great harm, and that may even, in small doses, prove medicinal, the way snake oil cured everything by curing nothing. But to live continually in the matter of ill-written and ill-spoken prose is to become deaf to what language can do The dirty secret of poetry is that it is loved by some, loathed by many, and

bought by almost no one. (Is this the silent majority? Well, once the "silent majority" meant the dead.) Poetry is not about the language it's all about the inner most feelings, love and the words we put it on. High preference ably poetry is not easy to understand but the one who have gone through it seems to have it in the finger tips

Dear past I load you for you cause me pain but I'm attached to you to give me all the irreplaceable memories

Dear future I'm afraid of you for you betrayed me but I'm hopeful please be kind

Dear present I don't trust you for your temporary but I'm counting on you to stand by me

I asked for strength and god gave me difficulties to make me stronger

I asked for wisdom and he gave me problem to solve

I asked for prosperity and gave me a brain and brawn to work

I asked for courage and god gave me obstacles to overcome

I asked for love and he gave me troubled people to help

I asked for favor and he gave me opportunities

I received nothing I wanted but I received everything I needed the most!!

-Alia Banu

1st BDS

A BRILLIANT ODE TO DIABETES ON WORLD DIABETES DAY.



*"Wounds that don't heal
Nerves that don't feel.
No food I can eat at ease
What a disease I have" -- Diabetes!*

*Specialists call me by another name like Tripathy
As I induce painless or painful nerves, Neuropathy
And also vandalise the vast vascular network, Vasculopathy
Before I damage the camera of the eye, Retinopathy.
It is not due to what you eat, katta or meeta,
But as your lifeboat wrecks on the Islets of Langerhans
Even though you feel secure with the insulin of Best & Banting
Alas! the ultimate cure is still wanting!*

*As all your diet fails, you put on tablet
Your therapist says 'take it' or order your 'stone tablet'
As the needle-less therapy still cannot prevent you becoming lean
You lean on needle therapy with insulin, from which you may not wean.*

*Makes me pee all day & night putting me at stand-at-ease
No more about-turn once I develop hypertensive disease
The 'Nephro' says "No more kidding with your kidney"
Beg, borrow or steal to live on with your kith or kin's kidney".
As the moiety forms the callous cataract
With the society - you fail to interact*



*All the afflictions of the errant eye
If you don't care, may bid a permanent bye!*

*You ask your Queen of hearts for some more tart
"Risk not dear, No more of them" comes the reply so curt.
Even as your ego takes the beating with the hurt
Odd becomes the arrhythmic beating of your heart.*

*As you cannot 'rise to the occasion' and vex
The urge ushers you to the sentinels of specialist in sex!
Waxing and waning of the velocity of your life's Niagara
Calls on you to fall on the pellets of Viagra!*

*When all the faltering organs invite diabetic coma
Your soul plays dilly-dallying within your soma.
Even as you recollect all the deeds of your karma
There comes the 'appointed time' with Yamadharma.*

*Initiated by the ineptitude & apathy, failing to gain sympathy
You wander hither - thither from naturopathy to homeopathy
If all your pathys cannot be allayed even by Allopathy
You become their prey or pray Venkatachalapathy!*



-Amina
2nd BDS

A TALE SO DIVINE

*My beloved, you are mine now
From the night you showed me the stars
Days turned into months and how
In your arms I found my peace and grace*

*Everything about you is magnificent
I find myself enchanted, unable to tame
Those stories about Santorini, still extravagant
Like a dream, you gave a bouquet of solandis*

*When we danced on Christmas eve
You smiled into my soul, a radiant beam
And you made me believe
I was made out of your rib, as they say*

*Your eyes that hide a million secrets
I looked at it and found solace
Might have shed a few tears but
I'm drawn to you, like a moth to a flame*

*And I would never look again for wine
A beautiful dance that should continue
How would I describe this man so divine
Here I stand, by his side, Forever.*

-Ashika
2nd BDS



Discoveries

*I learnt about death when I was five,
When I saw a dead rat with its insides torn out,
And my heart twisted with a childlike empathy.
My mother told me that death is when we rest,
death is when we find peace
but
I have been walking these alleys and grimy streets
in search of a salvation
that is ever eluding,
Death is not the answer I seek.
I learnt about love when I was fifteen,
When the restless search for meaning finally
caused the dam to break and
I wept into my mothers belly,
Perhaps hoping for the safety of the womb, of ever
open arms to hold me.
I discovered, mother - death is not the answer
I seek.
You are.*

-Dr. Riya Tyagi
House Surgeon

Reflections

ETERNAL EMBRACE

*Within the world's embrace,
her kindness brightly beams,
A caring soul,
where love flows like river streams,
She forgets herself,
Her own needs unseen,
Her heart, a vast ocean,
boundlessly serene.*

*She's always transparent and pure
You can confide everything and be sure*

*She becomes the whisper of comfort
At troubled times,
Her advises,
Sharp like the sound of wind chimes,
With each selfless act,
Her spirit grows,
A testament to the love she bestows*

-Charumathy
2nd BDS



Angel on Earth

*A heart full of love and only love,
Her smile, In it the power to ease any pain,
Her eyes, an infinite ocean of calmness.
Her voice heals my deepest wounds,
Always ready to fight off my demons, like her own.
Ohh, what a radiant soul she possess!*

Words fail to define the beauty and strength she holds.

*I yearn for the hug, the one that melts my worries.
She shall traverse heaven and hell for me, that I know.*

Ohh, what a devoted soul she possess!

*She'd hold me tight if I were a broken glass piece,
She'll bleed for me like no other would.
Ohh, what an endearing heart she possess!*

*She's the angel I have on earth,
And I call her my mother.
In the lifetimes yet to come ,let me be blessed,
To carry you not just in my womb but in my heart too,*

just like you did.

-With love a daughter!

-Dr. Sara Sultana
House Surgeon

Ma

*Tempest it is
Yet so calm and composed*

*In Gravest circumstances
Embodies selflessness*

*The cornerstone
Soul of our family*

*A 'second sex' to mankind
Supreme being to me*

*Ma bears the agony of childbirth
Yet Pa claims my surname*

*When asked to take centre stage
You merge into the background*

*Silent Spectator to my tantrums
Pillow for my tears*

*Biggest critic
Massive cheerleader*

*A vivid evocation of love
The constant in my life.*

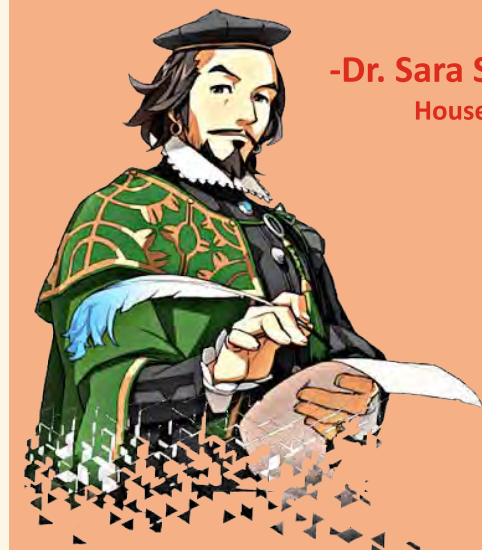
-Dr. Suji Joseph
House Surgeon



A SONNET OF A PERSON

*If you were a poem, I'd say you are a sonnet,
Written centuries ago, by the Bard himself,
Every syllable with stars dusted on it,
And every word an allegory in itself.
What secrets seal those lips so sultry?
What worlds hide behind those glassy eyes?
What dismal thoughts make you cry?
What fears turn your blood to ice?
A melancholic breath escapes your soul,
And seeks refuge in a hidden paradise,
On a ring of Saturn or a peak in Seoul,
Your ethereal tunes I recognise.
You could be this sonnet, down to the bone,
Sans iambic parameters, a wistful tone.*

-Dr. Sara Sultana
House Surgeon



Our Territory- Environment

*In the heart of the earth's embrace,
Where rivers flow with gentle grace,
There lies a promise, pure and true,
To safeguard the world we cherish too.*

*Mountains stand as ancient guards,
Their peaks reaching for the stars,
Whispering secrets of ages past,
How long their beauty will forever last.*

*Forests breathe with every sigh,
Their canopy reaching high,
A sanctuary for life's refrain,
Where harmony and balance reign.*

*Oceans vast, with depths unknown,
Hold mysteries yet to be shown,
Their waves a rhythm, steady and strong,
A timeless chorus, where we belong.*

*But heed the call, O human kind,
For our actions leave scars behind,
Let us be guardians, wise and bold,
To protect each treasure, every fold.*

*For the air we breathe, the water we drink,
The creatures roaming wild and free,
Are gifts bestowed, beyond all measure,
To cherish, nurture, and forever treasure.*

*So let us unite, hand in hand,
Across oceans, mountains, and land,
In a symphony of care and light,
To ensure our planet's future bright.*

*For in our hands, the power lies,
To ensure that hope never dies,
To weave a tapestry, strong and fair,
Of a world that all can gladly share.*

*Protect, preserve, and always tend,
For the Earth, our beloved friend,
Let this be our solemn vow,
To protect our home, here and now.*

-Dr Sujatha BK

Alumni, Professor and Head
Department of Public Health Dentistry

MY DARLING, MY ENTREATY

*Standing for two hours, helping me
I was content.
Then suddenly I got to know, you are bad
are you, really!!*

*Bad as a wolf, cunning as a fox
You know one thing, I prayed
That too for you, my first stranger!!*

*With me, everything was different
You were placid, sweet, calm
I know, all have two sides to a coin
But now for you, it's like an eclipse
For them it's fully dark, but for me
it's fully bright.*

*It hurts to know that many had you
Before me, yet this bewitching ache
I have for you, it's not leaving me
Am I going to be one of the many? It is, isn't it.*

*I may not be your red thread of fate,
"But darling, thy quiddity, thy core
Will distort to the purest, by my entreaty to God".*

-Fiza Jihan

4th BDS

Cuspids

*In the land of molars and gums so bright,
I wield my tools, a dental knight.
With a mirror and probe, I take a peek,
At cavities playing hide and seek.*

*Oh, the joy of the drill's sweet sound,
As patients squirm and twist around.
"Open wide," I say with glee,
In my chair, no one's truly free.*

*Floss and brush, I preach all day,
In the dental world, I have the final say.
But amidst the groans and moans, I cheer;
For healthy smiles are why I'm here!*



-Dr Gokul N
House Surgeon

WHO AM I?

*The night asks me who am I?
I am his anxious deep black secret,
I am his mysterious silence,
I disguised my being with stillness,
And wrapped my heart with doubts,
And stayed bewildering here,
Looking ahead while the centuries ask me,
Who am I?*

*And the self asks, who am I?
Puzzled like her, I stare blindly.
Nothing gives me peace!
I keep questioning while the answer,
will remain hidden by a mirage,
I keep thinking it is closer,
But when I reach to it ,it has melted, faded and
disappeared*

-Mizba
1st BDS

Nature's buzz

*Warm wind touches the forehead ,
Swiftly passing it's warmth.
Way far I feel your presence,
Gently embracing me.*

*Evening rays of sun, Soothing the mind
Eventually surrounded by the darkness.
Chirping birds embraces their nest
Changing whether comforts the mind.*

*Drizzling raindrops kisses the head
Driving the dismay distant...
Humming birds soothe the ears
Hoping the next day to be far brighter.*

*Fading moonlight falling on my face,
Making a smile marks my day
Freezing cold gently falling on me,
Making my lips cold enough.*

*Rushing water touches the valley,
Greeting the trees passes the alley.
Eventually marking a smile,
Ecstatic and joyous fills around!*



-Aishwarya
3rd BDS

DESTINY'S CHILD

A little boy never facing the harsh world, thought the first page of life to be his last

Growing all his life living in the shadows thinking to appear bright

Trusting his true instincts to guide through his way

Little did he know about the red circle of life nor that pig's never fly

Maybe one day he'll wake up and this will all just be a dream

It's just something we have no control over and that's what destiny is .

-Anujith
House Surgeon

MY YOUNGER SISTER

The world revolves around me was the thought I had

But the screenplay changed with the entry of a wicked little being

From the hero I became the side character that's what I thought...

But who knew that I will find my Joey

This little girl became the reason for my smile ...

With years passing we fought and played

And yet my sister is my go to place .

-Sagarika Amla
4th BDS



SIZZLING

*Amongst ,the crowd
He stood, with a hot cup of coffee,
Like a magic, I arrived in midst
For ,the most addicting drink
And my favourite crush of all time..*

*Drinking a cup of coffee,
We stood a bit far from each other
In between so many people,
And no one understood
Our deep conversation,
Eyes were having..*

*Our souls were in fire
Without any words
And we knew
This is intangible
And something that
Words would be not enough
To express our adoration ,
for each other.. !!!!*

-Srilakshmi
Alumni

Reflections

TRUST

*I just keep trusting my Lord
As I walk along
I just keep trusting my Lord
And he gives me a song*

*Though storm clouds darken the sky
Over the heavenly train
I just keep trusting my Lord
He will never fail
He is a faithful friend
Such a faithful friend
I can count on him
To the very end*



Power of Smile

*A smile remains the
most inexpensive
gift i can bestow on
anyone and yet its
powers can
vanquish kingdoms*

- Suhas
2nd BDS



Travelling

Travelling is exciting, different people have different reasons for travelling. Travelling is an experience that cannot be taught overnight, but should be experienced.....

Travelling should be an essential part in people's life, as it makes us come across many new things which we would have never known. We get to learn new languages, experience different cultures, acquire new skills. It also gives us an opportunity to try different kinds of foods. When we travel, we get to make new friends thus improving our social skills. When we travel, we learn to appreciate the beauty of nature. It also helps us in understanding different types of people around the globe. Now with the advancement in technology, travelling has been made much easier. No person should miss the opportunity to travel as it gives us unforgettable memories and experiences. At least once in their lifetime. Last but not the least, safety must also be given its preference while travelling.

-Varun
2nd BDS



EXPERIENCE REPORT: Student Mobility Programme at AIMST University Faculty of Dentistry



The Student Mobility Programme at AIMST University Faculty of Dentistry, Kedah, Malaysia, provided an enriching experience for Interns of JSS Dental College and Hospital, Mysuru. The programme aimed to foster the exchange of ideas, culture, and knowledge between the institutions, enhancing the vibrancy and objectives of JSSDCH.

Under the leadership of Prof. Bhojraj Nandalal from the Department of Preventive and Pediatric Dentistry, the initiative was carefully planned and executed. The programme began with a comprehensive campus tour led by Dr. Jeevan from the Faculty of Oral Pathology and Microbiology, showcasing the state-of-the-art facilities and diverse campus life at AIMST University.

We participated in various hands-on workshops and clinical observations, including a suturing workshop by Dr. Sathish from Oral and Maxillofacial Surgery and a session on rotary endodontics. We observed polyclinic operations, including root canal treatments and the

preparation of cast partial dentures, and received briefings on CBCT technology and its applications.

Further learning included practical sessions on maxillofacial prosthetics, tobacco cessation techniques, and pediatric clinical observation led by Dr. Nabneeta. The programme also included sessions on root planning procedures and periodontal care. We had the opportunity to experience the IOTN (Index on Orthodontic Treatment Need) and were involved in workshops on ICDAS calibration and early oral cancer detection.

The cultural aspect of the programme was highlighted through a city tour to Sungai Petani and Penang, as well as a visit to the beautiful Langkawi island, offering breathtaking experiences beyond the academic environment.

The final days included completing prosthetic projects, participating in interactive sessions, and reflecting on the programme's impact. The experience concluded with a certificate distribution ceremony, celebrated with a high tea and a feedback session to improve future iterations of the programme. The mobility programme not only enhanced our clinical skills but also fostered lasting memories and international connections.

-Krithi
House Surgeon



THE SCIENCE OF GRATITUDE

Gratitude is more than just a nice feeling, it's backed by science and can have a big impact on our lives.

Gratitude isn't just about saying "Thank You." It's a powerful practice that can make anyone happier and healthier.

Gratitude means appreciating the good things in your life. It's about recognizing and being thankful for the people, experiences, and things that bring you joy and comfort.

When you feel grateful, your brain releases chemicals like dopamine and serotonin, which make you feel good. This helps improve your mood and overall sense of well-being.

Benefits of Gratitude

1. **Improves Mental Health:** Regularly practicing gratitude can reduce feelings of anxiety and depression, helping us focus on the positive rather than the negative.
2. **Increases Happiness:** People who make a habit of being thankful often report feeling more joyful and satisfied with their lives.
3. **Reduces Stress:** By focusing on positive aspects of life, gratitude helps us manage stress better and feel more resilient.

Gratitude isn't just good for us; it also benefits our relationships. When we express thanks to others, it can lead to stronger, more supportive connections.

For example:

1. **Better Relationships:** Couples and friends who regularly show appreciation for each other are often more satisfied and close.

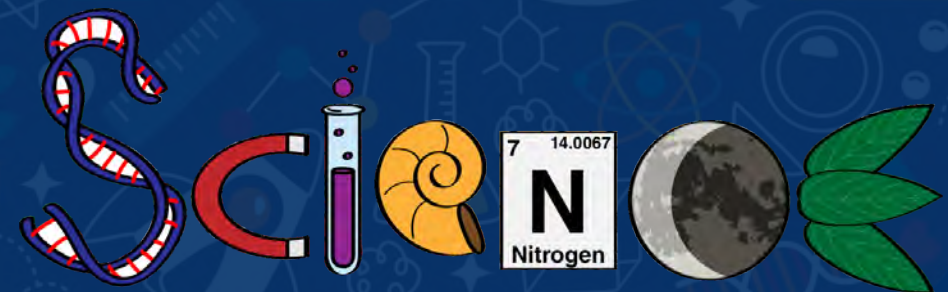
2. **More Kindness:** Grateful people are more likely to be kind and supportive, which helps build a sense of community and trust.

How to Practice Gratitude

1. **Keep a Gratitude Journal:** Write down things you're thankful for each day to remind yourself of the positives in your life.
2. **Reflect Daily:** Spend a few moments each day thinking about what went well or what you appreciate.
3. **Say Thank You:** Don't just think about it—tell people you appreciate them, whether it's in person, by note, or text.
4. **Use Mindfulness:** Combine gratitude with mindfulness or meditation to make it a natural part of your daily routine.

Gratitude is a simple yet powerful tool that can improve your mental health, boost your happiness, and strengthen your relationships. By making a habit of appreciating the good things in life, you can enhance your overall well-being and lead a more fulfilling life.

-Zunaira azeema
1st BDS



Is Choosing Periodontology For An MDS Degree A Wise Decision?



After becoming a Periodontist, I found myself pondering:

How do I gently persuade patients that their gums need more than just a basic clean-up?

Are they aware their gums are receding?

How will they react when I break the news that a scalpel might be involved?

Can I effectively save a tooth in distress?

How I will make them understand about grafting?

Who should I hand my CV?

Should I dive into a career as an academician or a clinician?

Why should other clinicians consider me the go-to gum guru in their own practice?

Is it possible to run a clinic focusing solely on periodontal practice?

How much should I charge for a full-blown periodontal therapy?

Hi! I am Dr. Snigdha Maity, a proud periodontist, ex-JSS'ian, and specialty clinical practitioner in Calcutta. Here's my take on these questions, based on my own journey. Post-BDS, I spent some time working and nearly crossed MDS off

my list. But in my well-educated, middle-class family, a master's degree isn't just an option—it's practically a must-have. With just three months of intense preparation, my goal was to secure a clinical subject without overthinking the future. Thanks to my COMED-K ranking, I landed in the Department of Periodontology at JSS Dental College & Hospital.

During college, working on patients felt like a breeze. Patients were referred to us directly for Phase I therapy, underscoring the importance of a healthy periodontium for successful treatment outcomes. This made me wonder why—until I realized the simple truth: if the periodontium isn't healthy, any other treatment is bound to fail. That realization was a game-changer for me. With the support of guides and seniors, we could experiment without fear, as most patients trusted our care. By the end of my MDS, I felt I was prepared for any periodontal surgeries if thrown in my way. But, alas, implantology was left out of the curriculum—still not sure why.

Now, let's shift gears to the reality of real-world practice. After returning home, my focus was on proving myself to my parents and quickly paying back their investment in me. Like many MDS graduates, I aspired to become a recognized specialist. So, the journey began with distributing my CVs to dental colleges and private clinics. However, convincing doctors to give me a chance as a consultant proved difficult. One dental surgeon even questioned the necessity of additional procedures beyond scaling. He wasn't wrong—scaling is the cornerstone of perio, as we all know. But that moment made me realize how underappreciated periodontology is here. If I want to make a name for myself, it's going to be an uphill battle, one that might never end. For those like me who prefer things to be ready-to-serve, perio might not be the easiest cup of tea. Anyway, that doctor didn't call me for any patients. Few of my mentors even advised me to keep my skills sharp with RCTs and extractions. I've been teased by my BDS colleagues with lines like, "We'll call you for scaling," which used to sting but now feels routine.

Despite the challenges, I eventually secured a full-time consultant position at a corporate dental office. This opportunity rekindled my belief in the value of periodontology. My first referral, a crown lengthening case, was a success, boosting my confidence. The referral doctor was very much pleased with the results. That was the moment I knew there was no turning back. I started educating patients about the importance of subgingival scaling and root planning. I would hand them a mirror, showing inflamed, bleeding gums, and sometimes even explaining what pockets were. While not everyone was on board, at least 1 out of

Reflections

10 patients agreed to root planing or curettage. The rest? “Just the scaling, please.”

I've noticed that patients today are knowledgeable about various dental treatments. They even know that kids should see a pedodontist and can differentiate between an MDS and a BDS. Thanks, Google! Most of them do their homework before visiting a dentist. But how come they don't know about a whole specialty dedicated to gums and bones. They frequently express concerns about scaling damaging their enamel or causing their teeth to shake. My favourite feedback: "I was perfectly fine before scaling; my teeth only went bad after that." Just imagine!

Life becomes a lot smoother after collaborating with other specialities. Endodontists often refer patients for perio treatment to ensure the success of their work. Or, it's an easy way out for them to pin the blame on perio if the tooth doesn't make it. From resolving a draining sinus to performing hemisections I get to introduce my patients to the world of surgical periodontal therapy. It's a chance to teach them about bone grafts, their functions, and how they work. Prosthodontists, on the other hand, want proper gingiva before fitting a bridge or need an esthetic crown lengthening—another win for me! This is my moment to shine and show them what a periodontist can do. When the referring doctor is happy, you know more work is coming your way.

But with perio, you can't expect a steady stream of patients. One month might be a windfall, while the next could be bone dry. When it comes to earnings, perio tends to lag behind other clinical specialties, despite involving costly and technique-sensitive procedures. A high-quality xenograft alone can set you back around three thousand and synthetic materials has gone beyond everything. You'll also need a membrane, sometimes growth factors, resorbable sutures, and precise microsurgical instruments. While I sometimes lower costs for non-surgical procedures, I try to balance affordability with the need to cover material costs for surgeries. I definitely don't want to lose patients. I believe that one happy patient will lead to another.

One area where our dental curriculum falls short is in preparing us for clinical practice which should be a key subject in our degrees. In practice, strict textbook protocols often need to be adjusted to enhance clinical effectiveness. For example, while textbooks recommend waiting between supragingival scaling, root planing, and flap surgery, I've found that patients are more likely to comply when these steps are combined. Nobody loves to wait, especially when they walked in with just a sensitivity issue, completely unaware of a 10mm deep pocket. I might be bending the rules, but it works. I know this goes against what Carranza recommends, but I can't exactly tell a patient they have to wait a couple

of months because Carranza said so. They'll just nod and head to the nearest dentist who'll do a quick round of scaling and the patient leaves happy.

But the most heartbreaking part of my journey is that, in five years of practice, I haven't handled a single gingival recession case, despite choosing this as my research project, obsessed with perfecting the skill of harvesting connective tissue grafts. I've tried to communicate the importance of these procedures, but patients often hesitate, especially when they hear about how the autogenous graft is harvested. Sure, AlloDerm is available, but then there's the cost issue again. To console myself, I share this story with my PG batchmates, only to hear the same frustrating tale from them. Human nature, right? If I'm not doing it, she will also not?

We're humble enough to say that money isn't a priority—when, let's be honest, it often is. And who wouldn't prefer earning more by doing less? I've come to think that implantology is the ticket to making a solid income in a short amount of time. We're in an era where patients want quick fixes, and implants offer just that—a seamless blend of periodontal and prosthodontic rehabilitation. This is where our skills with hard and soft tissue come into play. If I can't master the pink zone, how can I expect to perfect the white aesthetic part? In the next 10-15 years, implants will likely dominate dentistry, much like how root canals have become a daily routine. So, was choosing periodontology a wise move? Absolutely. It took me a while to realize this—but better late than never. Now's the time to step out of the comfort zone and dive into the vast ocean of periodontology.

While periodontology isn't always financially rewarding, I'm passionate about clinical practice and remain hopeful for opportunities in academia. I genuinely enjoy teaching, but fate doesn't seem to be on my side. I believe that academicians tend to stay more updated with the latest global research compared to clinicians. Nonetheless, the respect that clinical practitioners command is deeply rewarding, especially when referrals come from outside my immediate network. It's equally gratifying when a colleague expresses unwavering trust and admiration for my work. Success isn't achieved overnight; it requires time and patience. Running a clinic focused solely on periodontal practice is challenging, but not impossible. To keep patients engaged, it's essential to have a broad knowledge base. When juniors ask if they should choose perio for their MDS, I encourage them if they're ready for the struggle. For me, it's about seizing opportunities and overcoming fears.

-Snigdha Maity
Alumni

MENTAL HEALTH AND WELL-BEING IN DENTISTRY



Mental health: A state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn and work well and contribute to their community. It is an integral component of health and well-being that underpins individual and collective abilities to make decisions, build relationships and shape the world we live in.

Determinants of mental health: Throughout life, multiple individual, social and structural determinants may combine to

protect or undermine one's mental health. Individual psychological and biological factors such as emotional skills, substance used and genetics can make one more vulnerable to mental health problems. Exposure to unfavourable social, economic, geopolitical and environmental circumstances can also increase the risk of experiencing mental health conditions.

Several aspects of dentistry mean that oral health professionals (OHPs) are exposed to anxiety, worry, and stress, which can result in serious mental health issues and an increase in addictive behaviours. These situations can affect the quality of care provided, impacting negatively patients' well-being.

Studies have shown that up to 87% of dental practitioners suffer symptoms of burnout in the United Kingdom and according to a study published in 2020, 32% of physicians and dentists working mainly in middle-income countries experienced professional burnout. Several aspects of dentistry mean that oral health professionals (OHPs) are

exposed to anxiety, worry, and stress, which can result in serious mental health issues and an increase in addictive behaviours. These situations can affect the quality of care provided, negatively impacting patients' wellbeing.

Burnout: A syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions:

- Feelings of energy depletion and/or exhaustion;
- Increased mental distance from one's job, or feelings of negativism or cynicism related to life activities; and
- Reduction of personal and professional efficacy.

Burnout refers specifically to phenomena in the occupational context.

Mental health is an important aspect of the overall well-being of oral health professionals and dental students. Oral health professionals also have an ethical and legal obligation to be fit to practise that includes mental health.

Protecting the mental health of oral health professionals and dental students in a preventive approach in the workplace context should be of high importance for all involved. Support and well-being services should be easily accessible and affordable.

FDI emphasizes the importance of good mental health for oral health professionals and dental students. Only this way oral health professionals are able to serve the community and provide good oral health care to those in need. The stigma of mental illnesses should be ended and it should also be normalized to talk about in a workplace context.

FDI encourages National Dental Associations, in cooperation with other relevant stakeholders, to:

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- raise awareness constantly and recurrently on the importance of mental health of oral health professionals and dental students;
- create support resources and make help easily available for oral health professionals and students struggling with mental health (through virtual counselling, helplines, well-being support, community forums);
- have a proactive approach to enabling a discussion about mental health with the dental team through various platforms (online, social media, print media);
- offer recurrent training, seminars, dental congresses and webinars for all members of the dental team on mental health, to care for their own mental health and to know how to help colleagues in need.

FDI encourages dental educational institutions to:

- create support resources (e.g., online counselling, helplines) for dental students struggling with mental health, and make these easily accessible and anonymous;
- provide students with the required knowledge and skills for protecting their mental health during their studies and in their future working environment.

FDI encourages research institutions to advance research on burnout syndrome and mental health in connection with working as an oral health professional.

-Lamiya Huda
1st BDS

A Little Reminder!

Hey beautiful human! This is to remind you of the amazing being you are. The struggles you pulled through were not easy and yet, you made it here with such strength and courage.

Let me remind you the breakdowns you have had, the pain you have endured, the obstacles you overcame and the million things you have gone through that got you to where you are now.

Remember the pain, for it only makes you stronger. You have been through much more and yet had it in you to come out in flying colours. Isn't that what a part of life is about? Dodging the obstacles, breaking through hard places in life and using those as your fuel to move forward.

We have all been at a point where we would just rather give it up.

But then what?

Maybe we don't need all the answers now. But always remind yourself that you have gone through all this yourself. Of course, you had your loved ones to back you up when you felt weak and they are going to be there but it was you who ran the race till here.

We value certain things in life much more than it actually should and that's okay. With time, we will learn their actual worth. We keep learning, we keep changing.

Everybody is running their own race; no race is the same. We are fools if we think it is. So let us help the needy on our way. We might run along the same path for a period but there is always an inevitable turn. You can't pause, you can't rewind, you've got to pull yourself and run.

You might want to run back to the happy memories but there's much more waiting for you. In the long run, let us hope we meet those happy memories of our past and keep moving forward.

There is beauty in every little imperfection, like me and you.

Trust yourself. Learn, grow, evolve.

- Dr. Dimna Yeldho
House Surgeon

WOMEN SAFETY



-Tabassum
3rd BDS

Protecting women has become a critical problem. Today it is impossible to guarantee women's safety since reports of molestation, domestic violence, child marriage, acid burning and rape are constantly flooding social in media and newspapers. According to Health and Human Rights journal, regardless of many years of advocacy and involvement of many feminist activist organizations, the issue of violence against women still remains one of the most

pervasive forms of human rights violation worldwide. The violence against women can occur in both public and private sphere of life at any of their life span, Violence against women often keeps women from wholly contributing to social, economic and political development of their communities. The latest data from National Crime Record Bureau (NCRB) reveals that the number of reported crimes against women in India increased by over 30% between 2014 and 2022. This increase could be due to a number of factors, including an increase in actual crimes, an improvement in reporting mechanisms, and a growing willingness of women to speak out about their experiences of violence.

The roots of this persistent problem lie deep within India's complex social problem where patriarchal norms, economics disparities and cultural practices often intersect to perpetuate gender based violence. While urban areas have been increased reporting and awareness, rural regions still deal with underreporting due to social stigma and lack of access to support system.

The government has brought legislations and amended time to time for women safety to reduce horrific crimes against women. Are these laws are enough to deal with increasing crimes? Indian judicial system takes a long time to deliver justice. The court's judges are not to blame. The procedure outlined by law for fair trials and volume of court cases is at fault. It causes a delay in justice and slows down the lawsuit decision making progress. Therefore, First and foremost, the government must enact strict regulations that guarantee swift punishment for offenders. So that the victim receives justice right way, fast-track courts must be established. Addressing this complex problem requires not only enforcing existing laws more effectively but also adopting a multifaceted approach that includes community engagement, enhanced support system and comprehensive analysis to create a safer and more equitable environment for women.

Women were caged in the houses previously, but urbanisation forces them to break the obstacles and show their talent to the world at par with men. Women showed their talent in every sector from taxi driver to CEO of multinational corporate companies. Kalpana Chawala, the first Indian woman astronaut stepping to the moon, became a role model for not only women around the world but also all other men who desires to be astronauts.

Ensuring women's safety is not a task for women alone, it is a collective responsibility. It requires a comprehensive approach involving government, communities and individuals. When women are safe, they can contribute their talent and skills to the society, driving progress and development. In conclusion, the day when a woman can walk freely on the roads at nights, we can say that India has created a truly safe environment for its women.

-Diya Paul
3rd BDS

40 THE NEW 20

Once I turned 40, as the saying goes “40s is the new 20s”, life really started anew for me. I went on a trek to Kilimanjaro and started my endurance journey with a humble 5km run after I turned 40 years. One lead to another and there was no looking back at all. Reached the pinnacle of running by qualifying for the most coveted marathon in the world, the MECCA of all marathons, “BOSTON MARATHON”. Went on to learn swimming at 45 years and graduated from doggy paddle to open water swimmer. Did quite a few triathlon events, joining the tribe of IRONMAN triathletes after I successfully completed the world’s most challenging one day triathlon event – the Ironman triathlon on Dec 1st, 2019 at Busselton, Australia and became the top ranked Indian female Ironman triathlete for the year 2019.

With an experience of 10 years in endurance sports, I was fit and ticking off bucket lists. I met a runner friend, Sharath Adanur, working at Tata Steel, Jamshedpur. He introduced me to the TSAF team and I did few treks with them. I enjoyed their company and also met and heard stories of people summiting Everest. This ignited a spark in me to take up this challenge. Yes, without any mountaineering background, I dreamed of summiting the Everest 3 years ago (2021). I needed to get “Mountain Fit”, from being just “Fit”. So was working on it by doing few treks and taking technical training at TSAF in Jamshedpur. At this time, I had qualified (3rd time) and registered for Boston marathon, got my visa too and was

training hard to go and actually run the marathon at Boston in April 2023. Suddenly I woke one day in late February 2023 at the peak of my training with severe shooting back pain, could not get out of bed. Luckily, my husband, an orthopaedic surgeon was by my side, put me on some medications and then it was a nightmare, hospital visit, radiographs & MRI revealed a huge disc bulge between L5 & S1. I was advised complete bed rest, medications, physio and what not. Imagine my mental state, from being a person who lives on the edge to being bed ridden. I did everything possible to get better with the hope that I could still travel and run the Boston marathon without any training in the last month. The month of march was one of the worst phases of my life, with uncertainty lurking on my trip to Boston. Finally, I took a call in the last week of march to not go ahead as even though my condition had improved to lead a normal life, I could not run at all. So, it was bye bye for Boston yet again, earlier two times because of covid and no visa.

With this set back, all I could do was swim and walk, absolute no no for impact sport, specially running. I restarted picking myself up, with swim & walks and strengthening my back. By Aug 2023 I was good, so when TSAF organised Kang Yatze 1, I signed up. It would be a testing ground for me to chalk out the future plans. My back held on well, but sadly after the base camp, I don't know why, I just gave up mentally and did not go ahead for the summit push, (so very unlike me). But this had a great impact for me and was a huge learning to stay mentally strong.



Dec of 2023, I decided to go ahead on a winter trek in Nepal along with Phurba sherpa, who would be my sherpa for the Everest summit. He wanted to assess my fitness and I to get to know him. After that refreshing trek, thanks to Chetna Sahoo for mediating the whole trek, and sherpa's nod to take me on, I finally made up my mind to sign up for the Everest summit in April 2024. The next three months, Jan-March 2024, I trained really hard at Mysore alongside managing my work and home and researching about Everest and the things needed, getting to know the do's and don'ts and so on. This would not have been possible without Chetna's support who hand held me through the whole journey.

Even though my family knew about my target and my stubbornness in doing things, deep down they were hoping that I would not sign up, hoping that I would back away, only because of the dangers associated with this dream of mine. Initially there was strong opposition from my children, but they gave in finally. Once I signed up, the whole family was extremely supportive. We decided to not go for any sponsors for this expedition, but use the money that I had saved up for a rainy day. I kept a very low profile about my dream, only a selected few friends and family knew about it. I did not want unnecessary attention, and I believe that action should speak and not the words. Also, the fear of such a huge challenge was always gnawing at me, which I could not discuss with anyone, for they all already thought that a totally amateur me in mountains was crazy in trying to attempt something like this. Without any mountain climbing background, reaching only a 6100m peak in my training, just recovering from a bad back, I am amazed at my own guts. I believed in myself 100% and in my sherpa 110%. Once he approved of me and said I could, I decided to go ahead. If not for my sherpa this would never have started, forget finishing it.

The Everest expedition happened and I am truly a blessed soul, for Sagarmatha actually allowed me to reach the summit without any major issues. The celebrations after and the love that I am still receiving here at my homeland is incredible, am grateful for being blessed.

Being a woman and that too a senior citizen life throws its own challenges. But I believe that nothing is impossible, set goals, have a strong

action plan to reach your goal step by step, do not let negativity pull you down, rather use it to push yourself stronger. Love the process, be kind and humble, embrace set-backs graciously, learn to delegate time efficiently and have a work life balance. Do not let any achievement get to your head, rather start setting a new target once you have reached the set goal and thus keep ascending higher and higher in life. Time to start something was a long time ago, but if you did not, never too late, start today. Age is only how old you feel, I started my endurance journey at 40, became an Ironman at 48.5 years and summited Everest at 52.10 years, all by learning new skills like swimming at 45 years and mountain climbing at 50 years. Understand your body and work accordingly, rather than simply having a herd mentality. Learn to also chill and rest amongst the hard workouts, give time for your family & friends.

Psst..... if the woman of the house takes the lead in a balanced life and engages her children in the same, it percolates to the family members too.

Life is beautiful, enjoy it guys. Life really begins at 40, till then you are just doing research!!!!!! And now at 53 years I feel like a sweet 16-year-old.

- Dr Usha Hegde
Faculty



Scaling And Carpal-Tunnel Syndrome: an overview of occupational hazards in dentistry



While being one of the most promising careers within the medical industry, dentistry is a highly specialized field that involves evaluating, diagnosing and treating diseases, disorders or conditions of the oral cavity. Dentistry in popular culture itself showcases as lucrative field with high earning potential. While thousands of students join year, much is unknown about the hazards. While every field has its own risks, the ones associated with dentistry are sometimes disregarded and simply tolerated even among current practitioners.

Some of these hazards include:

- **Infectious hazards:**

Needles and other sharp objects, spatter, and aerosols can transmit viral infections such as life-threatening infections such as acquired immunodeficiency syndrome and hepatitis-B.

Dentists have had one of the highest occupational risks of exposure to COVID-19. SARS-CoV-2, which causes COVID-19, remains stable in aerosols for several hours.

- **Allergic reactions:**

Gloves containing latex are the main causes of the allergic skin irritation, but dental materials, lubricating oils, solvents, and X-ray processing chemicals can also lead to an allergic skin reaction.

Sodium hypochlorite is a commonly used irrigant in endodontic therapy. Case reports suggest risks to dental professionals of chemical burns as a result of sodium hypochlorite exposure.

- **Psychological hazards:**

Stress is the leading psychological condition that occurs in the dental profession.

Recent studies show that dentists are at higher risk of stress-related incidents such as suicide, cardiovascular disease and mental health issues. Potential reasons include work confinement, working with anxious patients, time pressures, complex treatment and personality traits within dentists themselves (the need for perfection, attention to detail, high expectations of themselves and others).

- **Physical hazards:**

The problems arise from the nature of the job: focusing on fine procedures which require a close visual field and sustained posture for long periods of time.

In addition to lower back straining, you may also experience musculoskeletal complications. These include rotator cuff strains/tears, stiffness in your fingers, elbow pain, and even carpal tunnel syndrome. Straining causes your eyes to become worn out faster than usual, resulting in focusing issues. You may also have additional sensitivity to glare in different environments.

Musculoskeletal disorders were found to be more prevalent amongst dental surgeons than among surgeons or physicians, and 60% of dentists reported symptoms in more than one site.

- **Hearing loss:**

Noise is always present during the work of dental staff. The sources of

dental sounds inducing hearing loss are high-speed turbine handpieces, low-speed handpieces, high-velocity suction, ultrasonic instruments and cleaners, vibrators and other mixing devices, and model trimmers.

- **Anesthetic gases in the dental office:**

Long-term exposures to nitrous oxide may lead to adverse effects on human health such as infertility, neurologic and blood disorders.

- **Ionizing radiation:**

Taking X-rays in the dental office predispose dentists to effects of ionizing radiation

- **Non-ionizing radiation:**

This has recently become a concern since the use of composites and other resins, next to the use of lasers in dentistry procedures, which has added another potential hazard to eye and other tissues that may be directly exposed.

Most hazards have precautionary measures. For instance: Being mindful and incorporating ergonomic strategies into daily practice assures high productivity & avoidance of illness & injuries.

Regular testing of X-ray equipment is required to avoid increased or accidental radiation exposure to staff or patients.

There exists a need for prevention and appropriate ear-protective devices to mitigate the implications of noise induced hearing loss in the dental workplace. Noise canceling headphones that excludes environmental noise, but allows the passage of the human voice, should be considered for the dental environment.

A balanced physical and psychological health will enable the dentist for a longer, healthier careers, safer workplaces & prevent avoidable health issues.

-Dr. Arundati
House Surgeon



Reflections

CASSETTE

I am often reminded of the cassettes we used to listen to long back from now. We had one cassette for each movie. I used to listen to those when I was younger, with my parents. I recognized few of our cassettes. Some of them were transparent which were of different movies and one of them was opaque and white. That made it stand out.

We went on long journeys, the sun would set in the meantime and the music would play along. Those were retro songs of mid 1970's. I never took much interest in those songs, I always listened to them because my parents did. The roads would be jammed with huge trucks and other cars. Sometimes it would drizzle and sometimes even a downpour would drench the cars within seconds. The windshield wipers moved to and fro vigorously to keep the water out from the screen, splashing it on the sides. The warm luminance from the other headlights shone through the wet windshield. Crystal like water droplets on the windows gracefully moved upwards as if defying the force of gravity. While the roads would be wedged solid with the gridlock, I'd be busy staring at the psychedelic display of colours and symbols painted on some stagnant truck. The fact, that the message "Blow Horn" was written on the back of the truck amazed me a lot for no reason.

Most often the cassette tape would get stuck and the song won't play any longer. In these situations I saw my parents tuck a finger through the reel hole and give it a twist. I could even see a bit of the reel coming out from the top of it. It was slender and black, much in resemblance to the camera's negative. After doing that for some time more, the cassette would work just fine. I'd be glad, and the song would play once again.

-Dr. Shivangi Baruah Pegu
House Surgeon

Emotional Intelligence: Harnessing the Power of Emotions for a fulfilling life.

"You never really understand a person until you consider things from his point of view - until you climb into his skin and walk around it."

To kill a mockingbird
Harper Lee

Emotional intelligence (EQ) is an essential skill that plays a significant role in shaping our personal and professional lives. Unlike IQ, which measures cognitive abilities, EQ is about understanding, managing, and utilizing emotions—both our own and those of others. As the modern world increasingly values collaboration, empathy, and adaptability, emotional intelligence has emerged as a critical factor in building successful relationships, maintaining mental well-being, and achieving overall success. This article explores the key components of emotional intelligence, its benefits, and practical ways to develop it.

10 signs of an emotionally immature person

1) They never apologize

Emotionally immature individuals avoid apologizing because it hits their ego. Instead, they resort to defense mechanisms such as deflecting blame or becoming defensive.

2) They always have an answer for everything.

Admitting ignorance is difficult for them, as it challenges their ego. Rather than saying, "I don't know about this, I need to do more research" They often pretend to have all the answers.

3) They are passive-aggressive

This behavior is a subtle way to put others down and often stems from a sense of moral superiority. They struggle to accept other people's worldview, especially when they differ from their own.

4) They guilt - trip others.

Emotionally immature people manipulate others by inducing guilt, often saying things like, "If you were my true friend, you would do this for me".

5) They use the silent treatment.

This manipulative tactic is used to punish someone who isn't behaving as they want, avoiding direct communication and resolution.

6) They struggle with accountability

They refuse to take accountability for their actions, often blaming others or external circumstances, hindering their personal growth and learning.

7) They have difficulty in managing emotions.

Emotionally immature individuals may experience intense emotional reactions and find it hard to regulate their feelings, leading to mood swings and outbursts that strain relationships.

8) They avoid difficult conversations.

Instead of addressing issues directly, they shy away from discussing uncomfortable topics, leading to unresolved conflicts and preventing deeper connections.

9) They seek constant validation.

Emotionally immature people often rely on external validation to feel good about themselves. They may frequently seek praise or reassurance, as their self-worth depends heavily on others' rather than internal self-assurance.



10) They lack empathy.

Emotionally immature individuals often struggle to understand or relate to the feelings and perspectives of others. This lack of empathy can lead to misunderstandings and conflicts, as they may prioritize their own needs and emotions over those of others.

Why Emotional Intelligence is important!

It's a scientific fact that emotions precede thought. When emotions run high, they change the way our brains function ; diminishing our cognitive abilities, decision-making powers, and even interpersonal skills. Understanding and managing our emotions (and the emotions of others) helps us to be more successful in both our personal and professional lives.

Understanding Emotional Intelligence

Emotional intelligence refers to the capacity to recognize, understand, manage, and effectively use emotions. It's about being aware of how emotions influence our thoughts and actions and developing the skills to navigate these emotions constructively. While some individuals may naturally possess higher emotional intelligence, it is a skill that can be nurtured and improved over time.

The Five Components of Emotional Intelligence

According to psychologist Daniel Goleman, emotional intelligence is comprised of five core components:

Self-Awareness:

What It Is: The ability to recognize and understand your own emotions, strengths, weaknesses, and values.

Why It Matters: Self-awareness allows you to accurately assess your emotions and their impact on your behavior. This awareness is crucial for personal growth and informed decision-making.

Example: You recognize that you're feeling anxious before a big presentation and understand that this anxiety stems from a fear of public speaking. With this awareness, you can take steps to manage your anxiety rather than allowing it to control you.

Self-Regulation:

What It Is: The ability to manage and control your emotions, particularly in stressful situations.

Why It Matters: Self-regulation helps you stay calm and composed under pressure, preventing emotional reactions from overwhelming you.

Example: Instead of reacting defensively to criticism, you pause, take a deep breath, and consider the feedback objectively.

Motivation:

What It Is: The drive to pursue goals with energy and persistence, often fueled by internal passion rather than external rewards.

Why It Matters: Motivated individuals are resilient and optimistic, even when faced with setbacks. They are driven by a desire to achieve, improve, and succeed.

Example: You remain committed to your goal of earning a degree, even when challenges arise, because you are motivated by a passion for learning and personal growth.

Empathy:

What It Is: The ability to understand and share the feelings of others, and to respond to their emotional needs with compassion.



Why It Matters: Empathy is key to building strong, supportive relationships. It helps you connect with others on a deeper level and fosters trust and cooperation.

Example: You notice that a colleague seems overwhelmed, so you offer to help with their workload or simply listen to their concerns.

Social Skills:

What It Is: The ability to build and maintain healthy relationships, communicate effectively, and work well with others.

Why It Matters: Strong social skills are essential for leadership, teamwork, and collaboration. They enable you to influence, inspire, and connect with others.

Example: You lead a team project by encouraging open communication, resolving conflicts, and ensuring that everyone's ideas are valued.

The Benefits of High Emotional Intelligence

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Developing emotional intelligence offers a wide range of benefits, both personally and professionally:

Better Relationships: High EQ individuals are more attuned to the emotions of others, leading to stronger, more supportive relationships. They are better equipped to resolve conflicts and communicate effectively.

Improved Mental Health: Understanding and managing emotions can reduce stress, anxiety, and depression. It allows individuals to cope with challenges more effectively and maintain a positive outlook.

Greater Success at Work: Emotional intelligence is crucial for leadership and teamwork. It helps in motivating oneself and others, managing stress, and making sound decisions. Employers often seek out emotionally intelligent candidates for leadership roles.

Increased Self-Esteem: Self-awareness and self-regulation contribute to a stronger sense of self-worth and confidence. Understanding your emotions allows you to better navigate life's ups and downs.

Developing Emotional Intelligence

Emotional intelligence is not a fixed trait; it can be developed and improved over time with practice and commitment. Here are some strategies to enhance your emotional intelligence:

Practice Self-Reflection: Regularly take time to reflect on your emotions and behaviors. Consider how your emotions affect your decisions and relationships. Journaling can be a helpful tool for this process.

Mindfulness and Meditation: Mindfulness practices, such as meditation, help increase self-awareness and emotional regulation by teaching you to observe your thoughts and feelings without judgment.

Seek Feedback: Ask for constructive feedback from others on how you handle emotions and interact with people. This can provide valuable insights into areas where you can improve.

Develop Active Listening Skills: Focus on truly understanding what others are saying without immediately thinking about your response. Listen to learn, not to respond. Put in the effort to understand what people are communicating non-verbally. If you ask someone to help you on a project and they agree, but sound hesitant, recognize that they may feel overwhelmed or confused or they come from a different background and understanding than your own. It's important to validate and address that

before moving forward. Practice empathy by putting yourself in their shoes.

Manage Stress Effectively: Develop strategies for managing stress, such as deep breathing exercises, regular physical activity, or spending time in nature. Managing stress helps prevent emotional reactions from overwhelming you.

Cultivate Positive Relationships: Surround yourself with supportive and emotionally intelligent individuals. Engage in meaningful conversations and practice open, honest communication.

Set Personal Goals: Identify areas of emotional intelligence you want to improve, such as empathy or self-regulation, and set specific, achievable goals. For example, you might decide to work on staying calm in challenging situations.

Learn from Experience: Reflect on past experiences where emotions played a key role. What went well? What could have been handled differently? What was the emotion underneath this behavior? Use these insights to inform your future behavior.

The Role of Emotional Intelligence in Leadership

In leadership, emotional intelligence often distinguishes good leaders from great ones. Leaders with high EQ are more likely to inspire, motivate, and engage their teams. They can navigate complex interpersonal dynamics, manage conflicts effectively, and create a positive work environment. Study proves that employees who feel appreciated and valued at work aren't only happier, but more productive.

Emotionally intelligent leaders are also better at recognizing the emotional needs of their team members, providing support when needed, and fostering a sense of belonging and trust. This leads to higher job satisfaction, loyalty, and productivity.

Conclusion

Emotional intelligence is a powerful skill that influences every aspect of our lives. By understanding and developing our emotional intelligence, we can enhance our relationships, improve our mental health, and achieve greater success in both our personal and professional lives. As with any skill, it requires ongoing practice and self-reflection, but the rewards are well worth the effort.

-Ayencha
3rd BDS

"A Transformative Spiritual Retreat Experience in Suttur, Karnataka: A Journey of Reflection and Renewal"

In the serene district of Suttur, Karnataka, known for its deep-rooted spirituality, We interns embarked on a transformative journey from the 22nd to the 24th of April 2024. Hosted by Dr. Shastri, this spiritual retreat offered a respite from the hustle and bustle of daily life, inviting participants to immerse themselves in a world of prayer, introspection, and connection.

Accompanied by two staff members from the dental college and postgraduate students from the medical college, we interns found ourselves welcomed with open arms at the guest house of their hospital. The warmth of hospitality enveloped us throughout our stay, setting the stage for a truly unforgettable experience.

The retreat commenced with a visit to the temple of Suttur Mutt, where participants had the privilege of partaking in prayers and introducing themselves to one another. These initial moments of connection were further enhanced by the sumptuous meals served at the guest house dining hall.

As the sun rose on the second day, we interns began our morning with a soulful yoga session, guided by experienced instructors. For many, including myself, this was my first foray into the world of yoga, a practice that proved to be both calming and invigorating.

Following breakfast, the group convened at the auditorium of JSS School for a series of thought-provoking sessions. Led by esteemed speakers, including Swamiji and an OBG practitioner from Shivamogga district, discussions ranged from Indian culture and civilization to the importance of human values in healthcare.



Reflections

Amidst these engaging dialogues, we also found time to savor the beauty of nature, as we gathered on the banks of the river Kapila for the mesmerizing Kapila Aarthi. Against the backdrop of a breathtaking sunset, they sang and danced, forging bonds that transcended our diverse backgrounds and experiences.

Throughout the retreat, the culinary delights served at every meal were a testament to the care and attention to detail that permeated every aspect of the experience. From breakfast to dinner, each dish was crafted with love.

As the final day dawned, we returned to the practice of prayer and yoga, grounding themselves in mindfulness and gratitude. The day's sessions on leadership and happiness provided valuable insights, inspiring the interns to reflect on their roles as healthcare professionals and the pursuit of fulfillment in their personal and professional lives.



For us, scattered across different departments, the retreat offered a rare opportunity to reconnect and rediscover the bonds forged during their undergraduate days. As we departed Suttur, our hearts full of gratitude and our minds enriched with newfound wisdom, we carried with us memories that would be cherished for a lifetime.

In a world filled with deadlines and demands, the Suttur retreat served as a gentle reminder of the importance of pausing, reflecting, and nurturing the connections that sustain us. Though the retreat may have come to an end, its impact will continue to resonate, inspiring all of us to cultivate a sense of presence and purpose in all our endeavors.

-Dr Glenn Mathew Varghese
House Surgeon



“The Power of Optimism: Turning Life's Hardships into Opportunities”

Choosing Your Hard: The Transformative Power of Optimism

Life is inherently challenging, presenting us with choices that often come down to a simple but profound question: what kind of hard will you choose? The concept of “Choose Your Hard” underscores that every path has its own set of difficulties. Whether you opt for the rigorous effort required to build a great life or the comfort of a more mediocre existence, you'll face challenges either way. The real key to navigating these choices lies in embracing optimism—a mindset that can turn challenges into opportunities and help you thrive despite the hurdles.

The essence of "Choose Your Hard"

The premise of “Choose Your Hard” is about recognizing that every significant life path involves its own difficulties. Consider the following choices:

- **Building a Great Life:** This path demands hard work, patience, perseverance, and the ability to overcome obstacles. It's a journey filled with challenges but also potential for immense personal growth and fulfillment.
- **Living a Mediocre Life:** This path might seem easier in the short term but comes with its own difficulties: unfulfilled potential, regrets, and missed opportunities for growth.

Similarly:

- **Pursuing Ambitious Goals:** Requires effort, risk-taking, and the endurance to push through failures.
- **Avoiding Action:** Results in a life filled with regret and missed opportunities, presenting a different kind of hard.

Both paths are challenging, but the choice is yours. The real question is which set of difficulties you prefer to face.

The Transformative Power of Optimism

Amidst the choices and challenges, optimism serves as a powerful tool. It's not just about maintaining a positive attitude but about actively believing in the potential for good outcomes and viewing obstacles as opportunities for growth.

Optimism and Resilience

Optimism fosters resilience, enabling you to bounce back from setbacks with renewed energy. Instead of seeing challenges as insurmountable, optimists view them as manageable and even beneficial in the long run. For instance, **J.K. Rowling** faced numerous rejections before achieving success with the Harry Potter series. Her optimism and belief in her work kept her motivated, demonstrating how a positive outlook can help you persevere through difficulties.

Optimism and Problem-Solving

Optimism helps reframe problems from being "hard" to being "manageable." By approaching challenges with the belief that you are capable of overcoming them, you can transform obstacles into



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opportunities. Consider **Steve Jobs**, who faced multiple failures before revolutionizing technology with Apple. His optimism allowed him to view setbacks as temporary challenges rather than permanent barriers, ultimately leading to groundbreaking achievements.

Seeking Help and Building a Support Network

Even with optimism, there will be times when challenges feel overwhelming. At these moments, seeking help is not a sign of weakness but a strategic approach to overcoming difficulties. Surround yourself with supportive, optimistic individuals who encourage and uplift you.

Finding Happiness Within

Ultimately, the pursuit of happiness is central to navigating life's challenges. Happiness often doesn't come solely from achieving external goals like degrees, career success, or material possessions. Instead, it can be found in the small, everyday moments of joy—a favourite song, a meaningful conversation, or a beautiful sunrise. Embracing these moments and finding contentment in the present can significantly enhance your sense of well-being.

Embracing Optimism

You are what you believe. Your mindset influences your actions and outcomes. Embracing optimism isn't about ignoring difficulties but about choosing to approach them with a positive outlook. Believing that you can overcome challenges and finding joy in the journey can transform the hard into manageable and turn struggles into opportunities for growth.

In the end, life will always present challenges, but the way you choose to perceive and address them can make all the difference. By adopting an optimistic perspective, you can navigate life's complexities with greater ease and fulfilment, turning every difficulty into a stepping stone toward a richer, more rewarding life.

-Charumathi
3rd BDS

Materialistic World and Me

I very gladly accept, I am running at the slow pace But believe me I don't even want to be a part of this race Losing the dear ones if this is the cause, then Being called a loser, I am willing to face.

I don't want to leave behind my dear This is all what I fear Let me make this quite crystal clear, I love my people - do you hear?

Successful everyone wishes to be, Not through bad tricks - particularly me, Don't forget your well wishers and flee, Take my advice anyway, I won't ask you fee.

-Chethana S
1st BDS



Exploring the Intersection of Healthy and Toxic *Competitiveness*

An average student's life is filled with competitiveness from all aspects of academic life. Almost anything can be turned into a competition. People naturally compete in things they are good at, especially when it comes to things like sports, dancing, finding a job, or achieving top grades.

While competitiveness amongst students can encourage more academic diligence, its darker side warrants more discussion. What we don't hear about every year are the students debilitated by the suffocating atmosphere.

Since our early educational years, we have witnessed authoritative individuals praising test takers and chastising those who perform poorly. As time goes on, we start to associate exam scores with our own value. Report cards start to speak to us about our value as individuals. Someone else outperforming us academically can have serious repercussions when our sense of ourselves is so strongly influenced by our grades. It fosters emotions of intellectual inadequacy in students who are slipping behind. Someone who routinely does worse than their friends may feel foolish or inferior even outside of the classroom. Due to the widespread belief that grades are a predictor of future success, students may experience unwarranted anxiety about their future.

On the other side of the spectrum are students at the top of their class. Academic competition is usually fiercest at the upper quartiles. The obsession with performing not just objectively well, but better than everyone else, can bring out the worst in us. When competing at the highest level, burnouts are common. Being infatuated with scoring the highest leaves little room for other pastimes. High achievers bear the



brunt of intense competition as well. When all their work occasionally doesn't amount to academic perfection for any number of reasons, it can make them question their own self-worth. The sudden feeling of losing control over something you tied all your self-respect to is nothing short of terrifying, and can lead to severe self-esteem issues.

Competition is irreversibly baked into education. But that shouldn't stop us from adopting healthier attitudes towards

ourselves and other people, to ease the struggle for all fellow students. There's no end to the ways this can be done.

Healthy competition:

Healthy competitiveness usually provides motivation to branch out and grow. Another advantage of healthy competition in schools is that a student can experience competing without having as severe repercussions as they might in the adult world. This will make them better prepared not just for the competition of the real world, but also for facing failures.

Signs of healthy competition:

- People focus more on their own growth
- People honestly congratulate each other's achievements
- There is more focus on progress
- People put more emphasis on what someone did well
- When put in a team, you focus on creating a good result together
- You can enjoy yourself while participating in competitive events

Reflections

Unhealthy Competition:

This is where the environment becomes too focused on being the top dog rather than growing as a person. Unhealthy competition leads to numerous other things as well. Students may focus more on the grade rather than learning. This type of mindset is extremely detrimental as it can foster the behavior where students only retain information for a test and then “flush” it out of their brain after. This behavior stunts growth as it makes it difficult for students to reflect on their past selves. Another con of unhealthy competition is its overall effect on students' mental health. It causes an excessive amount of stress and pressure. Not to mention, it can have devastating effects on a student's self-esteem if they don't achieve their set goal. If a student makes one small mistake, they might start doubting themselves.

Signs of unhealthy competition:

- People don't show appreciation for other's accomplishments
- People focus more on how achieved others are compared to them
- You feel like a failure if you aren't first place; you will be looked down upon for not being first
- When put in a team, people focus on proving themselves
- You are devastated by failure
- There is more focus on the end result

It's essential to keep in mind that competition is neither all good nor all bad. Competition is a healthy part of life that helps us do well when it is done in the right way. At the end of the day, we're all united by the same struggle, and it's important to be compassionate and supportive towards everyone else. In a system pitting us against one another, we need to have each other's backs.

Most things are best enjoyed in moderation, and competition is no exception.

-Keerthi
2nd BDS

MOTHER : A divine soul

I can never match the level of her concession.

She is the most powerful soul on this earth and the heaven.

Her mother taught her to fight and now she is reciprocating her skills in me to overcome the seven demons.

She can't be described in the words as her sacrifices are not so common.

It's our teenage when we find her most of decisions wrong.

But I believe someday I will cry for her to come back and give me those most correctly said "wrong decisions".

Sometimes hundreds of questions beat in my mind.

Why can't I provide her each and every happiness before her loss leaves my heart with the deepest incision?

Can't mothers be immortal?

They give lives to the beautiful souls, why can't her soul just be always with ours?

I want justice from the God mothers are not the normal humans so why is their life normal as the other creatures?

Can't these divine women's live forever on this earth?

And again, She ends my "sloth" and "greed".

To teach me command on the power of "lust".

And shielded me from the world's "envy"

To protect me from the sin of

"gluttony" and "wrath"

And helped me to overcome the most corrupted wisdom - "pride".

And these are the seven demons I mentioned in the above lines.

She is an unexplainable soul but still I tried

-Pranjal
1st BDS

The Art of Communication

The word communication can present itself in many forms. The standard definition of communication is exchanging of information by speaking, writing or using some other medium. But the form of communication that is most important is how you can hold a conversation with someone. A person with effective communication skills is always held on high grounds by others. Good and effective communication is a very important stepping stone on the way to success.

For almost all professions, communication is a vital skill. More so for medical professionals. Building a good rapport with the subjects improves the chances of excellent result of any problem, be it physical or psychological.

The prime aspect of communication is how well one can hold a conversation. Everyone likes to converse with someone who is good at communicating. It is most important to consider and analyse the reaction of the person you are talking to. If you can keep the person interested in the conversation, it becomes much easier to convey your thoughts to that person.

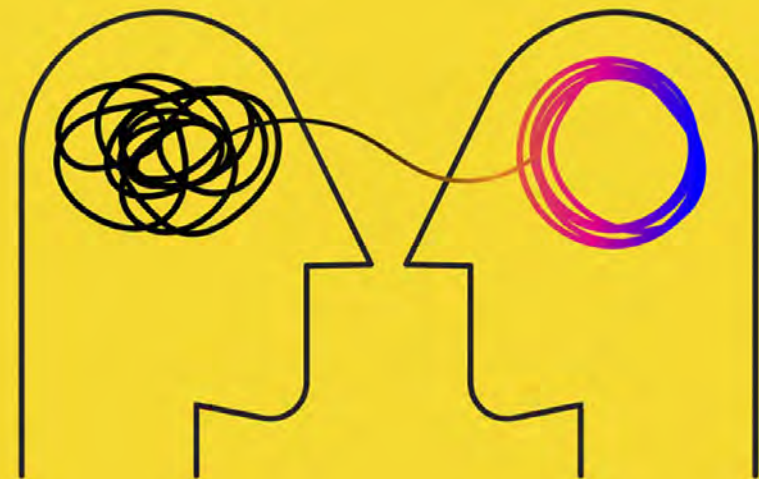
Interactive conversations are the most effective way of communicating. Asking questions that help the other person relate to your topic in their own way keeps them interested in what you are trying to convey. After knowing all about how to communicate, some people still find it difficult to hold a conversation. It leads to them feeling left out most of the time. So rather than going through all these tactics as to how to talk to people, the easiest way is to apply one simple rule to any conversation you hold. It is simplicity. Simplicity is the easiest communication skill one can apply for better and more effective communication. None likes to waste their time in a long conversation. For people to understand you more effectively, they need to be able to convey your thoughts to others with the same emotions that you used.

Albert Einstein once said if you can't explain it simply, you don't understand it well enough. Just imagine being in a conversation with a person who sounds confused about what they are saying themselves. It is an unnecessary waste of time and an emotional burden to people trying to understand you. To make your conversation simple, exclude any unnecessary word. And refrain from deviating from your original topic as much as possible.

It is equally important to be a good listener as it is to be a good speaker. "the most important thing in communication is to hear what isn't being said", quoted by author Peter Drucker, who believed that when having a conversation with someone, truly listening to them is very essential for effective communication. Non-verbal cues such as body language and vocal tone can provide insight to what is not being said but instead implied by the speaker.

Once you have mastered both the skills of a good speaker and a good listener, your social, professional and emotional status will enhance on its own.

-Tabassum
3rd BDS



“YOUTH LIFE: EMBRACING THE JOURNEY OF GROWTH AND DISCOVERY”

The journey through youth is a pivotal period of growth, exploration, and self - discovery. It is a time when individuals transition from the simplicity of adolescence to the complexities of adulthood, discovering their passions, forging their identities, and shaping their futures. This phase is marked by a unique blend of challenges and opportunities that define the trajectory of young lives.

The essence of youth is,

➤ Exploration and Learning

Personal Growth: Youth is a time of exploration, where individuals delve into various interests and activities. From academics to hobbies, this period is characterized by a quest for knowledge and self-improvement. Students often engage in diverse extracurricular activities, internships, and travel to gain a broader perspective and discover their true passions.

Educational Milestones: As young people navigate their educational paths, they encounter both challenges and triumphs. This period is crucial for building

skills, developing critical thinking, and preparing for future careers.

➤ Identity and Self-Discovery

Building Identity: Youth is a formative stage for developing a sense of identity. Individuals experiment with different roles, beliefs, and values as they seek to understand who they are and where they fit in the world. This process involves questioning, reflecting, and often redefining one's goals and aspirations.

Social Connections: Relationships play a significant role in shaping one's identity. Friendships, family dynamics, and social interactions contribute to personal development and offer support

and guidance during this transformative period.

➤ Challenges and Resilience

Navigating Adversity: The journey through youth is not without its challenges. Academic pressures, social expectations, and personal uncertainties can be daunting. However, these challenges also provide opportunities for resilience and growth. Learning to navigate obstacles builds character and prepares young individuals for the complexities of adult life.

Mental Health: Addressing mental health is crucial during this stage. The pressures and transitions of youth can impact emotional well-being, making it important to seek support and develop coping strategies.

➤ Empowerment and Contribution

Activism and Engagement: Many young people are actively involved in social, environmental, and political causes. This engagement reflects a growing awareness and desire to contribute positively to society. Whether through volunteering, advocacy, or innovation, youth are making significant strides in addressing global challenges.

Future Aspirations: Youth is a time of envisioning the future and setting goals. With aspirations ranging from career ambitions to personal dreams, young individuals are motivated to pursue paths that align with their values and passions.

The life of youth is a dynamic and transformative journey filled with exploration, growth, and discovery. It is a period marked by the quest for identity, the pursuit of passions, and the resilience to overcome challenges. Embracing this journey with curiosity, openness, and determination lays the foundation for a fulfilling and impactful future.

-Kulsum

3rd BDS

DISCOVERING THE HEARTBEAT OF MALAYSIA: A JOURNEY THROUGH CULTURE, CUISINE, AND CONNECTION

Stepping off the plane and into the warm, humid air of Malaysia was like entering a vibrant tapestry woven with rich colors and sounds. From the bustling streets of Kuala Lumpur to the tranquil beauty of Langkawi, my journey through this Southeast Asian gem was nothing short of transformative. Each city, each encounter, each moment revealed layers of a culture deeply rooted in history yet remarkably dynamic in its present. Whether savoring the mouth watering diversity of Malaysiandurain fruit which is closest to jackfruit though which is of different species. The rambutan fruit stands out as a symbol of the country's unique charm and natural beauty. This is sweet and tangy taste reflects the diverse and delightful experiences found throughout the region. In this way, the rambutan isn't just a fruit but a delicious representation of Malaysia's own captivating beauty. My recent student exchange program led me to AIMST University, nestled in the serene landscapes of Kedah. This institution, renowned for its commitment to sustainability, offered a unique blend of academic rigor and environmental consciousness. From the moment I arrived, it was clear that AIMST's eco-friendly campus was more than just a backdrop—it was an integral part of the learning experience. Surrounded by lush greenery and innovative green initiatives, I found myself immersed in a community where sustainability wasn't just a concept, but a way of life. This experience not only broadened my academic horizons but also deepened my appreciation for the harmonious relationship between education and environmental stewardship. The interaction with my new housemates that truly reshaped my perspective. This experience was a profound lesson in adaptability and openness, showing me how stepping out of my comfort zone can lead to unexpected growth and meaningful connections. Weekdays were dedicated to an immersive learning process, where each lecture and discussion deepened my



Reflections

understanding and broadened my horizons. As the weekends rolled around, the rhythm of study gave way to exploration. I eagerly embraced the chance to discover the natural beauty and cultural richness of Kedah.. A visit to Jerai Hills was particularly memorable, where the cool, crisp air and panoramic views .At the base of the hills, I indulged in creamy strawberry farm ice cream, a local delicacy that perfectly captured the essence of the region's fresh produce.

One of my favorite experiences was walking along the river of mangrove, where the serene, lush surroundings provided a peaceful retreat and a glimpse into the unique ecosystems of Kedah. Upon entering Amanjaya Mall, located in sungaipetani. I was immediately struck by an intense and rather overwhelming smell of seafood. It was a sharp, pungent reminder of the mall's bustling food court and its array of fresh seafood stall. Our Sunday adventure took us to the iconic Penang Hill Station, where the journey itself was as thrilling as the destination. Riding the funicular train was a unique experience, and securing the front seat offered us panoramic views that made the ascent even more exhilarating. The scenic ride set the stage for a day filled with vibrant discoveries. At the summit, marveled with various artworks, including captivating pieces featuring snakes and birds. These artistic installations added a creative flair to our visit, providing memorable photo opportunities. One of the highlights was discovering a stall serving bhelpuri, a deliciously tangy and crunchy snack that quickly became a favorite to me. Back to university and waited for Langkawi trip. A week filled with learning



Reflections

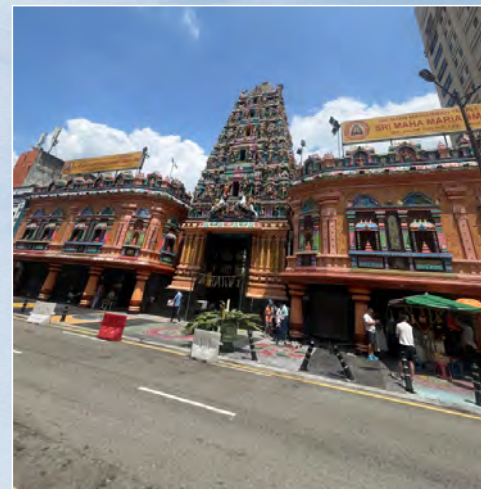
different things. Weekend came and my visit headed towards Langkawi islands in a ferry .Langkawi, often called the "Jewel of Kedah," is an archipelago made up of 99 islands on the west coast of Malaysia. Known for its pristine beaches. For thrill-seekers and adventurers, Langkawi offers a wide range of outdoor activities. Boat ride was the best thrilling a young boy who made so memorable. From jungle trekking and mangrove tours to island hopping and snorkeling, there's no shortage of ways to explore the island's natural wonders. A boat trip through the Kilim Karst Geoforest Park, with its labyrinth of mangroves and towering limestone formations, is a popular excursion. The fireworks was amazing. One of the biggest draws of Langkawi is its duty-free status. Shopping is the best part in Langkawi everything from luxury goods to electronics, alcohol, and chocolates at tax-free prices. The Langkawi Parade Megamall and the Zon Shopping Paradise are two popular shopping spots where visitors can find a variety of products at competitive prices. Back to university with some more clinical exposure, where we got our certificates, a sense of accomplishment filled the air. With certificates in hand, we eagerly awaited the moment to set off for Kuala Lumpur, the vibrant heart of Malaysia. Trip to Kuala Lumpur began with a visit to the majestic Batu Caves, home to the towering golden statue of Lord Subramanya and a series of ancient limestone caves. Climbing the colorful steps leading to the shrine was both a physical and spiritual journey. The serenity of the caves combined with the sense of tradition was a memorable way to start the day.

Next, visited the National Mosque, an architectural wonder symbolizing the country's Islamic heritage. Its serene atmosphere was a stark contrast to the lively streets of the city. A short distance away, reached Merdeka Square, where Malaysia's independence was declared on August 31, 1957. Standing there, I could feel the weight of history, imagining the pride and jubilation of that significant day. Stopped by Thean Hou Temple, a beautiful Buddhist temple dedicated to the sea goddess Mazu. One of the unique experiences there was trying out the "stick with numbers" fortune telling, where the numbers

predicted glimpses of our future — a different yet intriguing encounter. From there, strolled along the River of Life, a beautifully transformed waterfront area offering picturesque views of the city. As we explored more, we were captivated by the Sultan's Palace, a grand symbol of Malaysia's monarchy. Second day of Kuala Lumpur - Chinatown was a vibrant blend of Malay, Thai, and Indian cultures, showcasing a diverse range of temples such as the Sri Mahamariamman Temple and Buddhist temples. This bustling neighborhood was also a food lover's paradise, offering a wide variety of cuisines to sample — from spicy Malay dishes to flavorful Indian curries.

My trip wouldn't have been complete without a visit to the iconic Petronas Twin Towers, a defining symbol of Kuala Lumpur. Myself had the unforgettable privilege of seeing the breathtaking view of the towers from apartment room a sight that filled our eyes with awe and our cameras with photos that would become lasting memories.

Concluded my KL adventure with a visit to the KLCC Mall, a modern shopping paradise where, I could relax and indulge in some retail therapy. As my adventure in Kuala Lumpur came to an end, found ourselves reflecting on the incredible memories, made in this vibrant city.



-Dr Manasa
House Surgeon

FROM DENTAL GRADUATE TO PUBLIC HEALTH ADVOCATE: A JOURNEY OF PASSION AND COMMITMENT



Hello, I'm Rimsha Minhaz, a proud alumna of JSS Dental College and Hospital, class of 2017. I graduated in 2022, and the amount of learning I received from JSS is unparalleled. During my third year, the COVID-19 pandemic struck, profoundly impacting my college experience. This challenging period ignited a lifelong passion within me: Public Health.

I particularly enjoyed the outreach postings and initiatives organized by the Public Health department at JSS DCH. As a student from Kuwait, the field visits and

dental camps revealed the stark realities of rural healthcare in India. These experiences motivated me to dedicate myself to the mission of health equity. The pandemic only strengthened this resolve, leading me to pursue a degree in Public Health.

Currently, I am a second-year graduate student in Global Public Health at New York University (NYU). The bottlenecks -availability, accessibility, and affordability in healthcare, and developing global interventions to address these issues, have been particularly fascinating

to me. My practical experiences and ability to devise solutions for social issues in healthcare have become second nature.

The foundation for my passion was laid during my time at dental school, working with patients and honing my communication skills. I highly encourage current students to participate in NSS camps, outreach missions, conferences, and research opportunities at JSS. These experiences are invaluable, providing knowledge, fostering a love for service, and expanding horizons in countless ways.

I am proud to identify as a dentist in public health discussions, confident in sharing my perspectives thanks to the comprehensive education and support from the staff at JSS. Their dedication to upskilling students and serving as inspiring mentors has always bolstered my confidence.

With my background in dentistry and my ongoing public health education, I am committed to contributing to health equity, addressing the refugee health crisis, and promoting maternal and child health. All of this has been made possible through the solid foundation laid by JSS Dental College and Hospital.

-Rimsha
Alumni

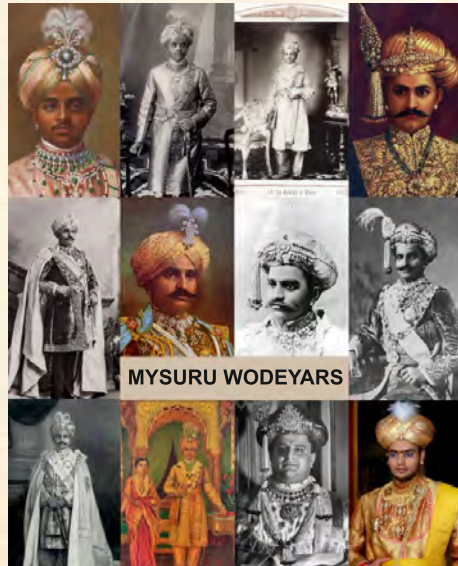
Legacy of Mysuru Wodeyars

WODEYARS & THEIR CONTRIBUTIONS

After Yaduraya, Chamaraja Wodeyar I (reign 1423-1459) inherited a crown for which recognition & respect was growing, he made a steady expansion by accession of unincorporated villages & towns in and around Mysuru. Chamaraja Wodeyar IV (reign 1572-1576), grew up listening to various stories of Kempegowda & his Bengaluru town, Wodeyar led an expedition after Kempegowda's death in 1569 & acquired Bengaluru.

Raja Wodeyar I (1578-1617) started famous Mysuru Dasara in 1610 to commemorate the kingdom's independence from Vijayanagara empire. He donated the famous bejeweled crown to Lord Cheluvarayaswami temple at Melukote; it is a feature of Raja Mudi carnival even today. Doddadevaraja Wodeyar (reign 1659-1673), laid steps to Chamundi hills in 1659. Chikkadevaraja Wodeyar (reign 1673-1704) in 1700 launched an irrigation scheme by constructing a dam across Kaveri river around 330 yrs back, he bought Bengaluru from Marathas for 3 lakh rupees. He also introduced a coherent taxation system.

KanthiravaNarasaraja Wodeyar I (reign 1615-1659) expanded Mysuru kingdom to Trichy in Tamilnadu. He was the first Wodeyar to create the symbols associated with royalty, such as royal coats of arms & established mints & issuing coins named "Kanthiraya". It became "current national money" for well over a century. Krishnaraja Wodeyar III (reign 1799-1831) was a multitasking genius, scholar, poet, writer & musician. He was the cultural founder of modern Mysuru State. His "Sritattvanidhi" is an encyclopedic treatise written in 19th century in Karnataka on iconography & iconometry of divine figures in south India. He introduced English education in Mysuru state by starting "Maharaja's English School". He took administrative decision to transfer the capital city of Mysuru state from Srirangapattana to Mysuru city.



Chamarajendra Wodeyar X (reign 1868-1894) sponsored the famous journey of Swami Vivekananda to Chicago in 1893. He constructed many famous landmarks of Mysuru & Bengaluru, including Bengaluru Palace, Lalbagh Glass House, Oriental Research Institute in Mysuru, Fern Hill Palace in Ooty & Mysuru Zoo.

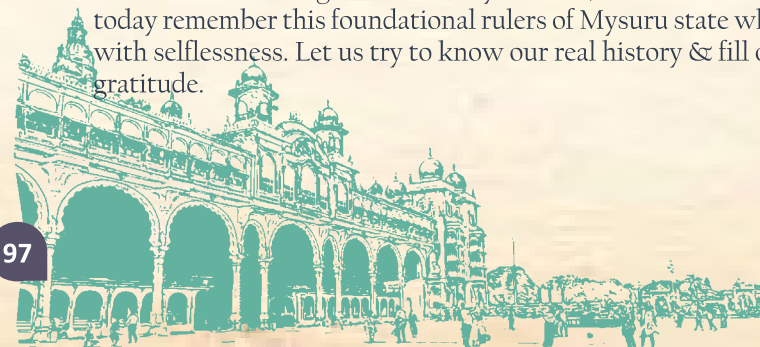
Krishnaraja Wodeyar IV (reign 1902-1940) was philosopher king & dharmic. He was the "Father of Modern Mysuru". He established State Bank of Mysuru, built hydroelectric project at Shivan Samudra, KRS Dam & Vanivilas Sagara Dam. Bengaluru became 1st city in Asia to get electric street light under his reign. He was the first ruler of India who gave voting power to women which is 3rd country to do so in 1923. He was the 1st king to make compulsory education for girl child. Mysuru is the 1st state to conduct elections in India 70yrs before the independence. He established Mysuru paints & varnish Ltd, which supplied election ink for 143 countries back then. He started University of Mysuru.

He established Mysuru paper Mills & Mysuru Iron works in Bhadravati. He established Indian Institute of Science, Mysuru Agricultural Residential school, Kannada Sahitya Parishat, Bengaluru Town Hall, Vanivilaswomens & children Hospital, Mysuru Lamps, Maharani's college for womens & BHEL factory in Bengaluru. More than 100 acre of land was donated to NIMHANS, 10 acres of land gifted to Raman Research Institute Bengaluru & many more establishments under his reign across south India. Mandya & Hassan districts were formed under him. Acknowledging the maharaja's noble & efficiency kingship Vinsount Jhon Sankey declared "Mysuru is the best administered state in the world in 1930.

His reign is known as "Golden Age of Mysuru". Mysuru was so successful that Mohandas Karamchand Gandhi called the King "Rajarshi". Jayachamarajendra Wodeyar (reign 1940-1950) graduated from Maharaja's college with earning 5 awards & gold medals from Mysuru University. Kuvempu was his Kannada teacher. He sponsored the translation of many classics from Sanskrit to Kannada as part of "Jayachamaraja Grantha Rathna Mala" including 35 parts of Rigveda. He toured Europe during 1939 and became acquainted with many artists & scholars.

Like most things in the history of India, it is unfortunate that not many people today remember this foundational rulers of Mysuru state who gave their everything with selflessness. Let us try to know our real history & fill our hearts with pride & gratitude.

-Dr Nisarga R
Alumni



Only Me

No clue about the future
No regret about what is gone
Trusting the signs of Nature
i have embarked on my own.
Indeed, I am little afraid of the waves
And i know, how much flawed in the boat,
But i'll reach my place, regardless of the days
So with faith and flaws, I float
with faith and flaws, I float.

A bond that can't be explained.

Together we dreamt,together we fought
Life's best lessons,to each other we thought
Together we Laughed,together we cried
To give eachother the best we always tried
Together we succeeded,together we cried
Out of life's troubles,we bailed
You are my rhapsody Life's most beautiful melody
You make life perfect
For you, I have nothing but respect
You are my prized possession
Together we rose,together we fell
How much I Love You,I simply cannot tell
You are a precious brother to mine.

-Swathi
3rd BDS

Reflections

"LOUGH AND THE WORLD WILL LOUGHS WITH YOU" "by and by alone"

Sometime this age old proverb does not hold true. You may have people around you who can wipe off your tears, they will keep thinking about their important works which they are missing some of your works. So why to waste their as well as your own time? Get up ! And wipe your tear yourself.

Let me tell you a story of a poor farmer who had a plot of beautiful roses He used to sell the roses for his livelihood. Once a group of small children visited his plot. The roses were so beautiful that children could not resist their temptation and they plucked all the roses. The poor farmer was very sad as he lost his entire income for that month. He started cursing GOD for this. GOD created THORNS for the long lasting protection of his ROSES. Similarly, My dear friends we have pain, agony, sufferings and adversities for the long lasting protection of his happiness in our life.

Tall trees get uprooted in heavy storms but gentle, little grasses do not. Struggle include the glow of endurance and the glow of power of preservice in us.

When you face the sun, your shadow is casted at the back BUT as soon as turn back towards the SUN your own shadow will fall in your path. What I want to say is " Face the adversities and soon there will be no adversity to face"

As for the rule of mathematics two negatives combine to make a positive. So, why to run away from negatives? why not turn it into a positive? We know that least reactive metals called " noble metals(gold, platinum) are very expensive because they do not lose their shine but the reactive ones get corroded by small atmospheric changes and lose their shine easily.

The choice is yours

YOU WANT TO BE NOBLE & SHINY

OR

YOU WANT TO BE REACTIVE & CORROSIVE

So Let's not react and lose our shine during adversities.

Let's convert every adversity into an opportunity and every opportunity into a SUCCESS.

-Ujjwal
2nd BDS

INSPIRATION

This world is so big and round
But still there is a place where you can be found
Deep within the reaches of my heart
Feels as if you are playing the game of dart
you make me aware of the right and wrong
By a loud inner sound like that of a song
You are the first one I have ever loved
Much more than anything that has been served
you accompanied me in my loneliness
By providing me the company of your coziness
you are the one who make me calm
By placing my head beside your palm
The day I got a zero in the subject of mathematics
You were the only one to save me from hysterics
Every time I used to be in frustration.
I found you beside me on my play station
The rights that used to scar
For me you have made them rare
In my works I try to complement your calmness
By giving them a sweet touch of my aggressiveness
Every time I start thinking of you
It makes me proud to have someone like you
I know every time I will sit alone, sad
You will be always be there for me, my Dad.....

-Ujjwal
2nd BDS



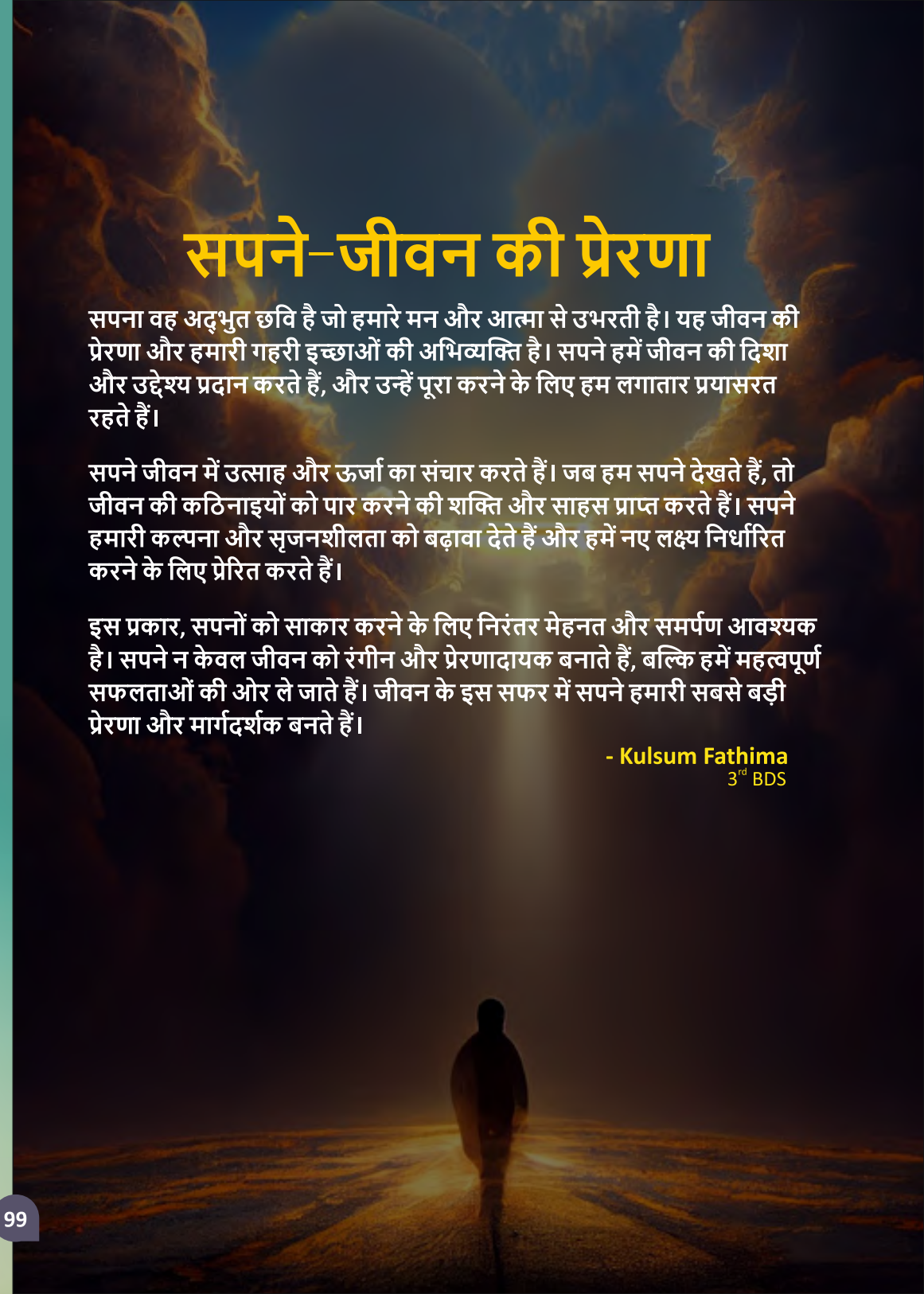
सपने-जीवन की प्रेरणा

सपना वह अद्भुत छवि है जो हमारे मन और आत्मा से उभरती है। यह जीवन की प्रेरणा और हमारी गहरी इच्छाओं की अभिव्यक्ति है। सपने हमें जीवन की दिशा और उद्देश्य प्रदान करते हैं, और उन्हें पूरा करने के लिए हम लगातार प्रयासरत रहते हैं।

सपने जीवन में उत्साह और ऊर्जा का संचार करते हैं। जब हम सपने देखते हैं, तो जीवन की कठिनाइयों को पार करने की शक्ति और साहस प्राप्त करते हैं। सपने हमारी कल्पना और सृजनशीलता को बढ़ावा देते हैं और हमें नए लक्ष्य निर्धारित करने के लिए प्रेरित करते हैं।

इस प्रकार, सपनों को साकार करने के लिए निरंतर मेहनत और समर्पण आवश्यक है। सपने न केवल जीवन को रंगीन और प्रेरणादायक बनाते हैं, बल्कि हमें महत्वपूर्ण सफलताओं की ओर ले जाते हैं। जीवन के इस सफर में सपने हमारी सबसे बड़ी प्रेरणा और मार्गदर्शक बनते हैं।

- Kulsum Fathima
3rd BDS



“ಶ್ರೀ ಶೈಲಂ! – ಪುಣ್ಯಕ್ಷೇತ್ರ : ನನ್ನ ಪಾದಯಾತ್ರೆಯ ಅನುಭವದ ಕಥೆ”

ನಮ್ಮ ಭಾರತ ಭವ್ಯ ಮತ್ತು ಪುಣ್ಯ ಭೂಮಿ. ನಮ್ಮ ದೇಶದ ಇತಿಹಾಸ ಹಾಗೂ ಪುರಾಣ ಹೇಳುತ್ತಾ ಹೋದರೆ ಕೇಳುವುದಕ್ಕೆ ಈ ಜನ್ಮ ಸಾಕಾಗುವುದಿಲ್ಲ. ನಮ್ಮ 18 ಪುರಾಣಗಳಲ್ಲಿ “ಶಿವಪುರಾಣವು” ಒಂದು. ಶಿವ-ಎಂದರೆ “ಮಂಗಳಕರ”, ಆದಿಯೋಗಿ, ಮಹಾದೇವ, ಶಂಭು, ಶಂಕರ, “ಮಲ್ಲಕಾರ್ಜುನ” ಇತ್ಯಾದಿ. “ದೇವ ಒಬ್ಬ, ನಾಮ ಹಲವು”

ಪ್ರಾಚೀನ ಕಾಲದಿಂದಲೂ “ಶ್ರೀಶೈಲ” ಯಾತ್ರೆ ಮೋಕ್ಷದಾಯಕವೆಂದು ಭಕ್ತರ ನಂಬಿಕೆ. ಉತ್ತರಭಾರತದಲ್ಲಿ ಕಾಶಿ “ವಿಶ್ವನಾಥ”, ದಕ್ಷಿಣಭಾರತದಲ್ಲಿ ಶ್ರೀಶೈಲ “ಮಲ್ಲಕಾರ್ಜುನ” ಪುಣ್ಯ ಕ್ಷೇತ್ರಗಳು ಇತಿಹಾಸದಲ್ಲಿ ತುಂಬಾ ಪ್ರಾಚೀನ ಸ್ಥಳಗಳು. ಆಂಧ್ರಪ್ರದೇಶದ ಕರ್ನೂಲು ಜಿಲ್ಲೆಯ, ನಂದಿಕೊಟಕೂರು ತಾಲ್ಲೂಕಿನಲ್ಲಿ ಹಬ್ಬಿರುವ ನಲ್ಲಮಲ್ಲ ಪರ್ವತ ಶ್ರೇಣಿಯಲ್ಲಿ ದಟ್ಟ ಕಾನನದ ಮಧ್ಯದಲ್ಲಿ ಕೃಷ್ಣ ನದಿಯ ತಟದಲ್ಲಿ ನೆಲೆಸಿದ್ದು. ಈ ಕ್ಷೇತ್ರದ ಆದಿದೇವತೆಗಳಾದ “ಶ್ರೀ ಮಲ್ಲಕಾರ್ಜುನ” ಹಾಗೂ ಭ್ರಮರಾಂಭೆಯ ಸನ್ನಿಧಿಗೆ ನಮ್ಮ ಪಾದಯಾತ್ರೆ.

ಪುರಾಣದ ಪ್ರಕಾರ ಈ ಸ್ಥಳವು ಜ್ಯೋತಿರ್ಲಿಂಗ (ಎರಡನೇ) ಮತ್ತು ಶಕ್ತಿಪೀಠದಿಂದ ಕೂಡಿದೆ. ಶಿವ ಮತ್ತು ಪಾರ್ವತಿಯರು ತಮ್ಮ ಮಕ್ಕಳಾದ ಕಾರ್ತಿಕೇಯ ಮತ್ತು ಗಣೇಶರಿಗೆ ವಿವಾಹ ಮಾಡಲು ಇಚ್ಛಿಸಿದರು. ಆದರೆ ಮೊದಲು ಯಾರ ವಿವಾಹ ಎಂದು ನಿರ್ಧರಿಸಲು ಅವರು ಒಂದು ಪರೀಕ್ಷೆಯನ್ನು ಒಡ್ಡಿದರು. ಮೊದಲು ಯಾರು ಜಗತ್ತು ಸುತ್ತಿ ಬರುವರೋ ಅವರಿಗೆ ಆದ್ಯತೆ ಕುಮಾರನು ತನ್ನ ವಾಹನ ನವಿಲನ್ನು ಹತ್ತಿ ಹೊರಟನು, ಬುದ್ಧಿವಂತ ಗಣೇಶ ಪೂಜ್ಯರಾದ ತಮ್ಮ ತಂದೆ-ತಾಯಿಯನ್ನು ಸುತ್ತಿ ಕುಳಿತನು, ಇದನ್ನು ಗಮನಿಸಿದ ಶಿವ-ಪಾರ್ವತಿಯರಿಗೆ ಆಶ್ಚರ್ಯ. ಕುಮಾರನು ಜಗತ್ತು ಸುತ್ತಿ ಬಂದು ಗಮನಿಸಿದಾಗ, ಗಣೇಶನಿಗೆ ಮೊದಲ-ವಿವಾಹ ಎಂದು ಘೋಷಿಸಿದಾಗ, ಕುಮಾರನು ಕೋಪಿತನಾಗಿ - “ಕೃವಂಗ” (ಶ್ರೀಶೈಲ) ಪರ್ವತಕ್ಕೆ ಹೊರಟುಬಿಟ್ಟ. ಶಿವ-ಪಾರ್ವತಿಯರು ಕುಮಾರನನ್ನು ಕರೆತರಲು ಹೊದಾಗ ಬರಲು ಒಪ್ಪುವುದಿಲ್ಲ. ತನ್ನ ತಂದೆ-ತಾಯಿಯನ್ನು ತನ್ನ ಜೊತೆ ಇಲ್ಲೇ ನೆಲಸಬೇಕು ಎಂದು ಕೋರಿದಾಗ ಒಪ್ಪುತ್ತಾರೆ. ಸಾಕ್ಷತ್ ಶಿವ-ಪಾರ್ವತಿಯರು ನೆಲೆಸಿದ ಈ ಪುಣ್ಯಕ್ಷೇತ್ರ “ಮುಂದೆ ಶ್ರೀಶೈಲ” ಎಂದು ಕರೆಯಲ್ಪಡುತ್ತದೆ. “ಪ್ರತಿ ಅಮವಾಸ್ಯೆಯಂದು “ಶಿವನು” ಹಾಗೂ ಪ್ರತಿ ಹುಣ್ಣಿಮೆಯಂದು ‘ಪಾರ್ವತಿ’ - ಮಗನನ್ನು



ಕಾಣಲು “ಶ್ರೀಶೈಲಕ್ಕೆ” ಬರುತ್ತಾರೆ ಎಂದು ನಂಬಿಕೆ. ಶಕ್ತಿಪೀಠದ ಕಥೆ: ದಕ್ಷನ ಮಗಳಾದ ಹಾಗೂ ಶಿವನ ಹೆಂಡತಿಯಾದ “ಸತಿ” ಯಜ್ಞ ಕುಂಡಕ್ಕೆ ಆಹುತಿಯಾದ ಸತಿ ದೇಹವನ್ನು ಹೊತ್ತು ದುಃಖತನಾಗಿ ಲೋಕವನ್ನು ಸಂಚರಿಸುವಾಗ ದೇಹದ ಅಂಗಾಂಗಗಳು ಬಿದ್ದು ಶಕ್ತಿಪೀಠಗಳಾದವು. ಅಂತ 18 ಶಕ್ತಿಪೀಠಗಳು ನಮ್ಮ ಭಾರತದಲ್ಲಿ ನೋಡಬಹುದು. ಶ್ರೀಶೈಲದಲ್ಲಿ ಸತಿ ದೇಹದ ಒಂದು “ತುಣಕು-ತುಣ” ಭಾಗ ಬಿದ್ದಿತೆಂದು ಆದ್ದರಿಂದ ಈ ಸ್ಥಳವು ಮಹಾಶಕ್ತಿ ಎಂದು ಪರಿಗಣಿಸುತ್ತಾರೆ.

ಪಾರ್ವತಿದೇವಿಯನ್ನು “ಮಲ್ಲಕಾ” ಹಾಗೂ ಶಿವನನ್ನು “ಅರ್ಜುನ” ಎಂದು ಪೂಜಿಸುತ್ತಾರೆ ಅದಕ್ಕೆ “ಮಲ್ಲಕಾರ್ಜುನ” ಎಂಬ ಹೆಸರು. ಅರುಣಾಸುರನೆಂಬ ರಾಕ್ಷಸನು ತನ್ನ ಕಠಿಣ ತಪಸ್ಸಿನಿಂದ, ಬ್ರಹ್ಮ ದೇವರನ್ನು ಮೆಚ್ಚಿಸಿ ಎರಡು ಅಥವಾ ನಾಲ್ಕು ಕಾಲುಗಳಿರುವ ಯಾವುದೇ ಜೀವಿಯಿಂದ ಕೊಲ್ಲಲ್ಪಡಬಾರದು ಎಂಬ ವರ ಪಡೆದನು. ನಂತರ ಎಲ್ಲಾ ಜೀವಿಗಳು ದುರ್ಗಾದೇವಿಯ ಬಳಿಗೆ ಬಂದು ರಕ್ಷಿಸಲು ವಿನಂತಿಸಿದರು. ದೇವಿಯು ತನ್ನ ದೇಹದಿಂದ ಆರು ಕಾಲುಗಳನ್ನು ಹೊಂದಿದ ಸಾವಿರಾರು ಜೇನುನೋಣಗಳನ್ನು ಬಿಡುಗಡೆಮಾಡಿ, ಅಸುರರನ್ನು ಕಚ್ಚಿಸಿದಳು. ದೇವಿಯು ಶ್ರೀಶೈಲದಲ್ಲಿ ಭ್ರಮರಾಂಭಾ ಕಾ ರೂಪದಲ್ಲಿ ಉಳಿದಳು. ಭ್ರಮರಾಂಭ ದೇವಿಯನ್ನು ಎಂಟು ತೋಳುಗಳನ್ನು ಹೊಂದಿರುವಂತೆ ಚಿತ್ರಿಸಲಾಗಿದೆ ಮತ್ತು ರೇಷ್ಮೆ ಸೀರೆಯಿಂದ ಅಲಂಕರಿಸಲಾಗಿದೆ. “ಶ್ರೀಶೈಲಂ”! ದೇವಾಲಯವನ್ನು ‘ಭ್ರಮರಾಂಭ ಮಲ್ಲಕಾರ್ಜುನ

ಸ್ವಾಮಿ’ ದೇವಾಲಯ ಎಂದು ಕರೆಯುತ್ತಾರೆ.

ಶ್ರೀಶೈಲದ ಇತಿಹಾಸ: ಕುತೂಹಲಕಾರಿಯಾದ್ದು ದಕ್ಷಿಣ ಭಾರತದ ಅತ್ಯಂತ ಆಯಕಟ್ಟಿನ ಸ್ಥಳದಲ್ಲಿ ಶ್ರೀಶೈಲವು ಇರುವುದರಿಂದ, ಇಲ್ಲಿನ ಅಧಿಪತ್ಯಕ್ಕಾಗಿ ಅನೇಕ ರಾಜರ ಮಧ್ಯೆ ಸಂಗ್ರಾಮಗಳು ನಡೆದುಹೋಗಿವೆ. 3ನೇ ಶತಮಾನದವರೆಗೆ ಗುಪ್ತರು - ಶಾತವಾಹನರು - ಮೌರ್ಯರು ಆಡಳಿತವನ್ನು ವಹಿಸಿಕೊಂಡಿದ್ದರು. ನಂತರ ದಕ್ಷಿಣದ ಪ್ರಬಲ ಅರಸರಾದ ಪಲ್ಲವರ ವಶಕ್ಕೆ ಬಂದಿತು. ಇವರನ್ನು ಸೋಲಿಸಿ ನಮ್ಮ ಕದಂಬರು 6ನೇ ಶತಮಾನದ ವೇಳೆಗೆ ಕೈವಶಮಾಡಿಕೊಂಡರು. 7ನೇ ಶತಮಾನದ ವೇಳೆಗೆ ಚೋಳರ ಸಾಮ್ರಾಜ್ಯದ ಭಾಗವಾಯಿತು. ನಂತರ ಕಲ್ಯಾಣಿ ಚಾಲುಕ್ಯರ ವಶಕ್ಕೆ ಬಂದಿತು. ಶ್ರೀಶೈಲಕ್ಕಾಗಿ ಚೋಳರ-ಚಾಲುಕ್ಯರ ಮಧ್ಯೆ ಅನೇಕ ಕದನಗಳು ನಡೆದವು, ರಾಷ್ಟ್ರಕೂಟರು ಚಾಲುಕ್ಯರನ್ನು ಹಿಮ್ಮೆಟ್ಟಿ ತಮ್ಮ ಆಡಳಿತಕ್ಕೆ

ತಂದುಕೊಂಡರು. 11-14ನೇ ಶತಮಾನದವರೆಗೆ ಕಾಕತೀಯ ಅರಸರ ಕಾಲದಲ್ಲಿ ಅನೇಕ ಜೀರ್ಣೋದ್ಧಾರ ಕಾರ್ಯಗಳು ನಡೆದವು. ನಂತರ ಬಂದಿದ್ದು ಕೊಂಡವೀಟ ರೆಡ್ಡಿಗಳು. ಇವರ ಅವಧಿಯಲ್ಲಿ ಪಾತಾಳ-ಗಂಗಗೆ ಮೆಟ್ಟಿಲುಗಳನ್ನು ಹಾಕಿಸಲಾಯಿತು, ಮಂಟಪಗಳನ್ನು ಕಟ್ಟಿಸಲಾಯಿತು. ಕೊನೆಯದಾಗಿ "ವಿಜಯನಗರ" ಸಾಮ್ರಾಜ್ಯಕ್ಕೆ ಉಡುತಡಿಯ 12ನೇ ಶತಮಾನದ ಶಿವಶರಣ "ಅಕ್ಕಮಹಾದೇವಿ" ಸರ್ವಸಂಗ ಪರಿತ್ಯಾಗಿಯಾಗಿ ಚೆನ್ನಮ್ಮಲಾಕಾರ್ಜುನನನ್ನೇ ತನ್ನ ಪತಿಯೆಂದು ಪೂಜಿಸುತ್ತಾ-ಹುಡುಕುತ್ತಾ ಗುಡ್ಡ-ಬೆಟ್ಟ, ಕಾಡು-ಮೇಡು, ಕಲ್ಲು-ಮುಳ್ಳು, ಮೃಗಗಳಿಗೆ ಅಂಜದೆ ಪಾದಯಾತ್ರೆ ಮಾಡುತ್ತಾ, ಶ್ರೀಶೈಲಕ್ಕೆ ಬಂದು ಅಲ್ಲಿನ ಕಡಳೆ ವನದಲ್ಲಿ "ಮಲ್ಲಕಾರ್ಜುನನಲ್ಲಿ ಐಕ್ಯವಾದಳು. ಪಾತಾಳಗಂಗಯೆ ಸ್ವಲ್ಪ ದೂರದಲ್ಲಿ "ಅಕ್ಕಮಹಾದೇವಿಯ ಗುಹೆಗಳು" ಇವೆ.

ಪಾದಯಾತ್ರೆಯ ಅನುಭವದ ಕಥೆ: ನನಗೆ ಶ್ರೀಶೈಲ ಪಾದಯಾತ್ರೆಗೆ ಹೋಗುವ ಯೋಚನೆ ಬಂದಿದ್ದು ನನ್ನ ಅಕ್ಕನಿಂದ. ಬೆಳಗಿನ ಜಾವ 5 ಗಂಟೆಗೆ ನನ್ನ ಅಣ್ಣನ ಮನೆಯಿಂದ ಟ್ರಾಕ್-ಕ್ರೂಸರ್ನಲ್ಲಿ ನಮ್ಮ ಪ್ರಯಾಣ ಸಾಗಿತ್ತು, ಸಾಗುವದಾರಿ ಹೀಗಿತ್ತು ರಾಯಚೂರು-ಗದ್ದಾಲ್-ಪೆಬ್ಬರ್-ವನಪರ್ತಿ-ಅಜ್ಜಮಾಪೆಟ್-ನಂದಿಕೊಟಕೂರು-ಆತ್ಮಕೂರ್ ಮಂಡಲದ-ವೆಂಕಟಪುರ. ಗಾಡಿಯಲ್ಲಿ ನಿಶ್ಯಬ್ದತೆ ಹಾಗೂ ಬೆಚ್ಚನೆಯ ವಾತಾವರಣ, ಎಲ್ಲ ನೋಡಿದರೂ ಸುತ್ತಲೂ ಕತ್ತಲೆ ಕವಿದಿತ್ತು.

ನಮ್ಮ ಗಮ್ಯಸ್ಥಾನ ಆತ್ಮಕೂರ ಮಂಡಲದ ವೆಂಕಟಪುರ. ಇಲ್ಲಿಂದ 38 - 39 ತಾಪಮಾನ, ಸುಲಭದ ದಾರಿಯಾಗಿರಲಿಲ್ಲ. ಜನರ-ದಂಡು ಗುಂಪು-ಗುಂಪಾಗಿ ಪಾದಯಾತ್ರೆಯ ದಾರಿಯಲ್ಲಿ ಸಾಗುತ್ತಿತ್ತು, ಕೆಲವೆಡೆ ಜನ ಬಗ್ಗಿ ಎನೋ ತೆಗೆದುಕೊಳ್ಳುತ್ತಿದ್ದರು, ನಾನು ಕುತೂಹಲದಿಂದ ದಿಟ್ಟಿಸಿ ನೋಡಿದಾಗ ಬಣ್ಣ-ಬಣ್ಣದ ಪುಟ್ಟ-ಪುಟ್ಟ ಮುದ್ದಾದ ಟಾರ್ಜುಗಳು, ಇದರ ಅವಶ್ಯಕತೆ ಏನಿರಬಹುದು? ಪ್ರಶ್ನೆ ಮೂಡಿತು, ಇದರ ಮಹತ್ವ ಹೋಗುತ್ತಾ ತಿಳಿಯುತ್ತಿಯಾ ಎಂದರು ನನ್ನ ಅಕ್ಕ. ಎಲ್ಲರೂ ಸೈನಿಕರು ಯುದ್ಧಕ್ಕೆ ಹೋಗುವಂತೆ, ನಮ್ಮ ಹದಿನಾಲ್ಕು ಜನರ ದಂಡು ಪಾದಯಾತ್ರೆಗೆ ಹೋಗುವ ದಾರಿಯಲ್ಲಿ ಹೆಜ್ಜೆ ಹಾಕುತ್ತ ಮುಂದೆ ಚಲಿಸಿದೆವು. ನಮ್ಮ ಪ್ರಯಾಣ ಸುಮಾರು 10:30ಕ್ಕೆ ಬೆಳಗ್ಗೆ, ಮೊದಲಿಗೆ ಊರಿನ ಮಾರ್ಗದಲ್ಲಿ ಚಲಿಸಿ, ನಂತರ ಹೊಲಗದ್ದೆಗಳು ದೊರಕಿದವು.

ಮಾರ್ಚ್ ತಿಂಗಳಾಗಿದ್ದರಿಂದ ನೆತ್ತಿಯ ಮೇಲೆ ಸುಡುವ ಜಿಸಿಲು, ದಾರಿ ಬೆಂಕಿಯ ಹಾಸಿಗೆಯಂತಿತ್ತು. ಆದರೂ ಅಂಜದೆ-ಅಳುಕದೆ ಗುಂಪು ಗುಂಪಾಗಿ ಸಾಗುತ್ತಿದ್ದ ಜನರನ್ನು ನೋಡಿದರೆ, ಸ್ಫೂರ್ತಿದಾಯಕವಾಗಿತ್ತು.

ಮುಂದೆ ಸ್ವಲ್ಪ ದೂರದಲ್ಲಿ ಹನುಮಂತನ ದೇವಸ್ಥಾನ ನೋಡಿದ ಕ್ಷಣ ಮನ ಉಲ್ಲಾಸದಿಂದ ಕುಣಿಯಿತು. ದೇವರಿಗೆ ನಮಸ್ಕರಿಸಿ, ಫಲಹಾರ ಸೇವಿಸಿ, ಮರದ ನೆರಳಿನಲ್ಲಿ ವಿಶ್ರಾಂತಿ ಪಡೆದು, ಮುಂದಕ್ಕೆ ಚಲಿಸಲು ದಾಪುಗಾಲು ಹಾಕುತ್ತ ಸಾಗಿ, ಮುಂದೆ ಕಾಡಿನಲ್ಲಿ ಪುಟ್ಟ-ಪುಟ್ಟ ಮನೆಗಳು ಕಂಡವು, ಅವರು ಕಾಡಿನಲ್ಲಿ ವಾಸಮಾಡುವಂತೆ ಕಾಡಿನ-ಜನ ರಸ್ತೆ ಬದಿಯಲ್ಲಿ ಊರುಗೋಲು (ಬದಿರಿನ) ಮಾರಟಕ್ಕೆ ಇಟ್ಟಿದ್ದರು, ತುಂಬಾ ಸುಂದರವಾಗಿದ್ದವು. "ಅವರಿಗೆ ಹೊಟ್ಟೆಪಾಡು, ನಮಗೆ ಸಹಾಯದಾಯಕ ಕೋಲು" ಸುತ್ತ ಒಣಗಿದ ಗಿಡ-ಮರಗಳು, ಯಾವ ಪಾಣಿ-ಪಕ್ಷಿಗಳ ಕಲರವವಿಲ್ಲ, ಮಳೆ ಅಭಾವದಿಂದ, ಕಾಡು-ಬರುಡಾಗಿತ್ತು. ಮುಂದೆ ಒಂದು ಚೆಕ್‌ಪೋಸ್ಟ್

ದೊರಕಿತು, ಆಂಧ್ರ ಸರ್ಕಾರದವರು ಪ್ರಯಾಣಿಕರ ಬ್ಯಾಗ್ ಚೆಕ್ ಮಾಡಿದರು, ಪ್ಲಾಸ್ಟಿಕ್ ಚೀಲಗಳು ತೆಗೆದುಕೊಂಡು ಹೋಗಕೂಡದು, ಮತ್ತು ಕುಡಿಯಲು ಸಾಕಾಗುವಷ್ಟು ನೀರು ಸರಬರಾಜು ಮಾಡಿದ್ದರು. ಒಂದು ಕಲ್ಯಾಣಿ ಹತ್ತಿರ "ವೀರಭದ್ರೇಶ್ವರನ" ದೇವಸ್ಥಾನ ಕೂಡ ಅಲ್ಲತ್ತು.

ಇಲ್ಲಿಯವರೆಗೆ ನಾವು ಬಂದ ದಾರಿ ಸಮನಾಗಿತ್ತು - ಮರಗಳಿಂದ ಕೂಡಿತ್ತು ಆದರೆ ಇನ್ನೂ ಮುಂದಿನ ದಾರಿ ಕಠಿಣವಾಗಿತ್ತು ಸುಮಾರು ನೂರಾರು ಕಾಡು ಕಲ್ಲಿನ ಕಿರಿದಾದ ಮೆಟ್ಟಿಲುಗಳು, ತಲೆಯೆತ್ತಿ ನೋಡಿದರೆ ಗೋಪುರದಂತೆ ಇದ್ದವು, ಏರಲೇ ಬೇಕು, ವಿಧಿಯೇ ಇಲ್ಲಾ, ಶಿವನಾಮ ಜಪಿಸುತ್ತಾ ಹತ್ತಿದೆವು, ಮಧ್ಯೆ ನಿಂತು ಕೆಳಗೆ ನೋಡಿದರೆ ತಲೆಸುತ್ತುವಂತೆ ಭಯನಾಕವಾಗಿತ್ತು, ಮೆಟ್ಟಿಲು ಹತ್ತುವ ದಾರಿ ಮುಗಿದು ಮರಳಿನ ದಟ್ಟ-ಕಾಡಿನ ದಾರಿ ಪ್ರಾರಂಭವಾಯಿತು ಅಲ್ಲಿಗೆ ಸ್ವಲ್ಪ ಜಿಸಿಲು ಕಡಿಮೆಯಿಸಿಸಿತು, ಸರದಿಸಾಲಿನಲ್ಲಿ ಸಾಗುತ್ತಿದ್ದ ಭಕ್ತರ ಉತ್ಸಾಹ, ಅವರ "ಮಲ್ಲಯ್ಯನ" ಕೂಗು ನಮ್ಮನ್ನು ಎಚ್ಚರಿಸುತ್ತ ಮುನ್ನುಗ್ಗುವಂತೆ ಮಾಡಿತು, ಸುತ್ತಲು ಕತ್ತಲು-ಕವಿದಿತ್ತು, ದಟ್ಟಕಾಡು, ಕಾಡಿನಮಧ್ಯೆ ನಮ್ಮ ನಡೆ, ದೂರದಲ್ಲಿ ಕಾಡಿಚ್ಚು ಬೆಂಕಿಯ ಚಟ-ಪಟ ಉರಿಯುವ ನಾದ, ವಾತಾವರಣ ಭಯಾನಕವಾಗಿತ್ತು, ನಿಲ್ಲುವಂತಿಲ್ಲಾ ಮುನ್ನಡೆಯಲೇಬೇಕು, ಆ ವೇಳೆ ಪುಟ್ಟ ಟಾರ್ಜುನ ಮಹಿಮೆ ಎದ್ದು ಕಾಣುತ್ತಿತ್ತು, ದಾರಿದೀಪದಂತೆ "ಮಿಂಚುಹುಳುಗಳಂತೆ" ಬೆಳಕು ಬೀರುತ್ತಾ ಎಲ್ಲರಿಗೂ ನೆರವಾಗುತ್ತಿದ್ದವು. ಸಾಗುತ್ತಾ-ಸಾಗುತ್ತಾ ಕೊನೆಗೂ ತಮ್ಮ ಗುರಿ ವಿಶ್ರಾಂತಿ ಸ್ಥಳ ಪೆದ್ದಚೆರುವು (ದೊಡ್ಡಕೆರೆ) ತಲುಪಿದೆವು. ಗಂಟೆ ರಾತ್ರಿ ಎಂಟು ಆಶ್ಚರ್ಯ ಏನೆಂದರೆ ಎಲ್ಲ ನೋಡಿದರು ಜನರ ಗುಂಪು ಸಾಲಿನಲ್ಲಿ ದಣಿದ ದೇಹಗಳು ಪಿಟಕ್ ಎನ್ನದೆ ಮಲಗಿದ್ದವು, ಕೆಲವರು ನಿಲ್ಲದೆ ಹಗಲು-ರಾತ್ರಿ ಎನ್ನದೆ ತಮ್ಮ ಪಾದಯಾತ್ರೆ ಮುಂದುವರೆಸಿದರು.

ಪೆದ್ದಚೆರುವು ಬಯಲು ಜಾಗ ತಂಪಾದ ಗಾಳಿ, ಯಾವ ಸೊಳ್ಳೆಗಳ ಕಾಟವಿರಲಿಲ್ಲಾ, ಶುದ್ಧಗಾಳಿ, ನಕ್ಷತ್ರಗಳು ನನ್ನ ಬಾಲ್ಯದ ಗಬ್ಬಾರಿನ ಹಳ್ಳಿಯ ಮಹಡಿ ನೆನಪಿಗೆ ಬಂತು, ಇಲ್ಲಿಂದ ಹೊರಟಾಗ ಬೆಳಗಿನ ಜಾವ 2.00 ಗಂಟೆ. ಬೆಳಗಿನ ಜಾವ ತಂಬಾ ಚಳಿ, ಶಾಲ್-ಸ್ಲೈವರ್‌ನಿಂದ ಬೆಚ್ಚಗೆ ಹೊದ್ದು ಊರುಗೋಲು ಹಿಡಿಯುತ್ತಾ ಮುನ್ನಡೆದೆವು, ಮುಂದಿನ ದಾರಿ ಮರಳು ಮತ್ತು ಕಲ್ಲಿನಿಂದ ಕೂಡಿತ್ತು. ಕಷ್ಟವಾದರು-ಇಷ್ಟಪಟ್ಟು "ಮಲ್ಲಯ್ಯನನ್ನು" ಕಾಣಲು ಸಾಗಬೇಕು. ಸ್ವಲ್ಪ ದೂರದಲ್ಲಿ ನೋಡಿದರೆ ಆಶ್ಚರ್ಯ, ಏನದು ದೀಪದ ಸಾಲು ಸಾಗುತ್ತಿದೆಯಲ್ಲಾ? ಏನು ಅದು ಎಂದು ನನ್ನ ಅಕ್ಕನನ್ನು ಕೇಳಿದೆ ಅದು ಭಕ್ತರ ಸಾಲು, ಟಾರ್ಜುನ ಮಹಿಮೆ, ದೃಶ್ಯ ರೋಮಾಂಚನಕಾರಿಯಾಗಿತ್ತು "ಭಕ್ತರ ಇಂತ ದಿವ್ಯ ಜ್ಯೋತಿ 'ಮಲ್ಲಯ್ಯನನ್ನು' ಕಾಣಲು ಹೊರಟ ರೀತಿ", ದಟ್ಟ ಕಾಡಿನ ಮಧ್ಯೆ ಜೀವನದಲ್ಲಿ ಎಲ್ಲಾ ಕಾಣಿಸಿಗದು ಅದ್ಭುತ ನಮ್ಮ ಪಾದಯಾತ್ರೆ.

ಮುಂದಿನ ಸ್ಥಳ "ಭೀಮನ ಕೊಂಡ" ಹತ್ತಿರ ಬರುತ್ತಿದ್ದಂತೆ ಎಲ್ಲರಿಗೂ ಅಬ್ಬಾ! ತಲುಪಿದೆವು ಎಂದು ಸಂತಸಗೊಂಡವು. ಒಂದು ವಿಸ್ಮಯ ಕಾದಿತ್ತು ಪುರಾಣದ



ನಮ್ಮ ಪ್ರಯಾಣ ಮರಳಿ ಗೂಡಿಗೆ, ಮನೆ ತಲುಪಿದಾಗ ಸಂಜೆ ನಾಲ್ಕು ಗಂಟೆ. ಪಾದಯಾತ್ರೆ ದೇಹಕ್ಕೂ-ಮನಸ್ಸಿಗೂ ಮಧ್ಯೆ. ಇಲ್ಲಿ ಮೇಲು-ಕೀಳು, ದೀನ-ದಲಿತ, ಬಡವ-ಬಲ್ಲದ ಯಾವುದೂ ಮುಖ್ಯವಲ್ಲ. ಎಲ್ಲಾ ವಯಸ್ಸಿನವರು ಮಾಡಬಲ್ಲರು, ಮನಸ್ಸಿದ್ದರೆ-ಮಾರ್ಗ, ಆ "ಮಲ್ಲಯ್ಯನ ಸ್ಮರಣೆ ಎಲ್ಲಾ ಕಷ್ಟಗಳನ್ನು ಮರೆಸುತ್ತದೆ.

ಡಾ. ಸಾವಿತ್ರಿ ಗಬ್ಬಾರು.
ಅಧ್ಯಾಪಕರು



ಡಾ. ಅನೀಶ್
ಹೌಸ್ ಸರ್ಜನ್

ಪ್ರಕಾರ ಪಂಚ-ಪಾಂಡವರು ವನವಾಸಕ್ಕೆ ಬಂದಾಗ ಕುಡಿಯಲು ನೀರು ಬೇಕಾದಾಗ "ಭೀಮನು" ಕೊಂಡವನ್ನು ಕೊರೆದನು ಎಂದು ಹೇಳುತ್ತದೆ. ಮಳೆಗಾಲದಲ್ಲಿ ನೀರಿನಿಂದ ತುಂಬುತ್ತದೆ. ಆದರೆ ನಾವು ಹೋಗಿದ್ದು ಬೇಸಿಗೆ ಒಂದು ಸ್ಥಳದಲ್ಲಿ ಮಾತ್ರ ನೀರಿನ ಹೊಂಡವಿತ್ತು. ನಾವು ಒಂದು ಬೆಟ್ಟದಿಂದ ಇನ್ನೊಂದು ಬೆಟ್ಟಕ್ಕೆ ಹೋಗಬೇಕಿತ್ತು. ಮಧ್ಯೆ ಆಳವಾದ ಕೊಂಡ, ನೋಡಿದರೆ ಭಯಾನಕ ಪಾತಾಳದಂತಿತ್ತು ಬಿದ್ದರೆ ನೇರ ಯಮಲೋಕ. ಹತ್ತಿರ ಬರುತ್ತಿದ್ದಂತೆ ಮತ್ತೊಂದು ವಿಸ್ಮಯ ಕೆಲ ಪ್ರಶ್ನೆಗಳು ಕಾಡಿದವು. ಏನಿದು ಆಶ್ಚರ್ಯ? ಜನರು ಇಷ್ಟು ಸುಲಭವಾಗಿ ಒಂದು ಬೆಟ್ಟದಿಂದ ಇಳಿದು ಸರಳವಾಗಿ ಭೀಮನಕೊಂಡದ ನೀರಿನ ಮೇಲೆ ಹೇಗೆ ನೆಡೆದುಕೊಂಡು ಹೋಗಲು ಸಾಧ್ಯ? ಇದೆಂಥ ವಿಸ್ಮಯಕಾರಿ? ನಾನು ಕೂಡ ಹಾಗೆ ನೆಡೆದು ಹೋಗಬೇಕೆ? ಕುತೂಹಲವುಂಟಾಯಿತು. ಬೆಟ್ಟದಿಂದ ಇಳಿದು ಹತ್ತಿರ ಬರುತ್ತಿದ್ದಂತೆ ನೋಡಿ ಗೊಳ್ಳನೆ ನಗು ಬಂತು, ಅಯ್ಯೋ! ಅದು ನೀರಲ್ಲ ಕಾಡುಬಂಡೆಯ ಹಾಸಿಗೆ, ನೀರು ಬತ್ತಿಹೋಗಿತ್ತು. 'ಮರಳುಗಾಡಿನ ಮರೀಚಿಕೆ! ನೆನಪಾಯಿತು ಹೊಸ ಅನುಭವ ಖುಷಿಯಾಯಿತು. ಸ್ವಲ್ಪ ಹೊತ್ತು ಬಂಡೆಗಳ ಮೇಲೆ ಕುಳಿತು ಸೌಂದರ್ಯ ಸವಿದೆವು.

ಇನ್ನೊಂದು ಬೆಟ್ಟದ ಮೇಲೆ ನಿಂತು ನೋಡಿದರೆ ನೈಸರ್ಗಿಕ ಸೌಂದರ್ಯದ ಪ್ರದರ್ಶನ, ಸೂರ್ಯನ ಕಿರಣಗಳ ಪ್ರತಿಫಲನ ನಮ್ಮ ಬಣ್ಣದ ಚಿತ್ರ ಬರೆದಂತಿತ್ತು, ಪ್ರಕೃತಿ ಮಡಿಲಲ್ಲಿ ಪಾದಯಾತ್ರೆಯ ನೋವು ಮರೆತು ಹೋಯಿತು. ಹೊಟ್ಟೆ ಹಸಿವಿಗೆ ಫಲಹಾರ ತಾಜ-ತಾಜ ಕಲ್ಲಂಗಡಿ, ಅನಾನಸ್, ನಿಂಬೆರಸ ಹೊಟ್ಟೆ ಸೇರಿತು.

ಮುಂದಿನ ಗುರಿ ಕೊನೆಯ ಹಂತ "ಶಿಖರ". ಇದು ಬೆಟ್ಟದ ಮೇಲೆ ಕೊರೆದಿರುವ ಕಿರಿದಾದ ಮೆಟ್ಟಲಿನ ದಾರಿ. "ಹಿಂದೆ ತಿರುಗಿ ನೋಡಿದರೆ ಆಳವಾದ ಭೀಮನಕೊಂಡ, ಮುಂದೆ ನೋಡಿದರೆ ಮೆಟ್ಟಲುಗಳ ಶಿಖರ ಕಠಿಣವಾಗಿತ್ತು. ಅಲ್ಲಿನ ವ್ಯಾಪಾರಿಗಳು ಹಣ್ಣಿನ ಮೂಟೆಯನ್ನು ಹೊತ್ತು ಸರಳವಾಗಿ ಮೆಟ್ಟಲು ಇಳಿಯುವುದು ಕಂಡರೆ ವೀರರಂತೆ ಕಾಣುತ್ತಿದ್ದರು. ನಮಗೂ ಅವರ ಸಾಹಸ ಸ್ಫೂರ್ತಿಯಾಯಿತು. ಆಗಾಗ ನೀರಿನಿಂದ ಮುಖ ಹಾಗೂ ನೆತ್ತಿಯನ್ನು ತಂಪಾಗಿಸಿಕೊಂಡು, ಬಾಯಾರಿಕೆಯನ್ನು ನೀಗಿಸಿಕೊಂಡು ಸಾಹಸಿಗಳಂತೆ ಕೊನೆಗೂ "ಶಿಖರ"ದ ಬಾಗಿಲು ತಲುಪಿ ಕಟ್ಟೆಯ ಮೇಲೆ ಕುಳಿತು ಸಂತಸದಿಂದ ಭಾವಚಿತ್ರ ತೆಗೆದುಕೊಂಡೆವು, "ವೆಂಕಟಪುರ" ಬಿಟ್ಟಾಗ ಬೆಳಿಗ್ಗೆ 10.30 ಶುಕ್ರವಾರ - "ಶಿಖರ" ತಲುಪಿದಾಗ ಬೆಳಿಗ್ಗೆ 10.30 ಶನಿವಾರ. ಒಟ್ಟು ನಾವು ಪಾದಯಾತ್ರೆ ಮಾಡಿದ್ದು 60 ಕಿ.ಮಿ. ಏಳು ತಾಸುಗಳನ್ನು ಬಳಸಿಕೊಂಡಿದ್ದು ನಡೆಯುವುದಕ್ಕೆ.

ಇಲ್ಲಿಗೆ ಮುಗಿಯಲಿಲ್ಲ ನಮ್ಮ ಯಾತ್ರೆ, ಮುಂದೆ ಸಾಕ್ಷಿ ಗಣಪನ ದರ್ಶನ, ನಂತರ "ಶ್ರೀಶೈಲ ಮಲ್ಲಕಾರ್ಜುನನ" ದೇವಸ್ಥಾನಕ್ಕೆ ಹೋಗುವ ದಾರಿ ಛಾರ್ ರಸ್ತೆ, ಬೆಂಕಿಯ ಕೆಂಡದ ಹಾಸಿಗೆಯಾಗಿತ್ತು. ನಮ್ಮ ಪಾದಯಾತ್ರೆ ಸಂಪೂರ್ಣವಾಗಬೇಕೆಂದರೆ ನಾವು ಈ ರಸ್ತೆ ನಡೆದು ಹೋಗಲೇಬೇಕು. ಕೊನೆಗೂ ದೇವಸ್ಥಾನ ತಲುಪಿದೆವು, ದೇವಸ್ಥಾನದ ಆಚೆ ನಮಸ್ಕರಿಸಿ "ಧೂಳೆದರ್ಶನ" ಮಾಡಿ ನಮಗೆ ಕಾಯ್ದಿರಿಸುವ ಕೊಠಡಿಗೆ ಹೋಗಿ ವಿಶ್ರಾಂತಿ ಪಡೆದು, ಮಾರನೇ ದಿನ ಅಂದರೆ ಭಾನುವಾರ ಬೆಳಿಗ್ಗೆ 5 ಗಂಟೆಗೆ ಎಲ್ಲರೂ "ಶ್ರೀಶೈಲ ಮಲ್ಲಕಾರ್ಜುನನ" ದರ್ಶನ ಪಡೆದು ಪುಣ್ಯರಾದೆವು. ಬೃಹತಾಕಾರದ "ನಂದಿಯು" ಶಿವನನ್ನು ಕಾಪಾಡಲು ಕಾವಲಾಗಿ ಕುಳಿತಿರುವ ಭಂಗಿ ಅದ್ಭುತ. ನಂತರ ತಾಯಿ "ಬ್ರಮರಾಂಬೆ" ದರ್ಶನ ಪಡೆದು, ಪ್ರಸಾದ ಸ್ವೀಕಾರ ಮಾಡಿ, ಸ್ವಲ್ಪ ಹೊತ್ತು ದೇವಸ್ಥಾನದಲ್ಲಿ ಕುಳಿತೆವು.

ವೀಣಾ: ಕನ್ನಡ ಸಂಗೀತದ ಅಮೂಲ್ಯ ವಾದ್ಯ

ವೀಣಾ, ಭಾರತದ ಶ್ರೇಷ್ಠ ಶ್ರುತಿವಾದ್ಯಗಳಲ್ಲಿ ಒಂದಾಗಿದೆ. ಇದನ್ನು ಬಹಳಷ್ಟು ಪಾರಂಪರಿಕ ಮತ್ತು ಸಾಂಸ್ಕೃತಿಕ ಸಂಗೀತ ಶಾಖೆಗಳಲ್ಲಿಯೂ ಬಳಸಲಾಗುತ್ತದೆ. ಈ ವಾದ್ಯವು ಮುಖ್ಯವಾಗಿ ಕರ್ನಾಟಕ ಸಂಗೀತದಲ್ಲಿ ಬಳಸುವ ಮೂಲಕ ಪ್ರಸಿದ್ಧಿಯಲ್ಲಿದೆ. ಆದರೆ ಇದು ಹಿಂದುಸ್ತಾನಿ ಸಂಗೀತದಲ್ಲಿಯೂ ಕೂಡ ತನ್ನ ಪ್ರಭಾವವನ್ನು ತೋರುತ್ತದೆ.

ವೀಣಾ: ವೈಶಿಷ್ಟ್ಯ ಮತ್ತು ರಚನೆ

ವೀಣಾ, ಶ್ರುತಿ ಮತ್ತು ಸಾಂದ್ರತೆಯನ್ನು ತಲುಪುವಲ್ಲಿ ತನ್ನದೇ ಆದ ವಿಶೇಷತೆಯನ್ನು ಹೊಂದಿದೆ. ಸಾಮಾನ್ಯವಾಗಿ, ವೀಣಾ ಒಬ್ಬವಾದಕನ ಕೈಯಲ್ಲಿ ಹಿಡಿಯಲು ಮತ್ತು ನೇರವಾಗಿ ತಲುಪಲು ಸುಲಭವಾದ ಒಂದು ಉದ್ದ ಮತ್ತು ಘನವಾದ್ಯವಾಗಿದೆ. ಇದರ ಮೆಟ್ಟಿಲು ಭಾಗವು ಸಾಮಾನ್ಯವಾಗಿ ಟೀಕೆಯ ರೂಪದಲ್ಲಿರುತ್ತದೆ, ಮತ್ತು ಈ ಭಾಗವು ಎರಡು ಮುಖ್ಯ ಭಾಗಗಳಲ್ಲಿ ವಿಭಜಿತವಾಗಿರುತ್ತದೆ: ಮುಖ್ಯ ಶ್ರುತಿ ಮಂಡಲ ಮತ್ತು ಸಂಗೀತದ ಘನ ಭಾಗ.

ವೀಣಾ, ಸಾಮಾನ್ಯವಾಗಿ 7 ಅಥವಾ 9 ತಂತಿಗಳನ್ನು ಹೊಂದಿದ್ದು, ಇವು ಸಂಗೀತದ ಶ್ರುತಿ ಪರಿಕರದ ತಂತ್ರವನ್ನು ಬಳಸಿ ಸಂಗೀತದ ಮಾಧುರ್ಯವನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ. ತಂತಿಗಳನ್ನು ಸಮಾನ ಅಂತರದಲ್ಲಿ ಕಟ್ಟಿ ವಿವಿಧ ಶ್ರುತಿ ಹೊಮ್ಮಿಸುವ ಮೂಲಕ, ವೀಣಾ ಸಂಗೀತದ ಶ್ರೇಷ್ಠತೆಯನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ.

ಬಳಕೆ

ವೀಣಾ, ಹಳೆಯದಾದ ಒಂದು ಶಾಸ್ತ್ರೀಯ ವಾದ್ಯ ಎಂದು ಪರಿಗಣಿಸಲಾಗುತ್ತದೆ. ಮತ್ತು ಇದು ಭಾರತೀಯ ಸಂಗೀತದಲ್ಲಿ ಅಗತ್ಯವಾದ ಒಂದು ತಾತ್ವಿಕ ಭಾಗವಾಗಿದೆ. ಇದು ಸುಮಾರು 3000 ವರ್ಷಗಳ ಹಿಂದೆ ಈಶ್ವರ ದೇವರ ಅಥವಾ ಬ್ರಹ್ಮಾದೇವರ ಕಾಲದಲ್ಲಿ ಉದ್ಭವವಾಗಿರಬಹುದು ಎಂದು ನಂಬಲಾಗಿದೆ.

ವೀಣಾ ನುಡಿಗೆ ಕನ್ನಡದಲ್ಲಿ 'ವೀಣೆ' ಎಂದು ಕರೆಯಲಾಗುತ್ತದೆ. ಕನ್ನಡ ಸಂಗೀತ ಮತ್ತು ನೃತ್ಯಗಳಲ್ಲಿ ಇದಕ್ಕೆ ವಿಶಿಷ್ಟ ಸ್ಥಾನವಿದೆ. ಭಾರತೀಯ ಸಂಗೀತದ ಆಳವಾದ ತತ್ವಗಳನ್ನು ಮತ್ತು ತಾತ್ವಿಕತೆಯನ್ನು ವಿಶ್ಲೇಷಿಸಲು ಈ ವಾದ್ಯ ಅತ್ಯಂತ ಸಹಾಯಕವಾಗಿದೆ.

ಸಂಗೀತ ಮತ್ತು ಶಿಕ್ಷಣದಲ್ಲಿ ವೀಣಾ

ವೀಣಾ, ಶ್ರುತಿ ಶ್ರೇಣಿಗಳನ್ನು ಸಂಪೂರ್ಣವಾಗಿ ಹೊಂದುವ ಮೂಲಕ, ಸಂಗೀತವನ್ನು ಸೂಕ್ಷ್ಮವಾಗಿ ಮತ್ತು ತಾತ್ವಿಕವಾಗಿ ಪಾರಮಾರ್ಥಿಕವಾದ ವಾದ್ಯವಾಗಿದೆ. ಕರ್ನಾಟಕ ಸಂಗೀತದಲ್ಲಿ ಈ ವಾದ್ಯವು ಶ್ರುತಿ ಮತ್ತು ಗಾಯನವನ್ನು ಒಳಗೊಂಡಂತೆ ಬಹಳಷ್ಟು ಪ್ರಮುಖವಾದ ಸ್ಥಾನವನ್ನು ಹೊಂದಿದೆ. ಸಂಗೀತದ ತರಬೇತಿಯಲ್ಲಿ ವೀಣಾ ಬಗ್ಗೆಯಾದ ಅಧ್ಯಯನವು ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಸಂಗೀತದ ತಾತ್ವಿಕ ಅಂಶಗಳನ್ನು ಹೀರಲು ಸಹಾಯಕವಾಗಿದೆ.

ನಿರ್ಣಯ

ಸಾರಾಂಶವಾಗಿ, ವೀಣಾ ಒಂದು ಅತ್ಯಂತ ಶ್ರೇಷ್ಠ ಮತ್ತು ಪ್ರತಿಷ್ಠಿತ ಸಂಗೀತವಾದ್ಯವಾಗಿದೆ. ಇದರ ಸಂಗೀತ ಶ್ರುತಿ, ಶ್ರೇಷ್ಠ ಶ್ರುತಿ ಮತ್ತು ತಾತ್ವಿಕತೆಯನ್ನು ಹೊಂದಿದ್ದು, ಇದು ಭಾರತೀಯ ಸಂಗೀತದ ಶ್ರೇಷ್ಠತೆಯ ಮತ್ತು ಪರಂಪರೆಯ ಪ್ರತಿರೋಪವಾಗಿದೆ. ಕನ್ನಡ ಸಂಗೀತದ ಪರಂಪರೆಗೆ ಇದು ಅಮೂಲ್ಯವಾದ ಕೊಡುಗೆಯನ್ನು ನೀಡುತ್ತದೆ ಮತ್ತು ನವೀಕೃತವಾದ ಸಾಹಿತ್ಯವನ್ನು ಪ್ರತಿಬಿಂಬಿಸುತ್ತದೆ.

ನಾನು ವೀಣೆಯನ್ನು ಕಳೆದ 12 ವರ್ಷಗಳಿಂದ ಅಪಾರ ಪ್ರೀತಿ ಮತ್ತು ಭಕ್ತಿಯೊಂದಿಗೆ ಕಲಿಯುತ್ತಾ ಇದ್ದೇನೆ, ಮತ್ತು ಇದರ ಕುರಿತು ನನ್ನ ಮೆಚ್ಚುಗೆ ಕಾಲಕಾಲಕ್ಕೆ ಹೆಚ್ಚಾಗುತ್ತಿದೆ.

ಸನ್ಮಾ ಎಂ. ಬೆಲ್ಲದ್
ಪದವಿ ವಿದ್ಯಾರ್ಥಿನಿ



ಡಾ. ಗೋಕುಲ್
ಹೌಸ್ ಸರ್ಜನ್

ಕಾಡುವ ಶಾಸ್ತ್ರ ಜಾಡು -

ನಮ್ಮೆಲ್ಲರ ಜೀವನದಲ್ಲೂ ಯಾವುದೂ ಒಂದು ಕಲಾಕೃತಿ, ಹಾಡು, ಸಂಗೀತ, ಜಾನಪದ ಕಲೆ ನಮಗೆ ಅರಿವಿಲ್ಲದಂತೆ ನಮ್ಮೆಲ್ಲರೇ ಹಾಸು ಹೊಕ್ಕಿರುತ್ತದೆ. ಹಲವಾರು ಸನ್ನಿವೇಶಗಳಲ್ಲಿ ಹೆಗಲ ಮೇಲೆ ಕೈ ಹಾಕಿ ಕೇಕಿ ಹಾಕುವ ಗೆಳೆಯನಂತೆ, ಕಣ್ಣಲ್ಲಿ ಕಣ್ಣೆಟ್ಟು ನೋಡಿ ಸಂತೈಸುವ ಗೆಳತಿಯಂತೆ ಜೊತೆಗಿರುತ್ತದೆ. ಇಂತಹ ಸನ್ನಿವೇಶಗಳೇ ನಮ್ಮ ಜೀವನದ ಪುಟಗಳನ್ನೂ ಅಲಂಕರಿಸುತ್ತದೆ ಎಂದೇ ನಂಬುತ್ತೇನೆ. ಅಂತಹ ಪ್ರತಿಯೊಂದು ಸನ್ನಿವೇಶಗಳು ವರುಷಗಳ ನಂತರ ನೆನಪಾದಾಗ ಮೂಡುವ ಮಂದಹಾಸ, ಆಗುವ ಭಾವುಕತೆ ಮತ್ತು ಅದರ ಹಿನ್ನೆಲೆಯಲ್ಲಿ ಆ ಕ್ಷಣಕ್ಕೆ ಮನದೊಳಗೆ ಮೂಡಿಬರುವ ಹಾಡು, ಸಂಗೀತ ಆ ಘಳಿಗೆಯನ್ನು ಮತ್ತಷ್ಟು ಆಪ್ತವಾಗಿಸುತ್ತದೆ.

ಅಂತಹ ಹಲವಾರು ಗೀತೆಗಳು ನಮ್ಮ ಜೀವನದಲ್ಲೂ ನಮ್ಮೊಡನೆ ಪಯಣಿಸಿರುತ್ತದೆ, ಎಲ್ಲೋ ಒಂದು ಕಡೆ ಮೈ ಮರೆತು ಹಾಡುವ ರಫಿ, ಕಿಶೋರ್, ಮುಕೇಶ್, ಪಿ.ಬಿ.ಎಸ್, ಎಸ್.ಪಿ.ಬಿ, ಗುಲಾಂ ಅಲಿ ನಮಗಾಗಿ ಹಾಡುತ್ತಾ ಇದ್ದಾರೆನೋ ಎನ್ನುವಷ್ಟು ಆಪ್ತರಾಗಿ ಬಿಡುತ್ತಾರೆ.

ಹೀಗೆ, ನಾನು ಕೂಡ ಅಂತಹ ಹಾಡುಗಳ, ಅದನ್ನು ರಚಿಸಿದವರ ಗುಂಗಿನಲ್ಲೇ ಇರುತ್ತಿದೆ ಅದರೆ ಮುಂದೊಮ್ಮೆ ಅಂತಹ ಗೀತೆಗಳು, ಸಾಲುಗಳು ತನ್ನ ಮಾಂತ್ರಿಕ ಲೋಕದೊಳಗೆ ನನ್ನನ್ನು ಹೇಗೆ, ಏಕೆ, ಯಾವಾಗ ಸೆಳೆಯಿತು ಎಂಬುದು ಇಂದಿಗೂ ಉತ್ತರ ಸಿಗದ ಪ್ರಶ್ನೆ, ಹತ್ತುವರುಷಗಳು ಆಗಿದೆ, ನೂರಾರು ಗೀತೆಗಳು ಹೊರಬಂದಿವೆ ಮತ್ತು ಉತ್ತರದ ಹುಡುಕಾಟ ಇಂದಿಗೂ ನಿರಂತರ. ಈ ಹುಡುಕಾಟವೇ ಒಂದು ರೀತಿಯ ಮಜಾ. ಹಾಗೆಯೇ ದಕ್ಕಿದ ಸಾಲುಗಳು, ಸಿಕ್ಕಿದ ಪ್ರೇರಣೆಗಳು, ಹೊಕ್ಕಿದ ಆಲೋಚನಾ ಲಹರಿ ಎಲ್ಲವು ಈ ಹುಡುಕಾಟದ ಭಾಗವೇ ಆಗಿದೆ.

ಹೇಗೆ ನೀವು ಈ ಗೀತೆಗಳನ್ನು ರಚಿಸುತ್ತೀರಿ ಎಂದು ಯಾರಾದರೂ ಕೇಳಿದರೆ, ಆ ಕ್ಷಣಕ್ಕೆ ಉತ್ತರ ಸಿಗದೇ ಗಲಿಬಿಲಿ ಆಗುವೆ, ಮಂದಹಾಸ ಬೀರುವೆ. ಅಲೆಮಾರಿಯಂತಹ ಈ ಹುಡುಕಾಟವನ್ನು ಮಾತಿನಲ್ಲಿ ಹೇಳಲಾಗದು, ಅದು ಒಂದು ರೀತಿಯ ಪಯಣ. ಈ ಪಯಣದಲ್ಲಿ ದಕ್ಕಿದ ಕೆಲ ಸಾಲುಗಳು ಇಂದಿಗೂ ಸತಾಯಿಸುತ್ತಿರುತ್ತದೆ ಕಾಡುವ ಗೆಳತಿಯಂತೆ... ಅಂತಹ ಕೆಲ ಸಾಲುಗಳು, ಅದರ ಹಿಂದಿನ ಸನ್ನಿವೇಶಗಳು ಹೀಗಿವೆ.

ಅನಂತ್ ನಾಗ್ ಅವರ ಗೋಧಿ ಬಣ್ಣ ಸಾಧಾರಣ ಮೈಕಟ್ಟು ಚಿತ್ರದ ಹಾಡುಗಳ ಕೆಲಸ ಆಗುತ್ತಿದೆ, ರಂಗಭೂಮಿಯೇ ಎಂಬ ಹಾಡಿನ ರಚನೆ ಶುರು ಮಾಡಿದ್ದೆ, ಚರಣ್ ರಾಜ್ ಅವರ ಸುಂದರ ಸಂಗೀತ ಸಂಯೋಜನೆ, ಮತ್ತು ಹೇಮಂತ್ ರಾವ್ ಅವರ ವಿವರಣೆ ಜೊತೆಗೆ ಗೀತೆ ರಚಿಸುತ್ತಿದ್ದೆ ನಡುವೆ ಚಿನ್ನೆ ಗೆ ರೈಲು ಪಯಣ, ಹಾಡಿನ ಮೊದಲ ಭಾಗ ಆಗಿತ್ತು, ಓಕಿ ಆಗಿತ್ತು, ಚರಣ ಇನ್ನು ಬಾಕಿ ಇತ್ತು, ಹಲವು ವರ್ಷನ್ ಗಳು ಬದಲಾವಣೆ ಆಗಿತ್ತು... ನಡುವೆ ವೆಲ್ಲೋರ್‌ನಲ್ಲಿ ಕೆಲ ಯುವಕರು ಪಯಣದ ಜೊತೆ ಆದರು, ಕೆಲವರು ಫ್ಯಾಕ್ಟರಿ ಕೆಲಸಗಾರರು, ಕೆಲವರು ಫೈಲ್ ಹಿಡಿದು ಕೆಲಸ

ಹುಡುಕುವರು ಆಗಿದ್ದರು, ಮುಖ ಬಾಡಿತ್ತು ದಣಿದಿತ್ತು ಆದರೆ ಕಣ್ಣಲ್ಲಿ ಹೊಳಪಿತ್ತು, ಭರವಸೆ ಇತ್ತು, ಅದೇ ಮುಂದಿನ ಸಾಲುಗಳಿಗೆ ಅದೇ ದೃಶ್ಯ ಪ್ರೇರೇಪಣೆ ನೀಡಿತ್ತು... ಆ ಸಾಲುಗಳು ಹೀಗಿವೆ.

“ಅಲೆದಾಡುತ ಹುಡುಕಾಡಿದೆ, ಕಾಣದ ಕಡಲಲ್ಲಿ ಮರುಗಿ
ಮನ ಭಾರವೇ ಇಳಿ ಸಂಜೆಗೆ ಇರಲಿ ನಗುವೊಮ್ಮೆ ಕರಗಿ
ಚದುರಂಗವೆ ಬದುಕು, ಅವನಾಡಿಸೋ ಕಥೆಯು
ನಟಿಸಿ ನಗುತ ಅವಲೋಕಿಸಿ ನೀ ಮುನ್ನಡೆಸೆ

ಅರ್ಥವಾಗದೆ ಉಳಿದಿರೋ ಸೂತ್ರಧಾರಿಯಾ ಮಾಯೆ,
ಮರೆಯಲಾರದೆ ಉಳಿಯಲಿ ಪಾತ್ರಧಾರಿಯಾ ಛಾಯೆ,
ರಂಗಭೂಮಿಯೇ ಈ ಜಗ, ರಂಗಿ ಕನಸೇ”

ಮತ್ತೊಂದು ಸನ್ನಿವೇಶ, ನೀನೆ ಎಂಬ ಮ್ಯೂಸಿಕ್ ವಿಡಿಯೋಗೆ, ಪ್ರೇಮಗೀತೆ ಬರೆಯುವ ಸನ್ನಿವೇಶದಲ್ಲಿ ಇಲ್ಲದ ಪ್ರೇಯಸಿಗೆ ಬರೆಯಬೇಕಾಗುತ್ತದೆ, ಆಗ ನನ್ನ ನೆರವಿಗೆ ಶೂಟ್ ಆದ ನೃತ್ಯಗಾರರ ವಿಡಿಯೋ ಪ್ರೇರಣೆಯಾಗುತ್ತದೆ... ಅದರ ಸಾಲುಗಳು ಹೀಗಿದೆ.

“ಭಾವಲೋಕದಿ ಮಿನುಗೋ ತಾರೆಯಂತೆ ನೀ ನನಗೆ
ಚಂದವಾದ ಕನಸೊಂದು ನನಸು ನೀ ಜೊತೇನೆ
ದೂರತೀರದಿ ನಿನ್ನ ದಾರಿ ಕಾದಿರೋ ನನ್ನ, ಭಾವತೀರಯಾನದಲಿ ಸೆಳೆದ ಹಾಗೆ ನೀನೇ
ನೀನೇ ಚಂದ್ರಿಕೆಯ ಪರವಾಗಿ
ಮುಂಜಾನೆಯ ಕನಸೇರಿ ಕರೆದಂತಿದೆ
ನಾಚಿ ನಿನ್ನ ನಿಲುವಿಗೆ ಸೋತ
ನವಿಲಿಗು ನವರಂಗೇ ಮರೆತಂತಿದೆ
ನೀನಿರೆ ಜೊತೆಯಲಿ ಜೀವನ ಭಾವಗೀತೆ
ಮಾತಿಗೂ ಮೀರಿದ ಮೌನಕೆ ನಾನು ಸೋತೆ
ನೀ ರೂವಾರಿಯಾಗಿರುವೆ ನನ್ನ ನೆನ್ನೆ ನಾಳೆಗಳ
ಈ ಸವಾರಿಯಾ ಪರಿಗೇ ಮರುಳದೇನೇ
ನೀನೇ ಇತಿ ಮಿತಿಗಳ ಮೀರಿ

ಪ್ರತಿಬಿಂಬ

ಕದ್ದಿರುವೆ ನಿದಿರೇನೇ ಮಾಯಾವಿಯೇ
ಮಾಯೆ ಅಕ್ಷರಶಃ ನೀ ಮಾಯೆ
ನಿನ್ನರಸಿ ಆದೇನೇ ಅನುರಾಗಿಯೇ..”

ಮತ್ತೊಂದು ಸವಾಲೊಡ್ಡಿದ ಸನ್ನಿವೇಶ ಎಂದರೆ, ನಾತಿಚರಾಮಿ ಚಿತ್ರಕ್ಕೆ ಭಾವಲೋಕದ ಗೀತರಚಿಸುವಾಗ, ವೈವಾಹಿಕ ಬಂಧನದಲ್ಲಿ ಸಿಲುಕಿರುವ ಇಬ್ಬರು ಪರಸ್ಪರ ಸವಾಲುಗಳನ್ನು ಹಾಡಿನಲ್ಲಿ ವ್ಯಕ್ತಪಡಿಸುವ ಕ್ಷಣಗಳು.. ಮತ್ತು ವ್ಯವಸ್ಥೆಯನ್ನು ಆಕೆ ಪ್ರಶ್ನಿಸುವ ಸಾಲುಗಳು, ಹೆಣ್ಣಿನ ದೃಷ್ಟಿಕೋನ ದಿಂದ ಬರೆಯಬೇಕಾಗಿತ್ತು.. ಬಿಂದುಮಾಲಿನಿ ಅವರ ಸಂಗೀತ ಗಾಯನ, ಮಂಸೋರೆ ಅವರ ನಿರ್ದೇಶನ ನನಗೆ ಜೊತೆ ಆಗಿತ್ತು, ಮುಂದೆ ಈ ಹಾಡಿಗೆ ಬಿಂದುಮಾಲಿನಿ ಅವರಿಗೆ ರಾಷ್ಟ್ರ ಪ್ರಶಸ್ತಿ ಸಿಕ್ಕಿತು... ಅದರ ಸಾಲುಗಳು ಹೀಗಿವೆ

“ರಂಗಾದ ರವಿಕೆ
ರಂಗೇರೋ ಕ್ಷಣಕೆ
ದಂಗಾಗಿ ಕುಳಿತೆ, ಯೋಚಿಸುತ ಅರಿತೇ.. ಎಲ್ಲ ಮುನ್ನೂಚನೆ
ಆಚರಿಸೋ ಜಗದ ಬಣ್ಣ ಹೀಗೇತಕೆ ?
ಆಕ್ರಮಿಸಿ ಮರೆಸೋ ನಿನ್ನ ಹಂಗೇತಕೆ ?
ಹೊಂಕರಿಸಿ ಸರಿಸೋ ಮುನ್ನ ಆಲೋಚಿಸೆಯಾ ?
ಭಾವಲೋಕದ ಭ್ರಮೆಯಾ
ಸುಳಿಯಲಿರಲು ಸರಿಯದಾಗಿದೆ ಸಮಯ
ತಳಮಳದಲಿ ತರಗಲೆಯೇ ಈ ಹೃದಯ”

ನಾವೆಲ್ಲರೂ ಒಂದು ಹುಡುಕಾಟದ ಭಾಗವಾಗಿರುತ್ತೇವೆ, ನಮ್ಮೊಳಗೇ ಹಲವು.. ನಮ್ಮ ಹೊರಗೆ ಹಲವು, ಅಂತಹ ರೋಡ್ ಟ್ರಿಪ್ ನಲ್ಲಿ ಧಾಖಲಾದ ಗೀತೆಗಳು ನಮ್ಮೊಳಗಿನ ಅಲೆಮಾರಿಯನ್ನು ಜೀವಂತವಾಗಿ ಇರಿಸಿದೆ, ‘ಕಥೆಯೊಂದು ಶುರುವಾಗಿದೆ’ ಚಿತ್ರದ ಗೀತೆಗಳು ಬಹುತೇಕ ರಚನೆ ಆದದ್ದು ಗೋಕರ್ಣದ ಹತ್ತಿರದ ಅಘನಾಶಿನಿ ಎಂಬ ನದಿ, ಕಡಲನ್ನು ಸೇರುವ ತಡಡಿ ಎಂಬ ಊರಿನಲ್ಲಿ. ಒಂದು ಕಡೆ ಊರು, ಮತ್ತೊಂದು ಕಡೆ ಸಾಗರ, ಇವೆಲ್ಲದರ ಒಲವು, ಸೆಳೆವು, ಆಪ್ತತೆ ಹಾಡಿನ ಸಾಲಿನಲ್ಲಿದೆ.

“ ಬಿಡದೆ ಕಾಡೋ ನೆನಪೇ ಸ್ವಂತ
ಭೋರ್ಗರೆವಾ ಮಾಯಾನದಿ ಮನ
ಭಾವನೆಗಳ ಅಲೆಯಲ್ಲಿ ದಿನಾ

ಇರುವೆ ನೀನು ಹೇಗೆ ?”

“ಈ ದಾರಿ ತಿರುವುಗಳಲಿ,
ನಾ ಜಾರಿ ಕಳೆದುಹೋಗಲೇ
ಈ ಭೂಮಿ ಹಸಿರ ಸಾಲಲಿ,
ಬಾನೀಲಿ ಸಹಮತವಿದೇ”

“ಭೂಮಿ ಬಾನ ಕಾದಂಬರಿ
ಆರೋಹದಿ ನೀಲಾಂಬರಿ
ಬೀಸೋ ಗಾಳಿ ಜೋಲಾಲಿಲಿ
ಜೋಡಿ ತಾರೆ ಗೀತಾಂಜಲಿ
ಭಾವನೆಗಳ ತೂಗುಸೇತುವೆ ನಮ್ಮ ನಡುವೆ ಮೂಡಿದೆ
ಅಲೆಗಳು ಮನದಾಳವ ಅರಿಯಲು ಬಂದಂತಿದೆ
ಬಿಗಿದಪ್ಪಿ ಬಿಡಲೇ ನಾ ಸುಮ್ಮನೆ ?”



ಡಾ. ಸುನೀತ ಎಸ್
ಪ್ರಾಧ್ಯಾಪಕರು

ಕೆಲವೊಮ್ಮೆ ಕಲಾವಿದ ರಚಿಸುವ ಕೃತಿ ಆತನ ಅರಿವಿಕೆ ಯನ್ನು ಮೀರಿ ಮೂಡಿಬರುತ್ತದೆ ಮತ್ತು ಆ ಸಮಯದಲ್ಲಿ ಆತ ಕೇವಲ ಒಂದು ಮಾಧ್ಯಮ ಆಗಿರುತ್ತಾನೆ. ಅಂತ ಒಂದು ಅನುಭವವೇ ನಟ ಪುನೀತ್ ರಾಜಕುಮಾರ್ ಅವರು ಕರ್ನಾಟಕದ ಪ್ರಕೃತಿ ವೈವಿಧ್ಯವನ್ನು, ಇಲ್ಲಿನ ವನ್ಯಜೀವಿಗಳ ಬಗ್ಗೆ ಚಿತ್ರಿಸಿದ ಚಿತ್ರ ‘ಗಂಧದಗುಡಿ’ ಚಿತ್ರಕ್ಕೆ ಅಜನೀಶ್ ಅವರ ಸಂಗೀತದಲ್ಲಿ ಎಲ್ಲಾ ಹಾಡುಗಳನ್ನು ರಚಿಸುವ ಅವಕಾಶ ಬಂದಾಗ, ಅದರಲ್ಲಿ ನೇತ್ರಾಣಿ ಹಾಗೂ ಕಡಲಿನ ಸನ್ನಿವೇಶದಲ್ಲಿ ಈ ಗೀತೆಯ ಅವಶ್ಯಕತೆ ಇತ್ತು , ಆಗಲೇ ಮೂಡಿದ್ದು ‘ ಅಲೆಯ ಕರೆ ’ . ಈ ಹಾಡನ್ನು ಬರೆಯುವ ಹೊತ್ತಿಗೆ ಅಪ್ಪು ಅವರು ನಮ್ಮೊಡನೆ ಇರಲಿಲ್ಲ ಆದರೆ ಅವರೊಡನೆ ಕಳೆದ ಕ್ಷಣಗಳು ಮತ್ತು ಅವರು ನಾನು ರಚಿಸಿದ ಎರಡು ಹಾಡುಗಳಿಗೆ ಧ್ವನಿ ಆಗಿದ್ದರು . ಆ ಒಡನಾಟ ಮತ್ತು ಬದುಕಿನ ಅನಿರೀಕ್ಷಿತ ತಿರುವುಗಳು ಈ ಹಾಡಿನ ರಚನೆಯಲ್ಲಿ ಪ್ರೇರಣೆ, ಆ ಸಾಲುಗಳು ಹೀಗಿವೆ ..

“ಅಲ್ಲೇ ಆದಿ ಜೀವ ಜಾಲ, ಅಲ್ಲೇ ನಮ್ಮ ನಿಮ್ಮ ಮೂಲ
ಅಲ್ಲೇ ಉಗಮ ಅಲ್ಲೇ ನಿಗಮ, ನಮ್ಮ ಜನುಮ ಅಲ್ಲೇ ಸುಗಮ
ಮೊದಲ ತೊದಲ ಕಲಿತ ತೀರಾ, ಕಡಲ ಊರ ಸೇರಲೆಂದೇ..
ನೀರಿನಂತೆ ಹರಿವ ಜೀವ, ಎಂದೂ ಸ್ವಂತ.. ನೀ ಅನಂತಾ
ಕಡಲ ಸೇರಿ ಮುಗಿಲಜಾರಿ, ಮತ್ತೆ ಕಡಲ ಸೇರೋ ಯಾನ

ಅಲ್ಲೇ ಮೊದಲ ಪಾಠ ಶಾಲೆ, ಅಲ್ಲೇ ಸಕಲ ಜೀವ ಲೀಲೆ.
ಅಲೆಯು ಕರೆಯ ಬಂದಿದೆ

“ಅಲೆಮಾರಿ ನಾ ಅಲೆಮಾರಿ,
ತರಗೆಲೆಯ ಹಾಗೆ ಅಲೆವಾ ಅಲೆಮಾರಿ !
ಅಲೆಮಾರಿ ನಾ ಅಲೆಮಾರಿ,
ಅವನಾಡಿಸೋ ಹಾಗೆ ನಡೆವಾ ಅಲೆಮಾರಿ !
ಏಳುತ, ಬೀಳುತ, ಹಾರುತ, ಜಿಗಿಯುತ, ಈಜಾಡುವ ನಾ, ಅಲೆಮಾರಿ
ನಕ್ಷೆಯೇ ಇಲ್ಲದೆ ಭೂಮಿಯ ಸುತ್ತೋ, ವಿಳಾಸವೇ ಇಲ್ಲದೆ, ಅಲೆಮಾರಿ
ಬದುಕಿನ ಜಟಿಲಾ ಬಂಡಿಯಾ,
ನಡೆಸುವನೇ ಆ ಸಾಹೇಬ,

ಅವನು ಹುರಿದರೆ ಸಾಕು !! ಸೋಲದೆ ಓಡುವೆ ಮುಂದಕ್ಕೆ ಸಾಗಿ” (ಈ ಸಾಲುಗಳು ರಘು
ದೀಕ್ಷಿತ್ ಅವರ ಆಲ್ಬಮ್ ನ ಹಾಡಿನ ಭಾಗ)

ಕೆಲವೊಮ್ಮೆ ಅನಾಯಾಸವಾಗಿ ಕ್ಷಣಮಾತ್ರದಲ್ಲಿ ದಕ್ಕುವ ಸಾಲುಗಳು, ಇನ್ನು ಕೆಲವೊಮ್ಮೆ
ಸತಾಯಿಸಿ ಆ ಸನ್ನಿವೇಶಕ್ಕೆ, ಆ ಕಥೆಗೆ ಅಥವಾ ಆ ದೃಶ್ಯಕ್ಕೆ ಶರಣಾದ ಬಳಿಕಷ್ಟೇ ಸಲ್ಲುತ್ತದೆ, ಮತ್ತೆ ಕೆಲ
ಕಾಲದ ನಂತರ ಹಾಡನ್ನು ಕೇಳುವಾಗ ಯಾವುದೋ, ಯಾವುದೋ ಒಂದು ಮಾಯೆ ನನ್ನ ಮೂಲಕ
ಬರಿಸಿತೆಂದು ಕೂಡ ಅನ್ನಿಸಿದ್ದುಂಟು ಅದು ಈ ಪ್ರಕ್ರಿಯೆ ಭಾಗ ಎಂಬುದು ನನ್ನ ನಂಬಿಕೆ... ಇಲ್ಲಿ ನಾನು
ಕೇವಲ ಒಂದು ಮಾಧ್ಯಮ ಅಷ್ಟೇ ಎಂಬುದು ಕೂಡ ನನ್ನ ಬಲವಾದ ನಂಬಿಕೆ. ಕಾಡುವ ಹಾಡಿನ ಜಾಡು
ಹಿಡಿದ ಈ ಹುಟ್ಟುಕಾಟ ನಿರಂತರ.



ಡಾ. ಕಿರಣ್ ಕಾವೇರಪ್ಪ

ಹಿರಿಯ ವಿದ್ಯಾರ್ಥಿ

ಪ್ರಸ್ತುತ :

ಪ್ರಶಸ್ತಿ ವಿಜೇತ ಚಲನಚಿತ್ರ ಗೀತರಚನಕಾರರು

ಡಾ. ಸುನೀತ ಎಸ್

ಪ್ರಾಧ್ಯಾಪಕರು



**ಪ್ರತಿಬಿಂಬ
ಕೃತಿಗಳು**

ಶ್ವೇತವರ್ಣದ ವಸ್ತ್ರ

ಏಪ್ರಾನ್ ಎಂದರೆ ಬಿಳಿಯ ಕವಚ/ವಲ್ಲಿ. ಈ ಏಪ್ರಾನ್ ಎಂದರೆ
ಅದು ರಕ್ಷೆಯ ಕವಚ.

ಬಿಳಿಯ ಈ ಏಪ್ರಾನ್ ಎಂದರೆ ಶಾಂತಿಯ ಪ್ರತೀಕ. ಏಪ್ರಾನ್
ನೋಡಿದರೆ ಅನಾರೋಗ್ಯದ ರೋಗಿಯ ಆರೋಗ್ಯವು ವೃದ್ಧಿಸುವುದು.
ಏಪ್ರಾನ್ ಎಂದರೆ ನಮ್ಮ ದೇಶದ ಬಾವುಟದ ಒಂದು ಬಣ್ಣ.
ಅದೇ ಶಾಂತಿಯ ಪ್ರತೀಕ. ಬಿಳಿಯ ಉಡುಪನ್ನು ನೋಡಿದರೆ
ಭ್ರಾಂತಿಯಲ್ಲಿರುವವನು ವಿಶ್ರಾಂತಿಯಾಗಿ ಕೂರುವಂತೆ ಮಾಡುತ್ತದೆ.
ದೇವರಿಗೆ ಪ್ರಿಯವಾದ ವಸ್ತ್ರ ಶ್ವೇತವರ್ಣದ ವಸ್ತ್ರ. ಆದ್ದರಿಂದ ಅದನ್ನು
ವೈದ್ಯರಿಗೆ ಖಾತ್ರಿ ಪಡಿಸಿದ್ದಾರೆ.

“ವೈದ್ಯೋ ನಾರಾಯಣ ಹರಿ:” ಎಂಬ ಈ ಸಾಲಿನ ಅರ್ಥ ವೈದ್ಯನೇ
ದೇವರ ಇನ್ನೊಂದು ಸ್ವರೂಪ. ರೋಗಿಯ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿ,
ರೋಗವನ್ನು ಮುಕ್ತಗೊಳಿಸಿ, ಸಮಾಜಮುಖಿಯಾಗಿ ನಿರ್ವಾರ್ಥ ಸೇವೆ
ಮಾಡುವವರೆ ನಿಜವಾದ ವೈದ್ಯ.

ಹಿಂದೆ ವೈದ್ಯರನ್ನು ಗುರುತಿಸುತ್ತಿದ್ದು ನಮ್ಮ ಸಮಾಜದ ಜನ ಅವರ
ಕೈಗುಣ ಚೆನ್ನಾಗಿದೆ, ರೋಗಿಯು ಆರೋಗ್ಯವಾಗುತ್ತಾನೆ ಎಂದು. ಅದನ್ನು
ಎಂದಿಗೂ ಕಾಪಾಡಿಕೊಂಡು ಹೋಗುವುದು ವೈದ್ಯರ ಕರ್ತವ್ಯವಾಗಿದೆ
ನಾನೇಕೆ ಬಿಳಿಯ ವರ್ಣದ ವಸ್ತ್ರ ರಕ್ಷಾ ಕವಚ, ಒಂದು ಮುಗುಳ್ಳಗೆ ನಗುವಿನ
ಸುರಕ್ಷೆಯ ಕವಚ ಏಪ್ರಾನ್.

ಓಂ ಧನ್ಯವಂತಿಯೇ ನಮಃ

ಯೋಗೇಂದ್ರ
ಗ್ರಂಥಾಲಯ ಸಿಬ್ಬಂದಿ

ಮಾನವ ದೇಹದಲ್ಲಿನ ಆಧ್ಯಾತ್ಮ ಚಕ್ರಗಳು

ಸನಾತನ ಧರ್ಮದಲ್ಲಿ ಚಕ್ರಗಳ ಪರಿಕಲ್ಪನೆಯು ರಹಸ್ಯವಾದ ಅಂಗರಚನೆಗೆ ಸಂಬಂಧಿಸಿದ ಜಟಿಲವಾದ ಚಿಂತನೆಗಳ ಭಾಗವಾಗಿದೆ. ಸಂಸ್ಕೃತದಲ್ಲಿ ಷಕ್ರ ಕನ್ನಡದಲ್ಲಿ ಚಕ್ರ ಎನ್ನುತ್ತಾರೆ.

ಚಕ್ರವಂದರೆ : ತಿರುಗುವಿಕೆ ಎಂಬ ಅರ್ಥವಿದೆ, ಚಕ್ರಗಳು ಪರಮಹಂಸಸ್ವಾಮಿ ಮಹೇಶ್ವರಾನಂದರು ಚಕ್ರವನ್ನು ಹೀಗೆ ವರ್ಣಿಸಿದ್ದಾರೆ. ಇವು ಶಕ್ತಿಕೇಂದ್ರಗಳಾಗಿದ್ದು ಬ್ರಹ್ಮಾಂಡದಿಂದ ಹೆಚ್ಚು ಬಲವಾದ ಶಕ್ತಿಯನ್ನು ಪಡೆಯುತ್ತದೆ.

ಚಕ್ರವು ಚಟುವಟಿಕೆಗಳ ಕೇಂದ್ರವಾಗಿದ್ದು ಅದು ಜೀವ ಶಕ್ತಿಯನ್ನು ಸ್ವೀಕರಿಸಿ ಸಮೀಕರಿಸಿ ನಂತರ ಅದನ್ನು ಪ್ರಕಟಿಸುತ್ತದೆ.

ಚಕ್ರವು ಬೆನ್ನ ಹುರಿಯಿಂದ ಹೊರಟಿರುವ ಪ್ರಮುಖ ನರ ಗಾಂಗ್ಲಿಯಾದಿಂದ ಸೂಸುವ ಜೈವಿಕ ಶಕ್ತಿ ಅವು ಬೆನ್ನ ಮೂಳೆಯ ತಳದಿಂದ ಹಣೆಯ ಮಧ್ಯದವರೆಗೆ ಚಾಚಿರುವ ಲಂಬವಾಗಿ ಸಾಲುಗೊಡಿದೆ. ಏಳನೆಯದು ದೈಹಿಕ ಪ್ರದೇಶದ ಮೀರಿದ್ದಾಗಿದೆ ಆರು ಚಕ್ರಗಳು ಅರಿವಿನ ಮೂಲ ಸ್ಥಿತಿಗಳ ಜೊತೆ ನಂಟು ಹೊಂದಿದೆ.

ಚಕ್ರಗಳ ಅಧ್ಯಯನವು ಹಲವು ವಿಭಿನ್ನ ಚಿಕಿತ್ಸಾ ವಿಧಾನದ ಕೇಂದ್ರವಾಗಿದೆ ಅವುಗಳೆಂದರೆ ಅರೋಮ ಥೆರಪಿ, ಮಂತ್ರಗಳು, ರೇಖೆ, ಬಣ್ಣ/ಬೆಳಕಿನ ಚಿಕಿತ್ಸೆ, ಹರಳುಗಳ ಚಿಕಿತ್ಸೆ ಸೂಜಿ ಚಿಕಿತ್ಸೆ ಮುಂತಾದವುಗಳು ಇವೆಲ್ಲಾ ಸಿದ್ಧಾಂತಗಳ ಪ್ರಕಾರ ಅವುಗಳು ಚಕ್ರಗಳ ಆಧಾರದಲ್ಲಿ ನಡೆಸಲಾಗುತ್ತದೆ.

ಚಕ್ರಗಳು ನೋಡುವುದಕ್ಕೆ ಹೊರಗೆ ಕಾಣುವುದೇನೂ ಇಲ್ಲ ಆದರೆ ಅದರ ಆಳಕ್ಕೆ ಇಳಿದಾಗ ಎಷ್ಟು ತಿಳಿದರು ಮುಗಿಯುವುದೇ ಇಲ್ಲ, ಭಗವಂತನು ಮನುಷ್ಯನ ದೇಹದಲ್ಲಿ ಸಕಲ ವ್ಯವಸ್ಥೆಗೂ ಒಂದೊಂದು ಆಡಳಿತಾತ್ಮಕ ವ್ಯವಸ್ಥೆಯನ್ನು ಕರುಣಿಸಿದ್ದಾನೆ. ಮನುಷ್ಯನ ಶರೀರದಲ್ಲಿ 72000 ನಾಡಿಗಳಿವೆ ಎಂದು ತಿಳಿಸಿದ್ದಾರೆ ಅದರಲ್ಲಿ ಇಡೀ ಪಿಂಗಳ ಮತ್ತು ಸುಷಮಾಳ ನಾಡಿಗಳು ಪ್ರಮುಖವಾದವು.

ಏಳು ಪ್ರಾಥಮಿಕ ಚಕ್ರಗಳ ವರ್ಣನೆ ಹೀಗಿದೆ

ಮೂಲಾಧಾರ ಚಕ್ರ : ಬೆನ್ನು ಹುರಿಯ ಕೊನೆಯ ಮೂಳೆಯಲ್ಲಿ ನೆಲೆಸಿರುತ್ತದೆ

ಸ್ವಾದಿಷ್ಠಾನ ಚಕ್ರ : ಜನನೇಂದ್ರಿಯಕ್ಕೆ ಸಂಬಂಧಪಟ್ಟಿದ್ದು

ಮಣಿಪುರ ಚಕ್ರ : ನಾಭಿ ಪ್ರದೇಶ

ಅನಾಹತ ಚಕ್ರ : ಹೃದಯ ಪ್ರದೇಶ

ವಿಶುದ್ಧ ಚಕ್ರ : ಗಂಟಲು ಪ್ರದೇಶ

ಅಜ್ಞಾ ಚಕ್ರ : ಹುಬ್ಬುಗಳ ಮಧ್ಯ ಪ್ರದೇಶ

ಸಹಸ್ರಾರ ಚಕ್ರ : ಮುಕುಟ ಚಕ್ರ, ತಲೆಯ ಮೇಲ್ಭಾಗ

ಮೂಲಾಧಾರ ಚಕ್ರ ಅಥವಾ ಅಡಿಪಾಯ ಚಕ್ರ : ಇದರ ಸ್ವಭಾವ ರಕ್ಷಣೆ ಆರೋಗ್ಯ ಉಳಿಯುವಿಕೆ ಅನುವಂಶಿಕ ಸಂಕೇತ ಮತ್ತು ಕುಂಡಲಿನಿ ಸುರಳಿಯಾಗಿರುತ್ತದೆ. ನಾಲ್ಕು ದಳಗಳ ಒಂದು ಕಮಲದ ಒಂದು ವೃತ್ತದ ನಡುವೆ ಒಂದು ಚತುರ್ಭುಜ, ಕೆಂಪು ಬಣ್ಣವನ್ನು ಪ್ರತಿನಿಧಿಸುತ್ತದೆ.

ಮೂಲ ಮಂತ್ರ “ಲಂ” ಸುರಕ್ಷತೆಯ ಭಾವವನ್ನು ಆಳುತ್ತದೆ ಕುಂಡಲಿನಿ ಶಕ್ತಿ ಸುತ್ತಿಕೊಂಡ ಸರ್ಪದ ಆಕಾರದಲ್ಲಿ ಈ ಚಕ್ರದಲ್ಲಿ ಅಡಗಿದೆ.

ಸ್ವಾದಿಷ್ಠಾನ ಚಕ್ರ : ವೃಷಣ ಅಥವಾ ಅಂಡಾಶಯ ಸ್ಥಾನದಲ್ಲಿದೆ ಸಂತಾನೋತ್ಪತ್ತಿ, ಆಸೆ ಆಕಾಂಕ್ಷೆಗಳನ್ನು ಹಾಗೂ ಆಶಾಭಾವನೆಗಳನ್ನು ಸೃಷ್ಟಿಸುತ್ತದೆ. ಆರು ದಳಗಳ ಕಮಲದಲ್ಲಿ ಒಂದು ಪ್ರಧಾನ ವೃತ್ತ, ಇದರ ಬಣ್ಣ ಕಿತ್ತಳೆ ಬಣ್ಣ ಹಿಂಸೆ, ದುಶ್ಚಟಗಳು ಭಾವನಾತ್ಮಕ ಅವಶ್ಯಕತೆಗಳು ಮತ್ತು ಸಂತೋಷ ಇದೆಲ್ಲಾ ಪ್ರತಿನಿಧಿಸುತ್ತದೆ ಮೂಲ ಮಂತ್ರ “ವಂ”

ಮಣಿಪುರ ಚಕ್ರ : ಇದು ಹೊಟ್ಟೆಯ ಭಾಗದಲ್ಲಿ ನೆಲೆಸಿದ್ದು ಜೀರ್ಣ ವ್ಯವಸ್ಥೆ ಇನ್ಸುಲಿನ್ ಮತ್ತು ಗ್ಲೂಕಾಗನ್ ಸ್ರವಿಸುವ ಶಕ್ತಿ, ಬಲ, ಭಯ, ಉದ್ವೇಗ ಅಭಿಪ್ರಾಯ ರಚನೆ ಈ ಚಕ್ರವು ಪ್ರತಿನಿಧಿಸುತ್ತದೆ. ಹತ್ತುದಳದ ಕಮಲ, ಇದರ ಬಣ್ಣ ಹಳದಿ ಮಂತ್ರ “ರಂ”

ಅನಾಹತ ಚಕ್ರ : ಹೃದಯ ಚಕ್ರ ಎದೆಯಲ್ಲಿಯೇ ಇದರ ವಾಸ, ಹಾರ್ಮೋನು ವ್ಯವಸ್ಥೆಯ ಭಾಗ, ಹೃದಯವಂತಿಕೆಯನ್ನು ಪ್ರತಿನಿಧಿಸುತ್ತದೆ. ಹನ್ನೆರಡು ದಳಗಳ ಕಮಲ, ಇದರ ಮಂತ್ರ “ಯಂ” ಇದಕ್ಕೆ ಅನೇಕ ಭಾವನಾತೀತ ಬಣ್ಣಗಳನ್ನು ಕಾಣುತ್ತೇವೆ. ಪೇಮಿಗಳು ಹೃದಯಕ್ಕೆ ಕೆಂಪು ಬಣ್ಣ ಜ್ಞಾನಿಗಳು ಹಸಿರು ಬಣ್ಣ ಕೊಟ್ಟಿದ್ದಾರೆ, ಇದು ಕನಿಕರ, ಮೃದತ್ವ, ಪ್ರೀತಿ, ಯೋಗಕ್ಷೇಮಗಳ ತೊಡಗುವಿಕೆ ಇದರ ಮಹತ್ವ.

ವಿಶುದ್ಧ ಚಕ್ರ : ವಾಸಸ್ಥಾನ ಗಂಟಲು, ಥೈರಾಯಿಡ್ ಹಾರ್ಮೋನಗಳನ್ನು ಉತ್ಪಾದಿಸುವ ಥೈರಾಯಿಡ್ ಗ್ರಂಥಿಗೆ ಸಂಬಂಧಪಟ್ಟಿದೆ. ಉತ್ತಮ ವಾಕ್ ಶುದ್ಧಿ ಪಡೆಯಬಹುದು ಹದಿನಾರು ದಳಗಳ ಒಂದು ಕಮಲ, ಇದರ ಬಣ್ಣ ತಿಳಿ ನೀಲಿ ಮಂತ್ರ “ಹಂ”

ಅಜ್ಞಾ ಚಕ್ರ : ಎರಡು ಹುಬ್ಬುಗಳ ಮಧ್ಯಭಾಗ ಇದರ ವಾಸ, ಮೂರನೆ ಕಣ್ಣು ಇರುವ ಸ್ಥಾನ ಆಂತರಿಕ ಮಾರ್ಗದರ್ಶನ ಅಂತದೃಷ್ಟಿಯ ಅರಿವು ಮೂಡಿಸುತ್ತದೆ. ಇದರ ಬಣ್ಣ ಕಡು ನೀಲಿ ಮಂತ್ರ “ಓಂ”

ಸಹಸ್ರಾರ ಚಕ್ರ : ಇದು ಶುದ್ಧ ಅರಿವಿನ ಚಕ್ರ, ಮೂರುದಳಗಳ ಒಂದು ಕಮಲ ಇದು ತಲೆಯ ಮುಕುಟದಲ್ಲಿ ನೆಲೆಸಿರುತ್ತದೆ, ಆಂತರಿಕ ಜ್ಞಾನದಿಂದ ಜನ್ಮಾಂತರ ಕರ್ಮದ ಬಿಡುಗಡೆಯಾಗುತ್ತದೆ. ಸಹಸ್ರಾರ ನೇರಳೆ ಬಣ್ಣವನ್ನು ಪ್ರತಿನಿಧಿಸುತ್ತದೆ. ಇದರ ಮಂತ್ರ “ಸಾಹೋಹಂ”

ಮಾಲತೇಶ್

ಹೈಜಿನಿಸ್

ದಾರಿದೀಪ ಪ್ಲಾರೆನ್ಸ್ ನೈಟಿಂಗೇಲ್

ದಾರಿದೀಪವಾದೆ ಜನಕೆ
ಜನ ಪ್ರೇಮಿಯಾದೆ ಜಗಕೆ
ಜ್ಯೋತಿಯಾದೆ ಬಳಲುವ ಮನಕೆ
ತ್ಯಾಗಿಯಾದೆ ವಿಶ್ವಕೆ

ತಾಯಿಯಾದೆ ನೊಂದ ಜನಕೆ
ಸಮಾಜ ಸೇವಕಿಯಾದೆ ಜನಕೆ
ಕಣ್ಣು ತೆರೆಸಿದೆ ಜನಕೆ
ಕರುಣಾ ಮೂರ್ತಿಯಾದೆ ಜಗಕೆ
ನಂದಿ ಹೋಗದ ಬೆಳಕಾದೆ ಜಗಕೆ
ಪ್ರಿಯವಾದೆ ದೇವರಿಗೆ
ಮರೆಯಾದೆ ಜನಕೆ
ಅಮರವಾದೆ ಜಗತ್ತಿಗೆ

ದಾರಿ ದೀಪವಾದೆ ಜನಕೆ
ಜನ ಪ್ರೇಮಿಯಾದೆ ವಿಶ್ವಕೆ
ಪ್ಲಾರೆನ್ಸ್ ನೈಟಿಂಗೇಲ್

ಜಾನಕಿ ಹೆಚ್.ಎಂ.
ಸ್ಟಾಫ್ ನರ್ಸ್



ಶಿಕ್ಷಕ

ಅಕ್ಷರ ಕಲಿಸಿದಾತ ಶಿಕ್ಷಕ
ಜೀವನಕ್ಕೆ ದಾರಿ ತೋರಿಸಿದಾತ ಶಿಕ್ಷಕ
ಶಿಕ್ಷೆಯ ನೀಡುತ ಶಿಷ್ಯರನ್ನಾಗಿಸುವವ ಶಿಕ್ಷಕ

ಶಿಕ್ಷಕನಿಲ್ಲದಿದ್ದರೆ ಜೀವನವಾಗುತ್ತಿತ್ತು ತವಕ
ಶಿಕ್ಷಕ ಬರೆದ ನಮ್ಮ ಜೀವನ ಸಾಗಿಸುವ ಜಾತಕ
ಅದರಿಂದ ಪಡೆಯ ತೊಡಗಿದೆವು ಅನೇಕ ಪದಕ

ಪ್ರತಿಯೊಬ್ಬರೂ ಆಗಬೇಕು ಉತ್ತಮ ಶಿಕ್ಷಕ
ಹೃದಯವಂತರಾಗಲು ವಿದ್ಯೆಯು ಬಹು ಅವಶ್ಯಕ
ಶಿಕ್ಷಣ ನೀಡಿ ಹೃದಯವಂತಿಕೆ ಮೆರೆದ ಗುರುಗಳಿಗೆ
ಹೃದಯ ಪೂರ್ವಕವಾಗಿ ನೀಡಲೇ ಬೇಕು ಪಾರಿತೋಷಕ.

ಮಾಲತೇಶ್
ಹೈಜಿನಿಸ್ಟ್

ಗುರು

ಗುರುಗಳಲ್ಲಿ ಮೂರು ವಿಧ. ಉತ್ತಮ, ಮಧ್ಯಮ, ಅಧಮ....

ಅಧಮ ಆಚಾರ್ಯನು ಶಿಷ್ಯರಿಗೆ ಉಪದೇಶವಿತ್ತು, ಮತ್ತೆ ಅವರು
ಚೆನ್ನಾಗಿ ತಿಳಿದುಕೊಂಡಿದ್ದಾರೆಯೇ ಇಲ್ಲವೇ ಅನ್ನುವ ಗೋಚರಿಗೆ
ಹೋಗದೆ ಸುಮ್ಮನಿರುತ್ತಾರೆ.

ಮಧ್ಯಮ ಆಚಾರ್ಯ ತನ್ನ ಶಿಷ್ಯರ ಶ್ರೇಯೋಭಿವೃದ್ಧಿಯ ದೃಷ್ಟಿಯಿಂದ
ತಾನು ಕೊಟ್ಟ ಉಪದೇಶ ಸರಿಯಾಗಿ ಬೇರೂರಲೆಂದು ಅದನ್ನು
ಅವರಿಗೆ ಪದೇಪದೇ ತಿಳಿಸಿಕೊಡುತ್ತಾನೆ. ಬಹಳವಾಗಿ ಅನುನಯ
ವಿನಯ ತೋರಿಸುತ್ತಾನೆ. ಪ್ರೀತಿ ತೋರಿಸುತ್ತಾನೆ.

ಆದರೆ ಯಾರು ತನ್ನ ಶಿಷ್ಯರು ಯಾವ ವಿಧದಿಂದಲೂ ದಾರಿಗೆ ಬಾರದೆ
ಇರುವುದನ್ನು ನೋಡಿ ಕೊನೆಗೆ ಬಲಪ್ರಯೋಗವನ್ನು
ಮಾಡಿಯೇಬಿಡುತ್ತಾನೋ, ಆತ ಉತ್ತಮ ಗುರು ಎಣಿಸಿಕೊಳ್ಳುವನು....

ಸಂಗ್ರಹಣೆ
ಡಾ. ಹರಿಣಿ
ಪ್ರಾಧ್ಯಾಪಕರು

- ಸ್ವಾಮಿ ವಿವೇಕಾನಂದ

ಪಾಲಿವಾಳದ ಛಲ, ಮನುಷ್ಯನ ಬಲ?!

ನಮ್ಮ ಮನೆಯ ಕಿಟಕಿಯ ಸಜ್ಜಿದ ಮೇಲೆ ಒಂದು ಜೋಡಿ ಪಾಲಿವಾಳ ಗೂಡು ಕಟ್ಟಿ ಮೊಟ್ಟೆ ಕಾಪಿಟ್ಟು ಮಲ ಮಾಡಿವೆ. ಈಗ ಅವು ತಮ್ಮ ಹಸಿ ಹಸಿ ಮೈಯಿಂದ ರೂಪಾಂತರಗೊಂಡು ಹೊಸ ಪೊರೆ ರೆಕ್ಕೆಗಳು ಮತ್ತು ಗಲಿಗಲುಳ್ಳ ಮಲ ಪಾಲಿವಾಳಗಳಾಗಿವೆ. ದಿನದಿಂದ ದಿನಕ್ಕೆ ಧಿಪ್ತ ಬೆಳವಣಿಗೆ ತೋರಿಸುವ ಈ ಮಲಗಳನ್ನು ಗಮನಿಸುವುದೇ ಚಂದ. ಅಪ್ಪ ಪಾಲಿವಾಳ ಕಷ್ಟಪಟ್ಟು ಸಂಪಾದಿಸಿದ ಆಹಾರವನ್ನು ತನ್ನ ಗಂಟಲಲ್ಲಿ ಕೂಡಿಟ್ಟುಕೊಂಡು ಹಾಲಿಬರುತ್ತದೆ. ಬಂದ ತಕ್ಷಣ ಬಾಂಬುತೆರೆದರೆ ಈ ಮಲಗಳು ಕಿಚಕಿಚ ಎಂದು ನುಲಿಯುತ್ತ ಆಹಾರವನ್ನು ತಮ್ಮ ಕೊಕ್ಕಿನಿಂದ ಹೆಕ್ಕಿ ಹೆಕ್ಕಿ ತಿನ್ನುತ್ತವೆ. ತಿಂದು ಮುಗಿಸುವ ತನಕ ಅವು ಮಾಡುವ ಗಲಾಟೆ ನನಗಂತೂ ಸಂಗೀತವೇ.

ಅಮ್ಮ ಪಾಲಿವಾಳ ಮಾತ್ರ ಎಲ್ಲೆಯೂ ಕದಲದೆ ಅಪ್ಪ ಆಹಾರ ತರುವ ತನಕ ಮಲಗಳನ್ನು ಕಾಯುತ್ತಿರುತ್ತದೆ. ಬೇರೆ ಪಕ್ಷಿಗಳ ಮತ್ತು ಮನುಷ್ಯರ ದಾಳಿಯಿಂದ ರಕ್ಷಿಸುತ್ತದೆ. ಪೋಷಣೆಯ ಎಲ್ಲಾ ಜವಬ್ದಾರಿಗಳನ್ನು ದಂಪತಿ ಪಾಲಿವಾಳಗಳು ಸರಿಯಾಗಿ ಪ್ರಕಾರ ಸಮನಾಗಿ ಮಾಡುತ್ತವೆ ಎಂದು ಓದಿ ತಿಳಿದುಕೊಂಡೆ.

ನಮ್ಮ ಮನೆಯ ಕೆಳಗಿನ ಮನೆಯ ಹೆಂಗಸಿಗೆ ಪಾಲಿವಾಳಗಳ ಸಂಸಾರ ತಲೆನೋವಾಗಿದೆ. ನನ್ನ ಬಳಿ ಹಲವು ಬಾರಿ ಆಕೆ ದೂರು ಹೇಳಿಕೊಂಡಿದ್ದಾರೆ. “ಏನಿ ಈ ಪಾಲಿವಾಳಗಳು! ಎಷ್ಟು ಗಲಾಟೆ ಮತ್ತು ಗಲಾಟು ಮಾಡುವೆ. ಅವು ಇನ್ನೊಮ್ಮೆ ಗೂಡು ಕಟ್ಟೋಕೆ ನಾನು ಇಡಲ್ಲ” ಎಂದು ಗೋಳಿಟ್ಟರು. ನಾನು “ಹೋಗಲಿ ಬಿಡಿ. ಹೆಚ್ಚು ಗಮನ ಹರಿಸಬೇಡಿ” ಎಂದಷ್ಟೇ ಹೇಳಿದೆ.

ಸುಮಾರು ಎರಡು ವರ್ಷಗಳಿಂದ ಆಕೆ ಪಕ್ಷಿಗಳನ್ನು ಓಡಿಸಲು ಹಲವು ಬಗೆಯ ಮಾರ್ಗಗಳನ್ನು ಬಳಸಿದ್ದಾರೆ. ಒಮ್ಮೆ ಪಾಲಿವಾಳಗಳ ಗೂಡನ್ನು ಕಿತ್ತು ಹಾಕಿದರು, ಆದರೆ ಛಲ ಜಡೆ ಮತ್ತೊಂದು ಗೂಡು ಕಟ್ಟಿದವು. ಅಕೆಯೂ ಛಲ ಜಡೆ ಕೆಳಗೆ ನಿಂತು ಉದ್ದದ ಕೋಲಿನಿಂದ ಕಟ್ಟಿದ ಗೂಡಿನಲ್ಲಿರುವ ಮೊಟ್ಟೆಗಳನ್ನು ಜೀತಿಸಲು ಪ್ರಯತ್ನಿಸಿದಳು. ಒಂದು ಮೊಟ್ಟೆ ಇದ್ದು ಒಡೆದುಹೋಯಿತು. ಉಳಿದ ಒಂದು ಮೊಟ್ಟೆಯನ್ನೇ ಕಾವು ಕೊಟ್ಟು ಪಾಲಿವಾಳ ದಂಪತಿ ಮಲ ಮಾಡಿದವು.

ಆ ಮಲ ಪಾಲಿವಾಳಕ್ಕೂ ಕೆಳಗಿನ ಮನೆಯ ಹೆಂಗಸು ಕಿರುಕುಳ ಕೊಡುತ್ತಲೇ ಇದ್ದರು. ಇಷ್ಟೆಲ್ಲ ಕಷ್ಟಗಳ ಮಧ್ಯೆ ಹಗಲಿರುಳು ಮಲೆಯನ್ನು ಕಾಪಾಡಿ ಬೆಳೆಸಿದವು. ಹಾರಲು ಹೇಳಿಕೊಟ್ಟವು. ರೆಕ್ಕೆ ಬಲಿತು ಸ್ವತಂತ್ರವಾಗಿ ನಮ್ಮ ರಸ್ತೆಯಲ್ಲೆಲ್ಲಾ ಹಾರಾಡಿ ವಾಪಸು ಗೂಡಿಗೆ ಬರುವಷ್ಟು ಮಲ ಪಳಗಿತು. ಇನ್ನೆರಡು ದಿನಗಳಲ್ಲಿ ಆ ಮಲೆಯನ್ನು ಅಪ್ಪ ಅಮ್ಮ ಪಾಲಿವಾಳಗಳು ಹೊರಗೆ ದಬ್ಬಿ ಓಡಿಸಿಬಿಟ್ಟವು. “ನಡಿ ನಡಿ ನಿನ್ನ ಜೀವನ ಆರಂಭಿಸು. ನಮ್ಮ ಜವಾಬ್ದಾರಿ ಮುಗಿಯಿತು” ಎಂದು ಮುದ್ದಾಗಿ ತಮ್ಮ ಮಲ ಪಾಲಿವಾಳವನ್ನು ಹೊರದಬ್ಬಿದಂತಿತ್ತು ಆ ದೃಶ್ಯ. ಅಲ್ಲಗೆ ಈ ಪಾಲಿವಾಳ ದಂಪತಿಯ ಸಂಸಾರ ಪಯಣ ಮುಗಿದಿತ್ತು.

ಇನ್ನು ಆ ಜಾಗದಲ್ಲಿ ಒಂದು ಸಂಸಾರ ಮುಗಿದ ತಕ್ಷಣವೇ ಇನ್ನೊಂದು ಜೋಡಿ ತಯಾರಾಗಿದ್ದವು. ಮತ್ತೆ ಕೆಳಗಿನ ಮನೆ ಹೆಂಗಸಿನ ಉಪಟಳ ಮುಂದುವರೆಯಿತು. ಒಮ್ಮೆ ಆಕೆ ದಪ್ಪನಾದ ಹಗ್ಗವನ್ನು ಛಾವಣಿಯಿಂದ ಆಕೆಯ ಮನೆಗೆ ಬರುವ ಹಾಗೆ ಕಟ್ಟಿ ಅದರಲ್ಲಿ ಒಂದು ಪ್ಲಾಸ್ಟಿಕ್ ಕವರನ್ನು ಇಳೆ ಜಿಟ್ಟಿದ್ದಳು. ಕಾಲೇಜು ಮುಗಿಸಿ ವಾಪಸು ಬಂದರೆ ಈ ವಿಚಿತ್ರ ದೃಶ್ಯ ನನಗೆ ಕಂಡಿತು. ‘ಇದೇನೋ ಹೊಸ ಪ್ರಯೋಗವಿರಬೇಕು’ ಎಂದೆನಿಸಿತು. ಹಾಗೇ ಗಮನಿಸುತ್ತಿದ್ದೆ. ಆಕೆ ಆಗಾಗ ಆ ಹಗ್ಗವನ್ನು ಜಿಗ್ಗಿಸಿ ಸಜ್ಜೆಗೆ ಬಿಡುತ್ತಿದ್ದಳು. ಹಾಗೆ ಬಿಡಿದಾಗ ಅ ಗಟ್ಟಿಯಾದ ಪ್ಲಾಸ್ಟಿಕ್ ಕವರ್ ತುಂಬಾ ಕರ್ಕಶವಾಗಿ ಸದ್ದು ಮಾಡುತ್ತಿತ್ತು. ‘ಓ! ಇದು ಪಾಲಿವಾಳಗಳನ್ನು ಹೆದರಿಸುವ ಈಕೆಯ ಹೊಸ ಮಾರ್ಗ’ ಎಂದುಕೊಂಡೆ.

ಒಂದು ತಿಂಗಳಾದ ಮೇಲೆ ಕೇಬಲ್ ಟವರ್ ಬಳಿ ಬಳಸಿರುವ ವೈರ್ ಗೆ ಒಂದು ಮಂಗನ ಗೊಂಬೆಯನ್ನು

ತೂಗುಹಾಕಿದಳು! ಆ ಮಂಗನ ಗೊಂಬೆಗೆ ಉದ್ದನೆಯ ದಪ್ಪ ಬಾಲವಿದೆ. ಅದು ಜೋತು ಜದ್ದು ಪಾಲಿವಾಳಗಳು ಹಾರಾಡುವ ದಾಲಿಗೆ ಅಡ್ಡಿಯಾಗಿದೆ. ಇದಕ್ಕೂ ತಲೆಕೆಡಿಸಿಕೊಳ್ಳದೆ ಕೆಳಗಿನ ಮನೆ ಹೆಂಗಸಿನ ತಾಳ್ಮೆಯನ್ನು ಪಾಲಿವಾಳಗಳು ಪರೀಕ್ಷಿಸಿದವು.

ಈ ಪಾಲಿವಾಳ ಮತ್ತು ಮನುಷ್ಯನ ತಿಕ್ಕಾಟ ಶುರುವಾದ ಸಮಯದಲ್ಲಿ ಕೆಳಗಿನ ಮನೆ ಹೆಂಗಸಿಗೆ ರೇಗಬೇಕೆನಿಸುತ್ತಿತ್ತು. ಒಮ್ಮೆ ಪಕ್ಷಿ ತಜ್ಞನಾಗಿರುವ ನನ್ನ ಒಬ್ಬ ಗೆಳೆಯನಲ್ಲಿ ಈ ವಿಚಾರ ಪ್ರಸ್ತಾಪಿಸಿ, “ನಾನೇನಾದ್ರೂ ಮಾಡಿ ಈ ಕೆಳಗಿನ ಮನೆ ಹೆಂಗಸಿನ ಉಪಟಳ ನಿಲ್ಲಿಸಲು? ಪಾಪ ಅವು ತುಂಬಾ ಕಷ್ಟ ಪಡುತ್ತಿವೆ” ಎಂದೆ. ಅದಕ್ಕೆ ಅವ “ಮನುಷ್ಯ-ಪಕ್ಷಿ ನಡುವಿನ ತಿಕ್ಕಾಟ ಪ್ರಕೃತಿ ಸಹಜ ಪ್ರಕ್ರಿಯೆ. ಆ ಹೆಂಗಸಿಗೆ ಅವರದ್ದೇ ಆದ ಕಾರಣಗಳಿರಬಹುದು. ನೀನು ಹೇಳಿ ಏನೂ ಮಾಡಲಾಗುವುದಿಲ್ಲ. ಸುಮ್ಮನೆ ನಿನಗೂ ಅವಲಗೂ ಜಗಳ ಆಗತ್ತೆ ಅಷ್ಟೆ. ಆಕೆ ಅಷ್ಟು ತೊಂದರೆ ಕೊಟ್ಟರೂ ಆ ಪಕ್ಷಿಗಳು ಹೋರಾಟ ಮಾಡಿವೆ. ಅವು ನಿನಗಿಂತ ಬುದ್ಧಿವಂತ ಜೀವಿಗಳು. ಅವು ನಿಭಾಯಿಸಿಕೊಳ್ಳುತ್ತವೆ. ನೀನು ಮಧ್ಯೆ ಕೈ ಹಾಕಬೇಡ” ಎಂದುಜಿಟ್ಟ. ನನಗೂ ಸಲಿ ಎನಿಸಿತು.

ಹಾಗಾಗಿ ಎರಡು ವರ್ಷಗಳಿಂದ ಗಮನಿಸುವುದಷ್ಟೇ ನನ್ನ ಕೆಲಸ. ಜೋಡಿಗಳು ಪ್ರೇಮದಲ್ಲಿ ಚಕ್ಕಂದವಾಡುವಾಗ, ಮಲಗಳಿಗೆ ಹಾರಲು ಕಲಿಸುವಾಗ ಮತ್ತು ಊಟ ಉಣ್ಣಿಸುವಾಗ ಹೆಚ್ಚು ಗಲಾಟೆ ಮಾಡುತ್ತವೆ. ಕೆಲವೊಮ್ಮೆ ಮತ್ತೊಂದು ಜೋಡಿ ಜೊತೆಗೆ ಜಗಳವಾಗುತ್ತಿರುತ್ತದೆ. ಆಗಿಲ್ಲಾ ಗೂಡಿನ ಕಸ, ಪಕ್ಷಿಗಳ ಗಲಿ-ಪುಕ್ಕ ಮತ್ತು ಅವುಗಳ ಹಿಕ್ಕೆಗಳು ನನ್ನ ಓಣಿಯ ಮೇಲೆ ಬಿದ್ದಿರುತ್ತದೆ. ಕಾಲೇಜಿನಿಂದ ವಾಪಸಾದಾಗ ಓಣಿ ಹೆಚ್ಚು ಗಲಾಟಾಗಿದ್ದರೆ ಇಂದು ಹೆಚ್ಚು ಚಟುವಟಿಕೆಯಿಂದ ಸಂಸಾರ ಸಾಗಿದೆ ಎಂದರ್ಥ. ಆಗಂತೂ ಕಸ ಗುಡಿಸುವಾಗ ನನಗೆ ಸಂತೋಷವೇ ಆಗುತ್ತದೆ. ನನ್ನ ಮುಖದ ಮೇಲೆ ತಟ್ಟನೆ ನಗು ಮೂಡಿಸುವ ಈ ಪಾಲಿವಾಳಗಳಿಗೆ ನಾನು ಎಂದೆಂದಿಗೂ ಚಿರಋಣಿ.

ಪಾಲಿವಾಳವೇ ಇಂದಿನ ಮಾಧ್ಯಮ ದೈತ್ಯ ರೂಟರ್ಸ್ ಸಂಸ್ಥೆಯ ಸ್ಥಾಪನೆಗೆ ಸ್ಫೂರ್ತಿ ಎಂದು ಓದಿ ತಿಳಿದುಕೊಂಡೆ. ವಿದ್ಯುತ್ ಶಕ್ತಿಯ ಮೇರು ವಿಜ್ಞಾನಿ ಟೆಸ್ಲಾಗೂ ಪಾಲಿವಾಳಗಳು ನೆಮ್ಮದಿ ಕೊಟ್ಟವೆ. ಒಂದು ಪಾಲಿವಾಳವಂತು ಟೆಸ್ಲಾ ಸಾಯುವವರೆಗೂ ಜೊತೆಯಲ್ಲಿದ್ದು ಸಾಗಂತೆ ಕೊಟ್ಟಂತೆ. ಮನುಷ್ಯ ಪಳಗಿಸಿದ ಮೊದಲ ಪಕ್ಷಿ ಪಾಲಿವಾಳವಂತೆ. ಮನುಷ್ಯರ ನಡುವೆ ಇಷ್ಟು ಕಾಲದವರೆಗೆ ಈ ಪಕ್ಷಿಗಳು ದೊಡ್ಡ ಸಂಖ್ಯೆಯಲ್ಲಿ ಸಹಬಾಳಿ ನಡೆಸಿವೆ ಎಂದರೆ ಅವು ಬುದ್ಧಿವಂತ ಪಕ್ಷಿಗಳೇ ಅಲ್ಲವೇ. ಹಾಗಾಗಿ ನಮ್ಮ ಮನೆಯ ಸಜ್ಜಿದ ಪಾಲಿವಾಳಗಳನ್ನು ನಾನು ರಕ್ಷಣೆ ಮಾಡುತ್ತೇನೆ ಎಂಬ ಭ್ರಮೆ ನನಗಿಲ್ಲ. ಬೇಸಿಗೆಯಲ್ಲಿ ದಗೆ ಹೆಚ್ಚಿರುವುದರಿಂದ ಬಟ್ಟಲಲ್ಲಿ ನೀಲಿಡುತ್ತೇನೆ ಅಷ್ಟೆ.

ಡಾ. ಸುಶಿ ಕಾಡನಕುಪ್ಪೆ

ಪಿಎಚ್.ಡಿ, ಎಮ್.ಡಿ.ಎಸ್, ಪಿಜಿಸಿ

ಹಿಲಿಯ ವಿದ್ಯಾರ್ಥಿ

ಪ್ರಸ್ತುತ: ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕಿ

ಸಾಮೂಹಿಕ ದಂತವೈದ್ಯಕೀಯ ವಿಭಾಗ

ರಾಜ್ಯ ಹಾಗೂ ರಾಷ್ಟ್ರೀಯ ಪತ್ರಿಕೆಗಳ ಅಂಕಣಕಾರರು

ರೋಗಿಯ ಚಿಕಿತ್ಸೆಯಲ್ಲದೆ ವೈದ್ಯರ ಸಾರ್ಥಕತೆ

ವೈದ್ಯವೃತ್ತಿಯನ್ನು ನೊಬೆಲ್ ಪ್ರೊಫೆಷನ್ ಎಂದು ಬಣ್ಣಿಸುವುದುಂಟು. ಸಮಾಜದಲ್ಲಿ ವೈದ್ಯ ವೃತ್ತಿಗೆ ಅತ್ಯಂತ ಉನ್ನತಸ್ಥಾನವನ್ನು ನೀಡಲಾಗಿದೆ. ವೈದ್ಯರಾದವರು ಸ್ವಾರ್ಥವನ್ನು ಮೀರಿ ರೋಗಿಗಳೊಂದಿಗೆ ಸೇನಾಸಾಧುತ್ವದಿಂದ ರೋಗಿ ಹಾಗೂ ಅವರ ಕುಟುಂಬದ ಸಮಸ್ಯೆಗಳಿಗೆ ಸೂಕ್ತವಾಗಿ ಸ್ಪಂದಿಸುವ ಜವಾಬ್ದಾರಿಯೂ ವೈದ್ಯರ ಮೇಲಿರುತ್ತದೆ. ಇಷ್ಟೆಲ್ಲ ಮಾಡಿದ ಮೇಲೆ ರೋಗಿ ಗುಣಮುಖವಾದರೆ ವೈದ್ಯರು ನಮ್ಮದಿಯ ನಿಟ್ಟಿಸಿರುಬಿಡುತ್ತಾರೆ.

ಜೀವನ್ಮರಣದ ಹೋರಾಟದ ನಡುವೆಯೂ ವೈದ್ಯರ ಮೇಲೆ ಭರವಸೆ ಇಟ್ಟು ಚಿಕಿತ್ಸೆ ಫಲಿಸಿದ ಮೇಲೆ ಮುಖದಲ್ಲೊಂದು ಕೃತಜ್ಞತೆಯ ಭಾವ ಹಾದು ಹೋಗುತ್ತದೆಯಲ್ಲ. ಅದೇ ಎದುರಿಗಿರುವ ವೈದ್ಯನಿಗೆ ತನ್ನದೊಂದು ವೃತ್ತಿ ಅಥವಾ ಸೇವೆಯ ಬಗ್ಗೆ ಮೂಡುವ ಸಂತೃಪ್ತಿ. ಮಾನವನ ಜೀವಗಳೊಂದಿಗೆ ಸೇನಾಸಾಧುತ್ವ, ಅವರ ರೋದನೆಗಳಿಗೆ ಸ್ಪಂದಿಸುವ, ಗುಣಮುಖ ಹೊಂದಿದ ನಂತರ ರೋಗಿಗಳ ಮುಖದ ಮೇಲೆ ಸಂತಸದ ಆಹ್ಲಾದ ನಮ್ಮ ದಿನಾಂತ್ಯವನ್ನು ತೃಪ್ತಿಕರವಾಗಿಸುತ್ತದೆ. ಪ್ರತಿನಿತ್ಯವೂ ಮಾಡುವ ಕೆಲಸ ಆ ದಿನದ ಅಂತ್ಯಕ್ಕೆ ನಮ್ಮದಿಯ ಭಾವ ಮೂಡಿಸಬೇಕು. ಆಗ ಮಾತ್ರ ಸಾರ್ಥಕತೆ ನಮ್ಮನ್ನು ಪೂರ್ಣಿಯಾಗಿ ಆವರಿಸಲು ಸಾಧ್ಯ. ಮುಂದಿನ ಬೆಳಗಿಗೆ ಮತ್ತಷ್ಟು ಹುಮ್ಮಸ್ಸು ತುಂಬಿಕೊಂಡು ಅಷ್ಟೇ ಕ್ರಿಯಾಶೀಲರಾಗಿ ಕೆಲಸ ಮಾಡಲು ಸಾಧ್ಯ.

ವೈದ್ಯ ಸೇವೆ ಅನನ್ಯ

ವೈದ್ಯರಾದವರಿಗೆ ಇಂತಿಷ್ಟೇ ಸಮಯಕ್ಕೆ ಊಟ, ಇಂತಿಷ್ಟೇ ಸಮಯಕ್ಕೆ ನಿದ್ರೆ ಎಂಬುದು ಇಲ್ಲವಾದರೂ ವೈದ್ಯವೃತ್ತಿಯು ನಮ್ಮ ಆಯ್ಕೆ. ಹಾಗೆಯೇ ನಮಗೆ ಸಂತೃಪ್ತಿಯನ್ನು ತಂದುಕೊಡುವುದೆಂದು ಭಾವಿಸುವುದು ವೈದ್ಯ ಧರ್ಮ. ಒಂದು ಆರೋಗ್ಯಕರ ಸಮಾಜ ನಿರ್ಮಾಣದಲ್ಲಿ ವೈದ್ಯರ ಸೇವೆ ಅನನ್ಯ ಎಂಬುದನ್ನು ಮರೆಯುವಂತಿಲ್ಲ.

“ವೈದ್ಯೋನಾರಾಯಣೋಹರಿಃ” ಎಂದು ವೈದ್ಯರನ್ನು ದೇವರಿಗೆ ಹೋಲಿಸುತ್ತಾರೆ. ವೈದ್ಯರು ಸೂಕ್ತ ಚಿಕಿತ್ಸೆ ನೀಡುತ್ತಾರೆ. ರೋಗಿ ಗುಣಮುಖನಾಗುತ್ತಾನೆ. ಈ ಪ್ರಕ್ರಿಯೆಯಲ್ಲಿ ರೋಗಿಯ ಸ್ಪಂದನೆಯೂ ಬಹಳ ಮುಖ್ಯ. ಏಕೆಂದರೆ ರೋಗ ಉಲ್ಬಣವಾಗುವ ಮುನ್ನವೇ ರೋಗಿಯು ಸಕಾಲದಲ್ಲಿ ವೈದ್ಯರನ್ನು ಭೇಟಿಮಾಡುವುದರಿಂದ ಚಿಕಿತ್ಸೆಯೂ ಯಶಸ್ವಿಯಾಗುತ್ತದೆ, ರೋಗಿಯೂ ಗುಣಮುಖನಾಗುತ್ತಾನೆ.

ಇನ್ನು ವೈದ್ಯ ವೃತ್ತಿಯಲ್ಲಿ ನಿರ್ಲಕ್ಷ್ಯ ಎಂಬುದು ರೋಗಿಯ ಜೀವವನ್ನೇ ಬಲಿ ತೆಗೆದುಕೊಳ್ಳುವ ಮಟ್ಟಿಗೆ ಹೋಗಬಹುದು. ಮುಂದೆ ಸರಿಪಡಿಸಿಕೊಳ್ಳಲಾಗದ ಪರಿಸ್ಥಿತಿಯನ್ನು ಸೃಷ್ಟಿಮಾಡುವುದು ವಿಪರ್ಯಾಸ. ಇಂತಹ ಸನ್ನಿವೇಶಗಳಲ್ಲಿ ವೈದ್ಯರ ಮನಸ್ಥಿತಿ, ಆತಂಕ, ಒತ್ತಡವನ್ನು ಮಾತುಗಳಲ್ಲಿ ವಿವರಿಸಲು ಸಾಧ್ಯವಿಲ್ಲ. ಕೊರೊನಾ ಮಹಾಮಾರಿ ವಿರುದ್ಧದ ಹೋರಾಟದಲ್ಲಿಯೂ ವೈದ್ಯರು ಸಾಕಷ್ಟು ಪರದಾಡಿದ್ದುಂಟು. ವೈದ್ಯರು ತಿಂಗಳುಗಟ್ಟಲೆ ಮನೆ ಮಠ ತ್ಯಜಿಸಿ ಸೇವೆಸಲ್ಲಿಸುವಾಗ ವೈಯಕ್ತಿಕ ಬದುಕಿನಲ್ಲಿ ಅವೆಷ್ಟೋ ಏರುಪೇರುಗಳಿಂದ ಕಂಗಾಲು ಆದ ದಿನಗಳು ಅವೆಷ್ಟೋ. ಮದುವೆಯಾಗಿ 2-3 ವರ್ಷಗಳಾಗಿದ್ದ ಆ ವೈದ್ಯರ ಪತ್ನಿ ಗರ್ಭಿಣಿ,



ವೈದ್ಯರು ಕೋವಿಡ್ ವಾರ್ಡ್‌ನಲ್ಲಿ ಕೆಲಸ ನಿರ್ವಹಿಸುತ್ತಿದ್ದರು. ಹೆಂಡತಿಗೆ ಹರಿಗೆಯಾಗಿ ಮಗುವನ್ನು ನೋಡಲು ಹೋಗಲು ಸಹ ಅವರಿಗೆ ಆಗಲಿಲ್ಲ. ಇಂತಹ ಹಲವು ಸಂದಿಗ್ಧತೆ ವೈದ್ಯರನ್ನು ಕಟ್ಟಿಹಾಕಿ ಬಿಡುತ್ತದೆ. ಅದೆಷ್ಟೋಸಲ ನಮ್ಮ ಜೀವನದ ಅಥವಾ ವೈಯಕ್ತಿಕ ಸಂದರ್ಭಗಳನ್ನು ತ್ಯಾಗಮಾಡುವ ಸನ್ನಿವೇಶಗಳನ್ನು ಎದುರಿಸಬೇಕಾಗುತ್ತದೆ. ಈ ಎಲ್ಲಾ ತ್ಯಾಗಗಳು ರೋಗಿ ಗುಣಮುಖವಾಗುವುದನ್ನು ಬಯಸುತ್ತದೆ. ವೈದ್ಯರೊಂದಿಗೆ ಯಾವುದೇ ವಿಷಯವನ್ನು ಮುಚ್ಚಿಡುವುದು ಒಳಿತಲ್ಲ ಎಂಬ ಮಾತಿದೆ. ಅಂದರೆ ರೋಗಿಯು ತನ್ನ ಎಲ್ಲಾ ವೈಯಕ್ತಿಕ ವಿಷಯಗಳನ್ನು ವೈದ್ಯರೊಂದಿಗೆ ಹಂಚಿಕೊಳ್ಳಬಹುದಾಗಿದ್ದು ಅದರ ಗೌಪ್ಯತೆಯನ್ನು ಕಾಪಾಡುವುದು ನಮ್ಮ ವೃತ್ತಿ ಧರ್ಮ. ಅಂದರೆ ಇದು ರೋಗಿ ಹಾಗೂ ವೈದ್ಯರ ನಡುವಿನ ಸಂಬಂಧದ ಆಳ ಹಾಗೂ ಗಟ್ಟಿತನವನ್ನು ಸೂಚಿಸುತ್ತದೆ. ವೈದ್ಯವೃತ್ತಿಯಲ್ಲಿನ ಒತ್ತಡ, ಆತಂಕ, ಕಷ್ಟಗಳು ಎಷ್ಟೇ ಇದ್ದರೂ ಈ ವೃತ್ತಿಯಲ್ಲಿನ ಸಂತೃಪ್ತಿ ಎಲ್ಲವನ್ನೂ ಮರೆಸುತ್ತದೆ.

ಸ್ವಯಂ ಚಿಕಿತ್ಸೆ ಸರಿಯಾದ ಕ್ರಮವಲ್ಲ

ಹಲವು ಬಾರಿ ರೋಗಿಗಳು ಬೇರೆ ಬೇರೆ ಮಾಧ್ಯಮಗಳಿಂದ ಸಿಕ್ಕ ಮಾಹಿತಿಯನ್ನು ಆಧರಿಸಿ ಸ್ವಯಂಚಿಕಿತ್ಸೆ ಮಾಡಿಕೊಳ್ಳುತ್ತಾರೆ. ಇದರಿಂದ ಉಪಯೋಗಕ್ಕಿಂತ ನಷ್ಟವೇ ಅಧಿಕ. ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ವೈದ್ಯರನ್ನು ಸಂಪರ್ಕಿಸುವ ಮೊದಲೇ ಗೂಗಲ್ ಸರ್ಚ್‌ಮಾಡುತ್ತಾ, ಅಸಮರ್ಪಕ ಮಾಹಿತಿಯೊಂದಿಗೆ, ತಪ್ಪಾದ ಚಿಕಿತ್ಸೆಗಳಿಗೆ ತಮ್ಮನ್ನು ಒಡ್ಡಿಕೊಳ್ಳುವಂತಹವು, ಗಂಭೀರ ಸ್ಥಿತಿಯಲ್ಲಿ ಆಸ್ಪತ್ರೆಗಳ ಬಾಗಿಲು ತಟ್ಟುವಂತಹ ಪ್ರಕರಣಗಳೂ ಹೆಚ್ಚುತ್ತಿದೆ. ರೋಗಿಗಳಿಗೂ ಈ ವಿಚಾರದಲ್ಲಿ ಸ್ಪಷ್ಟತೆ ಸಿಗಬೇಕು. ವಿಷಯ ತಜ್ಞತೆ ಇರುವ ವೈದ್ಯರ ಸಲಹೆಗಳನ್ನು ಸ್ವೀಕರಿಸುವ ಮನಸ್ಥಿತಿಯಿದ್ದಾಗ ಮಾತ್ರ ಚಿಕಿತ್ಸೆ ಫಲಪ್ರದವಾಗುತ್ತದೆ. ಅಂತರ್ಜಾಲ, ಆರ್ಟಿಫಿಷಿಯಲ್ ಇಂಟೆಲಿಜೆನ್ಸ್, ಮೆಟವರ್ಸ್, ಟೆಲಿಮೆಡಿಸಿನ್- ವೈದ್ಯಶಾಸ್ತ್ರವು ಎಷ್ಟೇ ಮುಂದುವರಿದಿದ್ದರೂ ರೋಗಿಯು ವೈದ್ಯರನ್ನು ಕಂಡು, ಮಾತನಾಡಿಸಿ, ವೈದ್ಯರೊಂದಿಗೆ ತಮ್ಮ ಸಮಸ್ಯೆಗಳನ್ನು ವಿವರಿಸಿದಾಗ ಹಾಗೆಯೇ ವೈದ್ಯರು ಅದನ್ನು ಆಲಿಸಿ, ಅರ್ಥೈಸಿ, ವಿವರಿಸಿ, ಪರೀಕ್ಷಿಸಿ, ಬೆನ್ನುತಟ್ಟಿ ಔಷಧಿಗಳನ್ನು ನೀಡಿ ಸಾಂತ್ವಾನ ಹೇಳುವ ಭಾವವು ಚಿಕಿತ್ಸೆ ಪರಿಣಾಮಕಾರಿಯಾಗಲೂ ನೆರವಾಗುತ್ತದೆ.

ವೈದ್ಯರಿಗೆ ಗೌರವ ಸಲ್ಲಿಸುವ ದಿನ

ಮನುಷ್ಯನಿಗೆ ಆರೋಗ್ಯವೇ ಭಾಗ್ಯ. ಆರೋಗ್ಯವನ್ನು ಚೆನ್ನಾಗಿಟ್ಟುಕೊಳ್ಳಬೇಕು. ಆರೋಗ್ಯ ಕೆಟ್ಟಾಗ ಅದಕ್ಕೆ ಮದ್ದು ನೀಡಿ ಗುಣಪಡಿಸುವವರು ವೈದ್ಯರು. ಅನಾರೋಗ್ಯ ಪೀಡಿತರಿಗೆ ಚಿಕಿತ್ಸೆ ನೀಡಿ ಗುಣಪಡಿಸುವ, ಸಾವಿನದವಡೆಯಲ್ಲಿದ್ದವರನ್ನು ಪಾರು ಮಾಡುವ, ಒಂದು ರೀತಿ ಪುನರ್ಜನ್ಮ ನೀಡುವ ವೈದ್ಯರಿಗೆ ವಿಶೇಷ ಗೌರವಸಲ್ಲಿಸುವ ಸಲುವಾಗಿ ದೇಶಾದ್ಯಂತ ಜುಲೈ 1 ರಂದು ಭಾರತೀಯ ವೈದ್ಯಕೀಯ ಸಂಘವು

ಪ್ರತಿಬಿಂಬ

ರಾಷ್ಟ್ರೀಯ ವೈದ್ಯರ ದಿನವನ್ನು ಆಚರಿಸುತ್ತದೆ. ಈ ದಿನದಂದು ವೈದ್ಯರ ಮಹತ್ವದ ಬಗ್ಗೆ ಜನರಲ್ಲಿ ಅರಿವು ಮೂಡಿಸಲಾಗುತ್ತದೆ. ಅಲ್ಲದೇ ನಮ್ಮ ಜೀವನಕ್ಕೆ ವೈದ್ಯರು ನೀಡಿದ ಕೊಡುಗೆಯನ್ನು ಸ್ಮರಿಸಿ ಪ್ರಶಂಸಿಸಲಾಗುತ್ತದೆ. ಈ ವಿಶೇಷ ದಿನವನ್ನು ಜನರ ಸೇವೆಗಾಗಿ ಪ್ರಾಣವನ್ನೇ ಪಣಕ್ಕಿಟ್ಟಿರುವ ವೈದ್ಯರು ಮತ್ತು ಆರೋಗ್ಯ ಕಾರ್ಯಕರ್ತರಿಗೆ ಸಮರ್ಪಿಸಲಾಗುತ್ತದೆ.

ರಾಷ್ಟ್ರೀಯ ವೈದ್ಯರ ದಿನಾಚರಣೆ

ಪಶ್ಚಿಮಬಂಗಾಳದ ಶ್ರೇಷ್ಠ ವೈದ್ಯ ಭಾರತರತ್ನ ಪುರಸ್ಕೃತ ಡಾ. ಬಿ.ಸಿ.ರಾಯ್ (ಬಿಧಾನ್ವಂದರಾಯ್) ಅವರು ವೈದ್ಯಕೀಯ ಕ್ಷೇತ್ರಕ್ಕೆ ನೀಡಿದ ಕೊಡುಗೆಯ ಸ್ಮರಣಾರ್ಥ ಪ್ರತಿವರ್ಷ ಜುಲೈ 1 ರಂದು “ರಾಷ್ಟ್ರೀಯ ವೈದ್ಯದಿನ” ವಾಗಿ ಆಚರಿಸಲಾಗುತ್ತದೆ. ಜುಲೈ 1 ಬಿ.ಸಿ.ರಾಯ್ ಜನ್ಮದಿನ ಹಾಗೂ ಪುಣ್ಯಸ್ಥಳೀಯ ದಿನವೂ ಹೌದು. ಅದೇ ಕಾರಣಕ್ಕೆ ಈ ದಿನವನ್ನು ರಾಷ್ಟ್ರೀಯ ವೈದ್ಯಕೀಯ ದಿನವನ್ನಾಗಿ ಆಚರಿಸಲಾಯಿತು.

ಯಾರು ಬಿ.ಸಿ.ರಾಯ್ ?

ಡಾ. ಬಿಧಾನ್ವಂದರಾಯ್ (ಬಿ.ಸಿ.ರಾಯ್) ಪಶ್ಚಿಮಬಂಗಾಳದ ಶ್ರೇಷ್ಠ ವೈದ್ಯರು, ಶಿಕ್ಷಣ ತಜ್ಞರು, ಸ್ವಾತಂತ್ರ್ಯ ಹೋರಾಟಗಾರರು ಹಾಗೂ ಪಶ್ಚಿಮಬಂಗಾಳದ ಮಾಜಿ ಮುಖ್ಯಮಂತ್ರಿ. ಜುಲೈ 1 1882 ರಂದು ಬ್ರಿಟಿಷ್ ಆಡಳಿತದ ಪಟ್ನಾ ಬೆಂಗಾಲ್ ರೆಸಿಡೆನ್ಸಿಯಲ್ಲಿ ಜನಿಸಿದ ಅವರು ಜುಲೈ 1962 ರಲ್ಲಿ ಮರಣ ಹೊಂದಿದರು. ವೈದ್ಯಕೀಯ ವಿಜ್ಞಾನಕ್ಷೇತ್ರಕ್ಕೆ ನೀಡಿದ ಕೊಡುಗೆಗಾಗಿ ರಾಯ್ ಅವರಿಗೆ 1961 ರಲ್ಲಿ ಭಾರತರತ್ನ ಪ್ರಶಸ್ತಿ ನೀಡಲಾಯಿತು. ಬಿ.ಸಿ.ರಾಯ್ ಅವರು ಭಾರತೀಯ ವೈದ್ಯಕೀಯ ಸಂಘದ ಸ್ಥಾಪನೆಯಲ್ಲಿ ಪ್ರಮುಖ ಪಾತ್ರವಹಿಸಿದ್ದರು. ವೈದ್ಯಕೀಯ ಕ್ಷೇತ್ರವಲ್ಲದೆ ಶಿಕ್ಷಣ ಕ್ಷೇತ್ರ ಮತ್ತು ಸಾಮಾಜಿಕ ಕ್ಷೇತ್ರಗಳಲ್ಲೂ ಸೇವೆಸಲ್ಲಿಸಿದ್ದರು.

ವಿಶ್ವದಾದ್ಯಂತ ಆಚರಣೆ :

ವೈದ್ಯರ ದಿನವನ್ನು ಭಾರತದಲ್ಲಷ್ಟೇ ಅಲ್ಲದೆ ಬೇರೆ ಬೇರೆ ರಾಷ್ಟ್ರಗಳಲ್ಲಿ ಬೇರೆ ಬೇರೆ ತಿಂಗಳು, ದಿನಾಂಕದಂದು ಆಚರಿಸುತ್ತಾರೆ. ಅಮೇರಿಕದಲ್ಲಿ ಮೇ 30, ಕ್ಯೂಬಾದಲ್ಲಿ ಡಿಸೆಂಬರ್ 3, ಇರಾನ್‌ನಲ್ಲಿ ಆಗಸ್ಟ್ 23 ರಂದು ವೈದ್ಯರದಿನ ಆಚರಿಸುತ್ತಾರೆ.

ವಿದ್ಯಾರ್ಥಿಗಳಿಗೊಂದು ಕಿವಿಮಾತು

ಎಲ್ಲರ ಜೀವನದಲ್ಲೂ ಬೇರೆ ವ್ಯಕ್ತಿಗಳ, ಅವರ ನಡವಳಿಕೆಗಳ ಪ್ರಭಾವ ನಮ್ಮ ಮೇಲೆ ಆಗುವುದು ಸಹಜ. ಎಲ್ಲರೂ ಕೆಲವೊಂದು ವ್ಯಕ್ತಿಗಳನ್ನು ಆದರ್ಶವಾಗಿಟ್ಟುಕೊಂಡು ಅವರನ್ನು ಅನುಸರಿಸುವುದನ್ನು ಕಾಣುತ್ತೇವೆ. ಹಾಗೆಯೇ ವಿದ್ಯಾರ್ಥಿ ಜೀವನದಲ್ಲಿಯೂ ಸಹ ನಮ್ಮ ಗುರುಗಳನ್ನು ಅನುಕರಿಸುವ ಅಥವಾ ಆದರ್ಶ ವ್ಯಕ್ತಿಗಳ ಅನುಕರಣೆಯಿಂದ ನಮ್ಮ ಜೀವನವನ್ನು ಸಕಾರಾತ್ಮಕವಾಗಿ ರೂಪಿಸಿಕೊಳ್ಳಲು ಸಾಧ್ಯ. ಗುರುವೃಂದದವರೂ ಸಹ ಆದರ್ಶಗಳನ್ನು ಬೋಧಿಸದೆ ಆದರ್ಶದಿಂದ ನಡೆದು ತೋರಿಸುವುದು ಸೂಕ್ತ.

ಡಾ|| ಸ್ವಿತಾ ಜಿ ಡಿ

ಹಿರಿಯ ವಿದ್ಯಾರ್ಥಿ

ಪ್ರಸ್ತುತ: ಓರಲ್‌ಮೆಡಿಸಿನ್ ಹಾಗೂ ರೆಡಿಯಾಲಜಿ ತಜ್ಞರು
ವಿಜಯಕರ್ನಾಟಕ ಪತ್ರಿಕೆಯ ಅಂಕಣಕಾರರು

ಆಧ್ಯಾತ್ಮಿಕ ಬುದ್ಧಿ: ಒಂದು ಹೊಸ ದೃಷ್ಟಿ

ಆಧ್ಯಾತ್ಮಿಕ ಬುದ್ಧಿ ಎಂದರೆ ವ್ಯಕ್ತಿಯ ಅರಿವು, ಅನುಭವಗಳು ಮತ್ತು ಭಾವನೆಗಳನ್ನು ಆಳವಾಗಿ ಅರಿತುಕೊಂಡು ಹೋಗುವ ಕೌಶಲ. ಇದು ಬುದ್ಧಿಶಕ್ತಿಯ ಒಂದು ವಿಶೇಷ ರೂಪ. ಸಾಮಾನ್ಯವಾಗಿ ನಾವು ಮಾಡುವ ಕೆಲಸಗಳ ಮೂಲಕ ಪಡೆದ ಜ್ಞಾನ ಅಥವಾ ಮಾರ್ಗದರ್ಶನಗಳಿಗಿಂತ ಹೆಚ್ಚಾಗಿ, ಆಧ್ಯಾತ್ಮಿಕ ಬುದ್ಧಿ ನಮ್ಮ ಬದುಕಿಗೆ ಹೊಸಮಾರ್ಗವನ್ನು ತೆರೆದುಕೊಡಬಲ್ಲದು. ಆಧ್ಯಾತ್ಮಿಕ ಬುದ್ಧಿಯ ಅನುಭವ ಮತ್ತು ಜ್ಞಾನ ಅನನುಕರಣೀಯವಾಗಿರುತ್ತದೆ. ಇದು ಹೊರಗಿನ ಲೋಕದ ಅನುಭವಗಳ ಮೂಲಕವಲ್ಲ, ಅಂತರಂಗದ ಶಾಂತಿ ಮತ್ತು ತೃಪ್ತಿಗೆ ಒಯ್ಯುವುದಾಗಿರುತ್ತದೆ. ಇದು ನಮ್ಮ ಅರಿವಿಗೆ ಮತ್ತು ಪರಿಣತಿಗೆ ತಕ್ಕಂತೆ ಕೇಂದ್ರೀಕೃತವಾಗಿರುವ ಒಂದು ಅಂಶವಾಗಿದೆ.

ಆಧ್ಯಾತ್ಮಿಕ ಬುದ್ಧಿ ಯೋಗ, ಧ್ಯಾನ, ಪ್ರಾರ್ಥನೆ, ಮಂತ್ರ, ಜಪ ಮೊದಲಾದ ಪ್ರಥಮ ಸಾಧನೆಗಳ ಮೂಲಕ ಅಭ್ಯಾಸಗೈಯಲು ಸಾಧ್ಯ. ಇವು ವ್ಯಕ್ತಿಯ ಅಂತರಂಗದ ಪರಿಶುದ್ಧಿಗೆ ಸಹಕಾರಿಯಾಗುತ್ತವೆ ಮತ್ತು ಅವನ ಆಧ್ಯಾತ್ಮಿಕ ಬುದ್ಧಿಯನ್ನು ಹೆಚ್ಚಿಸುತ್ತವೆ. ಆಧ್ಯಾತ್ಮಿಕ ಬುದ್ಧಿಯ ಅಭಿವೃದ್ಧಿ ಮಾನವ ಬದುಕಿನ ಸಾರಥಿಗೆ ಹೊಸಬೆಳಕನ್ನು ನೀಡಬಲ್ಲ ಒಂದು ಅದ್ಭುತ ಅನುಭವ. ಈ ಬುದ್ಧಿ ನಮ್ಮ ಹೃದಯದ ಸಮಗ್ರ ಬಲವನ್ನು ಸಂತೋಷವಾಗಿ ಪರಿಪೂರ್ಣಗೊಳಿಸುತ್ತದೆ ಮತ್ತು ಬದುಕಿನ ಸಮಸ್ಯೆಗಳನ್ನು ಹೊಂದಿಕೊಳ್ಳುವ ಕ್ಷಮತೆಯನ್ನು ಕೊಡುತ್ತದೆ.

ಇದು ಸಮಾಜದಲ್ಲಿ ಸಾಧಾರಣ ಬುದ್ಧಿಶಕ್ತಿಗಿಂತ ಹೆಚ್ಚಿನ ಸ್ವಾಧೀನ, ನಿಷ್ಕಳಂಕ ನಿರ್ಣಯ ಮತ್ತು ಸಮಗ್ರ ಭವಿಷ್ಯದ ಕಾಣಿಕೆಗಳನ್ನು ನೀಡಬಲ್ಲದು. ಆಧ್ಯಾತ್ಮಿಕ ಬುದ್ಧಿಯ ಅನುಭವ ಮತ್ತು ಪರಿಜ್ಞಾನ ಹೆಚ್ಚಿನ ಸಾಮರ್ಥ್ಯ ಮತ್ತು ಶಕ್ತಿಯನ್ನು ಹೊಂದಿದವರಿಗೆ ಹೊಸದಿಶೆಗಳನ್ನು ತೋರಿಸಬಲ್ಲದು ಮತ್ತು ಅವರಿಗೆ ಅನ್ವಯವಾದ ಅನಂದವನ್ನು ನೀಡಬಲ್ಲದು. ಆಧ್ಯಾತ್ಮಿಕ ಬುದ್ಧಿಯ ಅಂತರಂಗದ ಸಮೃದ್ಧಿ ಮತ್ತು ಹೊಸ ಅನುಭವಗಳ ಪ್ರವಾಹವು ವ್ಯಕ್ತಿಗಳ ಜೀವನದ ಹಲವಾರು ಅಂಶಗಳಿಗೆ ಪ್ರಭಾವ ಬೀರುತ್ತದೆ ಮತ್ತು ಅವರ ಬದುಕನ್ನು ದೃಢಗೊಳಿಸುತ್ತದೆ.

ಡಾ. ಸುಜಾತ ಅಚ್ಲಿ,

ಹಿರಿಯ ವಿದ್ಯಾರ್ಥಿ

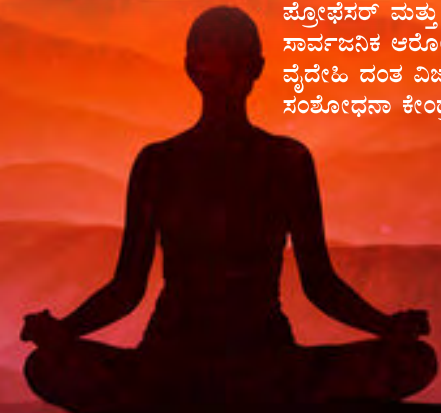
ಪ್ರಸ್ತುತ:

ಪ್ರೋಫೆಸರ್ ಮತ್ತು ಹೆಡ್,

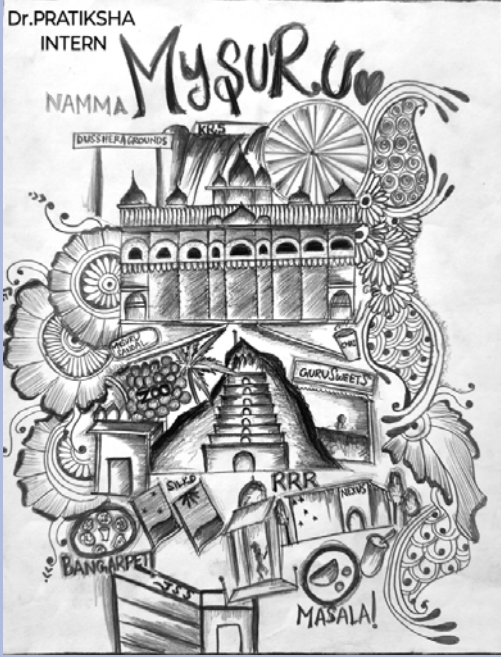
ಸಾರ್ವಜನಿಕ ಆರೋಗ್ಯ ದಂತಶಾಸ್ತ್ರ ವಿಭಾಗ

ವೈದೇಹಿ ದಂತ ವಿಜ್ಞಾನ ಮತ್ತು

ಸಂತೋಷದ ಕೇಂದ್ರ, ಬೆಂಗಳೂರು-66



ಮೈಸೂರು - MY ಸೂರು



ದಕ್ಷಿಣ ಭಾರತದ ಕರ್ನಾಟಕದ ಹೃದಯದಲ್ಲಿ ನೆಲೆಸಿರುವ ಒಂದು ವಿಶಿಷ್ಟವಾದ ನಗರ ನಮ್ಮ ಮೈಸೂರು.

ಮೈಸೂರಿನ ಇತಿಹಾಸ, ಸಂಸ್ಕೃತಿ, ಕಲೆ ಮತ್ತು ಅರ್ಥಶಾಸ್ತ್ರವು ಮಹತ್ವದ ಪಾತ್ರ ಹೊಂದಿದೆ ಹಾಗೂ ತನ್ನ ವೈವಿಧ್ಯಮಯ ಪರಂಪರೆಯನ್ನು ವೈಭವಯುತವಾಗಿ ಸಾಗಿಸುತ್ತಾ ಬಂದಿದೆ.

ಮೈಸೂರಿನ ಇತಿಹಾಸವು ಬಹುಶಃ ಪ್ರಾಕೃತಿಕ, ಸಾಮಾಜಿಕ ಮತ್ತು ವೈಜ್ಞಾನಿಕ ಬದಲಾವಣೆಗಳಿಗೆ ಸಾಕ್ಷಿಯಾಗಿದೆ. ಇದು “ರಾಜವಂಶರುಗಳ” ಆಡಳಿತದಿಂದ ಪ್ರಜಾಪ್ರಭುತ್ವದತ್ತ ಸಾಗಿರುವ ಒಂದು ಮಹತ್ತರ ಪಯಣವಾಗಿದೆ. ಮೈಸೂರು ಅರಸರು, ವಿಶೇಷವಾಗಿ “ಒಡೆಯರ್ ವಂಶದವರು” ನಗರವನ್ನು ತಮ್ಮ ರಾಜಧಾನಿಯಾಗಿ ಆಯ್ಕೆಮಾಡಿ ಅದನ್ನು ಅಭಿವೃದ್ಧಿಪಡಿಸಿದರು. ಮೈಸೂರು ಅರಸರ ದುರಂತದ ನಂತರ 1799ರಲ್ಲಿ ಬ್ರಿಟಿಷರು

ಸ್ವಾಧೀನಕ್ಕೆ ಪಡೆದರು ಮತ್ತು ನಂತರ ಮರಳಿ ಒಡೆಯರ್ ವಂಶಕ್ಕೆ ಅಧಿಕಾರ ಹಸ್ತಾಂತರಿಸಿದರು.

ವಿಶ್ವ ಪ್ರಸಿದ್ಧ ಮೈಸೂರು

ಮೈಸೂರು, ದಸರಾ ಉತ್ಸವದ ಮೂಲಕ ಜಗತ್ತಿನಲ್ಲೆಡೆ ಗುರುತಿಸಿಕೊಂಡಿದೆ. ಸರಿಸುಮಾರು 1610 ರಂದು ಶ್ರೀರಂಗಪಟ್ಟಣದ ಆಸ್ಥಾನದ ರಾಜ ಒಡೆಯರ್ ಅವರು ದಸರಾ ಹಬ್ಬವನ್ನು ಆರಂಭಿಸಿದರು. ಹಾಗೆ ಮುಂದುವರಿದ ಈ ನಾಡಹಬ್ಬವನ್ನು ಇಂದಿನವರೆಗೂ ಪ್ರತಿವರ್ಷವು ವಿಜೃಂಭಣೆಯಿಂದ ಹಾಗೂ ಸಂಭ್ರಮದಿಂದ ಆಚರಿಸಲಾಗುವುದು. ಇದು ಕಣ್ಣಿಗೆ ಸ್ವರ್ಗವೇ ಧರಣಿಗಳಂತೆ ಭಾಸವಾಗುವ ಅನುಭವ ನೀಡುತ್ತದೆ. ಹಾಗೇ ಮೈಸೂರಿನ ಮೂಲೆ ಮೂಲೆಯಲ್ಲೂ ಬೆಳಕಿನ ಹಾವಳಿ ಹಮ್ಮಿರುತ್ತದೆ.

ಮೈಸೂರಿನ ಪ್ರವಾಸಿ ತಾಣಗಳು ಜನರಿಗೆ ಎಂದಿಗೂ ನಿರಾಸೆ ಉಂಟುಮಾಡಿಲ್ಲ. ಅರಮನೆ, ಚಾಮುಂಡಿಬೆಟ್ಟ, ಕೃಷ್ಣಸಾಗರ ಅಣೆಕಟ್ಟು, ಬೃಂದಾವನ, ಜಗನ್ ಮೋಹನ ಅರಮನೆ, ಲಲಿತ ಮಹಲ್ ಅರಮನೆ, ಕುಕ್ಕರಹಳ್ಳಿ ಕೆರೆ, ಎಡಮುರಿ, ಬಲಮುರಿ ಮತ್ತು ಮೈಗಾಲಯ ಇಲ್ಲಿನ ಪ್ರಮುಖ

ಪ್ರೇಕ್ಷಣೀಯ ಸ್ಥಳಗಳು.

ಮೈಸೂರು ಶೈಕ್ಷಣಿಕ ಕೇಂದ್ರವಾಗಿ ಹೆಸರು ಮಾಡಿದೆ. ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯವು ಕರ್ನಾಟಕದ ಪ್ರಾಚೀನ ವಿಶ್ವವಿದ್ಯಾನಿಲಯಗಳಲ್ಲಿ ಒಂದಾಗಿದೆ. ಇಲ್ಲಿ ವಿವಿಧ ಅಧ್ಯಯನ ಮತ್ತು ಸಂಶೋಧನಾ ಕೇಂದ್ರಗಳು ಸ್ಥಾಪಿತವಾಗಿವೆ.

ಮೈಸೂರಿನಲ್ಲಿ ಜನಿಸಿರುವ ಅದೆಷ್ಟೋ ಕವಿಗಳು, ಕಲಾವಿದರು, ಸಂಗೀತ ವಿದ್ವಾಂಸರು, ವಿಜ್ಞಾನಿಗಳು ಇಂದಿಗೂ ಚಿರಸ್ಮರಣೀಯ. ಇದೇ ಗುಂಪಿನ ಸರ್ ಎಂ. ವಿಶ್ವೇಶ್ವರಯ್ಯ ಅವರನ್ನು ನೆನೆಯದ ದಿನ ಅಪೂರ್ಣ. ಇಂಜಿನಿಯರ್ ಮತ್ತು ಸಮಾಜ ಸೇವಕರಾಗಿದ್ದ ಇವರು “ಭದ್ರಭೂಮಿಯ ಕರ್ಮಯೋಗಿ” ಎಂಬ ಕೀರ್ತಿ ಪಡೆದಿದ್ದಾರೆ. ಇವರ ಸಾಧನೆಗಳಲ್ಲಿ ಒಂದಾದ “ಕೃಷ್ಣರಾಜಸಾಗರ ಅಣೆಕಟ್ಟನ್ನು” 1911-31ರ ಸಮಯದಲ್ಲಿ, ಮಹಾರಾಜ “ನಾಲ್ವಡಿ ಕೃಷ್ಣರಾಜ ಒಡೆಯರ್” ರವರ ನೇತೃತ್ವದಲ್ಲಿ ನಿರ್ಮಾಣ ಮಾಡಲಾಯಿತು. ಚಕ್ಕಿ ಹಾಗೂ ಮಣ್ಣಿನ ಸಹಾಯದಿಂದ ಕಟ್ಟಿರುವ ಈ ಅಣೆಕಟ್ಟು ಎಷ್ಟೋ ಜನರ ಉಸಿರಾಗಿದೆ. ಅದರ ಪ್ರತಿಫಲವಾಗಿಯೇ ಮೈಸೂರು ಹಾಗೂ ಸುತ್ತ ಮುತ್ತಲಿನ ಜಿಲ್ಲೆಯಲ್ಲಿ ಇಂದಿನವರೆಗೂ ನೀರಿನ ಅಭಾವ ಕಂಡುಬಂದಿಲ್ಲ. ಇದು ಮೈಸೂರಿನ ಮತ್ತೊಂದು ಕೀರ್ತಿ.

ಆಕರ್ಷಕವಾದ ಸ್ಥಳ ಮಾತ್ರವಲ್ಲದೆ, ಇಲ್ಲಿನ ಆಹಾರವು ವೈವಿಧ್ಯತೆಯನ್ನು ಹೊಂದಿದೆ. ಮೈಸೂರು “ಮಸಾಲ ದೋಸೆ”, ಮೈಸೂರು “ಪಾಕ”, ಮೈಸೂರು “ಬೋಂಡೆ” ಮುಂತಾದವು. ಇವು ಮಾತ್ರವಲ್ಲದೆ ಹೊರರಾಜ್ಯಕ್ಕೂ ರಫ್ತು ಆಗುವ ಮೈಸೂರು ಸ್ಯಾಂಡಲ್ ಸಾಬೂನು, ಮೈಸೂರು ಸಿಲ್ಕ್ ಸೀರೆಗಳು, ಶ್ರೀಗಂಧ ಮುಂತಾದವು.

ಇಷ್ಟೆಲ್ಲಾ ಪ್ರಸಿದ್ಧತೆ ಹೊಂದಿರುವ ಮೈಸೂರಿಗೆ ಒಂದು ಶಾಪವೂ ಇದೆ. 1610 ರಂದು ತಿರುಮಲನ ಪತ್ನಿಯಾದ ಅಲಮೇಲಮ್ಮ ನೀಡಿದ ಶಾಪ “ತಲಕಾಡು ಮರಳಾಗಲಿ, ಮಾಲಂಗಿ ಮಡುವಾಗಲಿ, ಮೈಸೂರ ಅರಸರಿಗೆ ಮಕ್ಕಳಾಗದಿರಲಿ” ಎಂಬುದು. ಆದರೆ ಇದು ಎಷ್ಟು ಸತ್ಯವೋ ತಿಳಿಯದು.

ಮೈಸೂರಿನ ಹವಾಮಾನ, ರಸ್ತೆಯುಂಟಾದ್ದು ನೆಟ್ಟಿರುವ ನೆರಳಿನ ಕೊರತೆ ತೋರದ ಮರಗಳು, ಸ್ವಚ್ಛಗಾಳಿ ಹಾಗೂ ರಸ್ತೆ, “A WEELL PLANNED CITY” ಎಂಬ ಬಿರುದನ್ನು ಪಡೆದ ಮೈಸೂರಿನ ನಗರವೂ ಪ್ರವಾಸಿಗರನ್ನು ಕೈಬೀಸಿ ಕರೆದಂತೆ ತೋರುತ್ತದೆ. ಈ ರೀತಿಯಾಗಿ ಮೈಸೂರು ನಗರವು ತನ್ನ ಸಾಂಸ್ಕೃತಿಕ, ಐತಿಹಾಸಿಕ, ಶೈಕ್ಷಣಿಕ ಮತ್ತು ಆರ್ಥಿಕ ಮಹತ್ವದಿಂದ ಎಲ್ಲರ ಪ್ರೀತಿಯನ್ನು ಹಾಗೂ ಮೆಚ್ಚುಗೆಯನ್ನೂ ಪಡೆದಿದೆ.

ಬಿನಯ ಬಿ ಎಸ್

3ನೇ ವರ್ಷದ ಬಿಡಿಎಸ್

ಪ್ರತಿಬಿಂಬ ಭೂಮಿಯೇ ಸ್ವರ್ಗ

ವಸಂತಕಾಲ ಬಂದಾಗ,
ಮರ-ಗಿಡಗಳೆಲ್ಲ ಚಿಗುರಿದಾಗ,
ಹಕ್ಕಿಗಳ ಚಿಲಿಪಿಲಿ ನಾದದಲಿ
ಮೊಲ ಜಿಂಕೆಗಳ ಮಧ್ಯದಲ್ಲಿ

ಆಹಾ! ಆ ನೆನಪೆ ಸಾಕು;
ಮಾಡುತ್ತದೆ ನಮ್ಮ ಮನಸ್ಸು ಹೈಚಾಕು!
ಕೊಂಡೊಯ್ಯುತ್ತದೆ ನಾಕದೆಡೆಗೆ,
ಸುಖ, ಶಾಂತಿ, ನೆಮ್ಮದಿಯೆಡೆಗೆ

ಆದದೆ ಸ್ವರ್ಗವಿಲ್ಲವೆಂದು ಕೆಲವರ ವಾದ
ಇದರಿಂದ ನನ್ನ ಮನಸ್ಸಿಗೆ ತುಂಬಾ ವಿಷಾದ!
ಸ್ವರ್ಗವೆಲ್ಲದೆಯೆಂದು ಅವರಿಗೆ ಗೊತ್ತಿಲ್ಲವಷ್ಟೆ
ಇದನ್ನು ತಿಳಿಸಿದರೂ ಕರಗೋದಿಲ್ಲ ಅವರ ಒಣ ಪ್ರತಿಷ್ಠೆ.

ಕರ್ನಾಟಕದಂತಹ ನಾಕ ಬೇಕೆ ?
ಇಲ್ಲವೇ ಹಿಮಾಲಯ ಸಾಕೆ ?
ಭಾರತದಲ್ಲಿಯೇ ಇಂತಹ ತಾಣಗಳಿರುವಾಗ,
ಭೂಮಿಯ ಮೇಲಿಷ್ಟಿರಬಹುದು?

ಇದೇ ಸ್ವರ್ಗ! ಸ್ವರ್ಗ!

ಗಗನಶ್ರೀ .ಕೆ
3ನೇ ವರ್ಷ ಬಿಡಿಎಸ್

ಕಣ್ಣಿಂಜಲಿ ಮಡುಗಟ್ಟಿದ ದೇವರನಾಡ ತಾಯಿ ಕೂಗು

ಕಡಲೇ ಒಡಲು ಎಂದವರಿಗೆ
ಸೆಳೆದೆ ಏಕೆ? ತನ್ನ ಬಾಯ್ತರೆದ
ಭೂತಾಯಿ ನಿನ್ನ ಪ್ರಪಾತಕ್ಕೆ
ಪ್ರಪಂಚವನ್ನು ಅರಿಯದ
ಮುಗ್ಧ ಮನವ ಅರಿಯಲಿಲ್ಲವೇಕೆ?
ಕಾರ್ಮೋಡ ಬಿಂದು ಆಗಸದಲ್ಲಿ
ಭೂತಾಯಿ ಗರ್ಭ ಬಾಯ್ತರೆದು
ಬೋರ್ಗರವ ಮಳೆಯ ರಭಸಕೆ
ಎನ್ನಯ ಒಡಲು ಬರಿದು ಹೋಯಿತು
ಎನಗಾಗಿ ಮರುಗಲಿಲ್ಲ ನಾ
ಎನ್ನಕಂಗಳು ಕರಗಿದವು
ಕಂದಮ್ಮಗಳ ಮಾರಣ ಹೋಮ ನೋಡಿ
ಮನ ಮಿಡಿಯಿತು ಮಾತು ಬಾರದ
ಮೂಕ ಪ್ರಾಣಿಗಳ ಆಕ್ರಂದನ ನೋಡಿ
ಅತ್ತ ಇತ್ತ ಹುಡುಕುವುದರಲ್ಲಿ
ಬತ್ತಿ ಹೋಯಿತು ನಂದಾ ದೀಪ

ಕತ್ತಲು ಕವಿದ ಕಾಡಂಚಲಿ
ನೋಡ ನೋಡುತ್ತಲೇ
ಅಲೆ ಬಂದು ಸೆಳೆದೊಯ್ದು ನನ್ನವರ
ಮಬ್ಬು ಕವಿಯುವ ಹೊತ್ತಿಗೆ
ಕಡಾಲಾಚೆಯ ದಡದಿ ಕುಳಿತಿದ್ದೆ
ವಿಧಿ ಎಂಥ ಘೋರ
ಕಳೆದು ಹೋದ ಕಳೆಯಬರಹವಾದರೂ
ಸಿಗಬಾರದೆನ್ನ ಹಣೆಯ ಬರಹಕೆ
ಒಡಲ ತುಂಬೆಲ್ಲಾ ಜಮದಗ್ನಿಯು
ಸುಡುತಿಹುದು
ಮಡಿಲ ತುಂಬುವುದೆಲ್ಲಿ?
ಅರೆ ಹುಚ್ಚಿಯಾಗುವ ಮೊದಲೇ
ಮರೆಯಾಗದೆ ಮತ್ತೆ ಬಂದೆನ್ನ
ಮಡಿಲ ತುಂಬುವೆಯಾ ಕಂದ?

ಚಾನಕಿ ಹೆಚ್.ಎಂ.
ಸ್ವಾಘ್ ನರ್ಸ್

ನಮ್ಮ ಕನ್ನಡ - ನಮ್ಮ ಹೆಮ್ಮೆ

1. ಕನ್ನಡವು ಅತ್ಯಂತ ಹಳೆಯ ಭಾರತೀಯ ಭಾಷೆಗಳಲ್ಲಿ ಒಂದಾಗಿದೆ

9. ವಿಕಿಪೀಡಿಯ ಲೋಗೋದಲ್ಲಿ ಕಾಣಿಸಿಕೊಳ್ಳುವ ಭಾರತೀಯ ಭಾಷೆಗಳಲ್ಲಿ ಕನ್ನಡವೂ ಒಂದು.

4. ಕನ್ನಡ ಸಾಹಿತ್ಯ "ಕವಿರಾಜಮಾರ್ಗ"ವನ್ನು ಅಮೋಗವರ್ಷ ಬರೆದಾಗ ಇಂಗ್ಲಿಷ್ ತೊಟ್ಟಲಲ್ಲಿ ಕೂತಿತ್ತು ಹಿಂದಿಯೇ ಹುಟ್ಟಲಿಲ್ಲ.

2. ಕನ್ನಡ ಭಾಷೆ 2000 ವರ್ಷಗಳಷ್ಟು ಹಳೆಯದು.

3. ವಿದೇಶಿಯರಾದ ಫರ್ಡಿನಾಂಡ್ ಕಿಟೆಲ್ ಅವರು ನಿಘಂಟು ಬರೆದ ಏಕೈಕ ಭಾರತೀಯ ಭಾಷೆ ಕನ್ನಡ.



5. ಕನ್ನಡವು ತಾರ್ಕಿಕವಾಗಿ ಮತ್ತು ವೈಜ್ಞಾನಿಕವಾಗಿ 99.99% ಪರಿಪೂರ್ಣವಾಗಿದೆ.

7. ಸಾಹಿತ್ಯಕ್ಕಾಗಿ ಗರಿಷ್ಠ ಪ್ರಶಸ್ತಿಗಳನ್ನು ಪಡೆದ ಏಕೈಕ ಭಾರತೀಯ ಲೇಖಕ ಶ್ರೀ ಕುವೆಂಪು ಅವರು ಹೆಮ್ಮೆಯ ಕನ್ನಡಿಗ.

ಸಂಗ್ರಹ : ನಿಶಿಕ ಮತ್ತು ಮಹಿಮಾ ಹೌಸ್ ಸರ್ಜನ್



8. ಗರಿಷ್ಠ ಜ್ಞಾನಪೀಠ ಪ್ರಶಸ್ತಿಗಳನ್ನು ಪಡೆದ ಏಕೈಕ ಭಾರತೀಯ ಭಾಷೆ ಕನ್ನಡ. ಕನ್ನಡ -8, ಹಿಂದಿ -6, ತೆಲುಗು -2, ಮಲಯಾಳಂ -3 ಮತ್ತು ತಮಿಳು - 2



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10. ಪ್ರಾಚೀನ ಗ್ರೀಕ್ ನಾಟಕವಾದ ಚಾರಿಷನ್ ಮೈಮ್ (2ನೇ ಶತಮಾನದಲ್ಲಿ) ಕನ್ನಡ ಪದಗುಚ್ಚಗಳನ್ನು ಬಳಸಿತ್ತು.



ದಂತ ಚಿಕಿತ್ಸೆಯಲ್ಲಿ ಲೇಸರ್‌ನ ಬಳಕೆ

ಲೇಸರ್ ಎನ್ನುವುದು ಲೈಟ್ ಆಂಪ್ಲಿಫಿಕೇಶನ್ ಬೈ ಸ್ಟಿಮ್ಯುಲೇಟೆಡ್ ಎಮಿಷನ್ ಆಫ್ ರೇಡಿಯೇಶನ್ ಎಂಬುವುದರ ಸಂಕ್ಷಿಪ್ತ ರೂಪ. 1960 ರ ದಶಕದಲ್ಲಿ ಲೇಸರ್‌ನ ಆವಿಷ್ಕಾರವಾದರೂ 1989 ರಿಂದ ಮಾತ್ರ ದಂತಚಿಕಿತ್ಸೆಯಲ್ಲಿ ಲೇಸರ್‌ನ ಬಳಕೆ ಆರಂಭವಾಯಿತು. ಲೇಸರ್‌ನ ಆವಿಷ್ಕಾರವು ನೋವು ರಹಿತ ಹಾಗೂ ಚುಚ್ಚುಮದ್ದು ಇಲ್ಲದ ದಂತ ಚಿಕಿತ್ಸೆಯ ಪ್ರಾರಂಭಕ್ಕೆ ಕಾರಣವಾಯಿತು. ಇದರ ಬಳಕೆ ಚಿಕಿತ್ಸೆಯನ್ನು ಹೆಚ್ಚು ಆರಾಮದಾಯಕವಾಗಿ ಮಾಡುತ್ತಿದೆ ಹಾಗೂ ರೋಗಿಗಳಲ್ಲಿ ದಂತ ಚಿಕಿತ್ಸೆಯ ಬಗ್ಗೆ ಇರುವ ಭಯ ಕಡಿಮೆಯಾಗುತ್ತಿದೆ.

ಲೇಸರ್‌ನ ಉಪಯೋಗವು ದಂತ ಚಿಕಿತ್ಸೆಯನ್ನು ತುಂಬಾ ಸುಲಭ ಹಾಗೂ ಸರಳವಾಗಿಸುವ ಚಿಕಿತ್ಸಾ ವಿಧಾನವಾಗಿದೆ. ಇಲ್ಲಿ ಅರವಳಿಕೆಯ ಚುಚ್ಚುಮದ್ದಿನ ಅವಶ್ಯಕತೆ ಇರುವುದಿಲ್ಲ ಹಾಗೂ ರಕ್ತಸ್ರಾವ ತುಂಬಾ ಕಡಿಮೆ ಇರುತ್ತದೆ. ಚಿಕಿತ್ಸೆಯ ಸಮಯವೂ ಕಡಿಮೆಯಾಗಿರುವುದರಿಂದ ಹೆಚ್ಚು ದಂತ ರೋಗಿಗಳು ಈ ಚಿಕಿತ್ಸಾ ವಿಧಾನವನ್ನು ಆರಿಸಿಕೊಳ್ಳುತ್ತಿದ್ದಾರೆ. ಉತ್ತಮ ಕಾರ್ಯಕ್ಷಮತೆ, ನಿರ್ದಿಷ್ಟ ಚಿಕಿತ್ಸೆ, ಸರಳತೆ, ಆರಾಮದಾಯಕ ಚಿಕಿತ್ಸೆ ಹಾಗೂ ಸಮಂಜಸವಾದ ವೆಚ್ಚವು ಇದನ್ನು ಜನಪ್ರಿಯವಾಗಿಸಿದೆ.

ಲೇಸರ್ ಚಿಕಿತ್ಸೆಯಲ್ಲಿ ನಿರ್ದಿಷ್ಟತೆ ಇರುವುದರಿಂದ ಹಲ್ಲಿನ ಅಕ್ಕಪಕ್ಕದ ಅಂಗಾಂಶಗಳಿಗೆ ಹಾನಿಯಾಗುವುದಿಲ್ಲ, ಹಾಗಾಗಿ, ತುಂಬಾ ನಿಖರವಾದ ಚಿಕಿತ್ಸೆ ಸಾಧ್ಯ. ಚಿಕಿತ್ಸೆಯ ನಂತರ ಚೇತರಿಕೆಯ ಸಮಯವು ಅಡ್ಡಪರಿಣಾಮಗಳೂ ಕಡಿಮೆ.

ದಂತ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆಯಲ್ಲಿ ಲೇಸರ್ ಬ್ಲೇಡ್‌ನಂತೆ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತದೆ. ಸಾಮಾನ್ಯವಾಗಿ ಎರಡು ಪ್ರಕಾರದ ಲೇಸರ್ ಬೆಳಕನ್ನು ಚಿಕಿತ್ಸೆಯಲ್ಲಿ ಬಳಸಲಾಗುತ್ತದೆ. ಅದು ಯಾವುದೆಂದರೆ - ಮೃದು ಅಂಗಾಂಶದ ಲೇಸರ್ ಹಾಗೂ ಗಟ್ಟಿ ಅಂಗಾಂಶದ ಲೇಸರ್. ಮೃದು ಅಂಗಾಂಶದ ಲೇಸರ್ ದುರ್ಮಾಂಸದ ಗಡ್ಡೆಗಳನ್ನು ತೆಗೆಯುವುದಕ್ಕೆ, ಹುಟ್ಟಿದ ಇರುವ ಹಲ್ಲಿನ ಮೇಲಿನ ಪದರವನ್ನು ತೆಗೆಯುವುದಕ್ಕೆ, ಗಾಯವನ್ನು ಗುಣಪಡಿಸುವುದಕ್ಕೆ, ಬಾಯಿಯ ಹುಣ್ಣಿನ ಚಿಕಿತ್ಸೆಗೆ, ವಸಡು ರೋಗದ ಚಿಕಿತ್ಸೆ, ಬಾಯಿಯಲ್ಲಿನ ಸೂಕ್ಷ್ಮ ಜೀವಿಗಳ ನಿವಾರಣೆಗೆ ಉಪಯೋಗವಾಗುತ್ತದೆ. ಕೆಲವೊಂದು ತರಹದ ವಸಡಿನ ಕಾಯಿಲೆಯಲ್ಲಿ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ ಇಲ್ಲದೆ ಸೋಂಕಿನ ಪರಿಹಾರ ಮಾಡಬಹುದು. ನಿರ್ದಿಷ್ಟ ಹಾಗೂ ಧೀರ್ಘಾವಧಿ ಪರಿಣಾಮದ ಚಿಕಿತ್ಸೆ ಲೇಸರ್‌ನಿಂದ ಸಾಧ್ಯ.

ಹಾಗೆಯೇ ಗಟ್ಟಿ ಅಂಗಾಂಶದ ಲೇಸರ್ ಅನ್ನು ಹಲ್ಲಿನ ಹುಳುಕು ಪತ್ತೆ ಹಚ್ಚಲು ಹಾಗೂ ತೆಗೆಯಲು, ಹಲ್ಲಿನ್ನು ಬಿಳುಪಾಗಿಸಲು, ದೋಷಪೂರಿತ ದಂತ ಚಿಕಿತ್ಸೆಯನ್ನು ಸರಿಪಡಿಸಲು, ಹಲ್ಲಿನ್ನು ಭರ್ತಿ ಮಾಡುವ ವಸ್ತುವನ್ನು ಗಟ್ಟಿಗೊಳಿಸಲು, ಹಲ್ಲಿನ ಸಂವೇದನಾಶೀಲತೆಯನ್ನು ಗುಣಪಡಿಸಲು, ರೂಟ್‌ಕೆನಾಲ್ ಚಿಕಿತ್ಸೆಯಲ್ಲಿ, ಹಲ್ಲಿನ ಸೌಂದರ್ಯವರ್ಧಕ ಚಿಕಿತ್ಸೆಗಳಿಗೆ ಹಾಗೂ ಹಲ್ಲಿನ ಆಕಾರ,

ಉದ್ದಗಲಗಳನ್ನು ಬದಲಾಯಿಸುವುದಕ್ಕೂ ಬಳಸಲಾಗುತ್ತದೆ. ನಿದ್ದೆಯಲ್ಲಿ ಉಸಿರುಗಟ್ಟುವಿಕೆ, ದವಡೆಯ ಸಂಧಿನೋವು, ನರಗಳ ಸಮಸ್ಯೆ ಇವೆಲ್ಲದರಲ್ಲಿ ಲೇಸರ್ ಉಪಯೋಗವಾಗುತ್ತದೆ.

ಲೇಸರ್ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆಯ ನಂತರ ಹೊಲಿಗೆ ಅವಶ್ಯಕತೆ ಇರುವುದಿಲ್ಲ. ಅಕ್ಕಪಕ್ಕದ ಅಂಗಾಂಶಕ್ಕೆ ಹಾನಿಯಾಗುವುದಿಲ್ಲ. ರಕ್ತಸ್ರಾವ ತುಂಬಾ ಕಡಿಮೆ ಹಾಗೂ ಇದು ಸೋಂಕುರಹಿತ ಚಿಕಿತ್ಸೆ ಹಾಗಾಗಿ ಸಾಂಪ್ರದಾಯಿಕ ಶೈಲಿಯ ಚಿಕಿತ್ಸೆಗಿಂತ ಲೇಸರ್ ಜನಪ್ರಿಯವಾಗುತ್ತಿದೆ.

ಲೇಸರ್ ಚಿಕಿತ್ಸೆಯ ಅನಾನುಕೂಲತೆ ಏನೆಂದರೆ, ಇದು ಎಲ್ಲಾ ರೀತಿಯ ದಂತಚಿಕಿತ್ಸೆಗೆ ಉಪಯೋಗವಾಗುವುದಿಲ್ಲ. ಕೆಲವೊಂದು ರೀತಿಯ ಲೇಸರ್ ಬೆಳಕು ರೋಗಿಯ ಕಣ್ಣುಗಳಿಗೆ ಹಾನಿಯುಂಟು ಮಾಡುವುದರಿಂದ, ಸರಿಯಾದ ರಕ್ಷಣಾ ಕನ್ನಡಕಗಳನ್ನು ಉಪಯೋಗಿಸುವುದು ತುಂಬಾ ಮುಖ್ಯ.

ಡಾ. ಪ್ರತಿಭಾ ಎಸ್.
ಪ್ರಾಧ್ಯಾಪಕರು



“ನಾವು ಜಿಎಸ್‌ಎಸ್ ಸಂಸ್ಥೆಯ ಕುಟುಂಬ”

ಕಾಲಿಟ್ಟೆ ಅಂದು ರಾಶಿಕನಸುಗಳನ್ನು
ಬಾನಗಲ ಕಣ್ಣಲ್ಲಿ ಹೊತ್ತು
ಜನರ ನೋವಿಗೆ ಸ್ಪಂದಿಸಲು ಬಿಳಿಕೋಟು
ಧರಿಸುವ ಹುಚ್ಚು ಚಿಕ್ಕಂದಿನಿಂದಲೇ ಇತ್ತು

ಅಂಜಿಕೆ, ಆಸೆ, ಕಾತರ, ಸಂತಸ
ಎಲ್ಲವೂ ಅಚ್ಚೊತ್ತಿ ನಿಂತಿತ್ತು ಮನದಿ
ಹೊಸ ಗೆಳೆಯರ ಪರಿಚಯ, ಹೊಸ ವಿಷಯ
ನವಪಠ್ಯ, ವಸ್ತುಗಳು ಅರಿವಿಗೆ ತಳಹದಿ

ಡೆಂಟಲ್ ಮಟೇರಿಯಲ್ ವಿಷಯದಿಂದ
ಮನಕ್ಕಂಟಿತು ಒಂದು ಗೊಂದಲ.....
ನಾನ್ಯಾರು? ಆಚಾರಿಯೋ, ಶಿಲ್ಪಿಯೋ, ವೈದ್ಯಯೋ?
"ಹಣ"ವನ್ನು ನೋಡಿ, ಪಿಸುಗುಟ್ಟುತ್ತ ಮನ "ಬಂದ ದಾರಿಯಲ್ಲಿ ತಿರುಗಿ ಓಡಲ"

3ನೇ ವರ್ಷದವರೆಗೂ ಮನಗೊಂದಲಗಳ ಗೂಡೇ
ರೋಗಿಗಳಿಗೆ ಚಿಕಿತ್ಸೆ ಕೊಟ್ಟಾಗಲೇ ಅನಿಸಿದ್ದು ನಾ ವೈದ್ಯ
ಸುಗುಣ, ನಿಪುಣ ನುರಿತ ಶಿಕ್ಷಕರು ಸಿಕ್ಕಿದ್ದು - ಭಾಗ್ಯ
ಭಾವಣೆಗೆ ಸ್ತಂಭವಾಗಿ ನಿಂತರು - ಏಳಿಗೆಯಾಯಿತು ಸಾಧ್ಯ

ಪಠ್ಯ-ಪುಸ್ತಕಗಳಿಗೆ ಮಾತ್ರ ಸೀಮಿತವಲ್ಲದೆ
ಪ್ರೋತ್ಸಾಹ ಪಡೆದಿತ್ತು - ಕ್ರೀಡೆ, ನೃತ್ಯ - ಹಾಡುಗಳು
ಉತ್ತಮ ವ್ಯಕ್ತಿತ್ವ ರೂಪುಗೊಂಡಿತು
ಮೇಲಾಗಿ ಹೆಮ್ಮೆ ಇದೆ-ನಾವು ಜಿಎಸ್‌ಎಸ್ ಸಂಸ್ಥೆಯ ಕುಟುಂಬ

ಗೀತಾ ನಗುವನ
ಹಿರಿಯ ವಿದ್ಯಾರ್ಥಿ



ಪ್ರತಿಬಿಂಬ
ಪ್ರತಿಬಿಂಬ

ಧನ್ಯಾಸ್ಥಿ ಸ್ತೀ

ಜಾತಿ ಭೇದ ಕೊಮ್ಮ ಕಲಹ
ಹೊತ್ತಿ ಹುರಿಯುತ್ತದೆ
ಜಗದಗಲ ಬೊಬ್ಬೆಯಾಡಿ

ಅಂಗ ಭೇದ ಭ್ರೂಣಹರಣ
ಸ್ತೀ ಕುಲದ ಮಾನಹರಣ
ಭೂಮಂಡಲವ ಸುಡುತ್ತದೆ ಮೌನವಾಗಿ
ಧರಿಯುತ್ತಿ ನಾಚುತಿಹಳು
ನರಳ ಮರುಗಿ ಬಡವಾಗಿ

ಸ್ತೀ ಇಲ್ಲದೆ ಜಗವಿರುವುದೇ?
ಜನನಿ ಸ್ತೀ ಧರಣಿ ಸ್ತೀ
ಕರುಣೆ ಸ್ತೀ ಸಂಸ್ಕರಣೆ ಸ್ತೀ
ಸ್ತೀಮಯವೀ ಜಗವೆಲ್ಲ
ಸ್ತೀ ಪುರುಷರಿಗೆ ಸಮಚಲ

ಎಲ್ಲ ಮೇರೆ ಮೀರಿ ನಿಂತ
ಶಕ್ತಿ ಅವಳು ಅನುರಕ್ತೆ ಅವಳು
ಕಣಕಣ ಬೆನೆಯೋ
ಜೀವನೋಕ್ತಿ ಅವಳು

ಧನ್ಯಾಸ್ಥಿ ಸ್ತೀಗೆ

ಶಿಕ್ಷಕ

ಶಿಕ್ಷೆ ರಕ್ಷೆಗಳ
ಸಮೀಕರಿಸಿದ
ತಿದ್ದಿ ತೀಡಿ
ಬೆಳಗಿ ಬೆಳಗಿಸೋ
ಶಿಷ್ಯರ ರಕ್ಷಾಕವಚ



ಡಾ|| ಶ್ರೀವೈಲ

ನೆನಪಿನ ಬುತ್ತಿ

ನನ್ನ ಭಾಷಣ ಮುಗಿಯಿತು. ಎಂದಿನಂತೆ ಎಲ್ಲರೂ ನನ್ನನ್ನು ಸುತ್ತವರಿದರು. ಎಂದಿನಂತೆ ನಾನು ಕಾಲೇಜಿನ ಹಳೇ ಕಛೇಯೊಂದನ್ನು ಹೇಳಿದೆ.

ಇಂದಿರೆ ಹೇಳಿದಳು, ಈ ಹಳೆಯ ಕಛೇಗಳು ನಿಮಗಲ್ಲದೆ ಯಾರಿಗೂ ತಿಳಿಯದು ಅಥವಾ ನೆನಪಿರಲಾರದು, ಇದನ್ನೆಲ್ಲಾ ಬರೆದಿಡಿ ಎಂದು. ಇದೋ ಬರೆಯುತ್ತಿರುವೆ

ಕೋಡುಬಳಿ ಅಜ್ಜಿಯ ಕಛೆ :

1988ನೆಯ ಇಸವಿ. ನಮ್ಮ ಕಾಲೇಜಿನ ಆಸ್ತತ್ವ ಬನ್ನಿಮಂಟಪ ದಲ್ಲಿತ್ತು. ಇಲ್ಲಿಗೆ ಬರಲು ಸರಿಯಾದ ಬಸ್ ಹಾಗೂ ಆಟೋ ಸೌಕರ್ಯಗಳು ಇರಲಿಲ್ಲ. ಅಂತೂ ಇಂತೂ ಕೆಲವು ರೋಗಿಗಳು ಬರುವರು. ಹೀಗೇ ಒಂದು ಅಜ್ಜಿ ಹಲ್ಲು ಕೇಳಿಸಲು ತದನಂತರ ಕಟ್ಟಿಸಲು ಪದೇ ಪದೇ ಬರುವರು. ಬರುವಾಗಲೆಲ್ಲ ಕೋಡುಬಳಿ, ಚಕ್ಕುಲಿ ಹೀಗೇ ನಾನಾ ತಿಂಡಿಗಳನ್ನು ತರುವರು. ಇಲ್ಲಿ ಯಾವ ಕ್ಯಾಂಟೀನೂ ಇರಲಿಲ್ಲ ಹಾಗಾಗಿ ನಾವು ಇದನ್ನು ಬಹಳ ಆಸೆಯಿಂದ ತಿನ್ನುತ್ತಿದ್ದೆವು. ಒಮ್ಮೆ ಹಲ್ಲು ಕೇಳಿಸಿಕೊಂಡ ನಂತರ ಈ ಅಜ್ಜಿ ಜ್ಞಾನ ತಪ್ಪಿದರು. ಅವರಿಗೆ ಎಲ್ಲ ಆರೈಕೆಯನ್ನು ಮಾಡಿದವು ಆದರೆ ಅವರನ್ನು ಕಳಿಸಲು ಯಾವ ಆಟೋ ಕೂಡ ಸಿಗಲಿಲ್ಲ. ಇವರನ್ನು ಒಬ್ಬರನ್ನೇ ಹೇಗೆ ಕಳಿಸುವುದು ಎಂದು ಚಿಂತಿಸುತ್ತಿರುವಾಗ, ನಮ್ಮ ಪ್ರೊಫೆಸರ್ ಡಾ : ಪ್ರಕಾಶ್ ರಾವ್ ಅವರು ತಮ್ಮ ಸ್ಕೂಟರ್‌ನಲ್ಲಿ ಅವರನ್ನು ಮನೆತಲುಪಿಸಿದರು

ಹೀಗೆ ಇಲ್ಲಿಯತನಕ ಬಂದ ರೋಗಿಗಳಿಗೆ ನಾವು ಬಹಳ ಕಾಳಜಿ ತೋರಿಸುತ್ತಿದ್ದೆವು!

ಡಿಸಿಬಿ ಮೀಟಿಂಗ್ (ಡೆಂಟಲ್ ಕೌನ್ಸಿಲ್ ಆಫ್ ಇಂಡಿಯಾ)

ನಮ್ಮ ಕಾಲೇಜಿನಲ್ಲಿ ಒಮ್ಮೆ ಡಿಸಿಬಿ ಮೀಟಿಂಗ್ ನಡೆಯಿತು. ದೇಶದ ಅನೇಕ ರಾಜ್ಯಗಳಿಂದ ಸದಸ್ಯರು ಬಂದಿದ್ದರು. ಎಲ್ಲರೂ ಹುರುಪಿನಿಂದ ದಂತ ವೈದ್ಯಕೀಯದ ಬಗ್ಗೆ ಮಾತನಾಡಿದರು. ನಾನು ಅಂದು ಬಹಳ ಚಂದವಾದ ಸೀರೆ ಉಟ್ಟಿದ್ದೆ. ಆನಂತರ, ಟೀ ಬ್ರೇಕ್‌ನಲ್ಲಿ ನಾವೆಲ್ಲ ಒಟ್ಟಿಗೆ ಸೇರಿದೆವು. ಅಲ್ಲಿದ್ದ ಹೆಂಗಳೆಯರೆಲ್ಲ ನನ್ನನ್ನು ಸುತ್ತವರಿದರು. ಅದರಲ್ಲಿ ಬಹಳ ಉನ್ನತ ಹುದ್ದೆಯಲ್ಲಿರುವವರೂ ಇದ್ದರು. ಎಲ್ಲಿ ಕೊಂಡಿರಿ, ಬೆಲೆ ಎಷ್ಟು ಈ ಬಗ್ಗೆ ಇನ್ನೊಂದು ಮೀಟಿಂಗ್‌ಗೆ ಆಯಿತು. ಇದನ್ನು ನೋಡಿ ನನ್ನ ಸಹುದ್ಯೋಗಿ ಯೊಬ್ಬ ಹೇಳಿದ, "ನೀವು ಹೆಂಗಳೆಯರು, ಯಾವ ಹುದ್ದೆಯಲ್ಲಾದರೂ ಇರಿ, ಸೀರೆ ನೋಡಿದರೆ ನೀವೆಲ್ಲ ಒಂದೇ ", ಎಂದು. ನಾನು ಹೌದೆಂದು ತಲೆದೂಗಿದೆ.

ವಿದ್ಯಾರ್ಥಿ ಪದವಿಯಿಂದ ರಾಜೀನಾಮೆ!

ರೋಗಿಗಳಿಗೆ ಚಿಕಿತ್ಸೆ ನೀಡುವ ಮೊದಲು, ದಂತ ವೈದ್ಯಕೀಯ ಓದುವ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಲ್ಯಾಬ್ ಕೆಲಸಗಳನ್ನು ಬಹಳ ಮಾಡಿಸುವೆವು. ಮೇಣದ ಬ್ಲಾಕ್ಸ್ ನಿಂದ ಹಲ್ಲಿನ ಆಕಾರವನ್ನು ಕೊರೆಯುವುದು

ಇತ್ಯಾದಿ. ಇದನ್ನು ಪದೇ ಪದೇ ಮಾಡಿಸುವೆವು. ಚಿಕ್ಕ ತಪ್ಪಾದರೂ ಅದನ್ನು ಅಪ್ರೋವ್ ಮಾಡುವುದಿಲ್ಲ. ಇದರಿಂದ ಬೇಸತ್ತು ವಿದ್ಯಾರ್ಥಿಯೊಬ್ಬ ಪ್ರಿನ್ಸಿಪಾಲರ ಬಳಿ ಹೋಗಿ "ನಾನು ವಿದ್ಯಾರ್ಥಿ ಪದವಿಯಿಂದ ರಾಜೀನಾಮೆ ನೀಡುತ್ತೇನೆ" ಎಂದ. ಅವರು ಅವನನ್ನು ಬೈದು ಕಳಿಸಿದರು. ಈಗ ಆತ ಒಬ್ಬ ಪ್ರಖ್ಯಾತ ಓರಲ್ ಸರ್ಜನ್!!

ಆಟೋರಾಜಾ

ಬನ್ನಿಮಂಟಪದ ತನಕ ಬರಬೇಕೇ, ಹಾಗಾದರೆ ಜಾಸ್ತಿ ಕೊಡಿ ಅಲ್ಲಿಂದ ಗಿರಾಕಿ ಸಿಗುವುದಿಲ್ಲ ಎಂದು ಆಟೋದವ ಎಂದಿನಂತೆ ಹೇಳಿದ! ನೀವು ಅಲ್ಲಿಯವರೆಗೆ ಬನ್ನಿ ನಾನು ಗಿರಾಕಿ ಕೊಡಿಸುವೆ ಎಂದೆ! ಇದು 1988-89ರ ಇಸವಿ. ಆಗ ಇಲ್ಲಿಂದ ಆಟೋ ಅಥವಾ ಬೇರಾವ ವಾಹನ ಸಿಗುವುದು ಕಷ್ಟವಾಗಿತ್ತು. ನನ್ನ ಆಟೋ ದಲ್ಲಿ ರಾಮನುಜಾ ರೋಡ್ಗೆ ತಮ್ಮ ಮೆಡಿಕಲ್ ಪೋಸ್ಟಿಂಗ್ ಗೆ ಹೋಗಲು ನನ್ನ ಆಟೋಗಾಗಿ ನಮ್ಮ ವಿದ್ಯಾರ್ಥಿಗಳು ಕಾಯುವರು. ನಾನೊಮ್ಮೆ ಆಟೋ ದಲ್ಲಿ ಕುಳಿತು ಏನನ್ನೋ ಯೋಚಿಸುತ್ತ ಎಲ್ಲಿಗೆ ಹೋಗಬೇಕೆಂಬುದನ್ನೇ ಹೇಳಿರಲಿಲ್ಲ! ಡೈವರ್ ನಮ್ಮ ಮನೆಯಮುಂದೆ ಗಾಡಿ ತಂದು ನಿಲ್ಲಿಸಿದ್ದ! ನಾನು ಆಟೋ ದವರಿಗೆ ಅಷ್ಟು ಚಿರಪರಿಚಿತಳಾಗಿದ್ದೆ. ಮತೊಬ್ಬ ಇಷ್ಟು ಆಟೋ ಗೆ ದುಡ್ಡು ದಂಡಮಾಡಬೇಡಿ, Luna ತಗೋಳಿ ಎಂದು ಸಲಹೆ ನೀಡಿದ್ದೆ. 2ವೀಲರ್ ಬಿಡಲು ಬಾರದ ನನಗೆ ಆಟೋವೇ ಗತಿಯಾಗಿತ್ತು! ಆಟೋಗೆ ನಮ್ಮ ಕಾಲೇಜು ಪರಿಚಯಿಸಿದವರಲ್ಲಿ ನಾನೂ ಒಬ್ಬಳು.

ಈ ರೀತಿ ಎಷ್ಟೋ ನೆನಪುಗಳು ನನ್ನ ಮನದಲ್ಲಿ ಇರುವವು. ಮುಂದಿನ ಪತ್ರಿಕೆಯಲ್ಲಿ ಮತ್ತಷ್ಟು!



ಡಾ : ದೀಪಿಕಾ
ನಿವೃತ್ತ ಪ್ರಾಧ್ಯಾಪಕರು
ವಸಡು ಶಾಸ್ತ್ರ ವಿಭಾಗ

ಚಂದ್ರನ ಮೌನ

ಚಂದ್ರನ ಮೌನ ಆಕಾಶದ ಅಂಚಿನಲಿ,
ಮುಗಿಲ ಮೇಲೆ ತಂಗಿರುವ, ತಂಪಾದ ಬೆಳಕಿನಲ್ಲಿ,
ಚಂದ್ರನು ನಡೆಸುತ್ತಿಹನು.

ಹಸಿರಿನೊಳಗೆ ಹೊಳಪಾಗಿ, ರಾತ್ರಿಯ ಕಪ್ಪಿಗೆ ಕಿರಣದ,
ಚಲನೆ ಇಲ್ಲದ ಸ್ಥಳಿಕ,
ಮೌನದಲಿ ತಮಗಿರುವನು.

ನಕ್ಷತ್ರಗಳ ನಡುವೆ ಸಾಗಿದ, ಮೆರೆಯದ ಕೂಸಿನಂತೆ,
ಅನಂತಾಧಾವದಲಿ,
ಶುಭ್ರತೆ ಮೆರೆಯುತ್ತಿಹನು.

ಅವನ ಹಾದಿಯಲಿ ಏನಿಲ್ಲ, ಅವನ ಕಿರಣ ಬಡಿದಂತೆ,
ಮುಗಿಲನು ಕತ್ತರಿಸುತ್ತ,
ಚಂದ್ರನು ಸಹಜವಾಗಿರುವನು.



—ಪನ್ನಗ
1ನೇ ವರ್ಷದ ಬಿಡಿಎಸ್

ಪ್ರತಿಬಿಂಬ
ಪ್ರತಿಬಿಂಬ

“ಜ್ಞಾನ ಪಡೆಯುವುದು: ಜೀವನದ ಅನಿವಾರ್ಯ ಭಾಗ”

ಜ್ಞಾನ ಎನ್ನುವುದು ನಮ್ಮ ಬದುಕಿನ ಒಂದು ಪ್ರಮುಖ ಅಂಶವಾಗಿದೆ. ಇದು ವ್ಯಕ್ತಿತ್ವದ ವಿಕಾಸ, ಸಮಗ್ರತೆಯ ಸಾಧನೆ ಮತ್ತು ಉತ್ತಮ ಕಲ್ಪನೆಯ ಮೂಲಭೂತ ಅವಶ್ಯಕತೆಯಾಗಿದೆ.

ಅಧಿಕಾರ ಮತ್ತು ಅಧ್ಯಯನ:

ಜ್ಞಾನ ಪಡೆಯುವುದು ಅಧ್ಯಯನ ಮತ್ತು ಅನುಭವದ ಫಲವಾಗಿದೆ. ಪ್ರತಿಯೊಬ್ಬ ವ್ಯಕ್ತಿಯು ವಿಷಯಗಳನ್ನು ತಿಳಿಯಲು, ಅಧ್ಯಯನಕ್ಕೆ ಮತ್ತು ಹೊಸ ವಿಷಯಗಳನ್ನು ಅರಿತುಕೊಳ್ಳಲು ನಿರಂತರ ಶ್ರಮಿಸುತ್ತಾನೆ. ಈ ಪ್ರಕ್ರಿಯೆಯು ವ್ಯಕ್ತಿಯ ಬುದ್ಧಿಮತ್ತೆ ಮತ್ತು ಸೃಜನಶೀಲತೆಯನ್ನು ವೃದ್ಧಿಸುತ್ತದೆ.

ವಿಶ್ವಾಸ ಮತ್ತು ಸುಧಾರಣೆ:

ಜ್ಞಾನವು ವಿಶ್ವಾಸವನ್ನು ತರುತ್ತದೆ. ಹೊಸ ಮಾಹಿತಿಯನ್ನು ತಿಳಿಯುವುದು, ಸಮಾಜದ ವಿಚಾರಗಳನ್ನು ಅರಿಯುವುದು ಮತ್ತು ಹೊಸ ಶಕ್ತಿಯನ್ನು ಪಡೆಯುವುದು, ವ್ಯಕ್ತಿಯ ಆತ್ಮವಿಶ್ವಾಸವನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ. ಇದರಿಂದ, ವ್ಯಕ್ತಿಯು ತನ್ನ ನಿಜವಾದ ಶ್ರೇಷ್ಠತೆಯನ್ನು ಸಾಧಿಸಲು ಸಹಾಯ ನೀಡುತ್ತದೆ.

ಜ್ಞಾನದ ಶ್ರೇಷ್ಠತೆ:

ಜ್ಞಾನವು ಉತ್ತಮ ನಿರ್ಧಾರಗಳನ್ನು ಕೈಗೊಳ್ಳಲು, ಸಹಾಯ ಮಾಡುತ್ತದೆ. ಇದು ಏಕಕಾಲದಲ್ಲಿ ಧಾರ್ಮಿಕ, ವೈಜ್ಞಾನಿಕ ಮತ್ತು ಸಾಂಸ್ಕೃತಿಕ ಅಂಶಗಳನ್ನು ಒಳಗೊಂಡಂತೆ ವ್ಯಕ್ತಿಯ ಸಮಗ್ರ ಅಭಿವೃದ್ಧಿಗೆ ನೆರವಾಗುತ್ತದೆ.

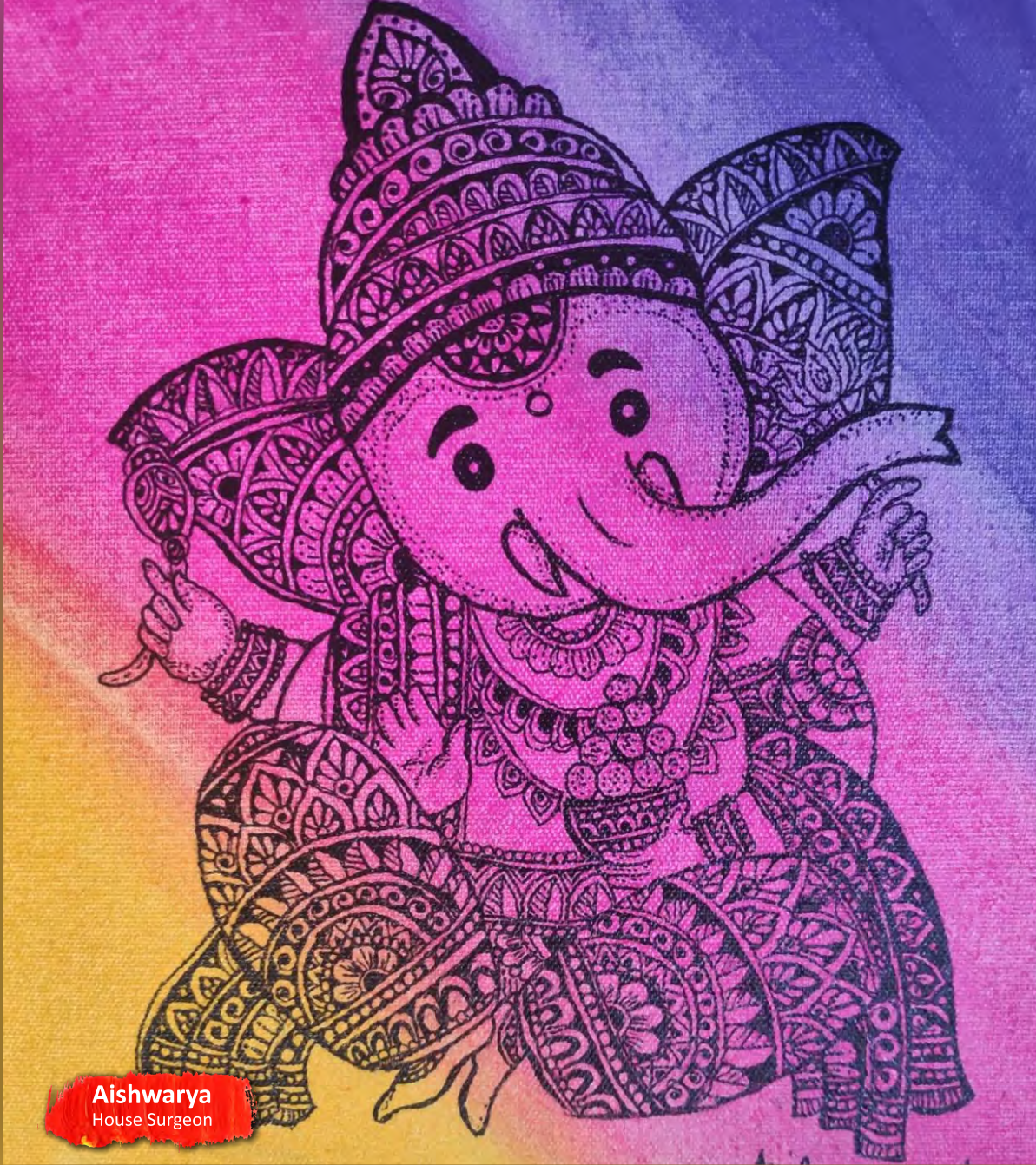
ಜ್ಞಾನದ ಮಾರ್ಗದರ್ಶನ:

ಜ್ಞಾನವನ್ನು ಪಡೆಯುವ ಮಾರ್ಗದಲ್ಲಿ ನಾವೆಲ್ಲಾ ಪರಿಶ್ರಮ, ಮತ್ತು ಕ್ರಿಯಾತ್ಮಕತೆಯನ್ನು ನಂಬಬೇಕು. ಪುಸ್ತಕಗಳು, ವ್ಯಾಖ್ಯಾನಗಳು, ಮತ್ತು ಅನುಭವಗಳಿಂದ ಅರಿವಿನ ಬೆಳಕು ಪಡೆಯುವುದು, ವ್ಯಕ್ತಿಯ ಜ್ಞಾನವನ್ನು ವಿಸ್ತಾರಗೊಳಿಸುತ್ತದೆ ಮತ್ತು ನೈಜ ಪ್ರಗತಿ ಸಾಧಿಸಲು ಮಾರ್ಗದರ್ಶನ ನೀಡುತ್ತದೆ.

ಜ್ಞಾನ ಮತ್ತು ಜೀವನದ ಸಾಧನೆ:

ಜ್ಞಾನವು, ಹೊಸ ಸಾಧನೆಗಳನ್ನು ಹುಡುಕಲು, ಮತ್ತು ಸಮಾಧಾನವನ್ನು ಸಾಧಿಸಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ. ಇದು ನಮ್ಮ ಜೀವನವನ್ನು ಹೆಚ್ಚು ಸಂಪತ್ತು ಮತ್ತು ಸಂತೃಪ್ತಿದಾಯಕವಾಗಿಸುತ್ತದೆ.

—ಕುಲ್ಸುಮ್ ಫಾತಿಮಾ
3ನೇ ವರ್ಷದ ಬಿಡಿಎಸ್



*Brush
Strokes*

ಕುಂಚ ಪ್ರಪಂಚ

Aishwarya
House Surgeon



Meghana
4" BDS

Reflections

Ananya
4th BDS



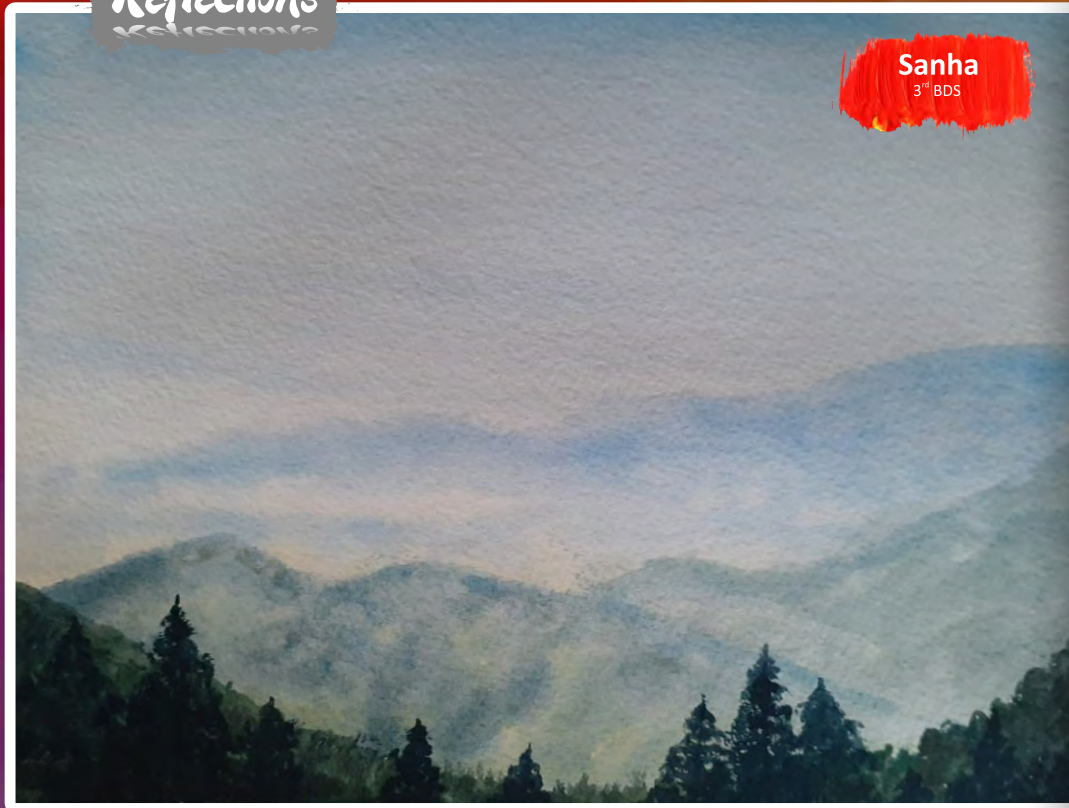
Riyah
2nd BDS



Yukta
3rd BDS



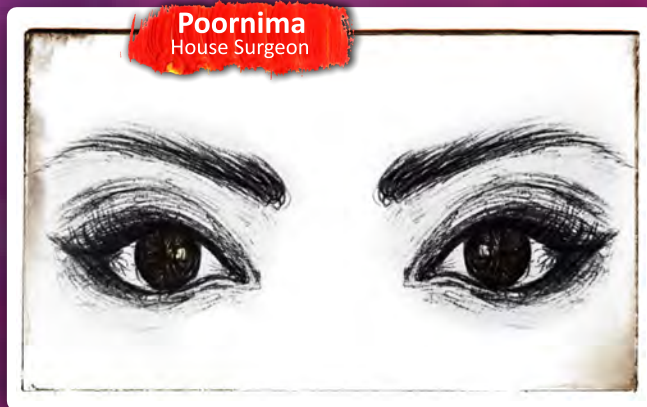
Dani
Faculty



Sanha
3rd BDS



Aishwarya
House Surgeon

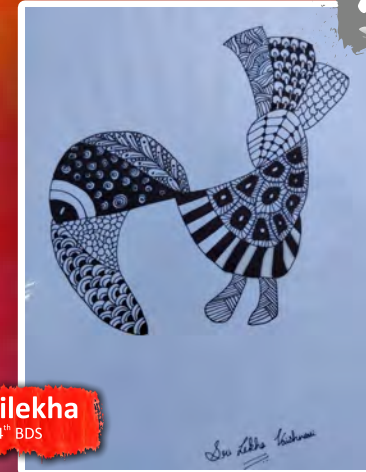


Poornima
House Surgeon



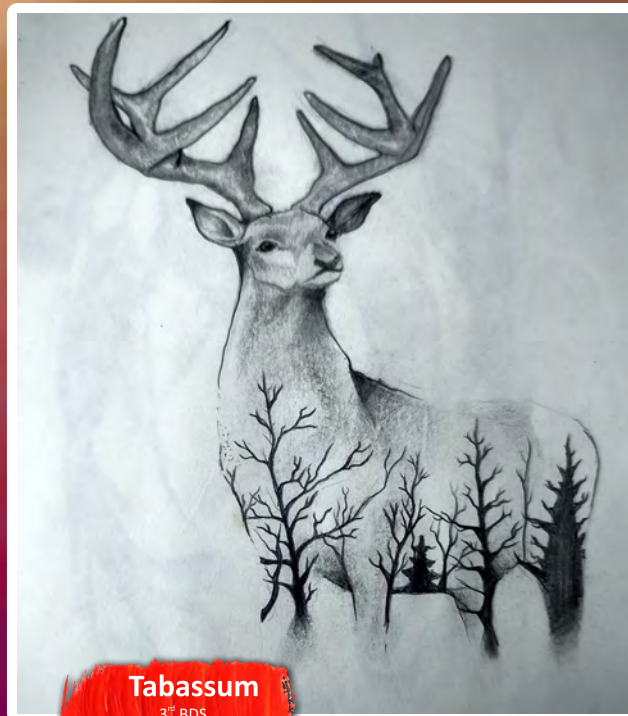
Shreyas

3rd BDS



Srilekha

4th BDS



Tabassum

3rd BDS



Aishwarya

House Surgeon



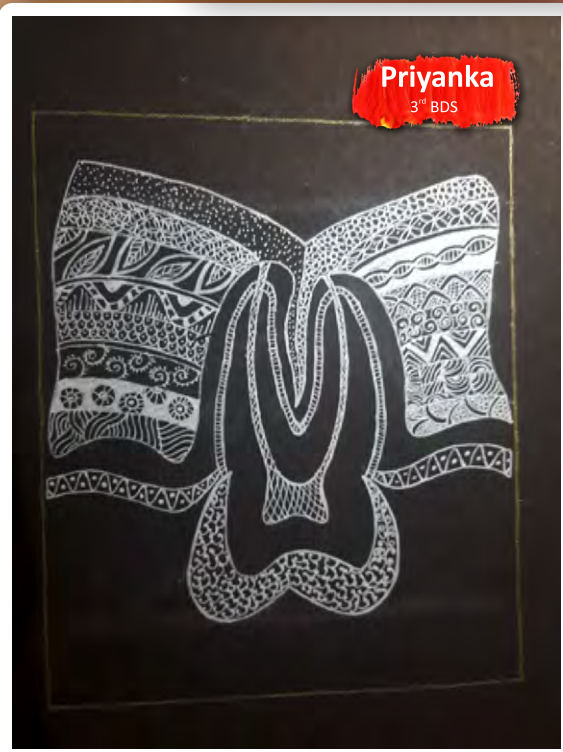
Srilekha

4th BDS

Reflections



Ashika
2nd BDS

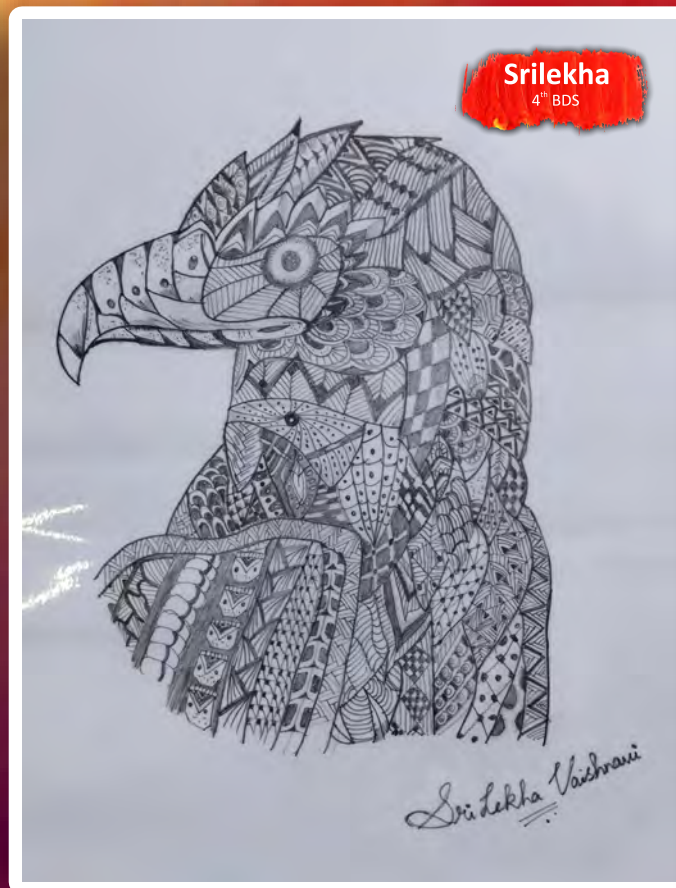


Priyanka
3rd BDS



Reshmitha
House Surgeon







Chandan
2nd BDS



Dr Nisarga
Alumni



Ashika
2nd BDS



Meghana
4" BDS

Lens Craft



Srilekha
4th BDS

ದೃಷ್ಟಿ ಕೋನ

KABINI

Nature in the purest form

Kabini is a wild life sanctuary located in Karnataka and is part of Nagarahole National Park, a beautiful getaway to untamed wonders and wild encounters. It's a home to a variety of animals. Wild life safaris are popular and it will awaken your inner adventurer. Surrounded by lush green, large lake, sighting of majestic animals is amusing. Provides you with Wonders of enchanting nature.

Safaris through the forest makes you feel energised and the adrenaline rush you experience while spotting wild animals is unmatched.

Additionally, Kabini is a home to a beautiful river and backwater with mesmerizing boat safaris. It's heaven for nature lovers. One should witness the magic of Kabini.

Dr. Ashwini Poornachandra JSSDCH (Alumni)



Reflections



Shradda
House Surgeon



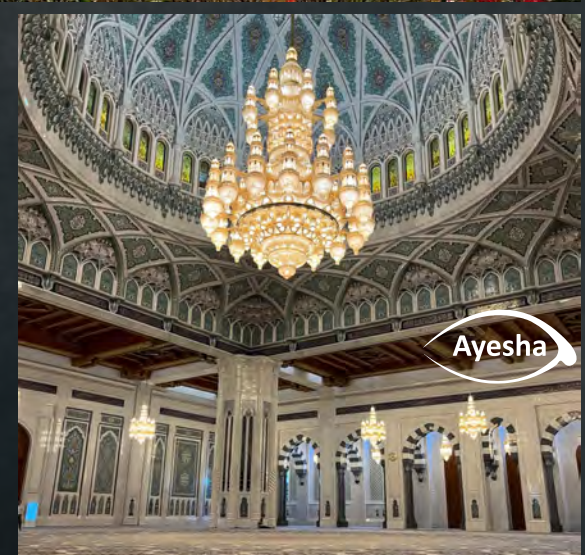
Sagarika
4th BDS



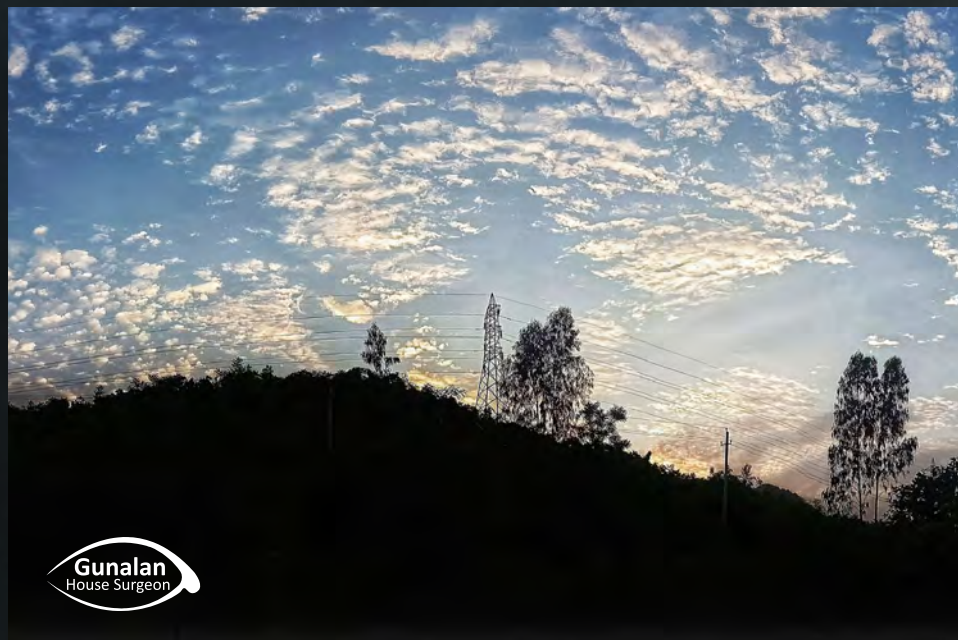
Shristi
4th BDS



Logamithra
4th BDS



Ayesha



Reflections

Reflections







Grad Squad
ಪದವಿ ಪುರಸ್ಕೃತರು





Dr AAYUSHI



Dr ABHINAYA



Dr ADVAITH



Dr AISHWARYA



Dr AKSHITHA



Dr ANEESH JOIS



Dr ANGEL



Dr ANISH K M



Dr ANITHA



Dr ANU KARIYAPPA



Dr ANUHARSHITHA



Dr ANURENJ



Dr ANUSHA



Dr ARCHANA



Dr ARUNDATHI



Dr ATHULYA



Dr AYESHA



Dr BHAGYALAKSHMI



Dr BHAVANA



Dr BHOOMIKA



Dr DEVIKA THILAK



Dr DEVIKA



Dr DIMNA



Dr FEB



Dr GLENN MATHEW



Dr GOKUL N



Dr GOURAV



Dr GUNALAN



Dr HARSHITHA



Dr JAMUNA



Dr JERIL



Dr JOSHNA



Dr KRITHI P



Dr LOKESH



Dr MAHIMA



Dr MANASA



Dr MANISHA



Dr NAINA



Dr NAVYA D



Dr NEHA NIHARIKA



Dr NISHIKA



Dr NISHIKA



Dr POOJA CHOUDHARY



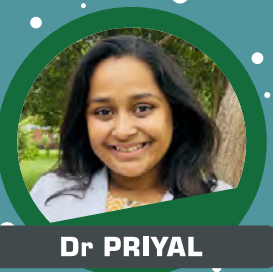
Dr PORRNIMA PRAKASH



Dr PRANAV



Dr PRATHIKSHA



Dr PRIYAL



Dr RAKSHA



Dr RIYA



Dr SAHANA PATIL



Dr SAI JYOTHI



Dr SAMYUKHA



Dr SARIYA



Dr SHABEEBA PM



Dr SHAHANA



Dr SHALABA



Dr SHALU FATHIMA



Dr SHARANYA D



Dr SHIVANGINI PEGU



Dr SHRADHA



Dr SHRESTHA



Dr SNEHA JAISON



Dr SUBHRANSU PANDA



Dr SUMUKHA



Dr SUSHMA SEERVI



Dr UMME HAANI



Dr VARSHA P



Dr ZANTHRA



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