

World Environment Day

World Environment Day is observed every year on June 5. It is one of the principle vehicles through which the United Nations (UN) stimulates worldwide awareness of the environment and enhances political attention. The theme for World Environment Day 2020 is, 'Time for Nature,' with a focus on its role in providing the essential infrastructure that supports life on Earth and human development.



We are witnessing a tremendous change in the climate today. The generations of Millennium have believed what they are witnessing as the reality. Half a century ago the earth was very different. There were forests. Real forests. Today we see depletion of flora and fauna and explosion of human population.



In the name of development the forest cover is shrinking, the natural air purifiers and oxygen producers are disappearing. Two decades ago, people did not think twice before they quenched their thirst from the tap water or from a hand pump. But, today they drink water in so-called purified bottled water unsure of its purity. Development is a double edged sword so are Science and Technology. We have got limited space to live on. It becomes important, very important to safeguard those things which have been safeguarding all living organisms on earth i e., our environment. Air, water, land, which were once pure are polluted by no other living organism than human being.

Gandhiji said there is enough on this earth to fulfill man's need but not his greed. We should learn to use the resources available in an effective way without harming the Environment. When there was industrial revolution there were plenty of resources. Our greed has brought us to today's situation. We understood, before it was too late, that we have become too greedy and as a result we have been destroying Mother Earth. People all over the world are aware of the environmental stress caused by human endeavors. The only way to live healthy and happy life is to coexist with nature by protecting, conserving and improving the damaged environment.



We celebrate World Environment Day on June 5th every year to remind ourselves of the need for conservation of nature by increasing the forest cover. Survival of mankind is completely

dependent on green and clean environment. The Legacy received by us should be passed on to the future generation in the same way we had received it.

Let us stop using, producing things which damage our environment. Let us make a resolution to keep our home (Earth) clean which will take care of generations to come. Let us live and let live, we have only one home to call our own i.e., our mother Earth.

International yoga day

The **International Yoga Day** is celebrated every year on June 21. The motto behind celebrating International Yoga Day is to spread awareness among people about the benefits of Yoga. The asanas in Yoga were designed by the Indian ancient experts in such a way that they are highly beneficial for different health issues.

Celebrating Yoga day during pandemic

Yoga today has become a sport. Practicing Yoga is one of the best ways to keep mind and body strong. It wasn't as famous as it is today. International Yoga Day is celebrated on 21st June since 2015 the benefits of performing yoga is unquestionable. Yogaasanas strengthen the immunity system increase flexibility of the body and helps to achieve unity of mind.

In the year 2019 the celebration of Yoga Day was completely different from that of 2020 and 2021. The outbreak of COVID-19 in the beginning of 2020 in India brought almost all outdoor physical exercises to an end. Announcement of lock down confined all people into their homes. Yoga helped people to sail through this hard and challenging times; stay focused and maintain psychological health.

Recalling Yoga Day celebration of 2019, our college students took part in the event which



was organized at Race Course in Mysore. The students and staff of the college dressed in white reached the venue at 6 AM that day. Thousands of students and teachers from various schools and colleges were present to



celebrate the event. The event was organized to break a previous world record of 'highest number of people performing yoga in a place'. Students met many of their friends from other schools and

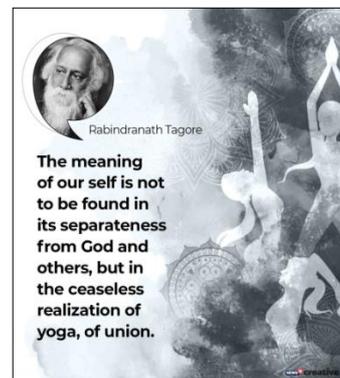


colleges. Breakfast had been arranged for the participants in the event at various points at the venue. Students and staff sat together after yoga performance and had breakfast. Group photos were taken



after the event. It was a festive like celebration. That event is still green in the minds of students and staff.

Everything changed in the very next year. Schools and colleges remained closed to check the spread of COVID-19. All celebrations involving group of people were prohibited. Students were

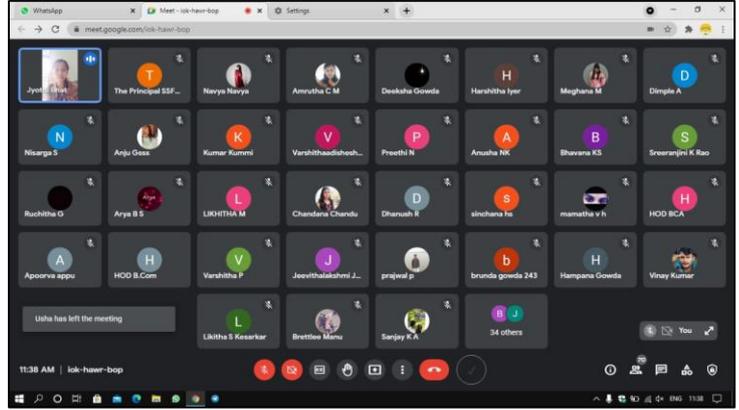


asked to attend classes online. Everything became online. Exercises and Yoga too. Therefore yoga, which had a festival like celebration, had to be performed at home. Alone at one's respective home!

All joy we had outdoors before COVID19 outbreak came to an end. During lockdown and times of isolation yoga succeeded in strengthening our mind and body. Yoga has been helping thousands of people to conserve and improve their physical and psychological health.

Online Singing Competition

Online singing competition was organized by the Kannada Department for the students on 11th June 2021. Competition was held under three heads- Lyrical songs, Movie songs and Folk songs. Students enthusiastically took part in the competition. It provided an opportunity to the students to showcase their talent online.



Varshitha P emerged as the winner of Lyrical songs. Nisarga N bagged the first prize, Ruchitha G and Harshitha S Iyer bagged second prize in the Movie songs category. Sinchana S won the first prize for folk songs. The winners were congratulated by the Principal and staff of the college. Ms Jyothi Bhat, hosted the singing competition.

Participation

GSSS SSFGC Asst Professor Praveen Kumar C participated and presented a paper on 'A Study of Unraveling Truth of Stress Management as a Recovering Strategy in Uncertain Times amongst Employees of retail Sector' in the ICRSBUT- 2021 held from 2nd to 4th June 2021 organised by the Department of Management Sciences in association with Management Think House, MITM-MBA at Maharaja Institute of Technology Mysore.

Through practice comes Yoga; through Yoga comes knowledge, through knowledge love, and through love bliss.

Swami Vivekananda

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Answers to the previous riddle

1. A girl has as many brothers as sisters, but each brother has only half as many brothers as sisters. How many brothers and sisters are there in the family?

Answer: Four sisters, three brothers

2. Speaking of rivers, a man calls his dog from the opposite side of the river. The dog crosses the river without getting wet, and without using a bridge or boat. How?

Answer: The River was frozen