



ಯಶಸ್ YASHAS SSFGC Monthly Newsletter

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NSS Day Celebration

*“Education is for improving the lives of others and for leaving your community and world better than you found it.”
-Marlan Wright Edelman*

52nd NSS day was celebrated on 24th September, 2021 in the college. An awareness program was organized by the NSS Unit of the college in association with IQAC in lecture hall 104.

Dr. Sheshadri SN, Assistant Professor of Chemistry and NSS Program Officer, GSSS Institute of Engineering College for Women was the resource person of the program. The program commenced at 10 am. Dr. Vidya Pai C, Principal welcomed the resource person, staff and students and introduced the resource person. She encouraged students to get involved in NSS activities as it helps in learning the art of sharing and caring; solving conflicts that arise at various situations; making right decisions; develop leadership qualities, etc. “A revolutionary change cannot be brought overnight, it takes time and continuous effort to bring a positive change. NSS helps in achieving this objective,” she said. She expressed her disappointment for missing the opportunity to associate herself with NSS during her college days as she was misinformed by her seniors regarding NSS and its functions.



Dr. Sheshadri S N, with a PPT Presentation, took students and staff through the history of NSS. The National Service Scheme (NSS) is an Indian government-sponsored flagship for public service program conducted by the Ministry of Youth Affairs and Sports of the Government of India. Popularly known as NSS, the scheme was launched in Gandhiji's birth Centenary year 1969. Aimed at developing student's personality through community service, NSS is a voluntary association of young people in Colleges, Universities and at +2 level working for a campus-community (esp. Villages) linkage. He said that the motto of NSS '**NOT ME BUT YOU**' emphasizes service to society. The logo for the NSS has been based on the giant Rath Wheel of the world famous Konark Sun Temple (The Black Pagoda) situated in Orissa, India. The Red & Blue colours in the logo motivate the NSS Volunteers to be active & energetic for the nation-building social activities.

Dr. Sheshadri S N, interacting with the students, talked about the aims and objectives of the NSS, its functions and its various activities. He said that NSS activities –Cleaning, Afforestation, Stage shows or a procession creating awareness of such issues as social problems, education and cleanliness, Awareness Rallies, Inviting doctors for health camps, Community Survey – develop a sense of service to society in students making them the future leaders. He also said that NSS, NCC like organizations provide a platform for students to hone their leadership qualities and make them responsible citizens and

introduce them to ground realities of life. “Many national leaders in our government and people representatives at various levels in our country have emerged through NSS training,” he said. He urged students to associate themselves with the NSS and contribute to the growth and development of the Nation.

The awareness program was followed by planting a sapling in the campus. Later students carried out campus cleaning. The program concluded with NSS song and NSS Clapping. The program was compered by Mr. Anil M, Asst. Prof and Head, Department of English. Ms. Poornima K, Asst. Prof & Head, Department of Commerce and Ms. Jyothi N Bhat, Asst Prof, Department of Kannada coordinated the program.

Photo Gallery: NSS Day Celebration



**Dr. Vidya Pai C, Principal,
Speaking on the occasion**



**Dr. Sheshadri S N speaking about aims and
objectives of NSS**



Activities conducted by NSS



**Faculty members and students in the
program**



Students on NSS Day



**Planting the sapling to
celebrate NSS Day**

Annual Sports Day

Sports competitions were held in the college on 28th August, 2021. Dinesh N Chaudhary and team (final B.com) emerged as the winners in volleyball competition and Harsha Kumar N L and Team (Second and first Year BCom) as runners up. In the throw ball competition Harsha Kumar N L and Team (Second and first Year BCom) emerged as the winners, Dinesh N Chaudhary and team (final B.com) as runners up. Individual and doubles matches were held in shuttle badminton.

Bridge Course Concludes

GSSS SSFGC embarked on a novel idea of conducting a bridge course for its newly admitted students for academic year 2021-22 on 23rd August, 2021 concluded on 16th September, 2021. This initiative of GSSS SSFGC aims at giving students a quick relook at the syllabus covered online in the PU classes due to COVID19 Pandemic. In total 51 classes were conducted.

The syllabus was tailor-made keeping each course in mind. Students of B Com and BBA were taught Accountancy, Business Studies and Economics while students of BCA studied C Programming and Basics of Computers. Language classes, Kannada and English, were introduced in between to break the monotony. All sessions were interactive and activity filled making it more interesting. Bridge Course concluded with a quiz to evaluate the level of understanding of the students.

UOM Semester Examination

Examination for the final year B.Com students commenced on 13th September, 2021. All students were present during the examination. The examination was held as per the SOP issued by the University of Mysore and concludes on 5th October, 2021.



ಪೋಷಣ್ ಮಾಹೆ: ಪೋಷಕಾಂಶ ಕುರಿತು ವಿಶೇಷ ಉಪನ್ಯಾಸ

ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆಯ (ಎನ್.ಎಸ್.ಎಸ್) ವತಿಯಿಂದ ಜಿಎಸ್ ಎಸ್ ಎಸ್ ಸಿಂಹ ಸುಬ್ಬಮಹಾಲಕ್ಷ್ಮಿ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜಿನಲ್ಲಿ ದಿನಾಂಕ 22. 9. 2021 ರಂದು ಪೋಷಣ್ ಮಾಹೆಯ ಭಾಗವಾಗಿ ವಿಶೇಷ ಉಪನ್ಯಾಸವನ್ನು ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿತ್ತು. ಪೋಷಕಾಂಶದ ಮಹತ್ವವನ್ನು ಕುರಿತು ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಇಂಗ್ಲಿಷ್ ವಿಭಾಗದ ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು ಹಾಗೂ ಮುಖ್ಯಸ್ಥರಾದಂತಹ ಶ್ರೀ. ಅನಿಲ್ ಎಂ ರವರು ವಿಶೇಷ ಉಪನ್ಯಾಸವನ್ನು ನೀಡಿರುತ್ತಾರೆ. ಪೋಷಕಾಂಶದ ಮಹತ್ವವನ್ನು ವಿವರಿಸುತ್ತಾ ಮಾನವನ ದೈಹಿಕ ಹಾಗೂ ಮಾನಸಿಕ ಬೆಳವಣಿಗೆಗೆ ಆಹಾರದಲ್ಲಿರುವ ಪೋಷಕಾಂಶಗಳು ಹೇಗೆ ಸಹಾಯ ಮಾಡುತ್ತವೆ ಎಂದು ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಮನವರಿಕೆ ಮಾಡಿಕೊಟ್ಟರು. ಪ್ರಕೃತಿದತ್ತವಾಗಿ ಕಾಲ ಕಾಲಕ್ಕೆ ಲಭ್ಯವಿರುವ ಹಣ್ಣು ತರಕಾರಿಗಳ ಸೇವನೆಯಿಂದ ಮಾನವನ ದೇಹಕ್ಕೆ ಅಗತ್ಯವಿರುವ ಪೋಷಕಾಂಶಗಳು ರವಾನೆಯಾಗುತ್ತದೆ ಜೊತೆಗೆ ಸಮತೋಲನ ಆಹಾರ ಪದ್ಧತಿಯು ಪ್ರಮುಖ ಪಾತ್ರ ವಹಿಸುತ್ತದೆ ಎಂದು ತಿಳಿಸಿಕೊಟ್ಟರು.

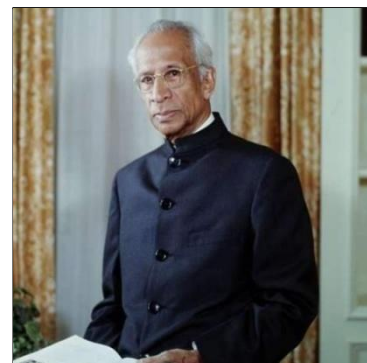
ಉತ್ತಮ ಆರೋಗ್ಯಕ್ಕಾಗಿ ಪೌಷ್ಟಿಕ ಆಹಾರ ಅಗತ್ಯ. ಪೂರ್ಣ ಧಾನ್ಯಗಳು, ಹಣ್ಣು, ತರಕಾರಿ, ಹಾಲು ಹಾಗೂ ಹಾಲಿನ ಉತ್ಪನ್ನಗಳು, ಮಾಂಸ, ಮೀನು, ಮೊಟ್ಟೆ, ಒಣಫಲಗಳು ಇವುಗಳಲ್ಲಿ ಹೇರಳವಾದ ಪೋಷಕಾಂಶಗಳು ದೊರೆಯುತ್ತವೆ. ಪೂರ್ವಾಗ್ರಹ ಪೀಡಿತ ನಂಬಿಕೆಗಳಿಂದ ಜನರು ಕೆಲವು ಆಹಾರ ಪದಾರ್ಥಗಳನ್ನು ಸೇವನೆ ಮಾಡುವುದಿಲ್ಲ. ಈ ನಿಟ್ಟಿನಲ್ಲಿ ಪೋಷಕಾಂಶದ ಬಗ್ಗೆ ಜನರಿಗೆ ಸೂಕ್ತವಾದ ಮಾಹಿತಿಯನ್ನು ನೀಡುವುದು ಬಹಳ ಮುಖ್ಯ. ವಿವಿಧ ಪೋಷಕಾಂಶಗಳ ಕೊರತೆಯಿಂದಾಗುವ ಆರೋಗ್ಯದಲ್ಲಿನ ಏರುಪೇರು , ಅವುಗಳ ಸುಧಾರಣೆಗೆ ಪಾಲಿಸ ಬೇಕಿರುವ ಆಹಾರಕ್ರಮವನ್ನು ಕುರಿತು ತಿಳಿಸಿದರು.

ಪೌಷ್ಟಿಕಾಂಶವೆಂಬುದು ಜೀವಿಯ ಜೀವಿತಕ್ಕೆ ಹಾಗೂ ಬೆಳವಣಿಗೆಗೆ ಅಗತ್ಯವಾಗಿದೆ. ಇವು ಜೀವ ಕೋಶಗಳನ್ನು ರೂಪಿಸುತ್ತವೆ. ಪೋಷಕಾಂಶದ ಸೇವನೆ ವಿಧಾನಗಳು ಭಿನ್ನವಾಗಿರುತ್ತವೆ. ಕಾರ್ಬೋಹೈಡ್ರೇಟ್ ನಿಂದ ದೇಹಕ್ಕೆ ಶಕ್ತಿಯನ್ನು ಒದಗಿಸುವ ಸಾಮರ್ಥ್ಯವಿದೆ. ಖನಿಜಗಳು, ಲವಣ, ಕಬ್ಬಿಣ, ತಾಮ್ರ ಇವುಗಳ ಸೇವನೆಯು ಶಕ್ತಿವರ್ಧಕ ಹಾಗೂ ಕಾಂತಿವರ್ಧಕವಾಗಿ ಪರಿಣಮಿಸುತ್ತವೆ. ಬೇರೆ ಬೇರೆ ಬಣ್ಣದ ಪ್ರಾಕೃತಿಕ ಆಹಾರಗಳ ಸೇವನೆಯಿಂದ ಆರೋಗ್ಯ ಪೂರ್ಣ , ಸಂತುಲಿತ ಆಹಾರ ಕ್ರಮಕ್ಕೆ ಅತ್ಯುತ್ತಮ ಮಾರ್ಗವಾಗಿರುತ್ತದೆ. ಪ್ರಕೃತಿದತ್ತವಾಗಿ ಸಿಗುವ ಕೆಂಪು, ಹಳದಿ ಮತ್ತು ಹಸಿರು ಹಣ್ಣು ಮತ್ತು ತರಕಾರಿಗಳಲ್ಲಿ ಸೂಕ್ಷ್ಮ ಪೌಷ್ಟಿಕಾಂಶಗಳು ಸಮೃದ್ಧವಾಗಿರುತ್ತವೆ. ಇವುಗಳಲ್ಲದೆ ಗೋಧಿ, ಓಟ್ಸ್, ಬ್ರೌನ್ ರೈಸ್ ಇತ್ಯಾದಿ ನಾರಿನಾಂಶ ಮತ್ತು ಇನ್ನಿತರ ಪದಾರ್ಥಗಳು ಸಂಸ್ಕರಿಸಿದ ಧಾನ್ಯಗಳಿಗಿಂತ ಹೆಚ್ಚು ಪೋಷಕಾಂಶಗಳನ್ನು ಒಳಗೊಂಡಿರುತ್ತದೆ. ಹೀಗೆ ಪೋಟೇನ್, ವಿಟಮಿನ್, ಖನಿಜಾಂಶ, ನೀರು ಇವು ಮಾನವನ ಆರೋಗ್ಯಕರ ದೇಹಕ್ಕೆ ಬಹುಮುಖ್ಯವಾಗಿರುತ್ತವೆ. ಪ್ರತಿಯೊಬ್ಬರಿಗೂ ಬೇಕಿದೆ ಒಳ್ಳೆಯ ಆರೋಗ್ಯ ಒತ್ತಡದ ಬದುಕಿಗೆ ದೇಹದೊಳಗಿನ ಎಲ್ಲಾ ಭಾಗಗಳು ಸಮರ್ಪಕವಾಗಿ ನಡೆಯುವುದಕ್ಕೆ ನೀಡಬೇಕಿದೆ ಪೌಷ್ಟಿಕ ಆಹಾರ. ಆರೋಗ್ಯವೇ ಭಾಗ್ಯ.

Salutations to Teachers

India celebrates Teachers' Day on September 5th every year to mark the birth anniversary of Dr. Sarvapalli Radhakrishnan, the first Vice-President and second President of independent India (from 1962-67).

Dr. Radhakrishnan was a scholar, philosopher, and teacher. The Bharat Ratna award recipient was born on September 5th 1888, in Andhra Pradesh. The tradition of celebrating his birthday as the Indian Teachers' Day started when one day in 1962, some of his students went to Dr. Radhakrishna wanting to celebrate his birthday. He asked them to observe this day (September 5) as a mark to pay homage to all the great teachers of India and Bangladesh and remember their contribution. Dr. Radhakrishnan then went on to become a Professor of Philosophy at Chennai's Presidency College and Calcutta University. He was very popular among his students and was seen as a brilliant teacher.



Later on, he became the Vice-Chancellor of both Andhra University and Banaras Hindu University (BHU). In 1939, he was elected a fellow of the British Academy. He also served as a Lecturer at Manchester College, Oxford in 1926, 1929, and 1930. In 1930 he was appointed Haskell lecturer in Comparative Religion at the University of Chicago. The Philosopher President authored various books. The Philosophy of Rabindranath Tagore and The Reign of Religion in Contemporary Philosophy are among the most popular of his works. Dr. Radhakrishnan has been nominated for the Nobel Peace Prize 11 times and was awarded the British Order of Merit in 1963.

Devotional fervor at GSSS SSFGC

Ganesha Pooja was organized at GSSS SSFGC campus on 16th September, 2021. Mr. Phaneendra, Lab attendant, GSSSIETW performed the Pooja. Ganesha and Gowri idols were placed in the reception hall and were decorated with mango leaves, plantain stem and flowers. After the Pooja, the college staff offered floral tribute to lord Ganesha. Shruthi D HOD, Dept of Computer Applications, offered a devotional song in praise of Lord Ganesha. Principal, staff and students of V semester Bcom were present on the occasion. Prasadam was distributed to staff and students.



Skill Training Programs Conclude

Skill Training Program for V Semester BCA students- IOT involving 5 modules started on 3rd August, 2021. Dr Manju Prasad, Associate Prof., GSSSIETW handled the program for 30 hours. This involved 2 projects which were successfully completed by the students.

Python Programming Language was handled by Ms Shruthi D, HOD BCA from 30th August, 2021 comprising 12 modules. Both the STP's concluded with a written exam conducted by the respective Faculty members.



Students undergoing Skill Training Program -IOT

Man is equal to man. There should not be exploitation. One should help the other. No one should harm anybody. Generally there should be no room for grievance or complaint from anybody. Everyone should live and let others live, with a national spirit.

Periyar E V Ramasamy
(17 Sept, 1879 – 24 Dec, 1973)
Indian social activist and politician

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