

## Take care of your elderly parents, they may have health issues which you cannot identify easily – Dr Purnima

An awareness program on ‘**Neuropsychiatric Disorder on Stage**’ was staged on 26 Feb 2020 in the college auditorium at SSFGC. Poornima R, Professor (Rtd) of English from KSOU created awareness among students and staff about various neuropsychiatric disorders through narration and enacting real life incidents on stage. It was her 270th performance on stage across the state for creating awareness.

“Many people for various reasons suffer from such disorders .People around them fail to recognize it due to lack of awareness . Therefore it is essential to orient them at a young age so that they treat people suffering from such disorders with care and compassion providing them a comfortable life”, she said. She brought out the story of Mary Lamb ,author of ‘Stories from Shakespeare’ illustrating her ‘madness’.



Performance on stage

Story of Teju,a victim of ‘**Spinal Muscular Atrophy**’ was brought out. She demonstrated ‘Alzheimer’ through the story of Vishalakka. She said that there is research going on to find a cure for these disorders but we are not yet successful.

Two students expressed their opinion after the program. Dinesh ,II B.Com, said that the program was really useful and helped him to understand the complications in the patients suffering from such disorders. Lavanya, I B. Com,said that more such programs would help them to understand these disorders better and to be helpful to the patients having neuropsychiatric disorder.

Asst. Prof Anil, Hod, English said, “Physical deformities and disorders are easily identified whereas it is not so easy when it comes to Psychological disorders. Therefore awareness of such disorders is essential to help the victims come out of it and lead a healthy life.”

Principal Prof K U Basappa said that he had witnessed a person,one of his relatives, suffering from Neuropsychiatric disorder. He thanked Dr. Poornima for conducting the program in college.

Anupama B Pandit AOGSSS in her concluding remarks



AO, GSSS, Anupama B. Pandit speaking

said ,“this kind of program is necessary to sensitize students and prepare them to serve the society.”

Director, Staff members and students were present.

Report: Anil M

## "Attention deficiency hyperactivity disorder is the most common problem found in today's youth" \_ Ms Meera

"Failure to live up to the expectations of teachers and parents, hating their own bodies, hype created by the media are the main causes for insecurity and ADHD among today's generation. Ancient system of Yoga and meditation can effectively address such disorders. "says Ms Meera, a German national and exponent of Indian Yogic practices.

She was introduced to the ancient system of yoga by her mother at a tender age of seven, she considers herself lucky to know both the Western and Eastern culture. She said "The Western world maybe advanced materially but no one is satisfied, they look for happiness outside.

Spirituality of India has always attracted the Western World. Ancient system of Yoga and Meditation, Indian food habits customs and traditions have been successful in keeping mental disorders away. "

She advised the students to follow Yoga and meditation to cope up with the stress in every day life.

Dr Raghavendra Pai in his speech said that Happiness is felt in the mind so we have to purify our minds to keep ourselves happy. He gave a demonstration of the Bhadra Mudra for concentration of the mind.

Hon Secretary Smt Vanaja B. Pandit was present on the occasion. Prof KU Basappa, Principal, welcomed the gathering which was compered by Smt Poornima K.



Report: Poornima K



## Only 20% of University of Mysore activities are digitalized- VC

A one day start up training program for Sevasindhu Nodal Officers and Principals of the affiliated colleges was held on 29/02/2020. The program inaugurated by Vice Chancellor of Mysore University Prof Hemanth Kumar. Prof Bhagyavan Mudegowda, Prof Venkatesh Kumar, Prof Shivappa , Prof Anand and Director of CDC Prof Srikantaswamy were present on the occasion. VC in his inaugural address said that it was the first step in the digitalization program of University of Mysore. He also said that presently only 20% of the activities have been digitalized. He thanked NIC for developing the software which has helped in implementation of e governance in UoM.

Prof Bhagyavan Mudegowda said that through this website 15 services are available online, and extra 34 services will be added shortly. Presently the students can get Provisional Degree Certificates, Migration certificate, Marks cards through online application. Seva Sindhu will be replacing the Sakala services.

Prof Venkatesh Kumar Dean of Psychology, said that no matter how many new methods of teaching may come up, it can't replace the Chalk and Talk. Teacher is and will always be an important part of teaching process. Prof Anand, Dean of

Commerce, said that there is a wide gap between the expectations of the society and what the colleges are actually giving to the society. Prof Shivappa gave the Presidential address followed by the vote of thanks by Smt Veena Mathad. There was an interaction session followed by the training program which lasted for one and half hours..

Report: Poornima K



## Soft skill for students is very essential today – Kavitha

Soft Skill training session was organized for 1<sup>st</sup> Year students. Ms Kavitha from Bizotic, a Training and Talent Solutions Private Limited conducted the program. The session was organized to provide preliminary training on Communication, Group Activity and Spoken English. This was conducted keeping in view the future requirements of the students in attending interviews. Students participated enthusiastically in all the sessions. Live cases were discussed which helped our students in understanding the interview requirements better. Kavitha explained how Soft skills or people skills will help you to effectively navigate your personal and professional life, to understand better you and the other people too. She said soft skills give you the possibility to develop your values, competencies, knowledge and attitudes.

Soft skills include a wide range of competencies such as interpersonal, team, organizational and conflict management, intercultural awareness, leadership, planning, organizing, co-ordination and practical problem solving skills, teamwork, self-confidence, discipline and responsibility, creativity, emotional intelligence etc.

Individuals, who cultivate a variety of skills, seem brighter, more energetic and more adaptable than those who know how to do one thing only.

She also said that by developing our skills we are developing our personal competences and our life itself.

Soft skills that one may need are:

- Complex Problem Solving;
- Critical Thinking;
- Creativity;
- People Management;
- Coordinating with Others;
- Emotional Intelligence;
- Judgment and Decision Making;
- Service Orientation;
- Negotiation;
- Cognitive Flexibility.

She called up on students to keep developing themselves and by those development students may transform their lives



**Students at the session**

Report: Subramanya K R



**About the importance of the session by the Principal**



**The session in progress**

## BBA set a facelift



**BBA  
Students  
fixing the  
charts**



BBA students have prepared a number of charts consisting their subjects and important chapters. These are displayed on the walls for easy viewing

## Leap Year, how much you know about it?

A leap year is a year with 366 days, instead of the usual 365. Leap years are necessary because the actual length of a year is 365.242 days, not 365 days, as commonly stated. Leap years occur every 4 years, and years that are evenly divisible by 4 (2004, for example) have 366 days. This extra day is added to the calendar on February 29th.

However, there is one exception to the leap year rule involving century years, like the year 1900. Since the year is slightly less than 365.25 days long, adding an extra day every 4 years results in about 3 extra days being added throughout 400 years. For this reason, only 1 out of every 4 century years is considered as a leap year. Century years are only considered as leap years if they are evenly divisible by 400. Therefore, 1700, 1800, 1900 were not leap years, and 2100 will not be a leap year. But 1600 and 2000 were leap years because those year numbers are evenly divisible by 400.

## Julius Caesar, Father of Leap Year

Julius Caesar was behind the origin of leap year in 45 BC. The early Romans had a 355-day calendar and to keep festivals occurring around the same season each year a 22 or 23 day month was created every second year. Julius Caesar decided to simplify things and added days to different months of the year to create the 365-day calendar; the actual calculations were made by Caesar's astronomer, Sosigenes. Every fourth year following the 28th day of Februarius (February 29th) one day was to be added, making every fourth year a leap year.

In 1582, Pope Gregory XIII further refined the calendar with the rule that leap day would occur in any year divisible by 4 as described above.

**Man is neither mere intellect, nor the gross animal body, nor the heart or soul alone. A proper and harmonious combination of all the three is required for the making of the whole man and constitutes the true economics of education.**

**Harijan, 8-5-'37**

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### Photo courtesy

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### Photo Corner

