



Geetha Shishu Shikshana Sangha (R)
SIMHA SUBBAMAHALAKSHMI FIRST GRADE COLLEGE
KRS ROAD, MYSURU-570 016

ಯಶಸ್ **YASHAS** SSFGC Weekly Newsletter

Volume – 1

Issue No.-13

19th to 24th August 2019

Swarkasha For Women



Karthik S Kateel

Karthik S Kateel and his mother visited our campus on 21st August 2019. This program held in GSSS Engineering College.

To address the growing problem of Rape and Sexual assault especially among the school and college students and to train girls with an effective self - defense technique to protect them from Rape and Sexual Assault. Karthik S Kateel is a Black Belt in Karate and Jeet Kune Do and a trained mixed martial art trainer (recently appointed Grand Master Trainer for self Defense by Indian Red Cross Society, YRC Karnataka Branch) along with my mother Mrs.Shobhalatha have founded the NGO Swaraksha for Women Trust.

Karthik was born on October 16, 1992. Karthik S Kateel father name Suresh Kateel, a professor in the history department at SDPTFG College, Kateel, and Karthik S Kateel mother name is Shobhalatha, a dance teacher. He is the only son to his parents. Karthik has completed BSc and is presently pursuing masters in English literature.

The Trust conducts Self Defense Workshops in Schools and Colleges and teaches girls an effective way to defend themselves using psychological methods and self-defense techniques in case of an assault or rape attack.

Karthik started learning karate at the age of 6 under the guidance of Sensei Eswar Kateel and was awarded blackbelt at the age of 14. From the very beginning he was inspired by martial arts legends like Tony Jaa, Bruce Lee, Jackie Chan, Scott Adkins and Jet li. He learnt Taekwondo, Muay Thai and Ju Jistu on his own, by watching various videos from internet sites.



Mrs.Shobhalatha



He has even learnt foreign martial arts movements and kicks which are new to India. The Self Defense Workshop duration is 95 minutes and till date from the time of inception in 2019 we have trained more than 1,55,600 students and women of 512 institutions around Karnataka. The goal is to reach out to every school and college girl in Karnataka to enable them to protect themselves in case of a rape attempt or sexual assault.

This Workshop has won the appreciation of the Police Department, Doctors, Professors, Academicians and Students. On April 6th 2017 Swaraksha for Women trust® was registered and donors will be granted with income tax exemption 80G and 12AA from August 2018.



The objective of our Trust is to train girl students and women and empower them through self-defense training. They have to conduct this program throughout Karnataka.

Totally more than 400 girl students attended. SSFGC girl students, engineering girls, lectures, The Director, SSFGC and The Principal, GSSIETW were present.



JUO, Suraj Pal Singh(NCC cadet) III B.Com represented SSFGC College in the 73rd Independence day Parade.at Bannimantap



Dinesh M Chowdhary represented SSFGC in State level throw ball tournament, won Second position.

First Internals Test 19th - 24th August 2019



Students writing test.



From NSS unit Darshan M, III B.Com, Chirag S, III B.Com and Swathi S, II B.Com Students attended one day District level workshop “Self Employment and Entrepreneurship” at S.B.R.R Mahajana First Grade College on 23rd August 2019..

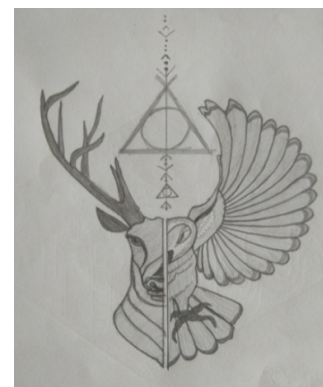
The Art creative

Owl & Deer

One Side owl has a rich symbolic value. The owl is a symbol of wisdom, knowledge and transition. These cultures believed that was the protector and guardian of the death and believed it was able to communicate with the departed.

Deer are always described as animal of beauty and grace, gentle and lovely with a hidden strength inside them.

A beautiful drawing by Dimple A of II year B.Com.



Special lecture on **GST- An Overview** **An Evaluation of the GST Implementation in the country**

By Dr. Jayan V K



A special lecture on GST was held on 23rd August 2019.

Dr. Jayan described the GST as an excellent tax bringing the whole nation under the ambit of single tax. One nation one tax, was the slogan for GST. This mode of tax is adopted in most of the developed nations.

Tax is divided into direct tax and indirect tax. Direct tax comes under the Central board of Direct Taxes whereas indirect tax falls under Central Board of indirect Taxes.

Before GST was launched we had cascading effect of tax where taxes were added for each value added to the product. Rates of GST vary from 0%,3%,5%,10%,18%,to28%.

0% tax is levied for unbranded goods 28% for sinful items like cigarettes, liquor, perfumes cement and washing machines etc. Types of GST - SGST- state goods and service tax, IGST - Inter State goods and service tax, CGST - Central Goods and service tax Any GST paid as input tax can be set off against the output tax. GST considers supply and not sales. 80% of the GST has been implemented. The program was attended by all the students and staff members.

Smt. Poornima K
i/c Principal

ಬಿಶೇಷ ಉಪನ್ಯಾಸ - ಕನ್ನಡ ಸಾಹಿತ್ಯದಲ್ಲಿ ವಚನ ಕ್ರಾಂತಿ

- ಡಾ. ಬಿನೋದಮ್ಮ



“ಬೆಲಗಾಗಿ ನಾನೆದ್ದು ಯಾರ್ಯಾರ ನೆನಿಯಾಲ
ಎಲ್ಲು ಜೀರಿಗೆ ಬೆಲೆಯೋಲಾ
ಎಲ್ಲು ಜೀರಿಗೆಯಾ ಬೆಲೆವಂಥ ಭುಮಿತಾಯಿ
ಎದ್ದೊಂದು ಗಲಿಗೇ ನೆನೆದೇನಾ||”

ಕನ್ನಡದಲ್ಲಿ ವಚನ ಕ್ರಾಂತಿ ಎಂಬ ವಿಷಯದ ಮೇಲೆ ದಿನಾಂಕ 19 ಆಗಸ್ಟ್ 2019 ರಂದು ಒಂದು ವಿಶೇಷ ಉಪನ್ಯಾಸವನ್ನು ಏರ್ಪಡಿಸಲಾಗಿತ್ತು. ಇದರ ಭಾಗವಾಗಿ ಶ್ರೀಮತಿ ಡಾ.ಬಿನೋದಮ್ಮ ರವರು ಉಪನ್ಯಾಸ ನೀಡಿದರು. ಉಪನ್ಯಾಸದಲ್ಲಿ ನವಿರಾದ ವಚನಗ• ಮೂಲಕ ಅವುಗಳ ಭಾವಾರ್ಥವನ್ನು ವಿಸ್ತಾರವಾಗಿ ವಿವರಿಸಿದರು. ವಚನಗಳು ಹೇಗೆ ಜನಿಸಿದವು, ಏಕೆ ಜನಿಸಿದವು, ಕನ್ನಡ ಸಾಹಿತ್ಯದಲ್ಲಿ ಯಾವರೀತಿ• ಬದಲಾವಣೆ ತಂದವು, ವಚನಕಾರರು ಯಾರು ಅವರ ಕೂಡಗಗಳೇನು ಎಂಬುದರ ಬಗ್ಗೆ ಮಾತನಾಡಿದರು. ವಚನಗಳು ಪೋರಿಹಿತಶಾಹಿ ವರ್ಗ ಸಮಾಜದ ಬೆಳವಣಿಗೆಗೆ ಹೇಗೆ ತಡೆಯೊಡ್ಡಿದ್ದವು ಮತ್ತು ವಚನಗಳ ಬಳಕೆ ಭಕ್ತ ಹಾಗೂ ದೇವರ ನಡುವೆ ಅಂತರವನ್ನು ಹೇಗೆ ಕಡಿಮೆ ಮಾಡಿತು ಎನ್ನುವುದನ್ನು ವಿವರಿಸಿದರು. ಈ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳು ಹಾಗೂ ಶಿಕ್ಷಕರು ಉಪಸ್ಥಿತರಿದ್ದರು.

Weekly NSS Activity

Students collecting seeds of Ashoka trees and various trees as part of weekly activities on 24th August 2019.



India of My Dreams – M.K.Gandhi

India destiny lies not along the bloody way of the West, of which she shows signs of tiredness, but along the bloodless way of peace that comes from a simple and godly life. India is in danger of losing her soul. She cannot lose it and live. She must not, therefore, lazily and helplessly say, “I cannot escape the onrush from the West.” She must be strong enough to resist it for her own sake and that of the world.

Young India, 7-10-26

ಸಂಪಾದಕರು

ಶ್ರೀಮತಿ ಶೃತಿ ಡಿ ಗಣಕಯಂತ್ರ ವಿಜ್ಞಾನ ವಿಭಾಗ

ಭಾಯಾಚಿತ್ರ ಕೃಪೆ

ಡಾ. ಪ್ರಭಾಕರ ಕೆ. ವಿ. ನಿರ್ದೇಶಕರು

ಶ್ರೀಮತಿ ಪುರ್ಣಿಮಾ ಪ್ರಭಾರ ಪ್ರಾಂಶುಪಾಲರು

ಶ್ರೀ ಅನಿಲ್. ಎಂ, ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು, ಇಂಗ್ಲಿಷ್ ವಿಭಾಗ

Photo Corner

