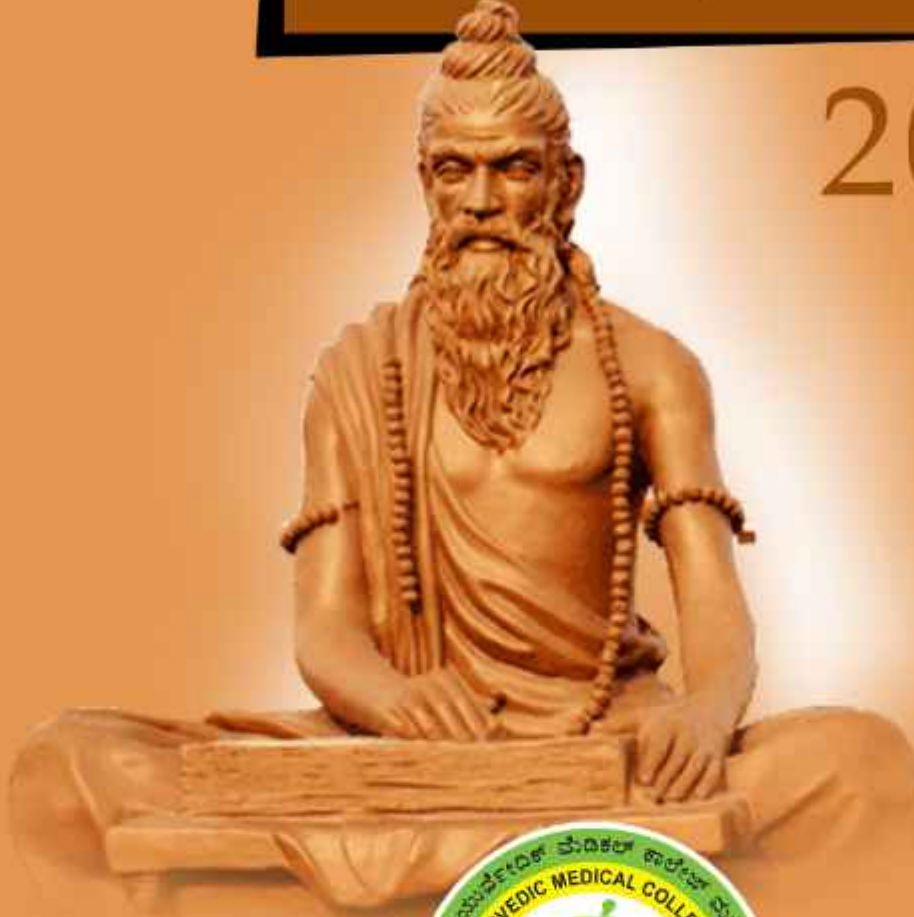


Annual Magazine of
Sushrutha Ayurvedic Medical College

ಐಷ್ಠರೂಢಿ

Educate... Explore... Express!

2021



SAMC&H

Sushrutha Ayurvedic Medical College and Hospital

'Prashanti Kutiram', Jodi Bingipura, Jigani Hobli
Anekal Taluk, Bengaluru - 560 105

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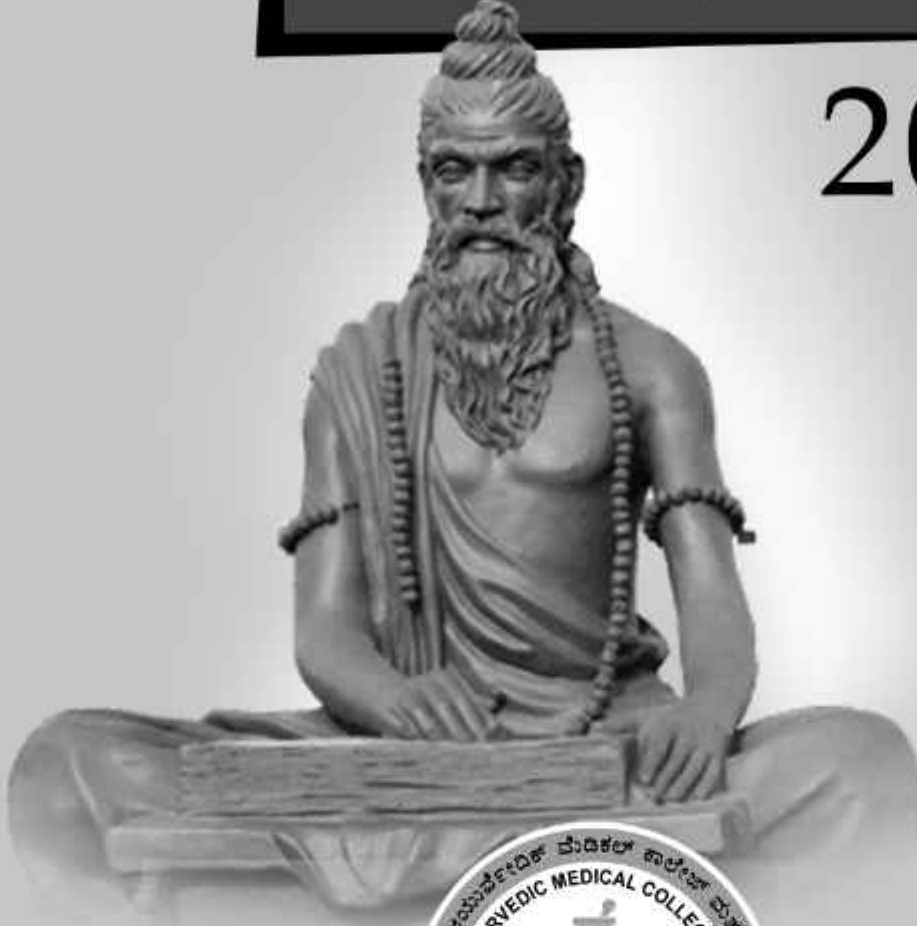
www.sushruthaayurvedicmedicalcollege.com

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स्वामी विवेकानन्द योग अनुसंधान संस्थान Swami Vivekananda Yoga Anusandhāna Samsthāna

(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

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March 30, 2021

Message

It is a matter of immense joy for me to address you all through the magazine 'SAUSHRUTHI' of Sushrutha Ayurvedic Medical College and hospital. The attempt of initiating to start a college magazine by SAMC&H is well appreciated. The hard work of today is the triumph of the future. The time and effort you spend today are the deciding factors of your later years.

'SAUSHRUTHI' a brainchild of this institution is a convergence of great opportunity and challenge for the students and staff to review their efforts and analyze their achievements.

I place on record my best wishes to Sushrutha Ayurvedic Medical College and hospital and its entire fraternity on this occasion for making it possible to transform the dream of bringing out 'SAUSHRUTHI' to reality.

I wish you all the best!

With Love,

Dr H R Nagendra
Chancellor, S-VYASA

ಆಯುಷ್ ಇಲಾಖೆ

ಧನ್ವಂತರಿ ರಸ್ತೆ, ಆನಂದರಾವ್ ವೃತ್ತದ ಹತ್ತಿರ, ಬೆಂಗಳೂರು - 560 009.

DEPARTMENT OF AYUSH

Dhanwantari Road, Near Anandarao Circle, Bangalore - 560 009.

ಕರ್ನಾಟಕ ಸರ್ಕಾರ



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ದಿನಾಂಕ / Date :
26-03-2021.



MESSAGE

I am very glad to know that Sushrutha Ayurveda Medical College & Hospital, Bangalore is celebrating "Shishyopanayana" on 7th April, 2021, at Auditorium, Bangalore. I am especially happy that the organisers are releasing an Annual Magazine/Souvenir "Soushruthi" on this occasion. I hope and wish that the graduates shall be loyal to their system of medicine and will bring pride to their profession, institution, parents and themselves. I am sure that the magazine/souvenir shall contain useful information for the students and practitioners of Ayurveda and Alma matter of the College.

(Ramachandra) 26/3/21
Commissioner
Unani, Siddha & Homeopathy
(Ayush) Directorate, Channarayana
Bangalore - 560 009

To,
Principal,
Sushrutha Ayurvedic Medical College and Hospital,
Prashanti Kuteera, Jodi Bingipura,
Jigani Hobli, Anekal Taluk,
Bangalore-560 105.



Sushrutha Ayurvedic Medical College & Hospital

"Prashanti Kuteera" Jodi Bingipura, Jigani Hobli, Anekal Taluk, Bangalore - 560 105.

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Director's Desk

Greetings and a very warm welcome to SAMC&H!

Stellar accomplishments expand the frontiers of knowledge and scholarship every day. In this era of Globalization of education the obvious focus is on the quality of education. There is no single yardstick of quality. A good educational institution strives continuously for sustenance and enhancement of quality in every field of its activity.

As SAMC&H works diligently to realize its mission of providing the best learning, teaching and research opportunities to students and academicians alike, it continues to supply students with the basics of Ayurveda, Modern knowledge and high values.

The research activities of our faculty lead to an extraordinary enrichment of the experience of our students at undergraduate levels. The research training provided to our graduate students creates the next generation of scholars well-prepared to advance knowledge. The extension of research opportunities to an ever-increasing group of undergraduate students adds a dimension of experience to the undergraduate education that simply cannot be duplicated in the classroom. Our students learn the joy as well as the rigours of new discovery, and acquire skills of inquiry, evaluation, and communication that provide a foundation for the next phases of their careers and lives.

Amongst students' creativity, collective work and competition domestically, regionally and internationally thrive. SAMC&H stands committed to the practice of academic freedom and encourages cultural diversity as it continues to attract students and faculty.

On the memorable event of the release of our institute magazine 'SAUSHRUTHI' I wish new talents and creativity will be mirrored and held out through the same.

Regards

Dr B R Ramakrishna
BSAM, BAMS, MD(Ayu), MSc & PhD (Yoga)
Vice-Chancellor- S-VYASA
Director-SAMC&H



Managing trustee's desk

Greetings all,

Sushrutha ayurvedic medical college and hospital (SAMC&H) stands high as an educational institution which is a result of a nascent dream and great vision. SAMC&H with its strong substratum background of cultural and moral values has tried to provide the best education, research innovation, job opportunities and overall development to its students.

The college has gone through metamorphic infrastructural developments, the introduction of new departments and programs, construction of new hostels and increased intake of students. Over the years, the health delivery system in India, as elsewhere, has become very complex with burgeoning demand, rapid technological changes, growing complexities of procedures, increasing competition and heightened consciousness of consumer rights and quality of service. There is increasing corporatization of health care delivery system with emphasis on efficiency, quality of service and quick delivery though at higher costs. SAMC&H is trying to create a satisfactory deal by improving the professionalism and training the students in all fields of Ayurveda.

Similarly, the initiative of SAMC&H on bringing out a college magazine is appreciable. I wish this magazine stands out and portrays the veiled talents and competences of the staff and students and grow into a prodigious accomplishment.

Regards

H R Dayananda Swamy
Managing Trustee
Yadalam Trust

Message from Trustee's desk



It is heartening to know that Sushrutha Ayurvedic Medical College is bringing out its college magazine - '*Saushruthi*' on the occasion of *Sishyopanayana* function to be held on April 7, 2021 which is also the world health day.

A college magazine reflects the diversity of its curricular and extra-curricular strengths and gives a direction to the new students. We feel proud about the academic achievements of our students at the University level and their contributions to various activities of the institution, focused on delivering better healthcare services to the needy.

Sushrutha Ayurveda Medical College is known for quality education with strong roots in traditional medicine, complemented by evidence-based approach, located in Prashanthi Kutiram (an abode of peace) amidst beautiful nature. The credit goes to our scholarly faculty whose dedication in nurturing the students coming from diverse backgrounds is greatly acknowledged.

Many congratulations to all the students, faculty members and principal and the director for taking this initiative and I wish the magazine a great success in disseminating the knowledge which I am sure will be informative, educative and will motivate the generation next.

With best wishes



Dr. Manjunath N K
Pro - Vice Chancellor
Director - Research and Development
S-VYASA



Sushrutha Ayurvedic Medical College & Hospital

"Prashanti Kuteera" Jodi Bingipura, Jigani Hobli, Anekal Taluk, Bangalore - 560 105.

Ph : 080 29795299 Telefax : 080 22639910

E-mail : sushrutha_ayu@rediffmail.com / website : sushruthaayurvedicmedicalcollege.com

Principal's Desk



Greetings!!

Almost 2 decades back a seed was sown in the form of Sushrutha Ayurvedic Medical College and Hospital. In these years the patronage of our Yadalam Trust, the dedication of our staff and enthusiasm of our students have created a fertile ground for that seed to grow into a budding plant. It was started with 52 number of students and very few staff which grew like a rising sun in the field of Ayurveda health care system.

"Saushruthi" is the showcase of talent of staff and students of this institution since 2010. Our college always welcomes new buds of Ayurveda to its family by celebrating "Shishyopanayana". On this great occasion Saushruthi will be released which is the forum to exhibit the potential of our staff and students with their innovative ideas and skills.

I whole heartedly congratulate the editorial board of Saushruthi and wish a great success of this endeavour by the blessings of honourable Sri Nagendra Guruji and our beloved Director Dr. B.R. Ramakrishna.

It is a pleasure and privilege for me to be the part of this noble institution since a long period.

It is better to light one candle than to curse the darkness. I wish this miraculous journey of Saushruthi the very best. The journey from seed to plant was exhilarating process but the transformation from plant to tree will be unique and inspiring at the same time.

Best Wishes

Dr. Sanghamitra Patnaik
Principal
SAMC&H

Chief Editor's desk



The dedication of faculty members, students and nonteaching staff of SAMC&H is continuously helping the magazine in stepwise manner for achieving new mile stone. So here you have "SAUSHRUTHI", the long awaited magazine of SAMC&H for the year 2021-22. The name of the magazine, "SAUSHRUTHI" may seem difficult, but it just means "BORN OF SCRIPTURES". This magazine gives an insight into the SAMCians' way of life, their creativity and activities. This magazine is a platform that exhibits the literary skills and innovative ideas of teachers and students. "SAUSHRUTHI" presents the hard work and dedication of students and contributions of teachers.

The purpose of this college magazine is to unlock the hidden potential within the staff and students and helped in self-motivation.

I want to extend my sincere thanks to my editorial team in making this journal in working shape. I would also like to thank the publishers, who provided us the platform to delve into this academic journey and helping us in building this journal's layout.

The editorial board welcomes the comments and suggestions to improve the quality of magazine. I am pleased to say that the management & staff is excellent & do not hesitate to put in their best in all college activities & up-gradation.

I hope and pray that with the help of all of you people and your academic knowledge and creative capabilities, we will thrive and provide the best platform to our authors, researchers and readers.

Regards

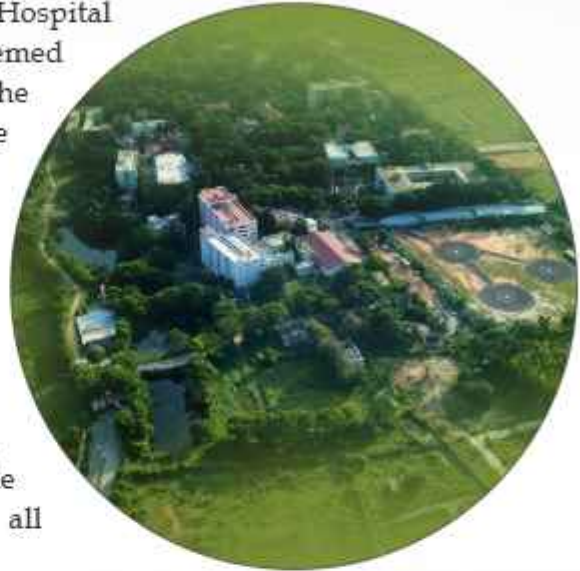
A handwritten signature in blue ink, appearing to read "B. Ravikiran".

Dr. Ravikiran B
Professor & HOD
Magazine Chief Editor

About the Institution

Sushrutha Ayurvedic Medical College and Hospital located in the serene campus of S-VYASA Deemed to be University, Jigani, Bengaluru, away from the chaotic concrete city contributes to the suitable environment for a learner to dwell deep into the science of Ayurveda.

The institution after being established in 2002 has progressed in all its endeavours. In order to fulfill the great vision of the trustees the college got re located into the campus of S-VYASA - Prashanti Kutiram in the year 2012. Witnessing a break-through in unmatched infrastructure as well as developments in all disciplines of Ayurveda.



The college has the best teaching staff in Ayurveda. All of them are minimum Postgraduate degree holders from National institutes and PhD degree holders. An experienced PG holder from the same subjects heads each department.

The College has a well-planned building for UG students fit for both theory and practical knowledge having a central space filled with greenery which has various medicinal plants acting as a study garden for Dravyaguna.

The college has well planned departments for each subject with a practical lab attached.

The college has fully functional labs and Ayurveda drug manufacturing section having Quality control and Quality Assessment units.

The college also has a Library with all essential books, Journals, Magazines required for an Ayurveda Student to be up to date.

SAMC has been serving the Ayurveda Fraternity by producing some of the Finest Ayurveda Vaidyas to the society.



Magazine Committee

Chief Editor

Dr. Ravikiran B
Professor & HOD

In Charge Co-ordinator

Dr. Nischal P
Assistant Professor

Members

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Professor & HOD

Dr Alok Roy
Professor & HOD

Dr Roopa L
Professor & HOD

Dr Remita K K
Associate Professor

Dr. Pretty
Assistant Professor

Dr Swathi Sharma
Assistant Professor

Dr Sukruth G
Assistant Professor
Dr Amrutha R Prabhu
Assistant Professor

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Professor & HOD

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Associate Professor

Dr Sahana C
Associate Professor

Dr Nischal P
Assistant Professor
Dr Swathi Sharma
Assistant Professor
Dr Amrutha R Prabhu
Assistant Professor

Design & Layout

Bharatheesha P
S-VYASA

A Prologue to

साश्रुथि

Educate... Explore... Express!

“Saahityasangeetakalaaviheenaha saakshaatpashuhu pucchavishaanaaheenaha ||” we humans stand out from animals as with the gift of expressing ourselves in spoken and written words. This magazine is an endeavor to bring together the creativity, scientific acquaintance and proceedings of the college.

The desire to create is one of the deepest yearnings of the human soul. Creativity is a wild mind with a disciplined eye. Magazine is a perfect stage for exhibiting such creativity. SAUSHRUTHI meaning “born to scriptures” is an assortment of staff and students’ ingenuity.

This annual magazine’s primary focus has been geared at covering the important events within the college and navigating the staff and student council with current events, popular culture, academics, and so on.

The magazine is a perfect platform encouraging the college staff and students to involve in more of creative writing and scientific researches, *kavana sankalana* and *kala koushala* through its publications.

The readers will find Saushruthi interesting with the amusing element of resourcefulness like puzzles, doodles and crosswords which is another component making it more vivacious and engaging too along with being educative.

With the retort and support of our director, principal, chief editor, the college staff and students the team hopes to build on this ethos just as much during the upcoming academic years.

Activities during the Year

Inauguration of Upgraded Diagnostic Lab

Sushrutha Diagnostic and Pathology lab was upgraded with advanced X ray and semi-Auto analyser facilities, which was inaugurated on June 5th 2020, by Dr. H R Nagendra Gururji, Chancellor of S-VYASA, Dr. Ramakrishna, Vice Chancellor, S-VYASA, Dr. Manjunath N K, Director, Anvesana Research Laboratories, S-VYASA. The occasion was made memorable in the presence of Dr. Raghuram Batta U, Principal, SAMCH, Dr. Vasudeva Vaidya, Administrative Officer, SAMCH and all teaching faculties of SAMCH.



National Ayurveda Day celebrations 2020

Date: 19/11/2020 & 20/11/2020

Time: 11am – 4 pm

Place: Sushrutha Ayurdhama

Events: Medicinal plant exhibition and Free Distribution

Organised By: SAMC in association with VAP, Karnataka, Department of Dravyaguna-Agada tantra-Rasashatra Bhaishajya Kalpana

Details Of The Events:

- The event was inaugurated by Dr. B R Ramakrishna, Vic Chancellor, S-VYASA and Director, SAMC&H



- Formal events like Invocation, Lighting the lamp, Dignitary's Address and Vote of thanks was conducted.
- It was followed by Free Medicinal Plant exhibition and Free distribution of Medicinal Plants.
- The brief details and benefits of the Medicinal plants were explained to the public.
- Also, VYASA Immune Kit and Single drug Churnas were available for purchase.
- The event met with overall positive response with over 100 beneficiaries took part in the event.

23rd INCOFYRA - 2020

International Conference on Frontiers in Yoga Research and Its Applications (INCOFYRA) is a biennial conference conducted by S-VYASA University, Bangalore. Delegates from various countries attended the pre - conference workshop and the main conference. Staff and Students of Sushrutha Ayurveda Medical College actively participated in the proceedings.



Inaugural ceremony was held on Friday, 3rd January 2020 at Samskruthi Bhavan, Prashanti Kutiram, S-VYASA. The program was presided over by Dr. H R Nagendra, Chancellor, S-VYASA and he welcomed the guests. He highlighted the different dimensions of lifestyle and the importance of Yoga as a tool to prevent diseases. Honorable Minister of State for AYUSH & Defence, GoI, Shri Shripad Yesso Naik, the Chief Guest cited various challenges faced by people in the form of different diseases and the role of Yoga as lifestyle Medicine. The presence of His Holiness Sri Sri Sri Nirmalanandanatha Mahaswamiji of Sri Adichunchanagiri Mahasamsthana Math, Bengaluru made the occasion more auspicious. Swamiji spoke on the necessity to bring harmony of each and every cells of the body for maintaining health.

Sri R Ashoka, Honourable Revenue minister, GoK; Sri P N Ranjit Kumar, Joint Secretary, Ministry of AYUSH, GoI; Sri Prem Bhandari, Chairman, Jaipur Foot, USA; Sri Rakesh Kumar, Chairman, IEML, Noida; Ven. Bhikku Sanghasena, Founder- President, Mahabodhi International Meditation Centre, Leh-Ladakh; Sri M Krishnappa, Honourable MLA Bengaluru South; Dr. Christoph Garner, Former Director, KWA Klinik Stift Rottal, Germany; were the Guest of Honors. Dr. B R Ramakrishna, Vice President of 23rd INCOFYRA, Vice Chancellor, S-VYASA, delivered the vote of thanks.

Varnaranjani - 2020

A national level pre – conference online painting competition for the students of Ayurveda (Varnaranjani-2020) with a theme “Auto-immune Disorders and Ayurveda” was organised by Sushruta Ayurveda Medical College and Hospital in collaboration with S-Vyasa Deemed to be university and Vishwa Ayurveda Parishad, Karnataka.

Registration was kept open from 07/07/2020 till 14/07/2020 and students were allowed to upload their painting, college ID, and selfie of the participant along with their painting from 23/7/2020 till 30/7/2020 through google form.

A total of 208 participants had registered for painting and 40 paintings were received by July 30. Hence the date was extended further till 30th August 2020 and with permission of higher authority state level was made to National level competition and by end of Aug 30 and participants were mailed and informed about extended dates. A total of 60 paintings were received and no more paintings were obtained thereafter.

Obtained paintings were converted to PDF and ID was given for all participants and put in SAMC group for comments and opinion. Dr Alok Roy was the in charge and Dr Sahana C (Co-ordinator), Dr Champa Pant, Dr Anupama and Dr Renuka were asked to judge and finally best 4 were selected and sent to Dr Alok Roy and from the 4, 2 were selected possessing ID 51 and 28 with 1st and 2nd place respectively. Judgement was made on the criteria like - Depiction of the theme, colour combination, and painting. The winners are Bismi P B 3rd BAMS, Prasanna College of Ayurveda and Hospital, Laila, Belthangady and Meghana Shankar Shettigar, 1st year BAMS, Muniyal Institute of Ayurvedic Medical Sciences. Winners are rewarded with certificate and cash prize worth of rupees 5000 and 3000 respectively.

Webinars

A webinar series was conducted on the topic of ‘Ayurvedic management of common medical emergencies at clinics.’ It was a series of 8 Guest lectures. The Webinar was conducted Online through Zoom App and was streamed LIVE on Facebook from the official Facebook Page of Sushruta Ayurvedic Medical College on every Wednesday from 17/06/2020 to 05/08/2020 at 12 noon to 1:30 pm. The guest lecture was for duration of 1 hour followed by question and answer for 30 mins.

SNo	Speaker	Topic	Date
1	Dr. Sambamurthy G G	Management of Jwara	17/06/2020
2	Dr. A S Chandrashekar	General Practice	24/06/2020
3	Dr. Bhaskar Rao	Ano-rectal disorders	01/07/2020
4	Dr. C S Anilkumar Dixit	Gastrointestinal disorders	08/07/2020
5	Dr. Sucharita Pandit	Gynaecological disorders	15/07/2020
6	Dr. V Rajendra	Respiratory disorders	22/07/2020
7	Dr. Savithri S G	Urinary disorders	29/07/2020
8	Dr. T B Tripathy	Skin disorders	05/08/2020

Significance of Mantras in Ayurveda

Dr. Sapna S, MD (Ayurveda) Dip in Astrology, PG Dip in Yoga
Professor and HOD, Sushrutha Ayurvedic Medical College, Bengaluru



Mantra means - *Mananaat trayathe Iti mantraha* - Just by chanting (repetition in mind), we can protect ourselves.

Shabda kalpa Druma defines - *Mantaboha mananeyacha* (meaning, repetition of a syllable)

Ayurveda is defined as - *Ayuhu Vedayathi Iti Ayurvedaha*.

That science which explains in detail about life.

Explaining the life style; the treasure of herbs; the best remedies and therapies in excellency, the reason why Rishis and Acharyas used Mantras in Ayurveda is a question to think and to know its benefits is the need of the hour.



Introduction:

Mantras are Sanskrit words, with the following attributes – they are recited –

- With correct grammar.
- With rhythm.
- It is a sound which can create vibrations.
- It has the power to penetrate deep into our consciousness.
- They have an impact on our thoughts and in turn on our action.

- f. Mantras create positivity and thus has a healing effect.
- g. Thus, thought, action, positivity of healing oneself should become a part of every individual as a habit.

Note: As we all know - Habit becomes a 'bit' later; 'BIT' remains as IT.

It always stays forever in oneself.

In Ayurveda: We have references:

1. Recitation of Vishnu Sahasranama in Punaravarthaka Jwara (Pyrexia of unknown origin) mentioned in Charaka samhitha ,chikithsa sthana, 1st chapter.

विष्णुः सहस्रमूर्धानं चराचरपतिं विभुम् । स्तुवन्नाम सहस्रेण ज्वरान् सर्वानपोहति ॥
च. सं. चिकित्सा - ३/३११

Vishnu sahasramurdhanam charaacharapatim vibhum. Stuvannama sahasrena jwaran sarvanapohathi.

Cha. sam .chikitsa - 3/311

Recitation of the Sahasranama (one thousand name) of Lord Vishnu, who has 1000 heads, who is the chief of the chara and achara (moving and non- moving things) of the universe, who is omnipresent, cures all types of jwara/ fever.

2. Before giving the medicine in Vamana procedure, recitation of mantra is advised for enhancing the medicine effect and to heal the patient with the power of vibrations caused by mantras.

ओ ब्रह्म दक्षः च रुद्र इन्द्र भूचन्द्र अर्क अनिलानलाः ।
ऋषयः सं औषधिग्रामा भूतसङ्घ्याश्च पान्तु ते ॥
रसायनं इवर्षीणां देवानां अमृतं यथा । सुधेवोत्तमनागानां भैषज्यं इदमस्तु ते ॥
च. सं/ कल्पः - १/१४

*O! Brahma Daksham Cha Rudra Indra Bhuchandra Arkaanilanalaha |
Rasayanam Sam Oushadhigrama Bhutasanghadhyaascha pantu te | |
Rasayanam Evasheernaam Devanam Amrutam yatha |
Sudevothama naganam Bhaishajyam Idamasthu te | |*

Cha. sam kalpa - 3/ 311

May Brahma, Daksha, Ashwini, Rudra, Indra, the Earth, the Sun, the Moon, the wind, the fire, the sages all the drugs and rejuvenating recipes have done to the sages, as the ambrosia (nectar) has done to Gods and as Sudha (name of the nectar) has done to the chief of the Nagas, like that all the living beings and this medicine protect you and help in healing all your ailments.

3. We have mantras recited when plants and plant parts are collected requesting their permission to pluck and to increase their potency.

महेन्द्र रामकृष्णानां ब्राह्मणानां गवामपि । तपसा तेजसा वा अपि प्रशाम्य अध्वंशिवाय वै ॥ मन्त्रेण
अनेनं अतिमान् सर्वमपि औषधं नयेत् । अथ कल्याणचारेतः श्रद्धः शुचिः उपोषितः ॥
अ. ह. कल्प. ६/५, ६, ७

*Mahendra Ramakrishnanam Brahmananam Gavaamapi | Tapasa Tejasa va api
prashamya adhvamshivaya vai | | Mantrena anenam atimaan sarvamapi oushadham
nayeth | Atha kalyanacharetaha shradhaha shuchihi vuposhitaha*
Ast.Hru. Kalpa. 6/4,6,7

The wise physician after performing auspicious rites, with devotion in mind and purity wearing clean dress must utter the following hymn -

you benevolent herb, relieve the sufferings of Mahendra, Rama, Krishna, the Brahmanas and the cow by your power and radiance and do them good.

Benefits of Mantras:

1. It has effect in all planes and at all levels - from physical, mental, emotional levels.
2. Even on the subtle chakras.
3. And into the subtle energies vibrating at the core of our existence.

Thus, in ayurveda, while explaining Daiva vyapashraya chikitsa, the sentence goes - Homa, Havana, Japa, Tapa, Mani, Mantra aadhibihi (Here, aadhi means others like Fasting and Prayaschitha - repenting and complete surrendering to almighty), has been explained with mantras.

A bird view of different studies from different universities will give the better understanding of mantras in scientific way by enriching our thinking perspective.

1. The use of Sound in Healing:

An ayurvedic and western perspective by Parthena Rodriguez - (California college of Ayurveda, Research paper)

Mr. Parthena in this paper - Explains here

- a. Sound and Rhythm with vibrations has an effect over human system.
- b. Western studies and stories on the effects of sound on healing.
- c. Toning and humming of mantras (creative power of voice) can release psychological stress before surgery, lower the blood pressure and balances the respiratory rate in cardiac patients.

2. Research article on:

Beneficial effect of twelve weeks - Sri VISHNUSAHASRANAMA chanting on stress, cognition and autonomic functions- A pilot study by (Group of Scholars from Kerala, Chennai, Hyderabad, & India) (It is published in international Journal of Research in Ayurveda and Pharmacy)

- a. Assessment of stress was done by DASS-43 items, Questionnaire -to assess depression, anxiety and stress and Serum Cortisol.

- 
- b. Results were significantly positive in relieving stress, Blood pressure and spatial memory significantly improved.

3. Effect of GAYATHRI MANTRA and poem chanting on digit, letters substitution task.

(By Bataram and Sarma, S-Vyasa university, Jigani, Bangalore)

- a. They discussed there was a significant improvement in net score in both GAYATHRI MANTHRA AND POEM - time session.
- b. But future analysis showed that Gayathri mantra significantly performed better than poem time session in students.

Conclusion:

The Real Power of Mantra.

अमन्त्रं अक्षरं नास्ति ।
नास्ति मूलं अनौषधम् ॥
अयोग्यः पुरुषो नास्ति ।
योजकस्तत्र दुर्लभः ॥

*Amanthram Aksharam nasthi;
Nasti moolam anoushadham;
Ayogyaha purush nasthi
Yojakastatra Durlabhaha.*

There is no syllable that is not a Mantra, no root that is not a Medicine, There is no person who is born with no use, but it just takes skill to find these things.



*One should always acquit oneself
in an auspicious way and be well mannered*

• Cha.Su.8

Ratna purusha/ Purusha ratna An endangered drug

Dr. Ravikiran B

Professor and HOD, Department of Agada Tantra

Botanical name: Hybanthus enneaspermus (L.)
F.Muell

Family: Violaceae

Vernacular names:

- Kannada name: Ratna purusha/ Purusha ratna
- Sanskrit name: Ratna purusha, Padmucharini, Padmavati
- Common name: Humpback flower-referring to drooping pedicels

Habit:

- H. enneaspermus is a branched, erect, glabrous or pubescent herb. It grows upto 10cms high.
- Leaves - Simple and lanceolate.
- Flowers - Axillary, solitary, showy-usually pinkish red in colour.
- Fruits - Capsule, sub-globose and yellowish.
- Seeds - Ovoid and striated

Habitat: It is common amongst grass in waste lands, dry regions and rocky crevices. The plant is difficult to locate unless it is in flowering.

Flowering and fruits: May to December

Part used: entire plant

Uses: Oligospermia, promotes spermatogenesis, sperm motility and morphology.

Method of cultivation: This plant can be cultivated using seeds, grows well in sandy loam soil

Conservation status: According to IUCN (International Union for Conservation of Nature) it is threatened and seen rarely in the fields due to over exploitation and urbanisation.



A Case Study of Callosity of Heel in a Kuchupudi Dancer: Modality of Management

Dr. Maya Varghese

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Abstract



Hyperkeratosis of heel seems to be a problem in Kuchupudi dancers. Continuous rubbing and friction of heel over the dancing plate causes cosmetic problem, pain and disability of the professionals to perform the dance. In this study a case of heel hyperkeratosis is discussed. This article aims to help the clinician to become more familiar with the scalpel debridement and Ayurvedic treatment modalities.

Key words

Heel, Hyperkeratosis, Callosity, Kuchupudi Dance

Introduction

Callosity is a plaque of hyperkeratosis caused by repeated friction and/or pressure. A corn is a sharply demarcated callosity occurring over a bony prominence. This is usually over the hand or foot and is painful.¹ Repeated friction or trauma on the extensor surfaces, such as elbows, knees ankles, and heels also cause hyperkeratosis.^{2,3} Dancers especially Kuchupudi dancers have to dance on the rim of brass plate. Heel callosity and hyperkeratosis is a common finding among subjects with this and these cause a cosmetic problem, pain and inability to perform. A case of callosity of leg is described here.

Case Report

This is a case of a female aged 27yrs. She was a versatile Kuchupudi dancer presented with a hard growth about 4cm over the posterior aspect of rt heel with pain and blackish discolouration of the surrounding area. There were no other symptoms. Patients was referred for cosmetic reasons, pain and inability to perform dance. Clinical examination showed



After 1 week



After 2 weeks

localized hyperkeratosis. This was well defined and of a dark color with minimal scaling. She was advised complete excision but rejected as she had tomophobia. Later after repeated counselling she agreed for scalpel debridement. Two sittings of scalpel debridement were done gaining the confidence of patient. Manjishtadi kashayam, Triphala guggulu and Gandhaka Rasayana were given internally twice a day. Further complete excision was done with Radio Frequency cautery and dressing was done with Jathyadi thaila and jeevanthyadi yamaka alternatively.

Discussion

Dancers, especially Kuchuppudi, may develop callosities heel. This condition develops as a result of continuous and repeated friction of the prominent areas. They are usually associated with hypermelanosis, and roughening of the lesions and their surroundings.³⁻⁴ Even though this is a single case study³, Hyperkeratosis usually takes some years to develop and is a result of repeated trauma to the skin from friction and pressure. In conclusion, clinicians dealing with heel hyperkeratosis should get a proper history, plan proper treatment with scalpel debridement and or excision and with the above medications

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*Reconcile the angry; console the frightened
and be merciful to the poor*

• Cha.Su.8

Wake up Before Makeup

Dr. Swathi Sharma

Asst Professor, Department of Agada Tantra



Since Cleopatra's era, women have been slathering goo all over their faces. Many of those substances can make us sick. Not immediately like the flu, but sick like a slow poisoning. Chronic exposure can create subtle toxicities. 25 different cosmetic products containing more than 200 different chemical compounds are being used. Adverse reactions to cosmetics are 10%; as a tip of the iceberg¹. The symbiosis between Cosmetology and Ayurveda is the most ancient one. According to Ayurveda, sukha and dukha are the aspects that are reflected by the face and by the body and can't be disguised with cosmetics. Beauty is more than skin deep according to Ayurveda. It is the most obvious external manifestation of your overall well-being. It is a mirror to your physical, mental and spiritual wellness.²

There are many cosmetological aspects explained in Brihatrayee and other classical texts of Ayurveda. The toiletries and cosmetics used nowadays act as a cumulative toxin which our acharyas have cited as gara visha (kritrima visha). On the long run, this needs to be prevented as it can be a cause for severe magnitudes like skin disorders, eye linked problems, bewildered vision, hair fall, dermatitis and many more. Here is an attempt to brief the preventive cosmetology through Ayurveda with a theory of gara visha leading to dooshivisha. Let's discuss about some toxic chemicals in the makeup and how to get healthy with our beauty routines!

Introduction

Swapping our regular makeup products for natural versions can seem like the scariest step in the transition. We found mascara that takes our eyelashes to new heights, a lipstick that makes our pout pop, and a foundation that makes our skin look like it travelled back in time. Why would we give those things up?

Under current law, the FDA doesn't require cosmetics companies to conduct safety assessments on their products. Harmful ingredients can be easily masked under confusing or deceptive titles like "fragrance." They may even be listed, plain and simple, on the label, but with no messages to inform consumers of their potentially harmful effects.³

If makeup is a part of our daily routine, it's vital to think about what we're putting on our skin. Our pores absorb what we put on them – they don't know any better! That lipstick on our teeth, we ate that.

Problems can range from simple rashes to full-blown allergic reactions. Symptoms can start right after you use something new - or after years of using a product with no problems.

There are two types of skin reactions to beauty products. One, called irritant contact dermatitis, happens when something actually damages our skin. Our skin might burn, sting, itch, or get red right where you used the product. We might get blisters and have oozing, especially if we scratch. The other kind of reaction actually involves our immune system. It's called allergic contact dermatitis and symptoms include redness, swelling, itching, and hives. Our skin can get red and raw. We can get an allergic reaction on any part of our body, although it happens most often on the face, lips, eyes, ears, and neck.

Almost any product that has water must have some preservatives. The most common are parabens, imidazolidinyl urea, Quaternium-15, DMDM hydantoin, phenoxyethanol, methyl chloroisothiazolinone, and formaldehyde. All have been linked to skin allergies³.

Skin

Beauty is skin deep, yet its significance in modern world is greater. Target organ, not only for xenobiotic absorbed through the skin but also through GI and RS. The vast turnover of beauty aid products is a clear pointer to this fact. It is a mirror to our physical, mental and spiritual wellness. Caring and maintaining the beauty that one is born with was one of the first body care initiatives undertaken by civilized humans and now.

In the Chapter Dhamani Vyakarana Adhyaya, Susruta explains Dhamanis which are Oordhwagata, Adhogata and Tiryakgata. Here he explains four Tiryakgami Siras. Out of these four, each divides gradually hundred and thousand times and thus become innumerable; by these the body is covered like network, bound and pervaded. Their openings are attached to hair follicles which carry sweat and replenish rasa inside and outside ("*Swedamabhivahanti Rasamchabhitarpayanthi Antharbahischa...*"); through them only the veerya of Abhyanga, Snana and Lepa dravyas enter the body after being transformed in skin; the same also carry the sensation of touch pleasant⁵.

Beauty Products to Watch for

The beauty products most likely to cause skin reactions include bath soaps, detergents,



antiperspirants, eye makeup, moisturizers, shampoos, long-wearing lip stains, nail polish (especially those that have formaldehyde), and fingernail glue containing methacrylate. Hair dyes can also cause skin reactions, especially those containing p-phenylenediamine as well as ammonium persulfate used to lighten hair.

What are symptoms and signs?

Since cosmetics are most commonly applied to the female face, this is site most commonly involved in cosmetic skin reactions and inflammatory dermatitis. The rash produced by such a reaction often appears as a scaling, itchy red area, an eczematous dermatitis, usually confined to the area where the cosmetic was applied. It is often very difficult to distinguish on the basis of appearance whether the reaction is allergic or irritant.

Role of Agada lepa?

Vishaghna Lepa:

Acharya Sharanghadara has entitled the name Vishaghna lepa⁷. That which nullifies the poisonous effect is called Vishaghna Lepa, and it is one among Chaturvimshati upakrama according to Charaka⁸.

Susruta and Vagbhata also had given prime importance. In any exposure to Sthavara or Jangama visha, Doshas get vitiated and that will be neutralized by vishaghna lepa. Vishaghna lepa is said to be sheetal in nature.

Acharya Charaka while discussing the treatment of Kushta tells about importance of Agada (Vishaghna) yogas as if the spot (lesion) which is stony hard, rough, stable and old then one can use Agadayogas's in form of Lepa, Paana, Anjana and Nasya

Lepas are usually applied against the hair follicular direction, this facilitates the quicker absorption of the drug potency through Romakupa (hair roots), swedavahini (sweat glands) and siramukha (blood capillaries).

Though the horny layer is very impermeable to most chemicals, contributing the rate limiting step in trans-dermal absorption because of its high diffusion resistance, providing a small fractional area of 0.1 % only as permeable appendage is shunt route. Besides this route the drug molecules may penetrate through the hair follicles and sebaceous glands or through sweat ducts also and thus helps to remove or neutralize the toxins in initial stage only.

Precaution for using Vishaghna Lepa: The use of anti-poisonous formulation is judicious only when the case is definitely of poisoning, as if used in poison less person it may create troubles, hence with all efforts, poison should be diagnosed, as in absence of poison the physician might kill the patient.

Discussion

The symbiosis between Cosmetology and Ayurveda is the most ancient one. There are many cosmetological aspects explained in Brihatrayee and other classical texts of Ayurveda. The toiletries and cosmetics used nowadays act as a cumulative toxin which our acharyas have cited as gara visha.

Importance of women's education in India

Dr. Ranjitha B M

Associate Professor, Dept of Prasuti and Stree Roga

Women play a critical role in any society and it is said that 'if you educate a man you educate an individual, but if you educate a woman you educate a family (nation)'. Educating women will not just help the women of today but of the future generation who can live in a world where gender equality exists.



According to 2011 census, the female literacy rate is 65.5% against 82.14% of men and census also shows the rate of literacy of Indian women is even lower than national average literacy rate i.e., 74.4 percent. Educating women is very important for the country to develop socially and economically.

In India, women have traditionally been confined to household work and taking care of the family. Patriarchy is the root cause; many did not believe in educating a woman. Instead, a female child was seen as a burden and getting married was the only way.

Educated women are the weapon who yield positive impact on the Indian society through their contribution at home and professional field. They are the reason for the improved economy in the country as well as society. They can effectively contribute in controlling the population of India as they avoid early/ child marriage in comparison to the uneducated woman.

Women's education is essential in urban and rural areas, and it is the key to eliminate social evils such as female Infanticide, dowry, child marriage, sexual harassment etc.

Education will empower women to come forward and contribute towards the development and prosperity of the country. Economic empowerment and independence of women will only come through proper education and employment. Women who are educated are better equipped to contribute to the family income and thereby better social status and gaining the respect of their families and peers. Through education they become aware of their rights and also they can take care of their health and hygiene.

'In the Name of'

Vaidya Warrior

Dr. Nischal Parthasarathy

Asst Professor, Department of Dravyaguna

Are we all becoming unidirectional lambs
and blindly following the crowd?
Have we started ignoring the silent truth
Just because the lies are loud?!

If you aren't understanding a concept here
Will you lower your intellectual level?
Just because God isn't answering your prayers,
Will you knock at the doors of the devil?

You believe that any knowledge is knowledge right,
But what's the use of darkness in the night?
Teaching how to hold Safety-pins doesn't help
Swordsmanship is what you need during a fight!
Do not try to deviate from the concept core.
You are leading everyone to Nowhere.
It takes little efforts to lead the society to hell
and a hell lot of effort to lead everyone to health!

The science shouldn't be dependent on technology.
If it is, then it's not really complete.
So, there's no point comparing a delayed and failed group activity
With a swift and successful individual feat!
But Science runs well with Technology
So why not embrace it with the right spirit?
By not being irrationally averse towards it
Or to an extent where we are totally dependent on it.
We are not really using bladders for enema
Or palm leaves to write anymore
But remember. In the name of innovations
Do not try to meddle with the core!

"Even before the world started getting the thoughts about generating fire,
We were playing with massive volcanoes!"
"Our science is the mother of all medical sciences.
We have solutions to all possible woes."
Yes! The science is all that you say but tell me about you and your skills
Only Chest thumping will not cure any illness
It just hurts your heart and kills.



The able ones here are truly quality gems,
But take a look at your other internal foes
So, before claiming to be the best in the business
We need to get rid of the rotten tomatoes.

"The system doesn't cater to our demands!
It acts like a friend who turned into a foe"
But are we all asking for the same thing
For us to run this vital & mega show?
One wants to walk alone - like a lion
& One wants to hold fingers with a toe.
If you tie ropes to a horse and a turtle,
Where will the chariot exactly go?
So, make everyone align to a single theme
And look how we will flourish and grow
If you can't, then keep doing your things alone.
One fine day we'll all get into the flow!

Not all truths are found in the labs.
You need to search them where they are found
As they say "You cannot try to touch the sky
While your feet are still on the ground!"
Come! Dive deep into this beautiful science.
You'll find what you are actually looking for.
Or else THE TRUTH is a distant dream.
You and the 'Answers' - Very far.
Agreed! Deep sea diving isn't easy.
But Pearls aren't found on the waves.
What to do?!
Any Learning will require an effort. Isn't it?
So, you got to do what you got to do!

In the name of 'Evidence based',
Is your basic common sense being erased?
In the name of 'Scientific advancements'
Will you forgo all the basic commandments?
In the name of 'Integrative approach'
Are you trying to subtly encroach?
In the name of 'Staying orthodox'
Are you trying to be a spineless ox?
In the name of 'Sticking to the roots'
Are you becoming blind to the futuristic views?
In a quest to prove to the world that 'It works'
Will you keep aside all the great sages' works?

Rangoli by

Dr. Sindhu Reddy

Asst Professor

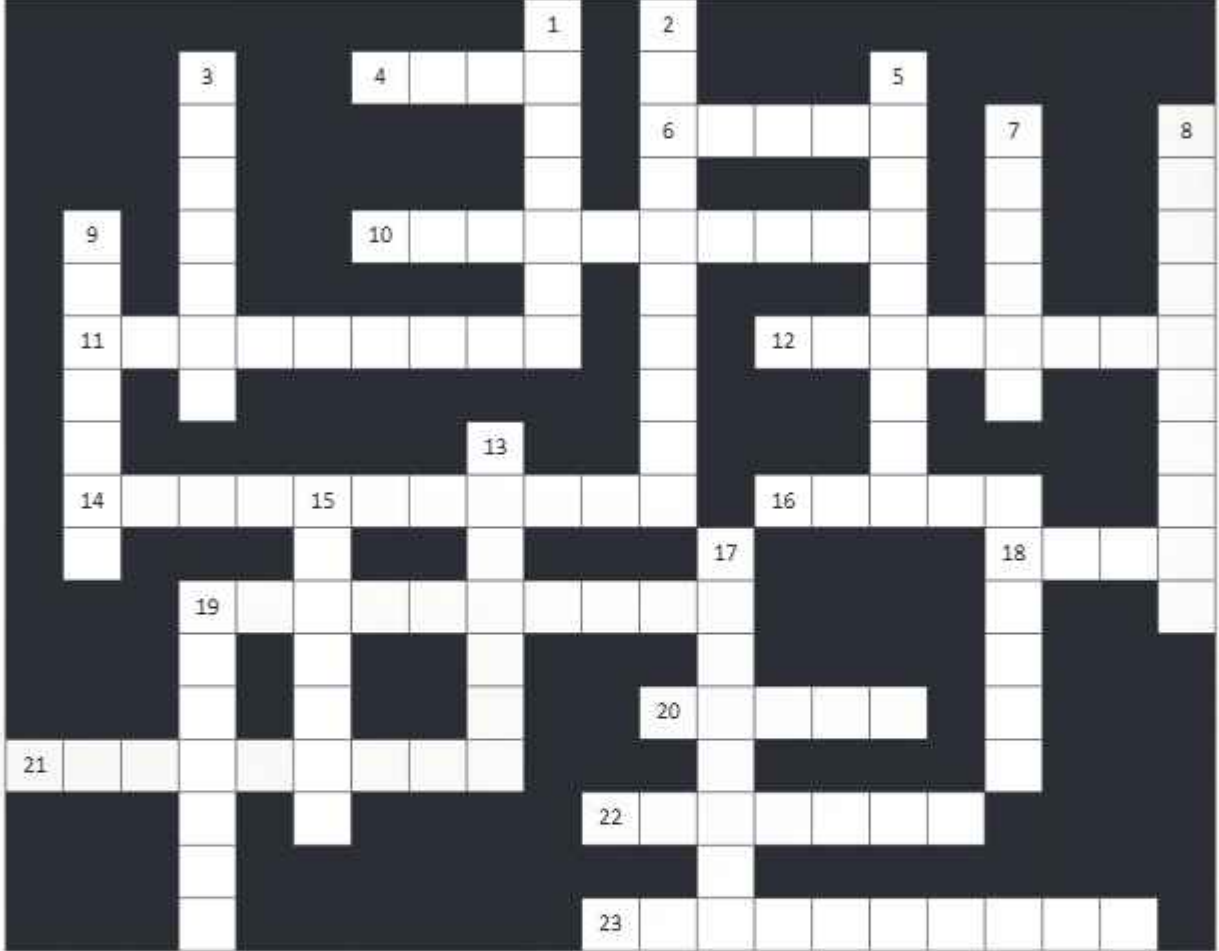
Department of Kaumara Bhritya



Crossword Puzzle

Dr. Anupama

Asst Professor, Department of RSBK



Down

1. Dress code for students
2. Its raining but of hairs
3. Kaphakara ahara after nidra is ...
viruddha
5. Samyoga of Nirvisha dravyas
7. Lower part of sura
8. Bhaddham ... Kuryat
9. Hattavilasini
13. Adrushya Krimi
15. Paribasha of Bhaishajya
17. Yat jara vyadhi vidhwamsi bhesajam
tat
19. Type of Hingula

Across

4. Haritaki is sarvarogahara with...
6. Visheneva vishakrimihe
10. Absent foetal heart sounds
11. Kapota varna pratima
12. Madhyama snehapaka
14. Book of Nischalakara
16. Ashastra ratkamokshana
18. Ikshuvikara
20. Greenstick Fracture
21. Vata, pitta Kapha
22. Kinvodaka pista similie is related to
23. Chetana dhatupurusha

Answers
p38 ➡

Dravya Prahelika

Dr. Sunitha M P

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I can be grown with stem, if grown I will not die easily; even if you cut I will grow again. I take the support of my friends. I will ascend on my friends circularly, if you cut my stem you can remember your cycling days. I can control your thermometer levels, can rejuvenate you, and can give longevity to you. I am even liked by the calves.

Who am I...?

Answer: Guduchi

- Kandodbhava: One which can be propagated with stem
- Amritavallari: If planted it will not die easily
- Chinnaruha: When cut, it will grow again
- Kundali: Ascends supporting plant in a circular way.
- Chakralakshanika: When cut transversely the stem shows wheel like structure.
- Jwaranashini: Very efficacious drug in fever.
- Rasayani: Has rejuvenating quality.
- Vayasya: It promotes longevity.
- Vatsadani: Leaves of Guduchi is even liked by the Calves.



मेरे मन पसन्द पुस्तक का मुझपर प्रभाव

Girish Tupe

2nd Year BAMS Student

हर एक इन्सान को अपनी अलग पसन्द होती है, चहे वो पसन्द खान-पान की या मनोरंजन के चीजों की और हर किसी की पसन्द उनपर अलग प्रभाव डालती है। कुछ लोग मनोरंजन केलिये पुस्तक पढना पसन्द करते है, तो कुछ चलनचित्र देखना। मुझे पुस्तकपढना हमेशा से रास आता है। ऐसे ही पढना चालू रखते हुए मुझे एक पुस्तक हाथ लगी और मेरी जिन्दगी पर उस पुस्तक बहुत गहरा प्रभाव डाला।

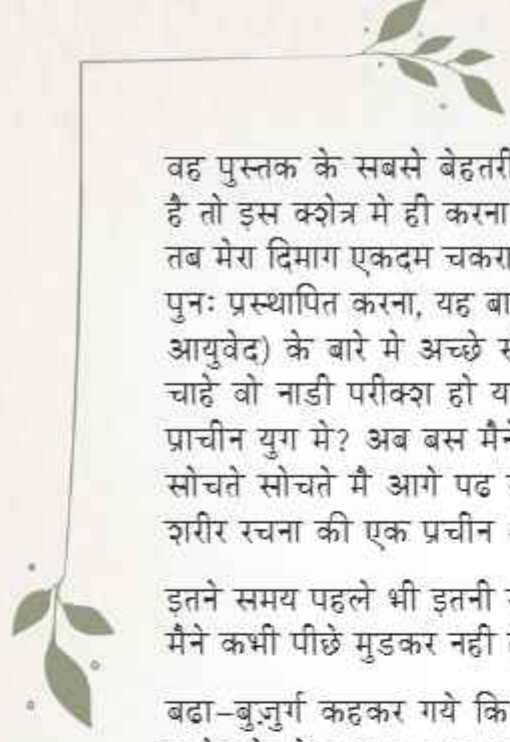


मैंने बहुत अलग-अलग विषयों की पुस्तकें पढ़ी हैं, लेकिन विज्ञान से संबंधित पुस्तकें मुझे हमेशा ललचाती हैं। यह बात उस समय की है, जब मैं अपने शाले जीवन में था। जहाँ सब बच्चे खेलते-खूदते रहते हैं, वहाँ मेरा मन कभी नहीं लगता था। एक दिन एक पुस्तक मुझे वचनालय में हाथ लगी, उस पुस्तक का नाम था, “प्राचीन भारत का विज्ञान और तन्त्रज्ञान” और वह पुस्तक ने मेरी जिंदगी को एक नया मोड़ दे दिया।

हमेशा से विज्ञान में रुचि रखने से मैं विज्ञान की राष्ट्रीय और अंतराष्ट्रीय पत्रिका पढ़ता रहता था। लेकिन कभी सोचा भी नहीं था कि भारतीय इतिहास में इतना गहन विज्ञान उपलब्ध था। विज्ञान के क्षेत्र में भारत को हमेशा पिछड़ा मानने वालों में से मैं भी एक था। आखिर भारत को आज तक कितने है? नोबल पुरस्कार प्राप्त हुए हैं। किंतु हमारी सभ्यता विज्ञान के क्षेत्र में कितनी उन्नत थी, यह बात किसी भी पाठशाला में नहीं बताई जाती। क्योंकि हमारे अभ्यासक्रम में इतिहास आदिमानव- अरभयुग, मुघल और ब्रिटिश हुकुमत पर ही बात करता है।

परंतु यह पुस्तक एक खजाने की तरह मेरे हाथ लगी। प्राचीन भारत का प्रगत “खगोलशास्त्र” यह इस पुस्तक का पहला पाठ था। सूर्यग्रहण और चंद्रग्रहण को लेकर भारत की अंधश्रद्धा के बारे में तो सब जानते हैं लेकिन जब कोपर्निकस का जन्म भी नहीं हुआ था उससे पहले सूर्यग्रहण या चंद्रग्रहण की तिथि की गणना करना भारतीय शास्त्रों में मौजूद था। फिर भारत को विज्ञान के क्षेत्र में पिछड़ा क्यों मानते हैं? ऐसा प्रश्न मेरी बुद्धि को सताने लगा।

उस पुस्तक का हर एक पाठ अलग-अलग शास्त्रों पर था। चाहे रसशास्त्र हो, नौकविज्ञान हो या फिर अर्थशास्त्र, हर एक शास्त्र की एकदम बेहतरीन तरीके के साथ प्रस्तुत किया था। जब बाकी दुनिया अलग-अलग सभ्यता प्रस्तापित भी नहीं हुई थी, तब भारत के पास उच्चकोटी का विज्ञान तन्त्रज्ञान उपलब्ध था।



वह पुस्तक के सबसे बेहतरीन पाठ ने मेरा मन जीत लिया और मैंने ठान लिया कि सब मुझे करना है तो इस क्षेत्र में ही करना है। यह पाठ था आयुर्वेद, जब मैंने आयुर्वेद के बारे में पढ़ना चालु किया तब मेरा दिमाग एकदम चकरा गया। इतने साल पहले इतना गहन विचार करके किसी रोगी का स्वास्थ्य पुनः प्रस्थापित करना, यह बात मेरे दिल में घर कर गयी। उस पाठ में आयुर्वेद की आठ शाखा (अष्टाङ्ग आयुर्वेद) के बारे में अच्छे से समझाया गया था, मेरे बाल मन पर इस बात का अत्यंत प्रभाव पड़ा। चाहे वो नाडी परीक्षा हो या पुंसवन विधि में यह सोचने लगा इतनी विकसित तकनीक और इतने प्राचीन युग में? अब बस मैंने निश्चय कर लिया था मुझे यह सारा विज्ञान सीखना ही सीखना है। यह सोचते सोचते मैं आगे पढ़ रहा ही था कि मेरा ध्यान उस पुस्तक में बनी एक आकृति के गया जो शरीर रचना की एक प्रचीन आकृति थी।

इतने समय पहले भी इतनी सरीक आकृति जहां सर्व अंग-प्रत्यंग प्रदर्शित किये गये थे, उस दिन से मैंने कभी पीछे मुड़कर नहीं देखा। अब करना है तो आयुर्वेद ही, यह बात मेरे दिमाग में छुप गयी थी।

बढ़ा-बुजुर्ग कहकर गये कि पुस्तक व्यक्ति को बदलने की ताकत रखती है। लेकिन इस पुस्तक ने मुझे सोचने पर मजबूर कर दिया कि- “इतनी प्रगल्भ सभ्यता के वंशज होकर भी आज सब लोग भारत को पिछड़ा क्यूँ मानते हैं?” “क्या हम इस लुप्त ज्ञान को पुनः जीवित कर सकते हैं?” “क्यों हमारे शालेय अभ्यासक्रम भारत पर हुए आक्रमण को इतिहास बताकर हमें बलहीन बनाकर हम कितने बुद्धिमान सभ्यता से आते हैं यह चीज नहीं बताई जाती?”

मैं हर रोज़ यही सोचने लगा और भारत पुनः अपना गौरव लौपने के लिये हम क्या एक नयी दिशा दे दी। मैंने सोची कि बस अब हम अपनी पीढ़ी के लोग इसे अपनी जिम्मेदारी मानकर चले तो हम कुछ ना कुछ तो कर ही लेंगे। मेरा संबंध भी कुछ इस तरह की सोच रखने वाले लोगों के साथ बढ़ गया। हम सब विभिन्न विषयों को लेकर चर्चा और वादविवाद करते थे। आगे चलकर हम लोगों कयी अलग-अलग पुस्तक खोजकर, सारे शास्त्रों के बारे में जानना चालु किया। फिर क्या था जो जिस शास्त्र से प्रभावित था उसे आजके समय में उस शास्त्र से मिलते-जुलते अभ्यासक्रम में दाखिला ले लिया।

एक पुस्तक से नई सोच आयी, सोचने के समान होने से एक मित्रपरिवार बन गया, मित्रपरिवार भी ऐसा जो व्यक्तित्व का विकास करे। कौटिल्य का अर्थशास्त्र हो या भरद्वाज का बृहत विमानशास्त्र ऐसा एक दिन नहीं जाता था कि सारे दोस्त चर्चा ना करें। आज कोई अर्थशास्त्र से प्रेरित होकर वाणिज्यशाखा में है तो विमानशास्त्र से प्रेरित होकर अभियांत्रिकी की पढ़ाई कर रहे हैं। इस एक पुस्तक चलते आज मैं भी आयुर्वेद शाखा में विध्यार्थी हूँ।

अपना जीवन हम कैसे जीते हैं यह हमारे विचार और संगत पर निर्भर करता है। एक पुस्तक का मुझपर ऐसा प्रभाव पड़ गया कि अब जहाँ दुनिया यूरोपीय और अमेरिकी सभ्यता की नकल करना चाहते हैं, वहाँ मैं और मेरा मित्रपरिवार भारत का प्रचीन गौरव पुनः प्रस्थापित करने की सोच रखते हैं। वैसे ही संपन्न भारत जहाँ सारी दुनिया भारत को विश्वगुरु मानती थी। एक पुस्तक व्यक्ति की जिंदगी बदल की ताकत रखती है, यह हमें सुना था, लेकिन अनुभव भी किया था।

कुछ तरह ही मेरी मनपसंद पुस्तक ने मुझपर प्रभाव डाला और मेरा आयुष्य सार्थिक हो ऐसी विचारधारा मुझमें उत्पन्न की। आज मैं जैसा भी हूँ, इस एक पुस्तक के कारण ही हूँ। आज भले ६ साल हो गये उस पुस्तक को पढ़कर पर फिर भी आजतक उस पुस्तक का ऋणी हूँ।

Influence of My Favourite Book or Movie on Me

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Books are the silent speakers of our life, and stay no back on telling us different stories, teaching us morals of life and changing us as a person. A book is no less than a human being in telling us or most prominently describing us the various topics of our life. There are many books which a person reads from the beginning of the academic phase up till the end of one's life, the series of books is long; Starts from textbooks to story books to moral stories books to novels to religious books and the list is endless.

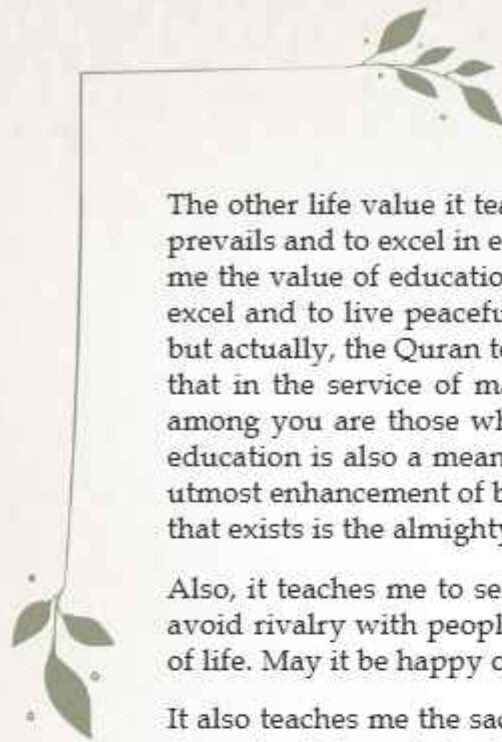
The book has a great influence on me and my life is none other than my holy book "The Quran". Although the child starts formal education at about the age of 4 and onwards, the teachings of a holy book belonging to any religion are imbibed by the child since the time of conception, as the mother chants the holy verses for the auspiciousness or for the safeguarding the child. This holy book "The Quran" is liked by me, because it teaches me many lessons of the life, tells me about the life before birth and narrates about my afterlife. Also, it teaches me the about proper behaviour as well as the responses towards various beings.

The Quran has 30 subdivisions, approximately 144 surah and various verses. It starts obviously by praising the almighty god, to whom we bow down. This in particular has taught me that none other than almighty god, is the sole entity for the living beings to live. After the praise towards God, there are many paragraphs which are summed up in one surah, and then the other reaching up to 144. The various aspects of life are explained in different surahs and therefore we will take up the topic one by one.

I would like to explain little by little about how this book has changed me and my responses towards various scenarios of life.

Firstly, it teaches me how to react, how to behave and how to respond towards my parents; the ones who are responsible for giving birth to me and bringing me to this world. It teaches me to be thankful to them and shows the auspicious rank they hold towards God and that they are no less than the keys to heaven. It teaches me to respect them and also explains what pain a mother has to go through during labour and that it explains the superiority of her. Talking about father, it explains what hardship a father goes through in order for a successful upbringing of a child, and this kindness of him is no less, and should be compared as equal to that of a mother. Also, it teaches me how to respect my elders, show love to my younger ones, express sympathy towards the neglected ones and to show mercy towards the pitiable ones. It teaches me to behave in a very kind way, come what may and be patient. According to me, this is what is required in today's generation and today's life considering the current scenario of disrespectful and inhuman behaviour.





The other life value it teaches me is to give utmost respect to the worldly education that prevails and to excel in every possible way, may it be academically or in sports. It teaches me the value of education, its importance and that it is equal and very much required to excel and to live peacefully in harmony. To some people, it depends upon the thoughts but actually, the Quran teaches me to hold hands with education with modesty and using that in the service of mankind and the needy. Also, there is a famous verse "the best among you are those who learn and teach Quran" and this aptly goes for education as education is also a means of propagation of righteousness. This implies that it gives the utmost enhancement of being right and next to perfect, but not perfect, as the only perfect that exists is the almighty god.

Also, it teaches me to serve mankind with honesty and bravery; kindness and advice to avoid rivalry with people; to be patient and calm and thankful in each and every aspect of life. May it be happy or sad, favouring our side or not, we should always be thankful.

It also teaches me the sacrifice one has to make when one walks on the path of truth and sincerity, it is explained in the holy verses, the battle of Karbala. It also taught me and every other being, how to behave with a woman, the rights and superiority which she has among the many people. It is truly one of the best teachings that I have ever learnt. Apart from all these, it has also mentioned various terms like physics, chemistry and biology and has also explained about the various miracles that mankind has seen or is about to witness. One such example is about the two seas which never mix, despite being in the same physical state.

Lastly moving towards the conclusion; how prompt, aptly and blindly can I speak upon all the topics which I have previously mentioned? It is because I read the holy book everyday and try to read the meaning of a every line, understand its concept and bring it into my life. For a piece of information, I would like to acknowledge that "The Quran" descended on earth 1400 years ago; since then not a single word has been changed and all the theories and combinations have proved to be correct which also strengthens my belief: In today's era, it is more important to be worthy of interaction, to be social and to be understanding in comparison to being educated and still being uncompassionate and disheartening to everybody. It is very important to have the life values and to be kind as in this era, humanity keeps on fading day by day showing us nearly true picture of what hell could be!

Education undoubtedly has a great influence in our life, but the Quran teaches me to be a better person by heart, by Speech and by deeds, which is way more important than education of books and notebooks. Truly, I can say that it helps me to be a better person, which proves that I still remain a human and my trust in humanity continues. Reading the holy book daily has influenced me, by not only making me a good person, but by being fearless, by being confident in every decision I take and every phase of life I proceed towards. It also has improved me by bringing about change in my behaviour and always holding the path towards God almighty and being truthful and patient in any of the situation; may it be anything. Surely it has changed me as a person as for me being kind hearted and being compassionate is way more than being educated.

I also thank the Almighty for making me to be able to write about my experience of what influence a book of any sort brought on me. Truly the Almighty is the greatest of all doers and he is the best.

BEING COMPASSIONATE, GENEROUS AND EDUCATED IS WHAT IS REQUIRED
AND NOT JUST BEING LAMELY EDUCATED!!

ನನ್ನ ಮೇಲೆ ಪ್ರಭಾವ ಬೀರಿದ ಚಲನಚಿತ್ರ

ಕೃಷ್ಣ

2ನೇ ವರ್ಷದ ಬಿ.ಎ.ಎಂ.ಎಸ್ ವಿದ್ಯಾರ್ಥಿ

ಚಲನಚಿತ್ರಗಳು ಸಮಾಜದ ಜನಸಾಮಾನ್ಯರ ಮನರಂಜನೆಯ ಒಂದು ಭಾಗವಾಗಿದೆ. ನಮ್ಮ ನಿತ್ಯ ಬದುಕಿನ ಒಳಿತು-ಕೆಡಕುಗಳು, ನೀತಿ-ನಿಯಮಗಳು ಚಲನಚಿತ್ರಗಳಲ್ಲಿ ಬಿಂಬಿತವಾಗುತ್ತವೆ. ಚಲನಚಿತ್ರಗಳ ಮುಖ್ಯ ಉದ್ದೇಶ ಮನರಂಜನೆ. ಆದರೆ ಕೆಲವೊಂದು ಚಲನಚಿತ್ರಗಳು ಕೇವಲ ಮನರಂಜನೆಯನ್ನಷ್ಟೇ ಉದ್ದೇಶವನ್ನಾಗಿರಿಸದೇ ಸಮಾಜದ ಸ್ವಾಸ್ಥ್ಯ ಬದುಕಿಗೆ ಮಾರ್ಗ ಸೂಚಿಸುತ್ತವೆ. ಹಾಗಾಗಿ ಎಷ್ಟೋ ಸಿನಿಮಾಗಳು ನಮ್ಮದೇ ಕಥೆ ಅಥವಾ ನಮ್ಮ ನಡುವಿನ ಕಥೆಯೆಂದು ಅನಿಸಿದರೆ ಅಚ್ಚರಿಯಾಗುವುದಿಲ್ಲ.



ಪ್ರಸ್ತುತ ವಿಷಯಕ್ಕೆ ಸಂಬಂಧಿಸಿದ ನನ್ನ ನೆಚ್ಚಿನ ಚಲನಚಿತ್ರ ಎಪ್ಪತ್ತರ ದಶಕದಲ್ಲಿ ಡಾ. ರಾಜಕುಮಾರ್‌ರವರ ಪ್ರಬುದ್ಧ ಅಭಿನಯ ಮತ್ತು ಸಿದ್ಧಲಿಂಗಯ್ಯನವರ ಸಮರ್ಥ ನಿರ್ದೇಶನದಲ್ಲಿ ಮೂಡಿಬಂದ ಕನ್ನಡ ಚಲನಚಿತ್ರ “ಬಂಗಾರದ ಮನುಷ್ಯ” ಕುರಿತದ್ದಾಗಿರುತ್ತದೆ.

ನಗರದಿಂದ ಹಳ್ಳಿಗೆ ಬರುವ ಒಬ್ಬ ಯುವಕ. ಮಾದರಿ ಕೃಷಿಕನಾಗಿ ತನ್ನ ಮನೆ ಮತ್ತು ಹಳ್ಳಿಯನ್ನು ಉದ್ಧರಿಸುವ ಕಥೆ ಈ ಸಿನಿಮಾದ್ದು. ಇದರಲ್ಲಿನ ಎಲ್ಲಾ ಹಾಡುಗಳು ಸುಮಧುರ. ಅದರಲ್ಲಿ ಒಂದು ಹಾಡು “ಕೈಲಾಗದು ಎಂದು ಕೈ ಕಟ್ಟಿ ಕುಳಿತರೆ ಸಾಗದು ಕೆಲಸವು ಮುಂದೆ...”- ಈ ಸಿನಿಮಾದ ಜೀವಾಳ. ಎಪ್ಪತ್ತರ ದಶಕದಲ್ಲಿ ಉಂಟಾದ ಬರಪರಿಸ್ಥಿತಿ, ಕೈಗಾರಿಕೀಕರಣ, ನಗರದ ಜೀವನಕ್ಕೆ ಮನಸೋತು ಹಳ್ಳಿಯ ಜನ ನಗರಗಳಿಗೆ ಗುಳೆ ಹೋಗುತ್ತಿದ್ದ ಹಿನ್ನೆಲೆಯಲ್ಲಿ ನೋಡಿದರೆ ಈ ಸಿನಿಮಾದ್ದು ತಿರುಗು ಮುರುಗು ಪರಿಸ್ಥಿತಿ. ಅಂತಹ ಕ್ಲೋಬ್‌ಯಲ್ಲೂ ವಿದ್ಯಾವಂತ ಯುವಕನೊಬ್ಬ ತನ್ನ ಹಳ್ಳಿಗೆ ಮರಳಿ ಬೇಸಾಯವನ್ನು ಮಾಡಲು ಹಳ್ಳಿಗರನ್ನು ಹುರಿದುಂಬಿಸುವುದು ಈ ಸಿನಿಮಾದ ಕಥೆ. ಹಾಗಾಗಿ ಅಂದಿನ ದಶಕದಲ್ಲಿ ನೂರಾರು ಯುವಕರು ಈ ಸಿನಿಮಾದಿಂದ ಸ್ಫೂರ್ತಿ ಪಡೆದು ಕೃಷಿಕರಾದರು. ಸಿನಿಮಾ ಒಂದರ ಸಾರ್ಥಕತೆಯೆಂದರೆ ಇದೇ ಅಲ್ಲವೇ!

ವಿವೇಕಾನಂದರ ಉಕ್ತಿಯಂತೆ ಈ ಯುವಕ. ಉಕ್ಕಿನ ನರಗಳುಳ್ಳವನಾಗಿದ್ದು ಹಳ್ಳಿಯಲ್ಲಿ ಎದುರಾಗುವ ಹಲವಾರು ಅಡೆತಡೆಗಳನ್ನು ದಾಟಿ ಯಾವುದಕ್ಕೂ ಎದೆಗುಂದದೇ ನಿಶ್ತೇಜರಾದ ಹಳ್ಳಿಗರಿಗೆ ಸ್ಫೂರ್ತಿಯ ಚಿಲುಮೆಯಾಗುತ್ತಾನೆ. ಈ ಭರವಸೆಯೇ ನನಗೆ ದಾರಿದೀಪವಾಗಿದೆ.

ಈ ಸಿನಿಮಾ ಡಾ. ರಾಜಕುಮಾರ್‌ರ ಚಿತ್ರಜೀವನದ ಕಿರೀಟದ ಮುಡಿಗೇರಿದ ಚಿನ್ನದ ಗರಿಯಾಯಿತು. ಅವರಿಗೆ ಅತ್ಯುತ್ತಮ ನಟ ಪ್ರಶಸ್ತಿಯನ್ನು ದೊರಕಿಸಿಕೊಟ್ಟಿತು. ಈ ಸಿನಿಮಾ ಬಂದು ವರ್ಷಕ್ಕೂ ಹೆಚ್ಚು ಕಾಲ ಚಿತ್ರಮಂದಿರಗಳಲ್ಲಿ ಪ್ರದರ್ಶಿತವಾಯಿತು.

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ಕಾಲಾಯ ತಸ್ಮೈ ನಮಃ

ಸ್ನೇಹ ವಿ.ಎಸ್.

3ನೇ ವರ್ಷದ ಬಿ.ಎ.ಎಂ.ಎಸ್ ವಿದ್ಯಾರ್ಥಿನಿ

ಹಿಂದೆ ಸರಿದದ್ದು ಮುಂದೆ ಬರಲಾರದು ಎಂದೆಂದೂ
ಯೋಚಿಸಿ ಯೋಚಿಸಿ ಸೋತಿಹೆನು ಚಿಂತೆಯಲಿ ಮಿಂದದ್ದು.
ಕಾಲವೇ ಒಮ್ಮೆ ಸ್ತಂದಿಸು ನನ್ನೊಡನೆ
ಸರಿದುಬಿಡು ಹಿಂದೆ
ನನ್ನನೇ ಪರಿಶೀಲಿಸಿ, ಪರಿಶುದ್ಧಗೊಳಿಸಿ ಪರಿಶ್ರಮಿಸಿ ಗೆಲ್ಲುವೆ
ನನ್ನನೇ ನಾನು ಹದಗೊಳಿಸುವೆ
ನೀ ಕ್ಷಮೆಯ ಧರಿತ್ತಿಯಾಗಿ ನಂಬಿಕೆಯಿರಿಸಿ ನನ್ನಲಿ
ಕೊಂಡೊಯ್ಯು ಹಿಂದೆ
ತನು ಮನ ಶುದ್ಧಿಯ ಶಪಥದೊಡನೆ
ಕಂಡಿರುವೆ ಭವ್ಯ ಭವಿತವ್ಯವ
ಕಳೆದ ಜೀವನ ಸರಿದ ಕಾಲ ಕಳೆದ ಭವ ಬರದ ಜೀವ
ಎಲ್ಲವ ಮರುನಿರ್ಮಾಣ ಮಾಡಲು ಅವಕಾಶ ನೀಡು
ಧನ್ಯೋಸ್ತು ಓ ಕಾಲವೇ...!



“p33 ನನ್ನ ಮೇಲೆ ಪ್ರಭಾವ ಬೀರಿದ ಚಲನಚಿತ್ರ

ನಾ ಮೆಚ್ಚಿದ ಈ ಚಿತ್ರದಲ್ಲಿನ ಗಮನೀಯ ಅಂಶಗಳು:

- ಡಾ. ರಾಜಕುಮಾರರ ಪರಿಪಕ್ವ ಹೃದಯಸ್ಪರ್ಶಿ ಅಭಿನಯ.
- ಹಳ್ಳಿಗರನ್ನು ಉತ್ತೇಜಿಸುವಂತಹ ನಾಯಕನಟನ ಮಾತು ಮತ್ತು ಬದುಕಿನ ಪರಿ.
- ನಾಯಕನ ಸೃಜನಶೀಲತೆ ಹಾಗೂ ಆಧುನಿಕ ಮನೋಭಾವ.
- ಹಳ್ಳಿಗಾಡಿನ ಜನ ಜೀವನ ಮತ್ತು ಜನರ ನಾಡಿಮಿಡಿತವನ್ನು ಪ್ರತಿನಿಧಿಸಿರುವ ಪರಿ.
- ನಾಯಕನಿಗೆ ಬೆಂಬಲವಾಗಿ ಆತನ ಅಭ್ಯುದಯಕ್ಕೆ ಆಸರೆಯಾಗುವ ಭಾರತೀಯವರ ನಾಯಕಿಯ ಪಾತ್ರ.

ಈ ಸಿನಿಮಾ ನನಗೆ ಅಂದು, ಇಂದು, ಎಂದೆಂದಿಗೂ ಸ್ಫೂರ್ತಿಯ ಧಾರೆಯಾಗಿದೆ. ವೈಫಲ್ಯಗಳಿಗೆ ಧೃತಿಗೆಡದೇ “ಮರಳಿ ಯತ್ನವ ಮಾಡು” ಎಂದು ನನ್ನಂತಹ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು, ಯುವಕರನ್ನು ಹುರಿದುಂಬಿಸುತ್ತದೆ.

ಒಟ್ಟಿನಲ್ಲಿ ಹೇಳಬೇಕೆಂದರೆ ‘ಬಂಗಾರದ ಮನುಷ್ಯ’ ಕನ್ನಡ ಸಿನಿಮಾ ರಂಗದಲ್ಲಿ ಮೂಡಿಬಂದ ಧ್ರುವತಾರೆ. ಆ ಸಮಕಾಲೀನ ಸಮಾಜದ ನೋವು-ನಲಿವುಗಳಿಗೆ ಸಾಮಾಜಿಕ ಪಲ್ಲಟಗಳಿಗೆ ಉತ್ತರವನ್ನು ಹುಡುಕುವ ಒಂದು ಸಮರ್ಥ ಪ್ರಯತ್ನ. ಆದರೆ ಈ ರೀತಿಯ ಮಾದರಿ ಸಿನಿಮಾಗಳು ಮುಂದಿನ ದಶಕಗಳಲ್ಲಿ ಮೂಡಿಬರಲಿಲ್ಲ ಎಂಬುದೇ ವಿಷಾದದ ಸಂಗತಿ.

Time Travel

Keerthana B N

4th Year BAMS Student

Travelling with you in past is just like events are passing clouds,
Travelling with you in future is just like predicting the rain,
Travelling with you in now is just like celebrating the life.

Bad times make us angry
Good times feel as miserable
You are the glory of individual
And history of the divine.

As the waves touches our feet
You will touch our emotions,
Emotions will raise our love
And love connects us with divine.

Travelling with you is
Mysterious as dog, and
Celebrating with you is
Invaluable us love.

I had travelled with you,
I am travelling with you,
I will travel with you,
My travel with you continues till...



Time Travel

Namratha

3rd Year BAMS Student

Every problem, every exam, every person i hated.
Made me feel time travel is what i need to unravel.

I imagined then, three button to press;
past, future, no human era are the options less?
no, these are enough to create a mess !!

Where do i wanna go was the stress,
days passed by then came the surprises
of the present to solve the chess.

I slept to dream of the past, a war, a battle to fight
where the struggle of identity lasted for many nights
I got up streaming - freedom is my right.

Sat on the bed thinking about future, so many aims
to meet
so many competitors to defeat to get that success's
seat
that jerk made me say in all this " I'm never going to cheat"

I went out of my room, saw the house so empty and the silence of the dark conquered the
space.

I was thought to know there is no one to race,
but to know the friend who would join the maze
No definite dreams to chase because i have no one to face.

Every day we time travel, yes, all of us,
we think from our experience so that we can explore yet dream to be alone in victory.
Time travel is not a solution or destination to me,
it is world we would never like to see...!!!



Character's deepest fear of holding back career

Pranith V Bombatkar

1st Year BAMS Student

हमेशा की तरह सूरज अपनी कोमल किरणें खिलखिलाती पतियों पे बिछा रहा था। अपना बैक लेकर आर्यन क्रिकेट क्लब के तरफ चल रहा था। मन में विचारों का तूफान था लेकिन सब चीज़ें एक तरफ रखकर आर्यन सिर्फ अपने क्रिकेट पर लक्ष्य केंद्रित कर रहा था, और उसे वही करना चाहिए था। अपने क्लब में पहुँचकर उसने अपना अभ्यास शुरू कर दिया।

यह समय उसके लिए बहुत एहम था। क्योंकि रणजी ट्रॉफी में उत्तम प्रदर्शन करने के बाद अंतरराष्ट्रीय क्रिकेट टीम में अपनी जगह बनाने का सुनहरा मौका आर्यन के पास था। सभी बड़ी क्रिकेट हस्तियों के नज़रों में आर्यन एक बहुत उमदा और सर्वगुणसम्पन्न खिलाड़ी था। उसका क्रिकेट के प्रति प्यार एकदम पुष्क था लेकिन उसका पिता का इसमें बहुत बड़ा हाथ था। अपने बेटे के बचपन में क्रिकेट के प्रति प्यार और कौशल्य देखकर वो समझ गए कि इस बच्चे को इसमें आगे बढ़ना चाहिए। उन्होंने उसे बचपन से ही बहुत बढ़ावा दिया और आर्यन के भी कोई कमी नहीं रहने दी। बचपन से ही उसने धीरे-धीरे अपने खेल को एक उत्तम स्वरूप में आकार दिया।

बचपन से ही आर्यन एक सामान्य परिवार में पाला, पैसों की कमी, गरीबी इन चीज़ों से वो वाकिफ़ था। उसके पिता ने लेकिन पैसों की वजह से कोई कमी आर्यन महसूस तक नहीं होने दी। उसके क्रिकेट रुके ना इसलिए उन्होंने बहुत कष्ट किए थे। इस बात का आर्यन को बखूबी अंदाज़ा था।

शुरू में U-17 क्रिकेट में विदर्भ टीम में उसने जगह बनाई। उस प्रतियोगिता में उसने उत्तम प्रदर्शन करके उसने सबको प्रभावित किया। इसी बल बुतेपर विदर्भ की रणजी टीम में भी उसे जगह मिली। सिर्फ जगह नहीं, साथ में सबका प्यार, तारीफें भी खासकर आर्यन के पिता को लोग क्रिकेटर आर्यन के पिता बुलाने लगे थे। अपने जिल्ले से रणजी टीम में जगह बनाने वाला वो दस साल में एकलौता खिलाड़ी था।

तेजप्रताप जो कि आर्यन के पिता थे वे पुलिस डिपार्टमेंट में काम करते थे। वहाँ भी उन्हें एक अलग मान मिल रहा था अपने बेटे की वजह से। अब देरी थी तो सिर्फ अपने वतन के लिए क्रिकेट खेलने की। इन खुशियों में आर्यन के दिल में एक चिंता भी थी। वो चिंता उसे अपने माँ के प्रति थी। आर्यन की माँ कॉन्सर पीडित थी। इलाज तो चल रहा था लेकिन जीने का संभावना कम थी, लेकिन आर्यन ने ठान लिया था अपनी माँ को उत्तम मेडिकल सुविधा देकर बचाने का।



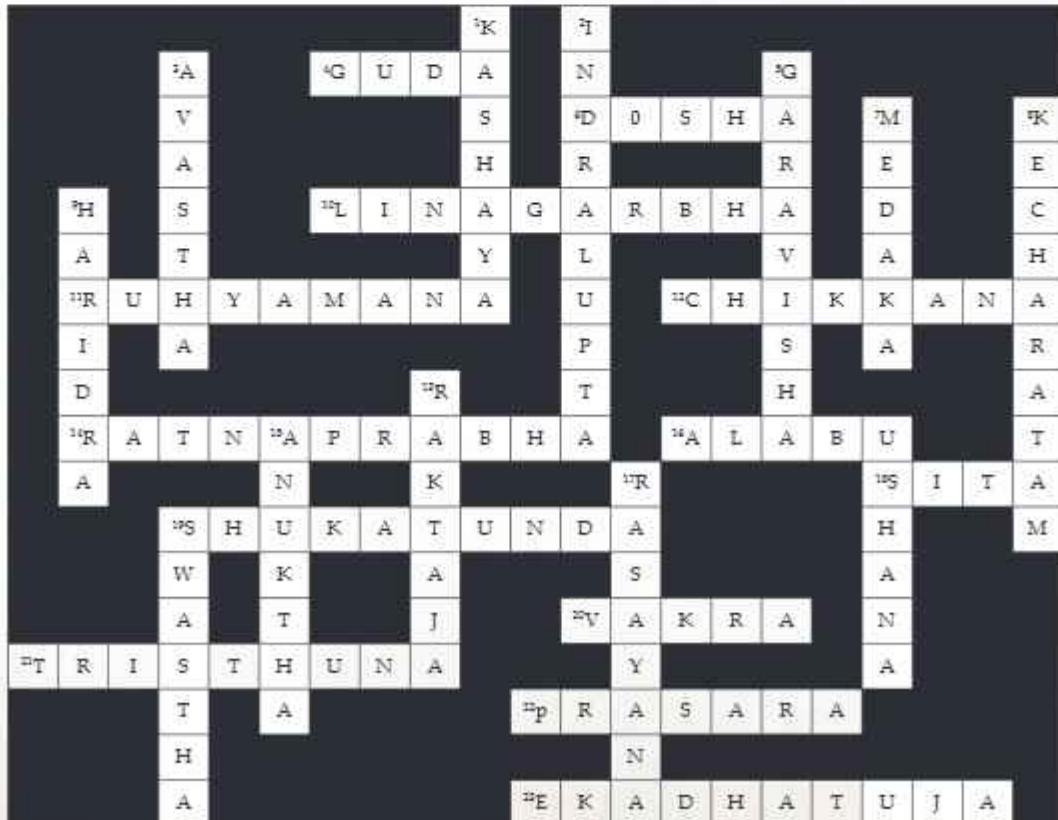
इसी दौरान वो समय आया जब आर्यन को लिस्ट ए क्रिकेट में जगह मिली थी। यहाँ अच्छा प्रदर्शन का मतलब राष्ट्रीय टीम में जगह। आर्यन उत्सुक तथा थोड़ा संकूचन में था। वो प्रतियोगिता में खेलने गया लेकिन इस बार उस प्रतियोगिता में आर्यन खास प्रदर्शन नहीं कर पाया। उस प्रदर्शन के बल पर टीम में जगह बनाना नामुनकिन था। वह टूट चुका था लेकिन फिर भी उसके पिता ने उसे दिलासा दिया, “बेटा तू शेर है तू। फिर से शुरू करेगा, रणजी खेलेगा और वतन के लिए भी।”

इन सब समय में एक और दुर्घटना से आर्यन को बड़ा झटका लगा। शहर में हुए नक्सली हमले में उसका पिता का देहान्त हुआ। आर्यन पर समस्याओं का पहाड़ टूट पड़ा। वतन के लिए शहीद हुए पिता, बिस्तर पर भीमार माँ, और अपना क्रिकेट करीअर- इन सब चीजों में आर्यन कहीं गुम हो गया था।

रणजी खेलता रहूँ तो माँ का इलाज के लिए पैसे जमाना मुश्किल था लेकिन वतन के लिए क्रिकेट खेलना उसका और उसके पिता का सपना था। अपने पिता के देहान्त के बाद पुलिस में उसे नौकरी मिलना आसान था। उससे वो अपनी माँ के इलाज के लिए पैसे भी जमा सकता था और एक खुशहाली भरी जिंदगी का शुरुवात भी कर सकता था और अपने क्रिकेट ध्यान देता तो संघर्ष था जहाँ मंजिल उसे शायद समस्याओं की वजह से नहीं दिख रही थी। आखिरकार उसने पुलिस की नौकरी करना चाहा, क्योंकि अपने करिअर से ज़्यादा उसे अपनी घरेलू समस्याओं ने घेर लिया था।

क्या अपने करिअर में सिर्फ एक बार नाकामियाब होने से अपना करिअर खत्म हो जाता है? क्या हम अपने समस्याओं को सुलझाने के साथ साथ अपने करिअर पर ध्यान नहीं दे सकते? इस तरह के विचारों के साथ आर्यन अपनी पुलिस की नौकरी कर रहा था और अपने सपनों को भूलने की कोशिश कर रहा था...

Crossword Puzzle - Answers



ಮತ್ತೆ ವಸಂತ

ಶಿವಲೀಲಾ ಪಿ.ಎಂ.

2ನೇ ವರ್ಷದ ಬಿ.ಎ.ಎಂ.ಎಸ್ ವಿದ್ಯಾರ್ಥಿನಿ

ಸುಂದರ ಸುದಿನ, ಕೋಗಿಲೆಯ ಕಲರವ, ತಂಪಾದ ಗಾಳಿ ಇಂಪಾದ ಸಂಜೆ. ಸದಾ ಸಂತಸದ ಚೆಲುವೆಯಾಗಿದ್ದ ಗೌರಿಯ ಮನಸ್ಸು ಗೊಂದಲದ ಸಂತೆಯಾಗಿತ್ತು.

ಗೌರಿ, ದಕ್ಷಿಣ ಕನ್ನಡದ ಹುಡುಗಿ, ನೋಡಲು ಕಪ್ಪಾಗಿದ್ದರೂ ಬಲು ಚಂದ. ಗುಂಗುರು ಕೇಶದ, ನವಿಲು ಕಣ್ಣಿನ ಮನಸೆಳೆಯುವ ಚೆಲುವೆ. ಸದಾ ಚಟುವಟಿಕೆಯಿಂದಿರುತ್ತ, ಪಟಪಟ ಮಾತನಾಡುತ್ತಾ ಎಲ್ಲರಿಗೂ ಒಳ್ಳೆಯದನ್ನು ಬಯಸುವ ಸುಶೀಲೆ ಆಕೆ. ಆಕೆ 'ಕನಸು' ಎಂಬ ಒಂದು ಸಣ್ಣ ಮಟ್ಟದ ಶಾಲೆಯ ಶಿಕ್ಷಕಿ. ಆ ಮಕ್ಕಳೇ ಆಕೆಗೆ ಗೆಲುವಿನ ಸಂಕೇತ. ಮುಂಜಾವಿನಿಂದ ಮುಸ್ಸಂಜೆಯವರೆಗೂ ಮಕ್ಕಳೊಟ್ಟಿಗೆ ಆಕೆಯ ಒಡನಾಟ ಸಾಧಾರಣ ಶಾಲೆಯಲ್ಲಲ್ಲ, ಇದು ವಿಶೇಷ ಚೇತನರ ಶಾಲೆ. ಅಂದರೆ ಅಂಗವಿಕಲ ಮಕ್ಕಳ ಶಾಲೆ. ಈ ಶಾಲೆಯನ್ನು ಉತ್ತಮವಾಗಿ ಮುನ್ನೆಡೆಸುವ ಸಾಮರ್ಥ್ಯವಿರುವುದಾಗಿ ಗುರುತಿಸುವಲ್ಲಿ ಸಫಲರಾದ ಆಡಳಿತ ಅಧಿಕಾರಿಗಳು 26 ವರ್ಷದ ಆಕೆಯನ್ನು ಆ ಶಾಲೆಗೆ ಪ್ರಾಂಶುಪಾಲೆಯನ್ನಾಗಿ ನಿಯಮಿಸಿದರು.



ಇಷ್ಟೆಲ್ಲಾ ಇದ್ದೂ... ಇಂದು ಗೌರಿಯ ಸ್ಥಿತಿ ಕಡು ಖೋರ. ಇಷ್ಟಕ್ಕೆಲ್ಲ ಕಾರಣ 'ಮದುವೆ'. ಹೌದು ಮದುವೆ ಎಂಬುದು ಕೇವಲ ಎರಡು ಜೀವಗಳ ಸಮ್ಮಿಲನವಷ್ಟೇ ಅಲ್ಲದೇ ಎರಡು ಕುಟುಂಬಗಳ ಸಮಾಗಮ, ಮೂರುಗಂಟುಗಳ ಬಂಧನ, ಮೂರು ಲೋಕಗಳಲ್ಲಿಯೂ ಶಾಶ್ವತ. ಏಳು ಹೆಜ್ಜೆಗಳ ಪಯಣ ಏಳು ಜನ್ಮಗಳ ಮಿಲನದ ಪ್ರತೀಕ. ಇದು ಪ್ರತಿಯೊಬ್ಬರ ಜೀವನದ ಸಂತಸದ ತಿರುವು. ಈ ಮದುವೆ, ಯುಗಾದಿ ಹಬ್ಬದ ಹಾಗೆ ಸಿಹಿ ಕಹಿ ಎರಡನ್ನೂ ಹೊತ್ತು ತರುತ್ತದೆ. ಹೊಸ ಜೀವನವನ್ನು ಶುರುಮಾಡುವ ಕುತೂಹಲದಲ್ಲಿ ತೇಲಿಸುವ ಈ ಸಮಾರಂಭ ಹಳೇ ಜೀವನಕ್ಕೆ ನಾಂದಿ ಹಾಡುವ ಪರಿಸ್ಥಿತಿಯನ್ನು ತಂದು ಮುಂದಿಡುತ್ತದೆ. ಈ ವಿಚಾರ ಮದುವೆ ಗಂಡಿಗೆ ಅಷ್ಟು ಭಾಸವಾಗುವುದಿಲ್ಲ. ಆದರೆ ಒಬ್ಬ ಹೆಣ್ಣಿಗೆ ತನ್ನ ಮನೆ, ತಂದೆ-ತಾಯಿ, ಬಂಧು ಬಳಗ, ಆಡಿ ಬೆಳೆದ ಸ್ನೇಹಿತರು. ನದಿಯ ತೀರದ ದೆವಸ್ಥಾನ, ಓದಿದ ಶಾಲೆ, ಆಕೃ-ಪಕ್ಕ ಮನೆಯವರು, ಇವರನ್ನೆಲ್ಲಾ ಬಿಟ್ಟು ಎಲ್ಲೋ ದೂರ ಹೋಗಿ ಹೊಸ ಬದುಕು ಕಟ್ಟಿಕೊಳ್ಳುವುದು ಸುಲಭವಲ್ಲ.

ಆದರೆ ಗೌರಿಗೆ ಮೇಲಿನದ್ದೇನೂ ಲೆಕ್ಕಕ್ಕೆ ಇಲ್ಲ. ಆಕೆಯ ಸ್ವಭಾವವೇ ಅಂತಹದ್ದು. ಹೊಸ ಜಾಗ, ಹೊಸ ಜನ, ಹೊಸತನವನ್ನು ಬೇಗ ಒಪ್ಪಿಕೊಳ್ಳುತ್ತಾಳೆ. ಅಷ್ಟೇ ಅಲ್ಲದೇ ಈಕೆಗೆ ಹೊಸ ಜಾಗಗಳ ಬಗ್ಗೆ ಅರಿಯುವ ಕುತೂಹಲ ಮುಗಿಲೇರಿತ್ತು. ಅಂಥದ್ದರಲ್ಲಿ ಈಕೆಗೆ ಈಗ ಮದುವೆಯ ವಿಚಾರದಲ್ಲಿ ಗೊಂದಲ ಶುರುವಾಗಿತ್ತು. ಇದಕ್ಕೆ ಕಾರಣ

‘ಕನಸು’. ತನ್ನ ಮದುವೆಯಿಂದಾಗಿ ಎಲ್ಲಿ ತನ್ನ ಕನಸಿನ ‘ಕನಸು’ ಅಭಿವೃದ್ಧಿ ಹೊಂದುವಲ್ಲಿ ವಿಫಲವಾಗುವುದೋ ಎಂಬ ಚಿಂತೆ ಮನಸ್ಸನ್ನು ಗೊಂದಲಕ್ಕೆ ಈಡು ಮಾಡಿತ್ತು.

ಅಷ್ಟಕ್ಕೂ ಈಗ ಮದುವೆ ವಿಚಾರ ಬರಲು ಕಾರಣ, ಅಕೆಯ ತಾಯಿಯ ಅಣ್ಣನ ಮಗ. ಆತನನ್ನು ಆಕೆ ಸಣ್ಣ ವಯಸ್ಸಿನಲ್ಲಿ ನೋಡಿದ್ದು. ನಂತರ ಅವನ ತಂದೆಗೆ ಬೆಂಗಳೂರಿಗೆ ವರ್ಗಾವಣೆಯಾಗಿ ಸಂಪರ್ಕ ಇಲ್ಲದಂತಾಯಿತು. ಈಗ ಇಬ್ಬರಿಗೂ ಮದುವೆಯ ವಯಸ್ಸಾಗಿದ್ದರಿಂದ ಮನೆಯವರು ಮಾತುಕತೆಗಿಳಿದರು. ಹುಡುಗನಿಗೆ ಗೌರಿ ಸಂಪೂರ್ಣವಾಗಿ ಒಪ್ಪಿಗೆಯಾಗಿತ್ತು. ಗೌರಿಯು ಸಹ ದಷ್ಟಮಷ್ಟವಾಗಿ. ಸುಂದರ ವದನವುಳ್ಳ ಹುಡುಗನಾಗಿದ್ದ ಆತನನ್ನು ಒಪ್ಪಿದಳು. ಎಲ್ಲಾ ಪೂರ್ವ ತಯಾರಿಯ ಕೆಲಸಗಳು ಶುರುವಾಗಿ ಸರಾಗವಾಗಿ ನಡೆಯುತ್ತಿತ್ತು. ಹುಡುಗ ಮಂಗಳೂರಿನಲ್ಲಿ ಸಾಫ್ಟ್‌ವೇರ್ ಇಂಜಿನಿಯರ್‌ರಾಗಿದ್ದು, ಕೈತುಂಬ ಸಂಬಳ ಪಡೆಯುತ್ತಿದ್ದ. ಆಕೆಗೆ ಎಲ್ಲ ರೀತಿಯಿಂದಲೂ ಸಂತಸ ಉಕ್ಕಿ ಕಾರಂಜಿಯಂತಾಗಿದ್ದಳು. ಆದರೆ ಸಣ್ಣದಾಗಿದ್ದ ಚಿಂತೆ ದಿನೇ ದಿನೇ ಹೆಚ್ಚುತ್ತಿತ್ತು. ಮದುವೆಗಳ ಮುಖ ಕಳೆರಹಿತವಾಗತೊಡಗಿತು. ಇತ್ತ ತನ್ನ ವಯಸ್ಸಿಗೆ ಜೀವನವನ್ನು ನೋಡುತ್ತಾ ಕುಳಿತರೆ ಆ ಸಾಧನೆ ಕನಸನ್ನು ತುಂಬಿ ಕೊಂಡಿರುವ ಮಕ್ಕಳ ಭವಿಷ್ಯ? ಆತ್ತ ಮಕ್ಕಳನ್ನು ನೋಡುತ್ತ ಕುಳಿತರೆ ತನ್ನ ಮದುವೆಯ ಕನಸನ್ನು ಹೊತ್ತು ಕೂತಿರುವ ತನ್ನ ಅಪ್ಪ ಅಮ್ಮನ ಪರಿಸ್ಥಿತಿ?

ಸುಲಿದ ಬಾಳೆಹಣ್ಣಿನಂತೆ ಇದ್ದ ಅಕೆಯ ಬಾಳು ಈಗ ಕಬ್ಬಿಣದ ಕಡಲೆಯಂತೆ ಆಗಿತ್ತು.

ಮದುವೆಗನಿಗೆ ಗೌರಿಯ ಗೊಂದಲ ಸ್ಪಷ್ಟವಾಗಿ ಗೋಚರವಾಗತೊಡಗಿತು. ಆತ ಆಗ ಗೌರಿಯನ್ನು ನೇರವಾಗಿಯೇ ಕೇಳಿದ. ತನ್ನನ್ನು ವರಿಸಲು ಆಕೆಗೆ ಇಷ್ಟವಿದೆಯೋ ಇಲ್ಲವೋ ಎಂದು. ಆಗ ಗೌರಿ ಮರುಯೋಚಿಸದೇ, ಆತನ ಮುಂದೆ ತನ್ನ ಗೊಂದಲವನ್ನು ವಿವರಿಸಲು ಆರಂಭಿಸಿದಳು. ಅಕೆಯ ಮಾತನ್ನು ಬಹಳ ಸಮಾಧಾನದಿಂದ ಆಲಿಸಿ, ಅಕೆಯ ಮನಸ್ಸನ್ನು ಸಂಪೂರ್ಣವಾಗಿ ಅರ್ಥಮಾಡಿಕೊಂಡನು. ಅವನಿಗೆ ಗೌರಿಯ ಮೇಲೆ ಇಷ್ಟು ದಿನ ಇದ್ದಿದ್ದ ಪ್ರೀತಿ, ಅಭಿಮಾನವಾಗಿ ಬದಲಾಯಿತು. ಅವನಿಗೆ ಗೌರಿಯ ಉದ್ದೇಶಗಳನ್ನು ಕೇಳಿ ಅಕೆಯ ಬಗ್ಗೆ ಹೆಮ್ಮೆಯಾಯಿತು. ಹಾಗಾಗಿ ಅವನು ಗೌರಿಗೆ ಸಂತೈಸತೊಡಗಿದನು. ಮದುವೆಯ ನಂತರವೂ ಸಹ ಆಕೆ ತನ್ನ ಶಾಲೆಯ ಅಭಿವೃದ್ಧಿಗಾಗಿ ಶ್ರಮಿಸಲು ಯಾವುದೇ ನಿರ್ಬಂಧಗಳಿರದಂತೆ ತಾನು ವ್ಯವಸ್ಥೆ ಮಾಡುವುದಾಗಿ ಗೌರಿಗೆ ಮಾತು ನೀಡುತ್ತಾನೆ. ಆ ಶಾಲೆಯ ಬೆಳವಣಿಗೆಗೆ ತನ್ನ ಸಂಪೂರ್ಣ ಸಹಕಾರವಿರುತ್ತದೆ ಎಂದು ತಿಳಿಸುತ್ತಾನೆ.

ಇದನ್ನು ಕೇಳಿದ ಗೌರಿಯ ಮನಸ್ಸು ಹಗುರವಾಯಿತು. ಮೊಗದಲ್ಲಿ ಮುಗುಳು ನಗೆಯೊಂದಿಗೆ ಆನಂದಬಾಷ್ಪವು ಮೂಡಿ ಇಬ್ಬರಲ್ಲೂ ಒಬ್ಬರ ಮೇಲೆ ಇನ್ನೊಬ್ಬರಿಗೆ ಪ್ರೀತಿ, ಗೌರವ ಹೆಚ್ಚಾಯಿತು. ಕೊನೆಗೆ ಇಬ್ಬರೂ ಪೂರ್ಣ ಮನಸ್ಸಿನಿಂದ ವಿವಾಹವಾಗಿ ಆನಂದಮಯ, ಆದರ್ಶಮಯ ಜೀವನ ನಡೆಸಲಾರಂಭಿಸಿದರು. ಹೀಗೆ ಸಂಸಾರದ ನೌಕೆಯಲ್ಲಿ ತೃಪ್ತಿಯೊಂದಿಗೆ ಜೀವಿಸತೊಡಗಿದರು.

“

*One should neither dishonour himself
nor should be self-boasting*

• Cha.Su.8

Character's Deepest Fear is Holding Career Back

Shifa Christina Reji
1st Year BSc Nursing Student



"Eric wakes up" mom shouted. Suddenly he woke up from his dream. "That was something out of my world" he yawned and said to himself. It is already five years! He said to mom. Five years of what? Asked mom. He went five years back and started thinking about all those memories, his passion of being the best swimmer in the world. I used to be very passionate, he thought. Always i wished for the best things to happen in my life, my dream, all went in water. I lost everything today, now I'm a big zero. 'Don't think too much Eric, you'll be alright' said mom. As usual he went to the city garden along with Simba, his dog. Simba is his partner in all things. Eric always takes Simba to everyplace. As they were walking by the bridge he saw many children playing in the water. Suddenly he started thinking of his childhood, how he used to swim and used to get first prize in every competition. But that incident changed his career, took his career to a new path.

It was a holiday, Eric his friend planned to go to the nearby river to play. Water was very deep of it looked like the river was calling them. As usual they all jumped into it and started splashing water on each other. But his friends compelled him, and one of them pushed him into the river. He fell on the mid of the river, where there was no place to stand as the flow of water was more on that day. He was unable to swim against the flow and started sinking in the water and going down to a deeper trench. All his friends got to know the danger, some of them ran away and one of them started shouting. 'Eric, Eric, try to swim!' his hands started painting he was slowly sinking inside. Now the only thing he could see was water, deep black water swallowing him to the gut! Slowly his eyes were closing and were going deeper and deeper. Suddenly his eyes opened and saw a hand

coming towards him! Hope came again to his life. That hand saved him! He looked into that person, 'oh, yes, it was him Uncle John! He always used to make fun of Uncle John. But he is the one who saved my life. He said loudly and suddenly Simba barked. He came back from all those thoughts and started walking to home.

After that incident he never swam and he never took a step into any rivers. "But tomorrow there is a competition of swimmers" dad read the notice and asked Eric whether he is participating or not.

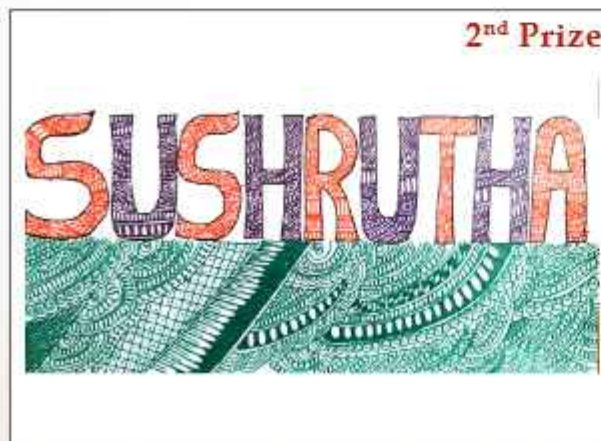
'Definitely no' he said to his dad, it has been five years. I'm not going to do that he said with all his heart hardened. On the next day, the competition started and each student had to represent their respective schools. 'It is Joe who represent our school' said principal. Suddenly Joe came with a plaster in his hands and said he won't be able to do. Then who? questions echoing all the corners of school. Eric! Everyone said in the same voice. He refused to do, but no one else was ready. And principal said that if you won't do then our school will be eliminated. He got emotional. He wore the swim suit, and started thinking 'water, swimming after five long years i'm going to do it! He heard the whistle, he jumped into the pool, suddenly darkness covered his entire mind, "Eric, Eric" he heard the cheers, but he was sinking deeper and deeper. His fear of water covered him and he was going deeper into his fear. Suddenly he thought about the dream he had yesterday, of achieving the thing which he thought impossible, to become world's best swimmer! Eric this is the first step and the last chance his coach shouted from the side. The cheers of his friends, coach's encouraging words and the best dream he had gave some power to his mind, he started to come upwards. His hands and legs started to move, 'yes, i can do it' he said to himself and he started swimming. He overcame the fear and started swimming with all the power and achieved what he always wanted. He came first and from then, the new chapter of Eric's career started, to become swimmer in the world...

Doodle Competition

1st Prize - Kavana, 4th yr BAMS

2nd Prize - Tushara, 4th yr BAMS

3rd Prize - Spoorthi, 1st yr BAMS



Pencil Sketch Competition

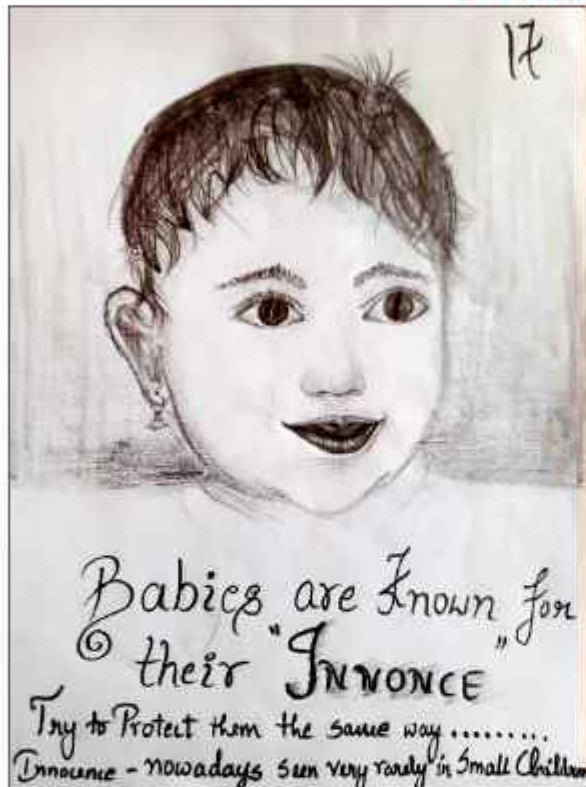
1st Prize - Kavana, 4th yr BAMS

2nd Prize - Duyu Umpi, 1st yr BAMS

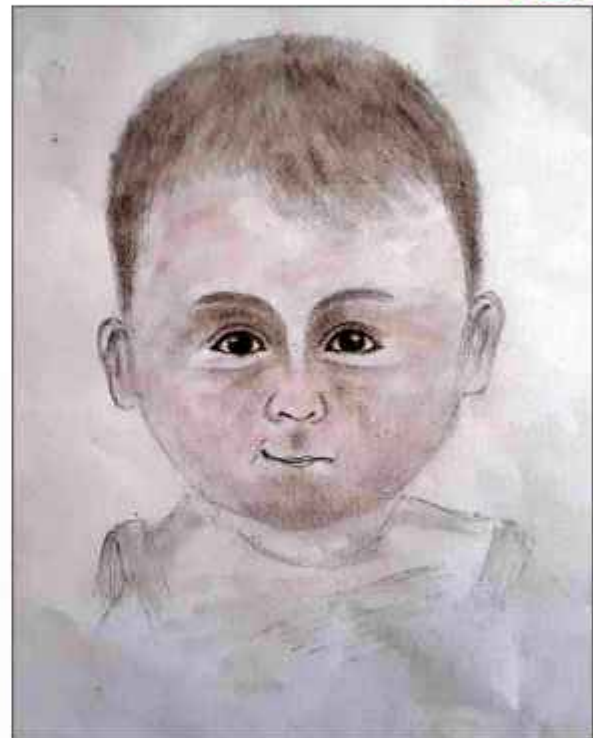
3rd Prize - Jayanthi, 3rd yr BAMS

Consolation Prize - Mukesh Sarvi, 4th yr BAMS

1st Prize



2nd Prize



3rd Prize



Consolation Prize



Sushrutha Ayurvedic Medical University CONGRATULATIONS TO ALL 74 UNIVERS

1st Rank in 2nd year Charaka Samhita



RAJATH (17A2161)
2017-18 Batch in 2nd Year 2018-19

Students of 2015-16 BAMS batch secured ranks in Final Year (2018-2020)



LAKSHMIPRIYA (15A2142)
Panchakarma 8th,
Shulakya Tantra 11th,
Kayachikitsa 22nd &
Shalya Tantra 38th Rank



SARVANGI (15A2174)
Panchakarma 13th,
Shulakya Tantra &
Shalya Tantra 32nd &
Kayachikitsa 33rd Rank

2nd Rank in in Final year Panchakarma



ANJANA (15A2185)
Kayachikitsa 35th &
Shulakya Tantra 37th Rank
2015-16 Batch in Final Year 2018-20



SHUBHA C (15A2181)
Panchakarma 7th,
Shulakya Tantra 26th &
Kayachikitsa 30th Rank



JAYANTHI (17A)
1st year Rachana Sh
6th Rank



ARPITA (15A2109)
Panchakarma 15th,
Kayachikitsa 28th &
Shalya Tantra 38th Rank



HABIBA (15A2127)
Panchakarma 17th &
Kayachikitsa 34th Rank



SINDHU J (15A2141)
Panchakarma 15th &
Shalya Tantra 33rd Rank



PRIYANSHI (15A2159)
Panchakarma 14th &
Kayachikitsa 34th Rank



AVANI (15A2171)
Panchakarma 13th &
Kayachikitsa 40th Rank



ISHA (15A2182)
Panchakarma 20th &
Kayachikitsa 37th Rank



ARCHAN (15A2194)
Panchakarma 24th,
Kayachikitsa 32nd Rank



ABHISHEK (15A2101)
Kayachikitsa 36th Rank



KISHWARA (15A2104)
Panchakarma 23rd Rank



ANKITA (15A2107)
Panchakarma 22nd Rank



DHANUSHYA (15A2118)
Panchakarma 11th Rank



DEEPSHIKHA (15A2121)
Panchakarma 12th Rank



GOURABAI (15A2126)
Panchakarma 19th Rank



HARITA (15A2128)
Panchakarma 20th Rank



HARSHITHA (15A2)
Panchakarma 18th Rank

5th Rank in Final year Research Methodology



KARTHIK (15A2197)
2015-16 Batch in
Final Year 2018-20



JANNAT (15A2131)
Panchakarma 18th Rank



JASMIN (15A2132)
Panchakarma 24th Rank



NEHABARANWAL (15A2137)
Panchakarma 17th Rank



NITI (15A2139)
Panchakarma 22nd Rank



MUNMI (15A2150)
Panchakarma 12th Rank



NEETHU (15A2153)
Panchakarma 12th Rank



NIKITHA (15A2)
Panchakarma 15th Rank



NILESH (15A2156)
Panchakarma 23rd Rank



POORVITHA (15A2158)
Panchakarma 11th Rank



POONAM (15A2161)
Panchakarma 15th Rank



RAGHAVENDRA (15A2163)
Panchakarma 21st Rank



RENJU (15A2166)
Panchakarma 14th Rank



SAMEENA (15A2170)
Panchakarma 11th Rank



SARASWATI (15A2)
Panchakarma 22nd Rank



RAKESH (15A2175)
Panchakarma 16th Rank



SHAIVALINI (15A2176)
Panchakarma 19th Rank



SAKSHI (15A2177)
Panchakarma 21st Rank



SOWMYA (15A2184)
Panchakarma 21st Rank



SUHASINI (15A2187)
Panchakarma 18th Rank



SWARNA (15A2189)
Panchakarma 20th Rank



PRANJAL (15A2198)
Kayachikitsa 42nd Rank

College & Hospital, Bengaluru

ITY RANK HOLDERS (TOTAL OF 151 RANKS)

2017-18 BAMS batch
s in 1st Year (2017-18)

Students of 2016 - 17 BAMS batch secured ranks in 1st year (2016-17),
2nd year (2017-2018) and 3rd year (2018-19)



SURABHI (17A2181)
1st year Rachana Shareera
8th Rank



RADHIKA (16A2199)
1st year Ashtanga 19th & Sanskrit 14th Rank
2nd year RNNV 15th &
Charaka Samhita 18th Rank
3rd year Agada Tantra 14th
Charaka Samhita 17th, Prasooti Tantra 22th &
Bala Roga 24th Rank



KEERTHI (16A2150)
1st year Ashtanga 11th &
Sanskrit 19th Rank
2nd year DG 16th Rank
3rd year Charaka Samhita 17th,
Bala Roga 19th &
Agada Tantra 20th Rank



RAVINDRA (16A2175)
1st year Sanskrit 17th Rank
2nd year RSBK 10th &
Charaka Samhita 17th Rank
3rd year Prasooti Tantra 8th &
Charaka Samhita 18th Rank



SPOORTHY G S (16A2189)
1st year Sanskrit 17th Rank
2nd year Charaka Samhita
18th Rank
3rd year Agada Tantra 19th
Charaka Samhita 22nd &
Bala Roga 25th Rank



VATSAL (16A2129)
1st year Ashtanga 23rd Rank &
3rd year Agada Tantra 19th
Bala Roga 21st &
Charaka Samhita
23rd Rank



KAVANA (16A2148)
1st year Ashtanga 16th &
Sanskrit 15th Rank
3rd year Charaka Samhita 22nd
& Agada Tantra 23rd Rank



MADHUSHREE (16A2152)
1st year Ashtanga 15th Rank
2nd year Charaka Samhita 10th Rank
3rd year Charaka Samhita 5th
& Prasooti Tantra 22nd Rank



MEGHASHREE (16A2157)
1st year Ashtanga 19th Rank
2nd year RSBK 20th Rank
3rd year Bala Roga &
Charaka Samhita 19th Rank



NANDA (16A2163)
2nd year Charaka Samhita &
RNNV 10th Rank
3rd year Charaka Samhita 18th
& Agada Tantra 23rd Rank



SPOORTHY B (16A2190)
2nd year Charaka Samhita 18th Rank
3rd year Agada Tantra 15th
Charaka Samhita 18th
& Bala Roga 25th Rank



ABISHA (16A2100)
1st year Ashtanga 24th Rank &
3rd year Agada Tantra 21st
& Charaka Samhita
24th Rank



AKSHATA (16A2108)
1st year Ashtanga 24th Rank &
3rd year Agada Tantra 7th &
Charaka Samhita 24th Rank



BHOOMIKA (16A2119)
1st year Ashtanga 25th Rank &
3rd year Agada Tantra 10th
& Charaka Samhita 25th Rank



DEVIKA (16A2127)
3rd year Charaka Samhita &
Bala Roga 21st &
Agada Tantra 24th Rank



JYOTHIKA (16A2144)
1st year Kriya Shareera 19th Rank
3rd year Agada Tantra 16th
& Charaka Samhita 21st Rank



KEERTHANA (16A2149)
1st year Ashtanga 29th Rank
3rd year Agada Tantra 17th
& Charaka Samhita 22nd Rank



MUKESH (16A2160)
1st year Ashtanga 25th Rank &
3rd year Agada Tantra &
Charaka Samhita 25th Rank



GEETHINJALI (16A2134)
1st year Sanskrit 19th Rank &
3rd year Agada Tantra
17th Rank



GOPIKA (16A2135)
3rd year Charaka Samhita
19th & Agada Tantra
21st Rank



LAKSHMI (16A2151)
1st year Ashtanga 20th Rank &
3rd year Charaka Samhita
22nd Rank



SAMEENA (16A2180)
1st year Ashtanga 23rd Rank &
3rd year Charaka Samhita
23rd Rank



JULI (16A2187)
2nd year Charaka Samhita
& 3rd year Charaka Samhita
16th Rank



TUNHARA H (16A2196)
1st year Ashtanga 24th Rank &
3rd year Charaka Samhita
24th Rank



AISHWARYA (16A2187)
1st year Agada Tantra
19th Rank



ANANYA (16A2110)
1st year Agada Tantra
18th Rank



ARUNIMA (16A2114)
1st year Agada Tantra
22nd Rank



CHINMAYEE (16A2122)
3rd year Charaka Samhita
20th Rank



FATHIMA (16A2131)
1st year Ashtanga
16th Rank



HARSHITHA (16A2139)
1st year Sanskrit
14th Rank



MEGHANA (16A2156)
1st year Sanskrit
16th Rank

From - Management, Director, Principal & Staff



SAMC&H

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