



**SAHYADRI**

COLLEGE OF ENGINEERING & MANAGEMENT

Sahyadri  
*Springs*  
E-Magazine

Even Semester - 2019

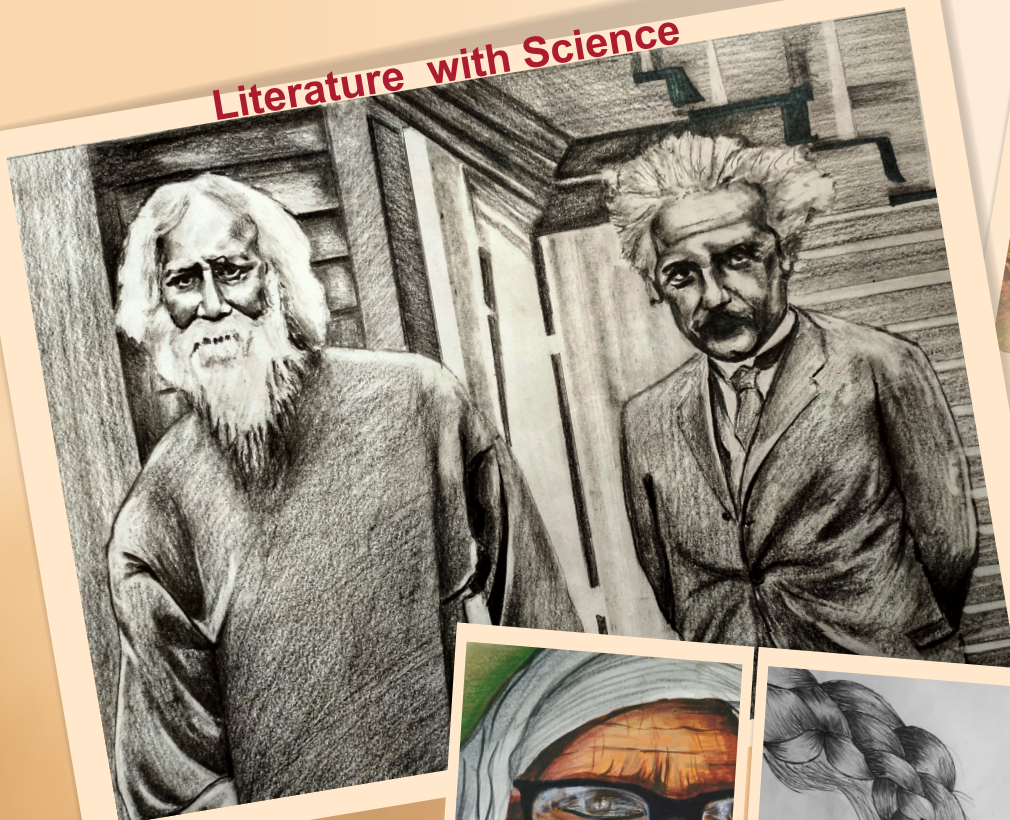
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# FORUM FOR FLOW OF THOUGHT

Literature with Science



Nature V/s Life



Innovations by Students



FOOD ADDICTION



Art...work



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## From the Chairman's Desk:



Manjunath Bhandary

It is a matter of pride to pen down the message for 'Sahyadri-Springs', Sahyadri College e-magazine. This is a platform for the students to express their creative pursuit which develops in them originality of thought and perception.

'Sahyadri-Springs' provides an ocean of opportunity for the students to exhibit their hidden talents and get a spotlight for their efforts. Besides, Sahyadri-Springs inspires the young minds to view the world in a broader perspective.

I congratulate the students as well as faculties who used this forum to present their ideas. As long as our ideas are expressed and thoughts are kindled we can be sure of learning, as everything begins with an idea.

## From the Principal's Desk:



Dr. R. Srinivasa Rao Kunte

"The mind is not a vessel to be filled, but a fire to be kindled" said by Plutarch. Our College e-magazine too kindles the imagination of our students and creates the forum for their expressions. I am extremely happy to see that our college e-magazine, 'Sahyadri Springs' has come back at this academic year.

A famous philosopher once said, "Inside all of us is a hidden dream". Sahyadri - Springs is a platform for our students as well as for our faculties to showcase their creative abilities, hidden dreams and aspirations for writing. Our e-magazine aims towards bringing out the latent talent in our students through articles, poems, artwork, quotes, etc.

I strongly believe that, there can be no better way to drive and improve our nation's prosperity and social economic well-being than through its education system.

I wish Good luck and Congratulations to all, once again...

## From the Editor's Desk

### Dreams don't work unless we do!

Our beloved Chairman, envisioned and proposed an e-magazine for Sahyadri. That noble vision from such a visionary has today metamorphosed into "Sahyadri – Springs". It is time and again proven that, "One child, one teacher, one book and one pen can change the world". Change, therefore is inevitable. Foreseeing this change, "Springs" bolsters a stream of new thoughts from students and faculties at Sahyadri. Here's the much anticipated "Sahyadri-Springs" recurring after a long interlude.



ನಿಮ್ಮ ಮುಂದಿರುವ ನಿಮ್ಮವರ ಲೇಖನಿ.....

ಸಹ್ಯಾದ್ರಿ ಎಂಬ ಜ್ಞಾನದೇಗುಲದೊಳಗೆ ಜ್ಞಾನದಾಹವನ್ನು ಇಂಗಿಸಿಕೊಳ್ಳುತ್ತಿರುವ ಎಲ್ಲರಿಗೂ ನಮಸ್ಕಾರ.

ಮಗುವಾಗಿ ಹುಟ್ಟಿ, ಕೌತುಕಗಳೊಡನೆ ಬೆಳೆಯುತ್ತಾ ಎಲ್ಲವನ್ನೂ ಗ್ರಾಸ್ ಮಾಡುವ ಗುಣವನ್ನು ಬೆಳೆಸುತ್ತಾ ಹೊಸ ಹೊಸ ವಿಷಯಗಳನ್ನು ಕಲಿಯುತ್ತಾ ಸಾಗುತ್ತೇವೆ. ಕಲಿಯುವಿಕೆ ಮನುಷ್ಯ ಜೀವನದ ನಿರಂತರ ಪ್ರಕ್ರಿಯೆ.

ಕಲಿಯುವಿಕೆಗೆ ಅನುವು ಮಾಡಿಕೊಡುವ ಪೂರಕ ವಾತಾವರಣವನ್ನು ಬಳಸಿಕೊಳ್ಳುತ್ತಾ ಒಂದು ಉತ್ತಮ ವ್ಯಕ್ತಿತ್ವವನ್ನು ರೂಪಿಸಿಕೊಳ್ಳುವ ಶತಮಾನದಲ್ಲಿ, ಸಮಾಜದಲ್ಲಿ ನಾವಿದ್ದೇವೆ. ಹೀಗೆ ಸಮಾಜದಲ್ಲಿದ್ದುಕೊಂಡೇ ಆಯಾ ಕಾಲಘಟ್ಟಕ್ಕೆ ಸ್ಪಂದಿಸುವುದರತ್ತ ನಮ್ಮೊಳಗಿನ ಸೃಜನಶೀಲತೆ ಚಲನಶೀಲವಾದಾಗ ಭಿನ್ನ ಭಿನ್ನ ಬಗೆಯ ಕಲಾಪ್ರಕಾರಗಳು ಮೂರ್ತಗೊಳ್ಳುವವು.

ನಮ್ಮ ಸಹ್ಯಾದ್ರಿ ಕ್ಯಾಂಪಸ್‌ನ ಎಳೆಹರೆಯದ ಮುಗ್ಧತೆ ಹಾಗೂ ಪ್ರಾಧ್ಯಾಪಕರನ್ನು ಒಳಗೊಂಡ ಪ್ರೌಢ ಪ್ರಪಂಚದ ಪಡಿನೆಳಲಾಗಿ ಒಂದು ಪುಟ್ಟ ವೇದಿಕೆಯನ್ನು ಆಧುನಿಕದ ಎಲೆಕ್ಟ್ರಾನಿಕ್ ಮಾಧ್ಯಮದಲ್ಲಿ ಕಟ್ಟಿಕೊಡುತ್ತಿದ್ದೇವೆ. ಈ-ಮ್ಯಾಗಝಿನ್ ಆಗಿ ರೂಪು ಪಡೆದಿರುವ ಈ ವೇದಿಕೆ ನಮ್ಮವರದೇ ಭಾವಲಹರಿಯ ಕೂಸು. ಮನಸು ಕನಸುಗಳ, ಕನಸು ಮನಸುಗಳ ಒಂದು ಕನವರಿಕೆ! ಕಲೆಯ ನೈಪುಣ್ಯತೆಗೆ ಹಿಡಿದಿರುವ ಒಂದು ಪುಟ್ಟ ಕೈಗನ್ನಡಿ.

ಪಠ್ಯದೊಳಗಿನ ಏಕತಾನತೆಗೆ ಒಂದು ಬಗೆಯ ರಿಲೀಫ್ ಅನ್ನುವಂತೆ, ಹವ್ಯಾಸಗಳು ಅದರಲ್ಲೂ ಸೃಜನಶೀಲ ಹವ್ಯಾಸಗಳು ಯಾವತ್ತಿಗೂ ಸಹಾಯಕಾರಿ. ಮತ್ತು ಮುಂದುವರೆದು ವಿದ್ಯಾರ್ಥಿ ಜೀವನದ ನಂತರದಲ್ಲೂ ನಮ್ಮ ಒಟ್ಟು ವ್ಯಕ್ತಿತ್ವದ ಬೆಳವಣಿಗೆಯಲ್ಲಿ ಈ ಹವ್ಯಾಸಗಳು ಮುಖ್ಯ ಪಾತ್ರ ವಹಿಸುತ್ತವೆ. ಈ ಎಲ್ಲ ಉದ್ದೇಶಗಳ ಹಿನ್ನೆಲೆಯಲ್ಲಿ ನಮ್ಮ ಈ-ಮ್ಯಾಗಝಿನ್ ಅನ್ನು ಕಟ್ಟಲಾಗಿದೆ ಅನ್ನುವ ಸಂಭ್ರಮ ನಮ್ಮದು. ಇದನ್ನು ಆಸ್ವಾದಿಸುವ ಉಲ್ಲಾಸ ನಮ್ಮವರೆಲ್ಲರದಾದರೆ, ಇಟ್ಟಿರುವ ಹೆಜ್ಜೆಯ ಬಗೆಗೊಂದು ತೃಪ್ತಭಾವ.....

ವಂದನೆಗಳು.

ಅಕ್ಷಯ ಶೆಟ್ಟಿ  
ಸಹ ಪ್ರಾಧ್ಯಾಪಕರು  
ಕನ್ನಡ ವಿಭಾಗ



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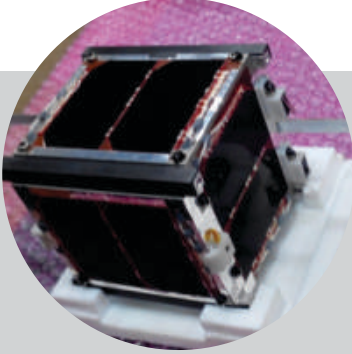
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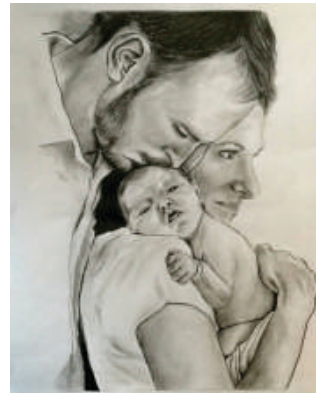
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## The Purpose of Life

How do you define life? It is the existence of human beings or animals. Do we really interpret in that way? The true purpose of our life is more significant and that is the reason why we need to understand it. Being a biological student I believe in evolution of life on earth nevertheless I also believe that God created us. We have not yet discovered why he created us and the purpose of evolution which is 3.8 billion years signifies?

We have entered this phenomenal world and we die in between of the struggles we face. Most of us do spend one fourth of our lives studying, forty five years we go to work and remaining we are free. The people who enjoy life is about 68%. Certain people do suffer disabilities during this period? How do we perceive- are you happy, sad, angry or shocked? The feelings that you have is just stating how you have contemplated your life. It doesn't tell you whether you enjoy going to school or you do what you love. Are you having a healthy meal or we are enjoying ourselves with gadgets just to kill time? Most of the time just scrolling information on newspapers, watching videos and just being aloof. The exact precision of how you perceive things is important and the things you develop. Both life purpose and life intentions can be rich and valuable in helping to move through the challenges life brings us, though some will prefer focusing on one over the other. If you find this process somewhat

challenging, you might do best to focus on one first. Choose whichever feels right and best to you. Later you can always come back and work on the other. In difficult situations, check to see if your life purpose or one of your intentions can give you direction to navigate through the stormy waters. By frequently reminding yourself of your purpose and intentions, you become more focused and effective in building a brighter future for yourself and for all around you.

You and I are just a part of this beautiful world. Time and age don't wait for anyone. It is vital how we really live our lives to the fullest. Life is too short to be living dull and lost in thoughts. Always dream big and savor every moment. Having self discipline and being thankful for everyday is the best tools to live a glorious life. Three things that matter most in life is love, peace and joy. As your life purpose and intentions become clearer, your life is bound to move more smoothly and powerfully in the direction you want it to go. May your life become ever richer and fuller as you move with greater purpose, focus, and intention through each day.

Let us develop a sense of forbearing and unity in the society at large so that our world is a better place to live.



Swathi Acharya  
IV Sem  
Computer Science & Engineering





## ಕವಿದಿರುವ

### ಕತ್ತಲಲಿ

ಕವಿದಿರುವ ಕತ್ತಲಲಿ  
ಕಾಣದಿರಬಹುದು ಬೆಳಕು  
ಕಾಯಲೇಬೇಕು ನಾವೆಲ್ಲಾ  
ಪ್ರತಿ ಕಾಲದ ನಿರ್ಣಯಕ್ಕು

ಬೂದಿಯ ಮೇಲ್ನಂತೆಹ ನಾ  
ಸುತ್ತಲಿರುವ ಬೆಂಕಿ ನಡುವೆ  
ಕಾಣುತ್ತಿಲ್ಲ ದಾರಿಯೆನಗೆ ನಾ  
ಕಾಯುವೆ ಕೊನೆಯವರೆಗೆ

## ದಾರಿ ತೋರಿದ ದೀಪ

ದಾರಿ ಒಂದೂ ಕಾಣದು  
ಪಾದ ಮುಂದೆ ಸಾಗದು  
ಏಕೆಂದು ತಿಳಿಯದು  
ಯಾಕೆ ನನ್ನಿಂದನಾಗದು

ಬಳಲಿದೆ ಸೋತು ನಾ  
ಬದುಕೆಂಬ ಓಟದಲಿ  
ಬೆಂಕಿ ಬರೆಯಿಟ್ಟಿತಾ  
ನನ್ನ ತಿಳಿ ಮನದಲಿ

ಬರೆಯಿಟ್ಟ ಬದುಕಿಂದ ಕೊನೆಗೂ  
ಕಲಿತ ನಾ ಒಂದು ಪಾಠ  
ಇದು ಕಾಲದ ಪುಟ್ಟ ಆಟ  
ನಾ ಬಿಡುವುದಿಲ್ಲ ಏಂದಿಗೂ  
ನನ್ನ ಹಠ

ಕವಿದಿರುವ ಕತ್ತಲಲಿ  
ದಾರಿಯಾಯಿತು ದೀಪ  
ತನಗೆ ಗೊತ್ತಿಲ್ಲದೇ  
ನನ್ನ ತೋರೆಯಿತು  
ನನಗಂಟದ ಶಾಪ

ನಾ ನಡೆದೆ ಬೆಳಕು  
ಚಿಮ್ಮಿದಾ ದಾರಿಯಲ್ಲಿ  
ಬದುಕು ಸಾಗಿತು ಕೊನೆಗೂ  
ಸಾಧನೆಯ ಸುಖದ ಹಾದಿಯಲ್ಲಿ.



Kripal  
VI Sem,  
Mechanical Engineering

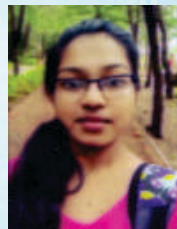
# The Future

Life is a very long run  
Certainly filled with moments of fun,  
With all its joys and sorrows,  
With past, present and future,  
You must rule these tenses well  
With common sense and dedication.

The uncovered past should be buried  
The present of course is a beautiful present.

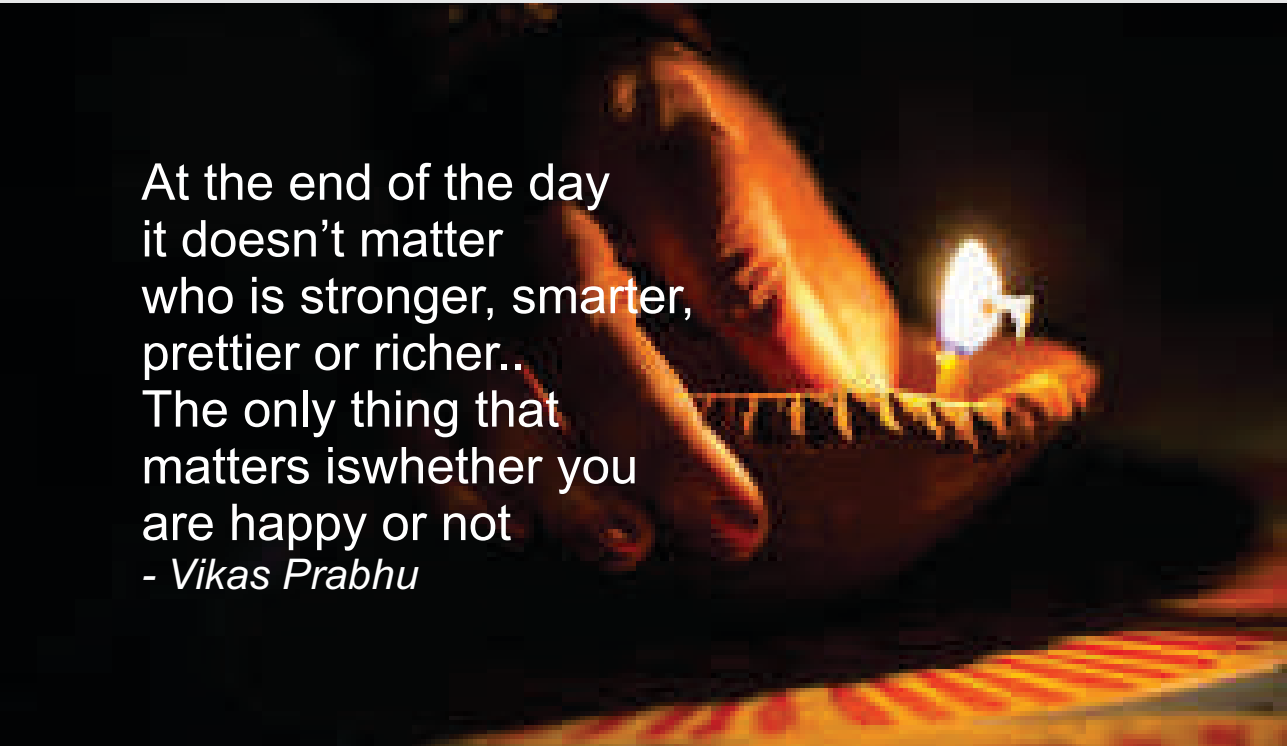
For you especially, God has sent  
And the future as yet is not very clear.  
Trust it never, never my dear.  
Don't keep things for tomorrow  
Which can be done today.

Future will then be a flowing stream  
Fulfilling in perfect time your dream.




Meghana Sadananda Naik  
IV Sem  
Electronics & Communication Engineering






At the end of the day  
it doesn't matter  
who is stronger, smarter,  
prettier or richer..  
The only thing that  
matters is whether you  
are happy or not  
- *Vikas Prabhu*

Life gives equal opportunity to everyone.  
Utilize it in effective and best manner to succeed  
- *Vikas Prabhu*



Make your life meaningful.  
Then it will be awesome!  
~ *Vikas Prabhu*



*Giving motivation is like  
giving bath everyday.  
Next day person will forget  
and everyday we have to  
repeat the same. So have self  
motivation and believe in that*  
- Vikas Prabhu

*Ask yourself 3 question  
at the end of the day.*

1. Did I waste my parents money?
  2. Did I waste my time today?
  3. Was I responsible today?
- Vikas Prabhu



One can have peace of mind  
if one avoids triple Cs  
Stop Comparing;  
Stop Criticizing;  
and Stop Complaining about others!  
- Vikas Prabhu



Vikas Prabhu  
II Year MBA (Finance)



# ನನ್ನ ಪ್ರೀತಿಯ ಅಮ್ಮ

ಅಮ್ಮ ಅಮ್ಮ ಅಮ್ಮ  
ಅದೆಷ್ಟು ಮದುರ ನಾಮ  
ನಮ್ಮ ಬಾಳಿಗವಳು ನಿತ್ಯ  
ಅತಿ ಅನಿವಾರ್ಯವಮ್ಮ

ನಿತ್ಯ ಸೂರ್ಯನುದಯದೊಳಗೆ  
ಏಳುವಳು ಅಮ್ಮ,  
ಮನೆಯ ಕೆಲಸ ಮುಗಿಸಿ  
ನನ್ನ ಏಳಿಸುವಳಮ್ಮ.

ಸ್ನಾನ ಮಾಡಿ ಬರಲು ನಾನು  
ಅಡಿಗೆ ಮನೆಯ ಒಳಗೆ  
ನನ್ನ ಪುಟ್ಟ ಜಾಣ ಎಚ್ಚಿದು  
ತಿಂಡಿ ಕೊಡುವಳಮ್ಮ

ಪಾಠ ಓದಿ ಆಟ ಆಡಿ  
ಮನೆಗೆ ಬರಲು ಓಡಿ  
ಬಿಸಿಯ ಅಡುಗೆ ಮಾಡಿ  
ಊಟಕಿಡುವಳೆನಗೆ ಅಮ್ಮ

ದಣೆದ ನೋವುಗಳನು ದಿನವು  
ಸಹಿಸಿ ದುಡಿವಳು  
ನಮ ಸುಖಕೆ ತನ್ನ ಸುಖವ  
ತೊರೆದ ತ್ಯಾಗಿ ಅಮ್ಮ.

ಅಮ್ಮ ಇರುವ ನಮ್ಮ ಮನೆಯು  
ಸಂತಸದ ಸಾಗರ  
ಅಮ್ಮ ಇರುವ ನಮ್ಮ ಮನೆಯು  
ಇಷ್ಟ ದೇವರ ಮಂದಿರ.



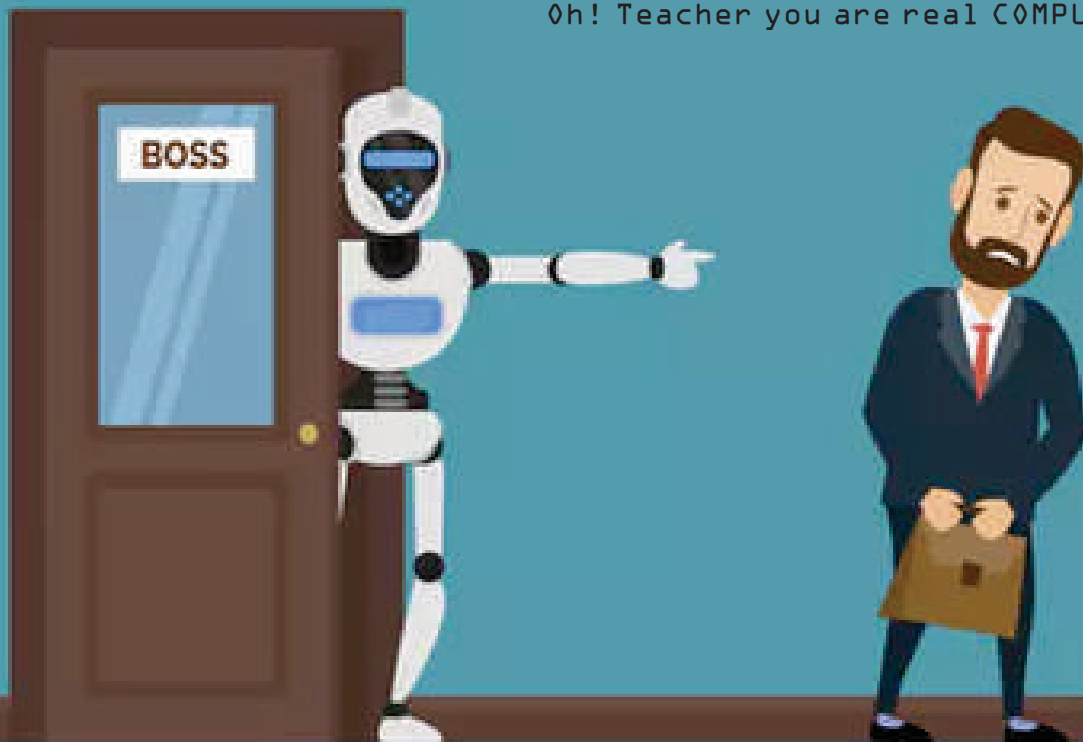
Meghana Sadananda Naik  
IV Sem,  
Electronics & Communication Engineering



Basavarajeshwari Ambi  
Information Science  
IV Semester

## Real Computer!

Your brain is like CPU;  
You express it like VDU.  
For all our Errors,  
You are the only AntiVirus.  
When we try to bunk and  
Escape like Mouse from Class;  
You Scan us quickly and  
Get us Printed back to class.  
You are the best Constructor,  
Who never feels Overloaded.  
You are the most efficient Device  
Who act as both Input and Output.  
Your guidance is more than Terabyte;  
With your Gates always open to help.  
You are the best Open Source;  
Who not only C, but C++  
In every student's future.  
For every Queries passed by us,  
You answer it like a Google.  
Oh! Teacher you are real COMPUTER.





## Trend setting Innovations from the Students of Technical Institutions

It is well known fact that, in India satellites were designed and launched by the Indian premier space organization ISRO. But here is an example for which whole student community should feel proud about it.

A group of students of one of the technical institutions in India, built a satellite which is launched by ISRO, along with Cartosat 2C on-board the Polar Satellite Launch Vehicle (PSLV) C34. The satellite is named as Swayam, it is a bi-directional communication platform, which will orbit the Earth at a height of 500-800 km.

The Swayam project was initiated by a group of students in late 2008, and it was officially approved by the institute in 2009. A Memorandum of Understanding (MoU) was signed between College of Engineering and ISRO on May 23, 2013, for the development and launch of Swayam. The flight model along with all environmental tests for the satellite was completed in February 2015.

Information from the college website says that, the Swayam project team has 40 members with students of all years and from different branches. All the work has been done by the students with the assistance from faculty members..

A unique feature of the satellite is its Attitude Control System

(ACS), which controls the dynamic behaviour of satellite, like orientation and motion. The entire satellite weighs about one kilo and has dimensions of 10 cm X 10 cm X 11.35 cm. It has a payload capable of half duplex communication, which will enable the satellite to host point to point messaging services, so it can receive, store and transmit messages from

Thus, the satellite will be useful in improving communication in rural area.

The orientation of satellite is controlled With the help of a technique called Passive Magnetic Attitude Control (PMACS) and stabilised in the orbit without any power consumption and with reasonable accuracy for communication. The college



one corner of the globe to the other. In a half-duplex communication system, there are two channels of communication but both the parties cannot communicate with each other simultaneously. The communication has to be in one direction at a time. A device like walkie-talkie is an example of half-duplex communication.

claims that the ACS of Swayam is the first of its kind in India. The scientific mission of this project is to prove that PMACS is an efficient and cost effective solution for attitude control. According to reports, a ground station has been set up within the college premises from where communication with the satellite will be established

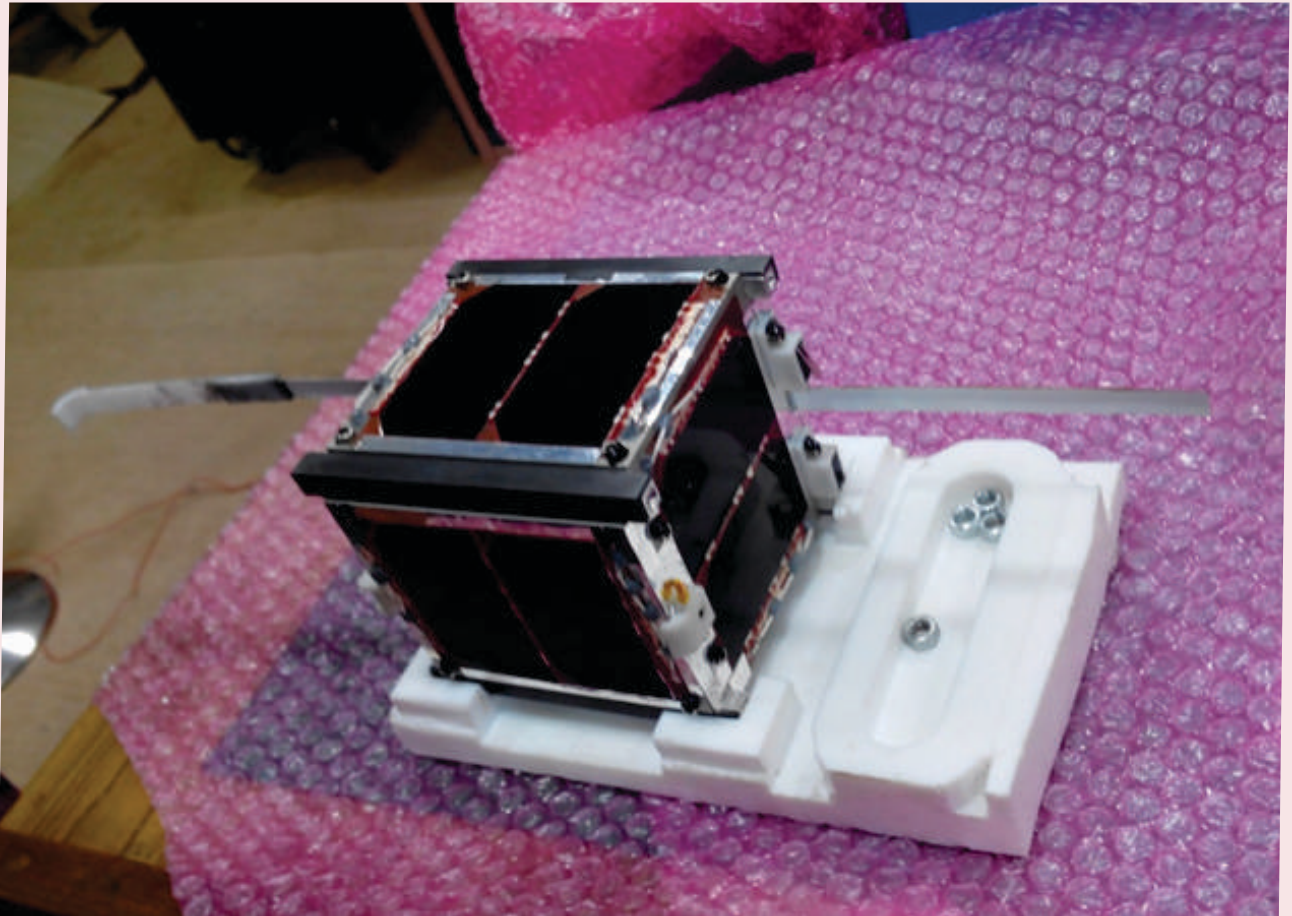


Image of Swayam Satellite designed by Students

The satellite has been handed over to ISRO and is scheduled to have a mission life of at least six months after the launch. Tie up of the college students with ISRO for the launch of satellite designed by them definitely a great

encouragement to the students for their creativity. Definitely this will have positive impact which will lead to the indigenous technological transformation in India.



Dr. Navin N Bappalige  
Associate Professor,  
Physics Department

## ನಾನೊಂದು ಕನಸು ಕಂಡೆ

ಮೊನ್ನೆ ಜಯಂತಿಯಿರುಳು  
ಮತ್ತೆ ಗಾಂಧಿ ಬಂದ!

ನಾವೆಲ್ಲ ಒಂದು ಎಂದ!  
ರಕ್ತದ ಸಾಕ್ಷಿಯೆದುರು ಬೇರೇನು ಬೇಕು ಎಂದ?  
ಹುಟ್ಟಿನ ಮೂಲದಲ್ಲಿ ಜಾತಿಯಲ್ಲಿ? ಕುಲವೆಲ್ಲಿ?  
ಗಂಡು ಮತ್ತು ಹೆಣ್ಣು ಅಷ್ಟೆ, ಮತ್ತೇನು ಸಿಗದಲ್ಲಿ!

ತಲೆಮಾರುಗಳ ಹಿಂದೆ,  
ಶಂತನು ಶರೀಫನಾದ, ಜಬ್ಬರ್ ಜನಾರ್ದನನಾದ  
ಮತ್ತೊಬ್ಬ ಜಾತಿ ಬಿಟ್ಟು, ಅನಂತದಡೆಗೆ ಮುಖವಿಟ್ಟ!  
ಮತ್ತೆ ಸ್ವಾತಂತ್ರ್ಯದ ಹೊತ್ತು  
ಅದಲು ಬದಲಾದದ್ದು, ಸತ್ಯತೆ!  
ಬಿಡಿಸಿ ಬಿಡಿಸಿ ವಿವರಿಸಿದ;  
ಹೊರಬನ್ನಿ ಅಂಧಕನಾಗದಿರಿ  
ಮೂಲಕ್ಕಿಲ್ಲ ತಲ, ಕಟ್ಟಬೇಡಿ ಗಾಳಿ-ಗೋಪುರ!  
-ಎಂದ, ಮತ್ತೆ ಬಂದ ಗಾಂಧಿ!

ಬಿಡುವುದೇ ಕಠಿಣವಾದರೆ,  
ಇದ್ದು ಬಿಡಿ ಸುಮ್ಮನೆ,  
ನಿಮ್ಮ ಜಾತಿಯ ಒಳಗೆ.  
ದಾಟದಿರಲಿ ಅದು, ಅಂತರಂಗದ ಹೊಸಿಲು!  
ಕೊನೆಯಾಗಲಿ, ನಮ್ಮ ಓದಿಗೇ  
ರಕ್ತಮೆತ್ತಿದ ಇತಿಹಾಸ;  
ಉಳಿದುಬಿಡಲಿ ಅಹಿಂಸೆ,  
ಶೋಭಿಸಲಿ ವೈವಿಧ್ಯತೆ  
ರೂಢಿಯಾಗಲಿ ಸುಸಂಸ್ಕೃತಿ  
-ಎಂದ, ಮತ್ತೆ ಬಂದ ಗಾಂಧಿ!

ನಾನೊಂದು ಕನಸು ಕಂಡೆ  
ಮೊನ್ನೆ ಜಯಂತಿಯಿರುಳು  
ಮತ್ತೆ ಗಾಂಧಿ ಬಂದ!  
ನಾವೆಲ್ಲ ಒಂದು ಎಂದ!



ಅಕ್ಷಯ ಶೆಟ್ಟಿ  
ಸಹ ಪ್ರಾಧ್ಯಾಪಕರು  
ಕನ್ನಡ ವಿಭಾಗ





## Behavioral Addiction ... A Major Issue Less Spoken About

### Introduction

When we talk about addiction, what comes to our mind are the conventional addictions of alcohol and drugs. For many people the concept of addiction involves taking drugs. Therefore it is perhaps unsurprising that most official definitions concentrate on drug ingestion. Despite such definitions, there is now a growing movement which views a number of behaviours as potentially addictive, including many behaviors which do not involve the ingestion of a drug. We now have behaviors that can be so addictive that it come hampers the functioning of self.

Traditionally, the term addiction has been used to describe dependence on substances, such as alcohol and other drugs. More recently, addiction has been applied to a range of behaviors. Addiction is a state which causes dependence and tolerance towards a particular substance or behavior .it is not limited to

biochemical substances such as cocaine, alcohol, inhalants, or nicotine. It is increasingly possible for people to experience so-called behavioral addictions. Activities such as gambling, eating, pornography viewing, and playing video games are particularly conducive to addiction because they provide the opportunity for immediate reward. The fast feedback that occurs in a gambling setting can quickly turn a pastime into a compulsive pursuit of reward, where one can't voluntarily disengage from the activity and harmful consequences occur-from losing large amounts of money to disruption of relationships. Similarly, the frequent cell phone texting that many young people do; in which they send and receive hundreds of messages a day, contain the conditions for addiction.

## Common Characteristics of Addictive Behaviors

Behavioral addictions are patterns of behavior, which follow a cycle similar to that of substance dependence.

**There are many common characteristics among the various addictive behaviors:**

1. The person becomes obsessed (constantly thinks of) the object, activity, or substance.
2. They will seek it out, or engage in the behavior even though it is causing harm (physical problems, poor work or study performance, problems with friends, family, fellow workers).
3. The person will compulsively engage in the activity, that is, do the activity over and over even if he/she does not want to and find it difficult to stop.
4. Upon stopping of the activity, withdrawal symptoms often occur. These can include irritability, craving, restlessness or depression.
5. The person does not appear to have control as to when, how long, or how much he or she will continue the behavior (loss of control). (They drink 6 beers when they only wanted one, buy 8 pairs of shoes when they only needed a belt, ate the whole box of cookies, etc).
6. He/she often denies problems resulting from his/her engagement in the behavior, even though others can see the negative effects.
7. Person hides the behavior after family or close friends have mentioned their concern. (Hides food under beds doesn't show spouse credit card bills, etc).
8. Many individuals with addictive behaviors report a blackout for the time they were engaging in the behavior (don't remember how much or what they bought, how much the lost gambling, how many miles they ran on a sore foot, what they did at the party when drinking)
9. Depression is common in individuals with addictive behaviors.
10. Individuals with addictive behaviors often have low self esteem, feel anxious if they do not have control over their environment, and they usually come from psychologically or physically abusive families.

Negative consequences of the behavior may occur, but the individual persists with the behavior in spite of this.

## Types of Behavioral Addictions

A behavioral addiction can occur with several everyday activities. The compulsion is not limited to certain types of behaviors or people. However, there are some behavioral addictions that are more commonly seen than most.



## Love

Love addiction is often believed to focus on love and feelings of affection when it is rarely about love. It has more to do with the person's need to be in a relationship or to remain with another person no matter what the personal cost. He or she will often try to become what he or she believes is what the object of his or her affection wants. This means that he or she may tolerate negative behaviors from that person, such as abuse. Another form of love addiction includes those who can't let go of a relationship. This type of addiction can lead to obsession and stalking.

According to Peele and Brodsky, an individual can become obsessed with another person to the point that other areas of his/her life are neglected. The person focuses all of his/her attention and energy on the "love object," to the exclusion of friends, family, and other life commitments. Even when the person knows intellectually that the obsession is causing harm, even thinking about breaking up the relationship will bring on an anxiety attack. When the relationship is finally terminated, by either party, withdrawal symptoms of sleep and eating disorders, shaking, confusion, weeping, and feelings of failure, depression, and hopelessness occur.

There are two basic form of love addiction. In the first type, the relationship is often one sided, with the object of the person's love not even interested in, or aware of, the obsessed person's infatuation. The love is based upon imagination

and not upon a relationship. An example of this would be someone "madly in love with the guy with the dark hair who sits in the front row of English class," to whom the person "in love" rarely speaks. Individuals with one-sided addictions sometime have "attachment hunger," according to Halpern. They feel inner emptiness, incompleteness, insecurity, and anxiety if they do not have a relationship. Some of these individuals enjoy the "chase." However, if the loved one finally becomes interested in them, they quickly lose interest. This type of person is addicted to the challenge of making an unloving person love them. These individuals will often go from one relationship to another and often never find anyone who is "just right" for them.

Sometimes two people are addicted to each other. These individuals seldom interact with others and tend to be possessive of each other and jealous of their lover's interactions with other people. They are motivated by their own need for security and not by an appreciation of each other's personal qualities. Addicted lovers will see each other more and more in order to maintain a secure state, often completely rejecting other people. When they are apart, they "long" for each other. Neither feels that he or she is a whole person without the other. Even if their constant contact degenerates into conflict, fights, and problems, they feel that they cannot separate.



## Gambling



Gambling is a behavioral addiction that closely resembles drug addiction in signs and symptoms. Like a drug addict, a compulsive gambler lives from fix to fix, ignoring the consequences and placing all of his or her hopes on the next card or

the next championship playoff. The cravings that gambling addiction can cause are as intense as drug cravings.

The cause of compulsive gambling is not known. Most gamblers talk about the "thrill" or "high" they get while gambling, and it is speculated that, as in other addictive behaviors, perhaps beta-endorphins are produced in the brain, which causes the individual to repeat the behavior to obtain the pleasant feeling. It is interesting to note that during treatment, compulsive gamblers undergo withdrawal symptoms similar to symptoms of persons addicted to depressant drugs: headaches, abdominal pain, diarrhea, cold sweats, tremor, and nightmares.

## FOOD ADDICTION



Food is something that we all need to survive, and eating should be an enjoyable experience. A food addict is unable to control his or her eating during certain times and uses food as a way to deal with feelings of sadness, depression, or anxiety. Food can cause compulsive overeating and bingeing that may govern and individuals' life in the

same manner that drug addiction can. Researchers have found that dopamine deficiency in the brain can contribute to the desire or compulsion to eat in order to activate the production of dopamine.

## Sex and Pornography

Sex and pornography addictions are behavioral addictions that have limited research to explain how they develop and why. Sex and pornography addicts often display the same behaviors found in other addictions, such as obsessively thinking about sex, feeling powerless to stop the craving or compulsion for sex or porn, and altering their lives to accommodate their addiction. A pornography addiction differs from sex addiction only in one way, i.e., pornography isolates the user and prevents him or her from pursuing a meaningful real-world relationship with another

adult.

Having an addiction to sex has nothing to do with the sex drive (or lack thereof). While it's normal to have a healthy interest in sexual activity, a person with an addiction to sex is likely engaging in risky sexual behavior to feel their compulsion. They may be visiting prostitutes, having affairs, picking up strangers to have sex with, exposing themselves or looking in windows to satisfy their urges. . Sex addiction can result in increased risk-taking as well as emotional and physical problems.

## Work



Society implies that the a person who spends much time at the office or studying, if it brings more money, job promotion, or better grades, is "being productive." In fact, many individuals who have spent most of their time working have made extremely positive contributions to society and have often changed history because of their dedication.

On the other hand, if the "work" becomes an obsession to the extent that family, friends, other interests, or hobbies become unimportant and ignored, the person is then thought to be a workaholic or work addict. Complete devotion to

work, to the exclusion of close relationships, often leads to family problems and divorce. It can lead to loneliness in old age, when the person realizes that all of his or her accomplishments really "do not mean much, were not rewarded properly, and who will care anyway a 100 years from now what I did or did not do."

Workaholics who become "absent parents" can cause psychological problems in their children. For example, if a father promises his child that they will go to the basketball game on Saturday and, when that day arrives, tells the child that he will not be able to take the child because of a business emergency, the child may lose faith in the father, especially if the behavior occurs frequently.

The work addict often has low self esteem, feels inadequate, has a compulsion to set goals and meet them, and feels anxious and distraught when he or she is not "doing something." Workaholics find it difficult to relax and just "do nothing." When "relaxing" they often feel guilty because they are not being productive and will spend their free time becoming more and more anxious because they are doing nothing until they are back at work again.

## Video Game Addiction



Video games have become more and more popular over the past few decades. Gaming systems now appeal not only to children or teenagers but also to many adults and, in some cases, can become so addictive that people allow their friendships and familial relationships to suffer as they become immersed in the world of

the video game. Video game addiction treatment is necessary when playing games is no longer a fun way to spend your free time and becomes more important than work, school and friends. Research shows that video game addiction is most common in boys and men — and one study even found that as many as 1 in 10 video players between the ages of 8 and 18 are "out-of-control gamers" (and games like Ever Quest and World of Warcraft begin to feel more like reality than fantasy).

A video game addict plays video games to the extent that this activity intrudes on his or her life. The most addictive video games are the ones where players assume the identity of a character in the game and are able to interact with other players.



For some people, compulsive shopping is an all-too-real problem. They use this activity as a way to deal with emotional and other problems in their lives. This excessive shopping may lead to financial problems, as well as relationship issues with the compulsive shopper's spouse or partner. There is limited research available on behavioral addictions like shopping, but it is clear that the compulsive need to engage in this behavior can

have negative, life-altering effects. Studies show that compulsive shopping affects more women than men, and that it can result in big problems, both financially and personally. Shopping can cause highs and crashes similar to those a drug addict experiences. It also results in mental health issues such as depression, guilt, anxiety and fatigue.



## Internet Surfing



The Internet can be a wonderful resource. We can look for information, read news and blogs, and interact virtually with people from all over the world. We can do our banking and shop online as well. Strange as it may sound, even surfing the Internet can become addictive to people who have a hard time relating to people in a real world setting. Being online all the time can make people feel less inhibited and more assertive but too much time surfing online in sites like, Facebook, Twitter, Whatsapp can lead to

problems in their own relationships as well as exacerbating difficulties connecting with and relating to people directly.

Psychologist Kimberly Young, director of the Center for Online Addiction, has addressed Internet addiction as one of the most common type of addictions. Young has likened excessive Internet use to pathological gambling. Texting or similar repetitive behaviors may also be considered as behavioral addictions.

## Exercise



Extreme commitment to athletics, like extreme commitment to work, has had a time-honored place in our society. But that extreme commitment has been shown in some cases to be self destructive and harmful to the individual.

According to Yates et al., anorexia and compulsive marathon running are now seen as having similar etiologies. These authors imply that runners, like anorexics, tend to be introverted, compliant, self effacing, unable to express anger, and have low self esteem. They commit themselves to extreme exercise in order to establish identity. Like anorexics, compulsive runners tend to be high achievers from affluent families. The obsession with the activity usually begins at a time of heightened stress. The elevated mood change or "high" experienced by long distance runners is thought to serve as a reinforce for the behavior. They may become addicted to this "high" in order to feel worthwhile.

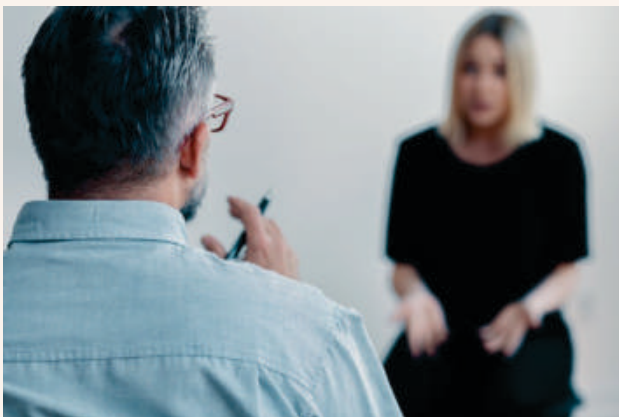
## Risk-Taking



People who love taking risks and engaging in extreme sports or recreation activities are sometimes called Adrenaline Junkies. While these pursuits can be simply part of an active lifestyle, some people become addiction to that adrenaline rush and begin to chase after it just as a drug user chases after a chemical high. This kind of addiction can be dangerous in that it can

lead to poor decision making and a disregard for personal safety. Thrill seekers share many of the same symptoms as drug addicts; they get a rush from skydiving or rock climbing, but after a while, they seek out even more dangerous adventures to feel that same level of excitement. And studies show that these “thrills” release the same flood of brain chemicals released by addictive drugs.

## What Causes Behavioral Addiction ?



Behavioral addictions often have the same

symptoms as drug addiction and alcoholism. This is because certain behaviors can alter a person's mood or emotional state by creating a euphoric feeling. This euphoria is the result of serotonin or adrenalin released in the brain when a person engages in an addictive activity. The brain then tries to recreate this high feeling despite any negative consequences related to it. Behavioral disorder treatments focus on the resulting need to repeatedly have the experience and the compulsion that accompanies it.

# Treatment for Behavioral Health Problems



Behavioral addiction treatment and rehabilitation presents a challenge in many cases because unlike drugs or alcohol, sometimes abstaining or detoxing from the addictive behavior is impossible. For example, a person who is addicted to overeating cannot cut food out of his or her life. For this reason, some types of behavioral addiction treatment programs focus primarily on rehabilitation and recovery rather than detoxification or abstinence.

"...these treatment programs focus on helping the patient to develop healthier ways of dealing with life and the pressures that accompany it."

Behavioral addiction treatment programs address the psychological issues faced by the patient. A behavioral addiction rehabilitation program that is carried out in an inpatient rehab facility is often highly effective in treating the addiction. Typically these treatment programs focus on helping the patient to develop healthier ways of dealing with life and the pressures that accompany it.

Outpatient behavioral addiction treatment is also available from both public and privately funded facilities. This treatment typically involves visiting a treatment facility or medical professional daily at first and then scaling back these visits to weekly or monthly as the patient progresses through his or her recovery program.

Whether one chooses to receive behavioral addiction treatment from an inpatient or outpatient facility, it is vital that the program addresses the patterns of behavior and the emotional issues surrounding your addiction. In most behavioral addiction treatment facilities, more than one form of counseling is often recommended.

- One-on-One Counseling
- Behavioral and Cognitive-Behavioral Therapy
- Family Therapy
- Group Therapy



# Finally....

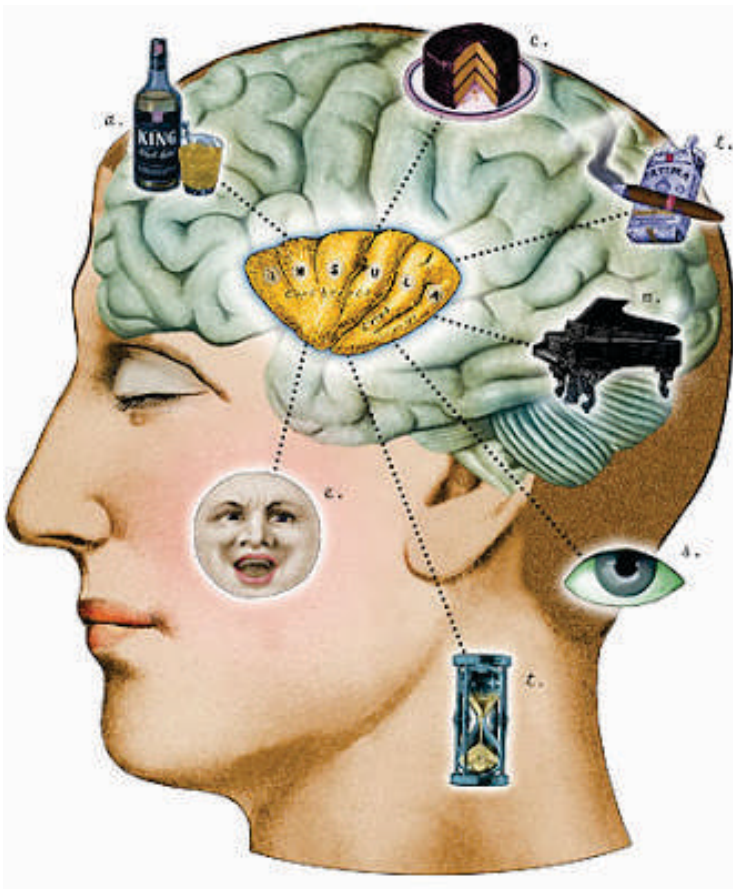
Behavioral addictions are patterns of behavior, which follow a cycle similar to that of substance dependence. This begins with the individual experiencing pleasure in association with a behavior and seeking that behavior out, initially

daily life. When the person is addicted, they experience urges or cravings to engage in the behavior, which intensify until the person carries out the behavior again, usually feeling relief and elation.

These addictions are real, in that they follow the same pattern as substance-based addictions and they result in problems in many areas of the individual's life. They have similar effects on relationships, which are often neglected in favor of the addictive behavior, undermining trust and putting pressure on partners and other family members to cover up and make up for difficulties arising from the addiction. There is increasing evidence that addiction to these behaviors involves similar brain mechanisms to substance-based addictions, although more research is needed to confirm and clarify how this happens.

Fortunately for those who are suffering from behavioral addictions, treatments that have been developed to treat substance dependencies have been successfully used to treat behavioral addictions. Addiction professionals are developing competencies to treat a range of addictions, and clinics exist that

specialize in treating behavioral addictions.  
“Never deny that you have a problem because accepting that you have a problem is the first step to recovery.”



as a way of enhancing their experience of life. and later, as a way of coping with stress. The process of seeking out and engaging in the behavior becomes more frequent and ritualized, until it becomes a significant part of the person's



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Ankith S. Kumar  
Student Counselor

# ನಂದನವನ

ಮೇಲೆ ತೋರಣ,  
ಮನೆಯ ಹೊಸ್ತಿಲಲ್ಲ ಪುಟ್ಟಿಯ ನಾಲ್ಕು ಕಾಲುಗಳು

ಅಮ್ಮನ ಮಮತೆಯ ಕೂಗು,  
ಅಪ್ಪನ ಬಿರುಸಿನ ವಾತ್ಸಲ್ಯ,  
ತಮ್ಮ ಚೇಷ್ಟೆ, ಬೇಕೆ ಬೇರೆನು ಬಯಕೆ

ತಮ್ಮನ ಸೈಕಲ್ ಚಕ್ರ ತಿರುಗುವುದು  
ಕಂಡರೆ ಪುಟ್ಟಿಗೆ ಎಲ್ಲಿಲ್ಲದ ಖುಷಿ

ಆಟದಲಿ ಪಾಠವ ಮರೆತೆ,  
ಮಾತಿನಲಿ ಊಟದ ಕೊರತೆ,  
ಸೇಹಿತನ ರೂಪದಿ ತಮ್ಮನ ಪಡೆದೆ

ಮನೆಯೊಳಗೆ ಅಪ್ಪ ಪೂಜೆಗೆ ಕುಳಿತನು  
ಅಮ್ಮ ಅಡುಗೆಮನೆಯಲ್ಲಿದ್ದಳು

ಸೂಯ್ಯನೆ ತಂಗಾಳಿಯಲಿ ಬಂತು,  
ರಸದೌತಣ ಸಿಹಿಯಾದ ಘಮಲು,  
ಮಂತ್ರ ಘೋಷಗಳು ಜೋರಾಗಿಸಿದವು,  
ಅಪ್ಪನ ಹೊಟ್ಟೆಯಲಿ ಹಸಿದ ಇಲಿಗಳು

ಸೆರಗಿಗೆ ಕೈಯೊರೆಸಿ ಎಲೆಯಿಟ್ಟಳು ಅಮ್ಮ  
ರುಚಿಯಾದ ಅಡುಗೆ ನೋಡಿ ಬಾಯಲ್ಲಿ ನೀರು

ಹಬ್ಬದ ಸವಿ ಸವಿಯಲು ಸಿದ್ಧ,  
ಮನದ ಕವಿ ಬರೆಯಲು ಎದ್ದ,  
ಮೂಡಿದೆ ಭಾವ ಒಂದು ಅಪೂರ್ವ,  
ಬಯಸೆ ಮನ ಕಾಲಕೆಳೆಯದಿರಲಿ ಸಂಪೂರ್ಣ.

ಪತಿಗೆ ಪುತ್ರನಿಗೆ ಉಣಬಡಿಸಿದಳು  
ಮಗಳಿಗೆ ಕೈತುತ್ತ ತಿನಿಸತೊಡಗಿದಳು

ಬಾಗಿಲಲ್ಲೇ ನಿಂತ ಪುಟ್ಟಿ,  
ಊಟದ ಪರಿಮಳವ ಸವಿದು,  
ಬಾಲವಾಡಿಸುತ ಕೂಗಿತು,  
ಅವಳ ಇರುವಿಕೆ ಅರಿವು ಮೂಡಿಸುತ.

ಅಪ್ಪನು ಊಟ ಮುಗಿಸಿ  
ಬಾಲದ ಪ್ರಾಣಿಗೆ ಊಟವಿತ್ತನು

ಕೈತೊಳೆದು ಬಂದ ಮಕ್ಕಳು,  
ಅಪ್ಪನ ಜೊತೆ ಅಂಗಳಕ್ಕೆ ಬಂದರು,  
ತಾಯಿ ಸಂತಸದಿ ಊಟವ ಮಾಡಿದಳು,  
ತಾಂಬೂಲವ ಕೈಯಲಿಟ್ಟು ಅಲ್ಲಿಗೆ ಬಂದಳು.

ಅಂಗಳದಲಿ ಬಾವಿ ಕಂಗೊಳಿಸುತ್ತಿರುವುದು,  
ಮನದಂಗಳಕ್ಕೆ ಭಾವ ಧುಮುಕುತ್ತಿರುವುದು,

ಶೈತ್ಯ ಹಂಸವೊಂದು ನೀರ ಮೇಲೆ ನಡೆಯಲು,  
ಮನದ ಕುದುರೆ ದೂರದ ಬೆಟ್ಟದಡೆಗೆ ಓಡಲು,

ನಮ್ಮ ಮನೆಯಿದು ಇಳೆಯ ಮೇಲಿನ ನಂದನವನ,  
ಹಬ್ಬದ ಸಮಯವಿದು ಸಗ್ಗದ ಆನಂದದಬನ.



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## FEEDING GOOD HABITS

An old tale tells of a grandfather who was narrating a story to his grand children. He said there are two wolves inside of you. One is good and other is evil. The boy asked which one will win. Grandpa replied whichever you feed. It is a fact my dear beloved. Feeding on negative feelings like unforgiveness, low self esteem, and impatience will only make them grow stronger. May be you grumble against your teacher in the college. Complaining might give you a sense of relief. But we tend to feed more on these negative thoughts which will lead to feeding the wolf more.

The next time you are tempted to complain ask yourself, "Do I really want to keep feeding this negative habit?" "Do I really want to where I am?" Or, "Do I want to starve this negative habit and step up higher?"

If you will start feeding peace, patience, kindness, gentleness, humility and self control, you will see those character traits developing in your life. Make the better choice and instead of complaining about going to work, learn to say, "Father, I thank you that at least I have a job. And though my teacher doesn't teach well I am here to shine for you." When you do this you are feeding on the right thing and the new habit develops.

You may say , " have this bad

habit from many days or years how is it possible". My friend where there is a will there is away. I know in your strength it is difficult but you can do it when you have a strong determination You need not be stuck with that habit. You can change my friend. You can develop better habits. Most studies on habitual behavior indicate that a habit can be broken in six weeks, some studies say it can broken in as



little as 21 days. Think about it. If you will discipline yourself for a month and willing to go through that the pain of change you can rid yourself of a negative behavior, form a new healthy habit and rise to a new level of personal freedom.

There is a saying which says "Everything is permissible for me"-but not everything is beneficial. "Everything is permissible for me"-but I will not be mastered by anything. This

just means I am going to rid myself of anything that is not profitable or productive in my life. So we should be saying "I am not going to stay under the control of any bad habits." It's a fact: Successful people develop better habits. Take it out from your mind and heart that developing a good habit is difficult .All things are possible to those who believe. Surely you can whatever habits you want to break you can overcome. As you wake up everyday just say I can and I will break this bad habit. May be it is cleaning your room, addicted to social media, playing games , not completing assignments on time. You need to feed on the positive thoughts and make things possible. As a man thinks in his heart so is he. So my dear friends just press on and never give up. You will surely break free out of every bad habits and be a person of excellence. Always remember you are a Champion.



Ms. Calida Royce D'Souza

ಓ ನನ್ನ ನಲ್ಮೆಯ ಪತಿ  
ನಿನ್ನ ಮೇಲಿರುವ ಪ್ರೀತಿ  
ಇಮ್ಮಡಿಯಾಗುತ್ತಿದೆ ಪ್ರತಿ ಸರ್ತಿ

ಮೊನ್ನೆಯ ದಿನದ ನಿಮ್ಮ ಕೈಚಳಕ  
ನನ್ನೆದೆಯಲ್ಲಿ ಹುಟ್ಟಿದ ಹೊಸ ಪುಳಕ  
ನೀನೆ ನನ್ನ ಜೀವನದ ಅಮೂಲ್ಯ ಕನಕ

ಜೀವನವಿಡೀ ಆಗಿರುವ ನಿನ್ನ ಪ್ರೀತಿಯ ದಾಸಿ  
ನಿನ್ನ ನಗುವಿಂದ ನನ್ನ ನೋವು ದಣೆವು  
ಆಗುವುದು ವಾಸಿ  
ನಿನಗಾಗಿಯೇ ಹುಟ್ಟಿರುವುದು ಈ ಪ್ರೇಯಸಿ

ನಿನ್ನ ಜೊತೆಗಿನ ಪ್ರತಿ ಕ್ಷಣ ನನ್ನ ಹುರುಪಿಗೆ ಪ್ರೇರಣೆ  
ನಿನ್ನ ಆಗಮನದಿಂದ ನನ್ನ ಜನ್ಮ ಪಾವನ  
ಪರಿಣಾಮ ಹುಟ್ಟಿರುವುದು ಎದೆಯೊಳದಲ್ಲಿ ಈ  
ಕವನ.

ಮನುಷ್ಯನಿಗೆ ಜೀವಿಸಲು ಬೇಕು ಶುದ್ಧ ಗಾಳಿ,  
ಆದರೆ ಅವನು ಬಿಡಲ್ಲ ತನ್ನ ಚಾಳಿ,  
ಹೊಲವ ಮೇಯುತ್ತಿದೆ ಅದರ ರಕ್ಷಿಸೋ ಬೆಲಿ,  
ಇದ್ದಲ್ಲೆಲ್ಲಾ ಪಸರಿಸುತ್ತಾನೆ ವಿಷದ ಗಾಳಿ,  
ಹೆಚ್ಚಾಗುತ್ತಿದೆ ವಾತವರಣದಲ್ಲಿ ಬಿಸಿ ಗಾಳಿ,  
ಬಾನಿನ ಬಣ್ಣವಾಗಿತ್ತು ಸುಂದರ ನೀಲಿ,  
ಅದನ್ನು ಮಾಯವಾಗಿಸಿದೆ ಹೆಪ್ಪುಗಟ್ಟಿದ ಕಪ್ಪು ಗಾಳಿ,  
ಹೀಗೆ ಮುಂದುವರಿದರೆ ಮುಂದೆ ಖಾಲಿ ಖಾಲಿ,  
ಇನ್ನಾದರೂ ಇದನ್ನು ಅರಿತು ಬೇಗನೆ ಎದ್ದೇಳಿ,  
ಒಟ್ಟಾಗುವ ಒಂದಾಗುವ ಈ ಭುವಿಯಲಿ,  
ಮುಂದಿನ ಮರಿ ಮೊಮ್ಮಕ್ಕಳು ಸುಖವಾಗಿ ಜೀವಿಸಲಿ.

ಇಂದು ನಿಮಗೆಲ್ಲರಿಗೂ

ಕಾಲೇಜಿಂದ ಬೀಳ್ಕೊಡುಗೆ,

ಆದರೆ ನಮ್ಮ ಕಾಲೇಜಿಗೆ ಬೇಕು

ನಿಮ್ಮಿಂದ ಇನ್ನಷ್ಟು ಕೊಡುಗೆ.

ಹೋಗುವಿರಿ ನೀವು ಬದುಕು

ರೂಪಿಸಲು ಬೇರೆ ಬೇರೆ ಕಡೆಗೆ

ಮರೆಯಬೇಡಿ ಎಂದೂ

ನೀವು ನಡೆದು ಬಂದ ನಡಿಗೆ,

ಸಾಗಲಿ ನಿಮ್ಮ ಪಯಣ

ಯಾವತ್ತೂ ಜಯದ ಕಡೆಗೆ,

ಇದುವೆ ನನ್ನ ಸಂದೇಶ

ನನ್ನ ಪ್ರೀತಿಯ ವಿದ್ಯಾರ್ಥಿ ಪಡೆಗೆ.



Sunil Kumar Rai  
Asst. Professor  
Civil Engineering



## ಸೋಲು ಯಾರದು?

ನಿತ್ಯ ಪಯಣದ ಒಳಗೆ  
ಬದುಕು ಉಸಿರಾಡುತ್ತಿರಲು  
ತಿರುವೆನ್ನುವುದು ಸಹಜ  
ಅರಿತುಕೊಂಡಲ್ಲಿ, ಅರಿತವರು ಅರ್ಥೈಸಿದಲ್ಲಿ!

ಪಯಣದೊಡನೆ ಮೊದಲಾಗುವ ವಿಧಾರ್ಜನೆಯಲೂ  
ಎದುರಾಗುವುದು ಕೈ-ಕಂಬದ ಚಿತ್ರ  
ತಿರುವಿನ ಆಯ್ಕೆ, ಆಸಕ್ತಿಯೊಳಗೋ  
ಅಥವಾ ಹಿರಿಯರ ಒತ್ತಡದೊಳಗೋ  
ನಿರ್ಧರಿಸಬೇಕು ದ್ವಂದ್ವದೊಳಗೆ.

ಹುಟ್ಟಿನೊಡಗೂಡುವ ಈ ಪಯಣ  
ಹಲ ತಿರುವುಗಳ ಆಣರ  
ಆಯ್ಕೆಯ ಮೇಲೆ ಭವಿಷ್ಯ ಸ್ಫುಟಗೊಳ್ಳುವುದು.  
ಉನ್ನತಿ, ಅವನತಿಗಳೆಂಬ ಫಲಿತಾಂಶ  
ಇದು, ಆಧುನಿಕ ಕೊಡಮಾಡಿದ ನ್ಯಾಯ.

ತಿರುವು ಫಲಿತಾಂಶ, ಉನ್ನತಿ ಅವನತಿ  
ಸೋಲು ಗೆಲುವುಗಳ ಹೂರಣ  
ತುಂಬಿರುವ ಎಳೆ ಹೃದಯಗಳಿ  
‘ಬದುಕು’ ಅರ್ಥ ಕಳೆದುಕೊಂಡಿದೆ. . .

ಸೋಲು ಅನುಭವದ ಬದಲು ಅವಮಾನವಾದಾಗ  
ಯತ್ನಿಸುವ ಗೊಡವೆ ಬಿಟ್ಟು  
ಪಯಣ ನಿಲ್ಲಿಸಿ ಬಿಡುವತ್ತ ಚಿತ್ತವನಿಟ್ಟು  
ಆತ್ಮಹತ್ಯೆಯ ನೆಲೆ ಸೇರುವವು  
....ಎಳೆಯ ಚಿಗುರುಗಳು!

ನಿತ್ಯ ಪಯಣದ ಒಳಗೆ  
ಬದುಕು ಉಸಿರಾಡುತ್ತಿರಲು  
ತಿರುವೆನ್ನುವುದು ಸಹಜ  
ಅರಿತುಕೊಂಡಲ್ಲಿ, ಅರಿತವರು ಅರ್ಥೈಸಿದಲ್ಲಿ!



ಅಕ್ಷಯ ಶೆಟ್ಟಿ  
ಸಹ ಪ್ರಾಧ್ಯಾಪಕರು  
ಕನ್ನಡ ವಿಭಾಗ



## ZERO



A full grasp of zero's importance had not arrived till the seventh century. As in India Brahmagupta and others used small dots under number to show a zero place holder but at the same time they also viewed zero as having a null value called 'Sunya'.

As inscription on a temple wall in Gwalior dated back to the ninth century has been considered the oldest recorded example of zero according to the university of Oxford.

It took two millenniums for zero with all its mathematical brilliance to be accepted as a proper number.

Imagine what if zero didn't exist. We would never have been in the era of technology. Without zero we would never had algebra, arithmetic, accounts, physical quantity for measurement

even boundaries between negative and positive number and of course integration and differentiation.

We cannot imagine computer without zero. No social media connect such as Facebook, Instagram, Whatsapp. Everything around the technological advancement would be nil.

Though zero is nil or nothing, it holds everything. All because of zero new inventions have been going on. Power of zero shall surely continue for millions of years.



Swathi Acharya  
IV Sem  
Computer Science & Engineering

## Happiness

Happiness is found in quiet ways,  
In sharing common attributes with kin and friends  
In little gifts of smiles throughout our days  
A note or letter that a dear one sends.  
Happiness is found in nature's store  
Beauties that surround the country's side.  
The peaceful sky, bright mountains, oceans  
vibrating joy.  
Happiness is found in little things.  
A mother's kiss, claps from a loved one's hands.  
In children's laughter and the birds that sing.  
In green trees with their majestic stand.  
As dawn brings forth glory of the day.  
Blessed is the heart that knows the happy way.



Meghana Sadananda Naik  
IV Sem,  
Electronics & Communication Engineering

## ಸೃಷ್ಟಿ

ಹೂವು ಅರಳಿದರೆ ಚೆಂದ  
ಅಲೆಗಳು ಅಬ್ಬರಿಸಿದರೆ ಚೆಂದ  
ಬೀಜಗಳು ಮೊಳಕೆಯೊಡೆದರೆ ಚೆಂದ  
ಮಕ್ಕಳು ನಕ್ಕರೆ ಚೆಂದ.

ಹೂವು ಗಿಡದಲ್ಲಿ ಅರಳಿದರೂ  
ಮೋಡ ಆಕಾಶದಲ್ಲಿ ಮುಸುಕಿದರೂ  
ಗಿಡ ಮರಗಳು ನೆಲದಲ್ಲಿ ಬೆಳೆದರೂ  
ಸೃಷ್ಟಿ ದೇವರದೆ!

## ಸಾಧನೆಯ ದಾರಿ

ಸಾಧನೆಯ ಬಾಗಿಲು ತಟ್ಟಿದಾಗ  
ಮನಸ್ಸು ಬಾಗಿಲ ತೆರೆದು ಕೇಳಿತು  
ನಿನ್ನಿಂದ ಆಗುತ್ತದೆಯೇ?

ಅದನ್ನು ಸರಿಸಿ ಮುಂದೆ ಹೋದರೆ  
'ಕಷ್ಟ' - ನೀನು ನನ್ನನು ಎದುರಿಸುವೆಯಾ ಎನ್ನಲು  
ಗರ್ವದಿಂದ ತಲೆ ಎತ್ತಿ ಮುನ್ನಡೆದ;  
ಸಾಧನೆಯ ಬಾಗಿಲಿಗೆ!

ಕಷ್ಟವೆಂದು ಹಿಂದಡಿಯಿಡದೆ, ಮುನ್ನುಗ್ಗಲು  
ಗುರಿಯತ್ತ ಚಿತ್ತವನ್ನಿಟ್ಟು ಮುನ್ನಡೆಯಲು  
ಯಶಸ್ಸು ನಮ್ಮ ಬೆನ್ನಿಡುವುದು,  
ಅಮೂಲ್ಯ ಜೀವನದ ಒಳಗೆ!

## ಅಕ್ಷರ ಮಾಲೆಯ ಅಮೃತ ವಾಕ್ಯ

- ಅ - ಅನುದಿನವೂ ದೇವರನ್ನು ಪ್ರಾರ್ಥಿಸು
- ಆ - ಆಲೋಚಿಸಿ ಕಾರ್ಯವನ್ನು ಮಾಡು
- ಇ - ಇಂದಿನ ಕೆಲಸ ನಾಳೆಗೆ ಇಡಬೇಡ
- ಈ - ಈಗ ಬಾ ನಾಳೆ ಬಾ ಎನ್ನಬೇಡ
- ಉ - ಉಪಕಾರ ಮಾಡು, ಉಪದ್ರವ ಕೈಬಿಡು
- ಊ - ಊಟ ಆಟವನ್ನು ಹಿತಮಿತವಾಗಿ ಸ್ವೀಕರಿಸು
- ಋ - ಋಣ ಮುಕ್ತನಾಗಲು ಸತತ ಪ್ರಯತ್ನಿಸು
- ಎ - ಎಲ್ಲೆ ಮೀರಿ ವರ್ತಿಸಬೇಡ
- ಏ - ಏನೇ ಬರಲಿ ಎಂದೂ ಒಗ್ಗಟ್ಟಿಗೆ ಬೆಲೆ ಕೊಡು
- ಐ - ಐಕ್ಯವಿದ್ದಲ್ಲಿ ಐಶ್ವರ್ಯವಿದೆ
- ಒ - ಒಚಿದೇ ಬಾರಿ ಯಾವುದಕ್ಕೂ ದುಡುಕದಿರು
- ಓ - ಓದುವುದರಿಂದ ಸರ್ವಗುಣ ಸಂಪನ್ನನಾಗಬಹುದು
- ಔ - ಔತಣಕ್ಕೆ ನೀನೆಂದೂ ಮರುಳಾಗಬೇಡ
- ಅಂ - ಅಂತಃಕಲಹದಲ್ಲಿ ಪಾಲ್ಗೊಳ್ಳಬೇಡ
- ಅಃ - ಅಃ ಎನ್ನುವ ನಗು ಜೀವನದಲ್ಲಿ ಸದಾ ಇರಲಿ



ಸುಚಿತ್ರಾ ಜಿ. ಎಸ್.  
ಪ್ರಥಮ ಎಂ.ಬಿ.ಎ. (ಹೆಚ್. ಆರ್.)



## SUCCESS V/S FAILURE

### **SUCCESS means**

- S- See your goal and set a purpose.
- U- Understand the problems and difficulties
- C- Clear your doubts and fears,
- C- Create a positive attitude and atmosphere.
- E- Embrace the challenge
- S- Stay on track and chase the goal.
- S- Show the world you can do it and a winner.



# Success

**SUCCESS NOR FAILURE  
IS NEVER THE END BUT IT IS  
THE COURAGE THAT COUNTS.**



- Meghana Sadananda Naik  
IV Sem, Electronics & Communication Engineering



# Failure

### **FAILURE**

- F- Fear and frustration.
- A- Aggressiveness
- I –Insecurity
- L- Loneliness
- U- Uncertainty
- R- Resentment and recklessness
- E- Emptiness and envy



Mr. Naveen Pilar  
HoD, Dept. Art & Culture



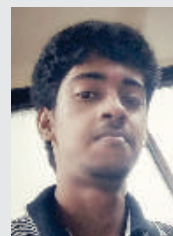






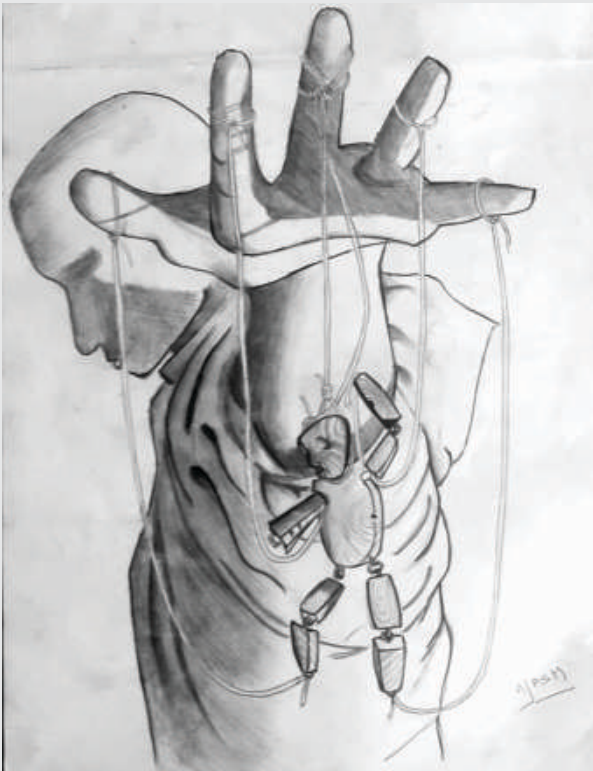
## Anudeep Artworks

VIII Sem, Mechanical Engineering



Shyam Kumar  
II Sem, K Section





Yashas S.  
IV Sem,  
Civil Engineering



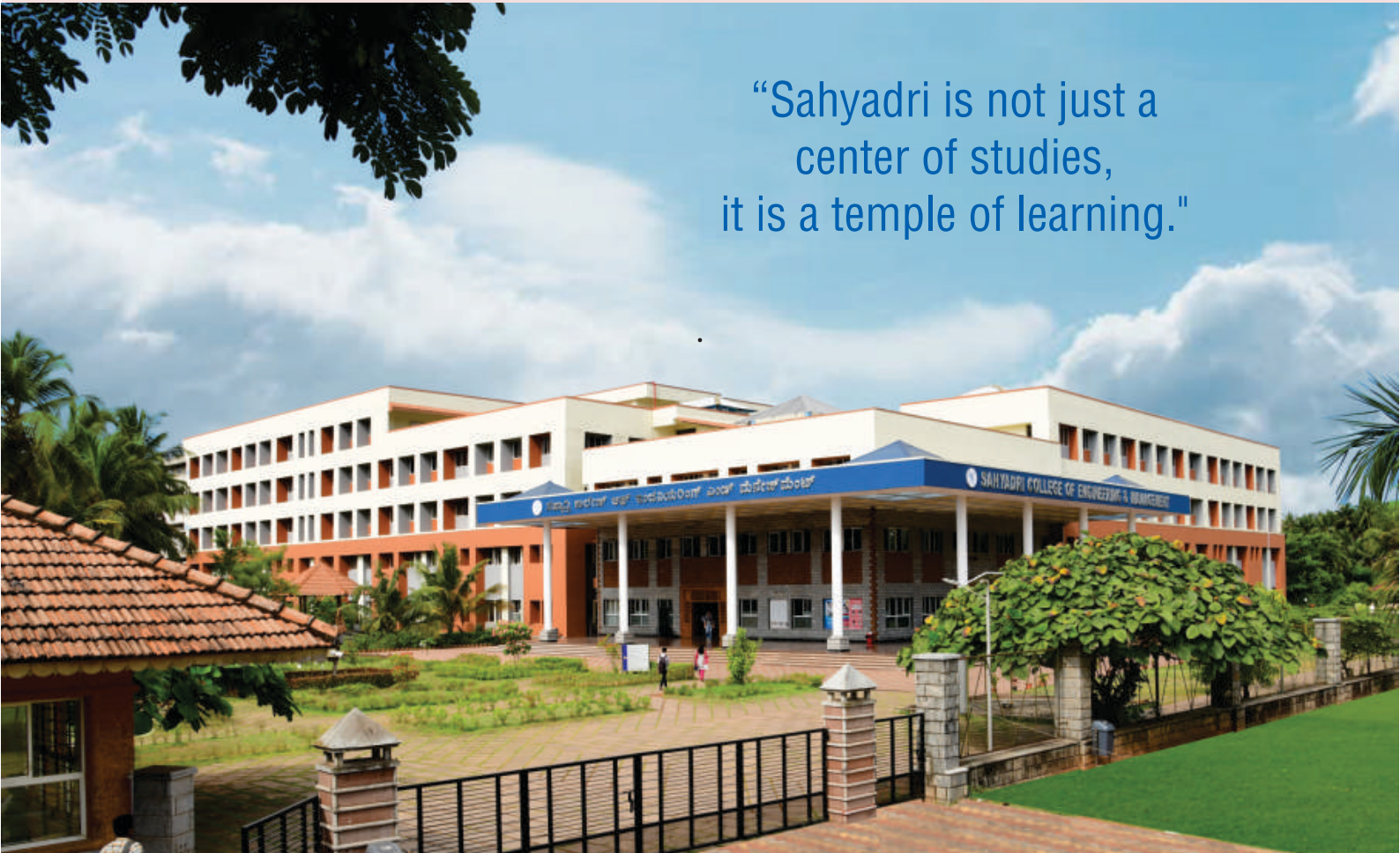
## INSTITUTE VISION

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- Creating an academic ambience to impart holistic education focusing on individual growth, integrity, ethical values and social responsibility.
- Develop skill based learning through industry-institution interaction to enhance competency and promote entrepreneurship.
- Fostering innovation and creativity through competitive environment with state-of-the-art infrastructure.

“Sahyadri is not just a  
center of studies,  
it is a temple of learning.”



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