

AVENTURE

VOLUME 12 / ISSUE 1 / JANUARY 2022

INSIDE CAMPUS

Mental Health Awareness

EXPRESSIONS

Minimalistic Approach to Art and Life

CONVERSATION

Dr. C N Ashwathnarayan, Hon'ble Minister, GoK

Tech & Sci

Nobel Laureates

CENTRE PIECE

MEDIA IN THE 21 CENTURY



75
Azadi Ka
Amrit Mahotsav



JGI **JAIN**
DEEMED-TO-BE UNIVERSITY

I was privy to a conversation between a couple of boys in their late teens about a friend who consumed 3X of the prescribed protein powder before workout at the gym and fell unconscious following profuse sweating and dizziness. This brought to mind the death of a very successful businessman following a bariatric surgery, not to mention the matinee idols who have lost their lives recently post such surgeries or after intense workouts. This was the context that found itself into the Health section of this issue. While the medical fraternity states categorically that genetic composition drives heart health, it becomes all the more necessary, for us as a society to review and build awareness regarding aggravating factors in order to mitigate drastic such as cardiac arrests. The young and old alike are resorting to quick fix solutions that modify their physicality as a means to address emotional insecurities. Not to mention lifestyle choices determined by society and the pressure thereof to achieve them. It would be more prudent for us to aspire for emotional wellbeing and change in perspectives.

Seasonal and locally available food has always been the mantra for good health. We feature the very versatile beans, hyacinth bean (pulse) and pigeon peas (gram), Karnataka's winter specialties, that add a unique flavour to a variety of dishes.

Another dimension of sustainability and health is the slow but discernible revolution in the residential construction industry with more people opting for eco-friendly homes in design and materials. Read the Community and Culture section to

get an idea of how you can build such a home that is also budget friendly.

Minister for Higher Education, IT, BT and S&T, GoK Dr. C N Ashwathnarayan in an interview addresses how HEIs must gear up to play the pivotal role of bridging the gap between human resource and industry requirements.

The Science and Technology section gives an overview of the recent winners of the Nobel Prize in science.

Do read the Rearview section for our take on how our need for public attention and validation is reaching abysmally low levels as we brazenly advertise our 'acts of kindness' all over social media platforms.

The lead story in this issue explores the role and impact of media in the 21 Century. We have compiled opinions and views of people from a cross-section of society, which seem to sum up the various dimensions of the prevalent personality of media. The message is clear: Media must cleanse to resurrect itself and remain true to the ideals of democracy, else it will, along other forces, contribute to the implosion of the already fragile democracy that is India.

May 2022 bring good health and peace!

Happy reading.

Editor

CHIEF PATRON

Dr. Chenraj Roychand,
Chancellor

PATRONS

Dr. N Sundararajan,
Pro-Chancellor
Dr. Raj Singh,
Vice Chancellor

EDITORIAL DIRECTOR

M S Santhosh

EDITOR

Shubha Srikanth

ASSOCIATE EDITOR

Shwetha H C

CONTRIBUTORS

Sydney Srinivas
Vijay Mrutyunjaya
Prasanna Harihar
Roopa Rajan
Aparna Shivapura
Neha Bhudgavi

PHOTOGRAPHS

Staff Photographers

DESIGN

Sham Sundar S E

PRINTED AND PUBLISHED BY : M S Parswanath

Printed at Jain University Press, Jain Global Campus, Jakkasandra Post, Kanakapura Taluk, Ramanagara District - 562 112. Published in the months of January, April, July and October.

All the materials, text and pictures in this magazine are for Informational purposes only and to the best of our knowledge is correct at the time of going to the press. By submitting any material for publication you automatically grant the Jain (Deemed-to-be University) and the Jain University Press a right to publish the submissions in part or in whole anywhere in the world and to edit the same as found suitable. The views and ideas presented in the articles herein are purely of the author and not of JAIN and Jain University Press nor their respective employees, agents or sub-contractors shall be liable in case of any inaccuracy, damage or loss arising out of any of the published materials in this magazine.

All rights reserved. Reproduction in any form, part or whole of article, story, essay, photo or any other matter from this magazine is prohibited without written permission from the Jain University Press.

© Jain University Press Ramanagara District- 562 112, Karnataka

Volume 12, Issue 01 For the month of January 2022
Total No. of Pages 72 including covers

connect@jupress.co.in



CONTENTS

10 Inside Campus

Statistical Analysis in Research

Kali-Nali Workshop

Meet the Author

Group Counselling Skills

Mental Health Awareness

Art of Meaningful Living

Bioinspire - 2021

Scholar in Campus

Sports Promoting 'Unity in Diversity'

Basavanna as a Social Reformer

Technology for Kannada Development

26 Centre Piece

Media in the 21 Century

32 Expressions

Minimalism in Art and Life

36 In Conversation

Higher Education: Liasing
Talent and Industry



40 Community & Culture

Eco-Friendly Homes

56 Leisure & Lifestyle

Book - We Are Satellites

Film - Short Films, No Shortfalls

Food - Avarekalu and Togrikalu – A Tale

46 Health & Fitness

The New 40s Syndrome

66 Sports

Short is the New Black!

52 Tech & Science

Movers and Shakers

70 Rearview

Intention Over Attention

Collective Responsibility and Wellbeing

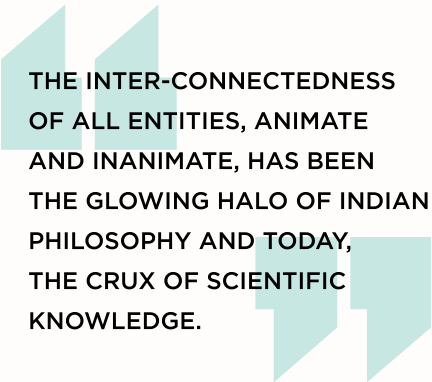


Humanity has triumphed in more ways than one despite the pandemic. We ushered the year that has passed, in the hope of a viable vaccine. We weren't disappointed. The massive vaccination drives the world over have borne results. The potency of the virus has dwindled even as our immunity has grown stronger.

This year, with lifestyle changes and caution, we can look forward to conquering the virus and undo the damage caused in the last two years. Our heart goes out to families that have lost dear ones and are now on the path of coming to terms with their loss and getting back to life, stronger in their loss.

We can find comfort only in the knowledge that we have learnt to value life a little more. Having come face to face with the transience of life and inevitability of death, perhaps we learn to hate less, be patient, forgive easily, find more opportunities for kindness and generosity in short, be more tolerant of others and empathetic to our own frailties. In the knowledge that the present moment is the only moment of certainty, perhaps we may step aside from the mechanised rat race in which we so willingly participated, to experience a moment's honesty about our realities and find peace thereof.

We have seen, how every human being is intertwined in deeds, good and bad. We have experienced first-hand, how collective



**THE INTER-CONNECTEDNESS
OF ALL ENTITIES, ANIMATE
AND INANIMATE, HAS BEEN
THE GLOWING HALO OF INDIAN
PHILOSOPHY AND TODAY,
THE CRUX OF SCIENTIFIC
KNOWLEDGE.**

responsibility has been the only redeeming force from the pandemic. The inter-connectedness of all entities, animate and inanimate, has been the glowing halo of Indian philosophy and today, the crux of scientific knowledge.

I pray on behalf of humanity, for in our collective wellbeing is the wellbeing of every individual.

Best wishes for the year 2022!

Let's usher the new year in the hope that academic institutions will be able to open their doors to students and teachers and can revert to interactions in the campus which can make learning whole once again.

DR. CHENRAJ ROYCHAND
CHANCELLOR

HEIs as Knowledge Factories



The Information Age that we are living in has transformed into a bane, burying us with a deluge of data that may not even be relevant and worse still debilitating to our sanity and wellness.

Knowledge is useful only when it is functional; only when it can be applied in a manner to enhance the quality of human

living without compromising environment and diversity. Educational institutions therefore are no longer only citadels of knowledge, but are also factories or workshops that equip students with the skill and power to translate knowledge into solutions that can address the problems in the world. It is this new configuration that Higher Education Institutions must aspire to achieve.

Attempts to bridge the gulf between theory and practice has been a focal point of institutions for over 3-4 decades now, and to take a leap from there to chart a new course, it is imminent that the HEI fraternity, inculcates in students a creative approach to apply the knowledge that is learnt from books. This transition can be spearheaded only by the teaching faculty members. Inspiration, passion and out of the box thinking can be ignited by teachers who are committed to a 'cause' greater than examinations, grades and ranks to find sustainable alternatives to the problems plaguing the world. This transition also requires wisdom and experience, which

KNOWLEDGE CAN BE PUT INTO BUILDING SOLUTIONS FOR HUMAN AND ENVIRONMENTAL BETTERMENT ONLY WHEN IT IS DRIVEN BY EMPATHY AND BUILT ON THE FOUNDATION OF ETHICS AND VALUES.

cannot be imparted by textbooks alone. No matter how smart or intelligent a machine is, human intervention is the key to spearhead this transition. Herein lies the immense role and value of teachers as mentors and guides, who impart the information in a text book, with the greatest value addition of experience and empathy.

Knowledge can be put into building solutions for human and environmental betterment only when it is driven by empathy and built on the foundation of ethics and values. In practicing the Sustainable Development Goals as envisioned by the United Nations, Higher Education Institutions and educators are a vital driving force.

DR. N SUNDARARAJAN
PRO-CHANCELLOR

Accelerating the Transition to Sustainability



A very Happy New Year! Starting a new calendar year seems like an ideal moment to talk about fresh beginnings. After a year of turbulence and strife, a year in which the whole universe was substantially affected by the COVID-19 epidemic, and the following year of hope in the form of vaccination we are looking

forward to the Year 2022 with a great deal of excitement and enthusiasm.

If there's one thing that the past couple of years has taught us, it's the value of unlearning and relearning. Having the ability to shift, adapt, expand out of one's comfort zone, and accept new difficulties is a sign of strength. It is, without a doubt, disconcerting at first. However, like with other transitions, it is a sign of development, hope, desire and a process of learning.

We have witnessed how vaccinations were discovered at breakneck pace, a credit to the close collaboration of a diverse group of scientists and policymakers from all over the world. Human creativity, when coalesced with science and learning, has demonstrated that it is capable of overcoming the most difficult of tasks. However, as educators, we must ensure that we keep the myriad lessons learnt in the years gone by, the most critical of which is the value of attentiveness and the definition of true sustainability.

Throughout the year, we've been challenged to be resilient and flexible in more ways than one. The learning experience

AS EDUCATORS, WE MUST ENSURE THAT WE KEEP THE MYRIAD LESSONS LEARNT IN THE YEARS GONE BY, THE MOST CRITICAL OF WHICH IS THE VALUE OF ATTENTIVENESS AND THE DEFINITION OF TRUE SUSTAINABILITY.

for students at JAIN - a brand that has been the vanguard of education reform - has continued to evolve, and learned many new insights through experience.

While the world is experiencing fundamental changes and confronting significant challenges, we, as a holistic educational institution, will continue to be committed to assisting individuals seeking to study in a pluralistic society, confront issues most affecting humanity and environment, and inculcating new ideals in the societal structure.

Wishing everyone a fruitful, productive, and joyful New Year!

DR. RAJ SINGH
VICE CHANCELLOR



INSIDE Campus

STATISTICAL ANALYSIS IN RESEARCH USING SPSS - FDP

Data analytics is reshaping the world, whether in business, sports or our everyday activities. When making critical business choices, today's largest and most successful firms leverage data to their advantage. Data Analytics or Big data is defined as vast amounts of information systems that can be analysed and used to provide valuable insights which in turn can assist organisations to make better decisions. Cognitive computing, for example, analyses data to simplify in-office procedures and operations in both the public and private sectors, according to a recent study. In addition, big data applications may be utilised to improve the entire management of a company's operations. As we acquire access to an expanding amount of information on a daily basis, the necessity for organisations to comprehend and analyse data becomes increasingly critical. As a result, technology development organisations are developing improved tools that businesses may employ to collect, analyse and utilise research data for their operations.

There is little doubt that data has become increasingly important in business, education and all sectors of

science throughout the years. This reliance has grown to such an extent that it is no longer feasible to comprehend social and health science research without having a solid understanding of statistics and at the very least a basic comprehension of statistical software programmes.

A five-day virtual national level Faculty Development Program (FDP) on Statistical Analysis in Research Using SPSS was held from October 4 to October 8, 2021, at JAIN (Deemed-to-be University), School of Commerce - Samshodhana (Faculty Research Cell) in New Delhi. This FDP sought to assist participants to hone their analytical abilities through the use of SPSS (Statistical Package for Social Sciences). The program framework addressed all significant areas of statistical data analysis, including data preparation, data purification, inferential statistical techniques and the theoretical features that underpin those approaches.

The five-day event covered topics such as using SPSS for data analysis and interpretation, applying fundamental statistics concepts to hypothesis testing, uncovering the fundamentals of research methodology and the nature of data, and

analysing eligibility criteria when selecting an appropriate statistical technique. Captain Dr. Sunil Goyal, Professor and Head of Department, Social Sciences Government College, Anjad, Devi Ahilya University, and Professor Saurabh Agarwal, Consultant for IBM and the United Nations Educational, Scientific and Cultural Organization (UNESCO) for Business Analytics, were among the eminent guest speakers.

Day 1 - Research Hypothesis – Significance and Framing by Dr. Sunil Goyal

Dr. K V N Lakshmi and Dr. Pooja Kumari served as the session's moderators and hosts. Dr. Sunil Goyal, the session's keynote speaker, was greeted by the hosts and the other participants. The participants were given an overview of the broad criteria that needed to be followed in order for the session to go smoothly. The thought-provoking seminar covered all the important areas of hypothesis development in detail. The speaker provided an overview of the theory, including its significance and justification. He also talked at length on the hypothesis's properties, functions, categories, and sources of information. The formulation of hypotheses and the challenges associated

with this process were also highlighted.

Day 2 - Statistical Data Collection by Dr. Sunil Goyal

Dr. Naveen Kumar M S welcomed the participants, as well as the speaker, before ceding control of the session to Dr. Sunil Goyal. The speaker introduced the audience to the various types of data sources, how they are gathered, and why they are important. The benefits and drawbacks of using primary and secondary data were examined in detail. Among the topics covered were the differences between qualitative and quantitative research, as well as the ramifications of these differences for variable selection. The meaning and importance of data sources, the definition of data, the nature of primary data or sources, the meaning and definition of second-hand data, secondary data sources at the national and international level, the advantages and disadvantages of second-hand data, and the usefulness and selection of digital data were among the topics covered.

Day 3 - Measurement and Scaling Techniques by Dr. Sunil Goyal

Doctor K. V. N. Lakshmi opened the session with a brief greeting

INSIDE CAMPUS

to all of the attendees and the speaker, followed by a question and answer session. The key objective of the third-day session was to help participants comprehend variables and the various types of variables, as well as the operationalization and measurement of variables, as well as the different scales of variable measurements. The significance of choosing the most relevant variable, as well as the numerous strategies for doing so, were discussed. The speaker also mentioned about the caution to be taken while choosing the variables and the significance of the intervening variable was discussed in detail. The variables ordinal, nominal, interval, and ratio were clearly defined and discussed in detail.

Day 4 - Hypothesis Testing Using SPSS, T-Test, and Factor Analysis by Professor Saurabh Agarwal

Dr. Pooja Kumari commenced the seminar by greeting and introducing the speaker, Professor Saurabh Agarwal, who then took the stage. His presentations included the interpretation of data, hypothesis testing using SPSS, the t-test, factor analysis, and how to run data in the SPSS programme. He demonstrated how to perform a Shapiro Wilks test and hypothesis testing in SPSS to determine the normality of data. ANOVA test, Kruskal-Wallis test, finding statistics using SPSS Andy Field, and the chi-square test were all presented in detail by the speaker. Professor Agarwal also provided an e-book written by Andy Fields, titled Statistical Analysis.

Day 5 - Regression and Correlation Analysis Using SPSS by Professor Saurabh Agarwal

Dr. Pooja Kumari extended a warm welcome on the final

day of the workshop to all of the participants and the session's featured speaker. The lecturer demonstrated about using SPSS to assess the validity of a questionnaire to the audience members in attendance. He provided a hands-on example of how to conduct an exploratory factor analysis and how to assess the reliability of the results using Cronbach's alpha. He further discussed about correlation and demonstrated how to create a correlation matrix in SPSS. A discussion of how to perform Linear Regression in SPSS was also included in this session, while the aspects of structural equation modelling and AMOS analysis were also discussed by the speaker.

Kali-Nali Workshop

JAIN (Deemed-to-be University), School of Commerce, School of Computer Science and IT, and School of Humanities - Department of Kannada, held a Kannada Nali-kali workshop to commemorate Kannada Rajyotsava.

Mr. D Satyaprakash, a well-known filmmaker and National Film Award winner, inaugurated the event with the title song from his film *Naada Geethe*. Speaking at length about his childhood memories, he emphasised the significance of learning and understanding Kannada. The younger generation, he urged, must become more accepting of the Kannada language's birthplace and make an attempt to embrace it. He further mentioned that the environment in which he grew up is the driving force behind his accomplishment and asserted that today's youngsters should grow up to discover and retain their individuality rather than lose it amidst popular notions of success.

During his speech as the guest of honour, Mr. Dharmanna Kador, a well-known comedian and theatre artist said that one should never forget one's

cultural identity and should be proud of their cultural heritage and history. He shared that his native tongue was the force behind his success, which served as a platform for him to present his skills. He said that his goal is to impart the knowledge of Kannada language to non-native speakers.



Dr. Dinesh Nilkant, Dean, Faculty of Management, and Director, School of Commerce and CMS Business school, spoke about the various activities and programmes conducted by the Kannada forum and encouraged students to participate in them as well as reap the benefits of learning Kannada language and culture in general. Dr. Srinivasaiah, Head of the Department of Hindi, presided over the event, emphasising the ancientness and depth of Kannada culture in his speech. He also highlighted

the need for the younger generation to familiarise themselves with the culture and language of Karnataka. Professor Y M Rajeshwari, Head of the Department of Kannada, delivered a brief lecture on the founding of the Kannada forum as well as the many activities and events that have been organised by the forum.

The inauguration ceremony was attended by the heads, faculty members, students and alumni of all the departments. As part of the forum, students presented cultural performances for the audience. The event effectively embraced the spirit of Karnataka Rajyotsava while also emphasising the richness of Karnataka's language, culture and tradition, all of which contributed to its success.



Meet the Author

The Department of Languages, conducted the 'Meet the Author' webinar. Smt. Koral Dasgupta, an eminent Indian author and literary entrepreneur was invited to throw light on the topic 'KUNTI - Modernity and Motherhood in Myth & Literature' as part of an effort to understand mythological characters from a contemporary perspective.

Dr. Rajani Jairam, Professor of Sanskrit and Dean (Student Welfare), JAIN (Deemed-to-be University), welcomed Smt. Koral Dasgupta and introduced her through her writings and publications.

Beginning with a discussion of female characters in mythology and offering a comprehensive understanding of mythological figures from a variety of perspectives, Ms. Koral moved on to the topic of mythical characters in general. She gave an overview of her Sati series of books, and discussed the

concepts that motivated her to create this series in its first form. She stated that she was curious to learn more about the lives of the *Pancha Kanyas* of Indian mythology, all of whom had relationships with men other than their spouses and yet are respected as the most educated women, whose purity of mind reigns supreme over purity of body. She mentioned that the five volumes in the Sati series reimagines these women and their husbands in a contemporary setting, with a feminist consciousness at the forefront.

The story of Kunti being given three boons for having served Durvasa maharshi as a result of which she begot her three sons was explored. The speaker drew attention to Kunti's status as a Kshatriya woman as well as her role as a mother.

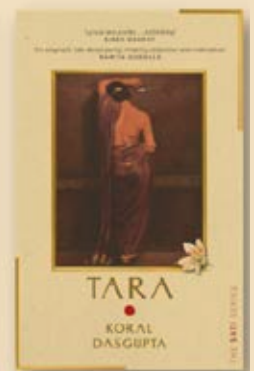
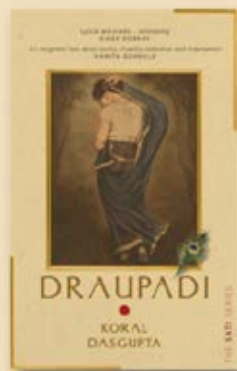
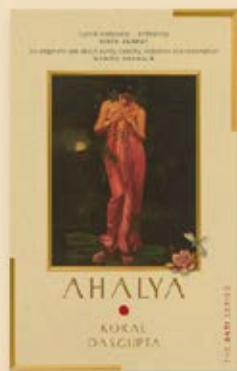
Kunti, who has been passed down from generation to generation, has been described as a remarkable matriarch in

the Mahabharata who nurtured her five sons in Ms. Dasgupta's writings. In contrast to how our ancient texts and literature portray Kunti's dignity in motherhood, Koral Dasgupta's discussion just like in her novel 'Kunti' (Book two in the Sati Series) delves into a hidden aspect of Kunti's existence and reveals it to us. Dasgupta depicts Kunti's adolescence, and explores her character as a seeker, learner and lover.

During the presentation, the amicable relationship between Kunti-Pandu and Madri was discussed. The speaker recounted how Kunti invoked the divine powers of the deities and gave birth to Karna, Yudhishtira, Bhima and Arjuna, as well as how she shared her boon with Madri for the sake of Nakula and Sahadeva. The understanding between Kunti and Draupadi, and the equation of Kunti, Draupadi and Bhishma to the throne was also discussed. Also highlighted were the characters of Amba

and Sita. The speaker therefore provided a highly informative lecture, with particular focus on legendary female characters from the epics.

A Q&A session was followed after which Dr. Mythili P Rao, Prof. Department of Hindi, Research Co-Ordinator JAIN (Deemed-to-be University) delivered the vote of thanks.





Developing Group Counselling Skills A Workshop

An individual therapy session is the most effective method of gaining insight into your past. It is an amazing opportunity to discover how your past has influenced your current situation. Individual therapy, however, does not equip you to develop deeper and long-lasting connections. For many, merely opening new channels of connection and closeness is not enough to bring about personal transformation. Group therapy can be beneficial for persons who are trying to manage a mental health problem or are going through a major life transition.

Psychology Department, Jain (Deemed-to-be University) in collaboration with Kalreva Psychological Centre, conducted a workshop on Developing Group Counselling Skills. While Dr. Alka Ranjan, Post Graduate Department of Psychology, Jain (Deemed-to-be University) spearheaded the event, Ms. Anna Jogie, a counselling psychologist at Jain (Deemed-to-be University) Student Guidance and Counselling Center conducted the workshop.

In mental health therapy, individual counselling is largely preferred over group counselling. Group counselling assures individuals that they

are not alone in the process and that others also share similar problems and struggles. Group therapy provides an opportunity to receive support from others and to give support to others. The objective of this workshop was to enrich participants regarding group counselling skills with a major focus on educating them regarding group leadership skills, Yaloms curative factors and to assess their personal group style.

Day 1 of the workshop, which was led by Ms. Anna Jogie, focused on the importance of collaboration. The following topics were discussed: types of groups, group stages, leadership skills, Yaloms curative factors, ethical issues and group process and dynamics. The participants were given an overview of group counselling, including its history from the 1920s to the 1970s, as well as its current prominence. The participants were given an understanding of how group counselling differs from individual counselling, as well as how it functions in a multicultural setting. In this context, the participants were able to discuss the pros and cons of group leadership, as well as the reasons why groups should be led.

To to assist students better comprehend the many sorts of groups available to them (such

as education and discussion groups as well as task and growth groups), case studies were presented as illustrations. The phases of Yalom were discussed.

Session 2 of day 1 focused on the qualities and principles of effective group leadership. It is extremely crucial for the group therapy leader to be proactive and to focus on fundamental skill sets when conducting group sessions so that members in the group can mimic the successful behaviours of other who have gone through similar situations.

Day 2 focused on skill development for group counselling. The components of the workshop included:

- **Pre-group planning**
- **Therapeutic factors**
- **Session planning**
- **Stages of the Group**
- **Basic Skills of Group leaders**
- **Using counselling theories in Groups**
- **Closing the Session**

Experiential role-plays, simulated group sessions, case studies, and self-reports were used as media of instruction.



MENTAL HEALTH AWARENESS

Mental health is a major concern around the world. Despite the fact that public opinion about mental illness has improved over the last decades, research has shown that stigma against mental illness remains pervasive, owing primarily to media stereotypes and a lack of information. Furthermore, studies have shown that individuals prefer to attach negative stigma to mental health issues at a considerably higher rate than they do to other diseases and impairments. It appears that progress in the field of mental health is sluggish when compared to other fields. The beginning of 2020 was marked by a viral outbreak that resulted in the COVID-19 pandemic and enormous threats to mental health throughout the world. Despite the fact that people had begun to recognise the importance of mental health, the epidemic had a devastating impact on people's lives.

The stigma around mental health reduces the number of people who seek therapy and also reduces the quantity of

resources available for adequate treatment.

For someone who is dealing with a mental health illness, stigma and misinformation might seem like insurmountable challenges. As a result, it is critical to improve public awareness of mental health concerns and to organise support for mental health initiatives.



As part of an awareness campaign during Mental Health Week, the Department of Psychology at JAIN (Deemed-to-be University), Manvantara, produced a street play. The street drama was staged on October 28, 2021, on the

campuses of the Center for Management Studies (CMS) and JAIN (Deemed-to-be University) in Jayanagar, and it was attended by over 5,000 people.

The play opened with a representation of the terrifying news of the Covid-19 epidemic, followed by a lockdown that left everyone in a state

of uncertainty and terror. Everything, with the exception of ambulance sirens, came to a grinding halt as a result of the imposed lockdown.

The drama provided a contrasting representation

of how the same lockdown impacted various people in different ways. The first scenario described a lockdown that continued to be in effect month after month. The fact that humans are social creatures led to sentiments of frustration and resentment.

Due to the constant cancellation of exams, students were in a state of perplexity, and the uncertainty of what lay ahead resulted in emotions of discomfort and worry. Escalated incidences of depression were reported, as was a significant increase in loneliness from social isolation, and domestic violence increased to a significant level, with individuals having nowhere to turn for help.

The fear and uncertainty surrounding the situation had a significant impact on people's mental health. Another scenario was portrayed in which individuals had a great deal of spare time on their hands and used it to pursue their passions, create small businesses, and promote their enterprises on social media.

Staying in the comfort of their own homes and interacting with others virtually had become the norm.

The play also demonstrated that the removal of the lockdown had both advantages and disadvantages. Some people felt socially apprehensive after having communicated only online for such a long period of time, while others felt relieved since they were able to continue their normal lives without being restricted to their houses. Large audiences gathered at the venues as a result of the powerful street play.

ART OF MEANINGFUL LIVING

Depression, anxiety and chronic stress are significant mental health concerns. As a result of our bustling lifestyle and multitasking mind-set, we may find ourselves in a state of chronic emotional dysregulation, in which our nervous system is overactivated and becomes a health hazard. Stress may be incredibly detrimental to both your physical and mental health. Though it is frequently dismissed, if it persists, it can create significant health concerns. Yoga is well-known for its ability to help you manage and even alleviate stress. Being overworked can result in back and neck discomfort, as well as headaches and sleep issues. Yoga and mindfulness meditation are both integrative and comprehensive mind-body activities that benefit mental and physical wellness.

A meditation workshop titled, A Talk on Breath, Yoga, and Meditation – The Art of Happy and Meaningful Living, was held on October 26, 2021, at JAIN (Deemed-to-be University), School of Humanities and Social Sciences, and School of Interior Design - Department of English and Women and Gender Sensitization Cell.

Dr. V Sreemathy, a Ph.D. degree holder, linguist, author, and yoga and meditation trainer with the Art of Living Foundation in Bangalore, served as the resource person for the event. The key objective of this session was to raise awareness among students about the importance of mental well-being and the need to inculcate and sustain a positive attitude towards life.

The event was compered by Ms. K Sania, a B. Sc. (Interior Design) student.

The session started with a devotional song, rendered by Ms. Pavni Jaiswal, B.Sc. student (Interior Design). A warm welcome was extended by Major Dr. Rekha Sinha, Director of the School of Humanities and Social Sciences and School of Interior Design, who expressed her admiration for the traditional practice of yoga and meditation. Dr. V Sreemathy said, “Life is the space between taking a breath and exhaling,”. She highlighted the need to pay close attention to one’s own cognitive processes and conscious patterns of behaviour. She further mentioned that it is critical for the thinking process to be channelized since the human mind is always at odds with itself.

“To be or not to be,” she quoted Shakespeare. She suggested that we can help and encourage others to make

everyone feel included by making small but significant efforts. She also spoke on the need of developing one’s own inner happiness, and she advised against seeking happiness through financial and other materialistic pleasures because they are fleeting.

She discussed how paying attention to our breathing patterns and meditating for a few minutes every day may help us reach inner peace and improved levels of focus, and how useful it can be if we make it an integral part of our life. The spiritual talk, which was cognitively engaging, as well as the inclusion of basic activities such as stretching and meditation, made the event an insightful experience for the participants. Mr. Harshith, a B. Sc. (Interior Design) student, delivered the vote of gratitude.

INSIDE CAMPUS

BIOINSPIRE 2021

A National Level E-Conference



Bioinspire-2021 was organised by JAIN (Deemed-to-be University), School of Sciences, Department of Biotechnology, in collaboration with the Indian Science Congress Association (ISCA), Bangalore Chapter. On October 22 and 23, 2021, a two-day national-level e-conference on Science and Technology for Sustainable Development with a focus on Women Empowerment was held. The e-conference had 200 attendees, featured twenty oral presentations and fifteen panelists.

The dignitaries were greeted by Dr. K N Varalakshmi, Director - School of Sciences, Block-I, with the distinguished guest of honour being Dr. Vijayalakshmi Saxena, General President, ISCA, Kolkata. Along with delegates, research scholars and students, the conference featured dignitaries such as Dr. Raj Singh, Vice-Chancellor of JAIN (Deemed-to-be University), Dr. Geetha Bali, Former General President of ISCA, Dr. S Ramakrishna, General Secretary of ISCA, and Dr. Gangadhar, Convener of ISCA, Bangalore Chapter and Former General Secretary of ISCA, Bangalore.

Dr. Vijayalakshmi Saxena, in her introductory remarks, outlined the objectives of the conference and the aims of the Indian Science Congress Association (ISCA). Dr. Saxena stated that sustainable development is not just about growth, but is also about development that serves the requirements of the present without jeopardising the future generations. Dr. Raj Singh stated that, "The sustainability of scientific advancement is directly proportionate to the social, political and economic position of a nation, and



international collaborations reform scientific breakthroughs and the skills of researchers." Dr. Geetha Bali discussed the significance of science and technology at challenging times such as the Covid-19 crisis.

In her words, "Women are capable of making significant contributions; nevertheless, bridging the digital gap might increase their participation in a variety of professions." Mr. Amitabh Joshi, an evolutionary biologist, geneticist and professor at the Jawaharlal Nehru Centre for Advanced Scientific Research (JNCASR), discussed the relevance of evolution in understanding and overcoming many human and social problems. Various evolutionary biology-based solutions to problems such as multidrug-resistant bacteria, the dangers of genetically engineered creatures, and the effects of ageing, among others, were explored. Professor Dr. Soumitra Das, a microbiologist from the Indian Institute of Science (IISc), spoke about the molecular basis of translational regulation of viral and cell-based mRNAs in her presentation. He further discussed the many mutations found in SARs-CoV-2, the fact that the rate of mutation is related to the length of the genome, and the classification of variants.

Savitha Rajesegaran, Associate Scientific Manager - Biocon,

was the guest speaker on day two and she provided excellent insights into the bioprocess of biotherapeutics. Her address highlighted the most important aspects of bioprocessing, including its impact on modern healthcare,

Best Presentations

- Prokaryotic Diversity in Oxygen Minimum Zones of the Arabian Sea: A Meta-Taxonomic Approach - Shruti Shah, Biological Oceanography - National Institute of Oceanography, Goa.
- Microbial Pigments from Endophytic Fungi Isolated from Bixa Orellana, Sesbania Sesba, and Passiflora - Muthukruba, Department of Biotechnology - Bannari Amman Institute of Technology.
- In-Silico Approach to Predict the Potential of Bioactive Compound from Madhurakshak as Dipeptide and Peptidase-4 Inhibitor - Saptadeepa, JAIN (Deemed-to-be University), School of Sciences.

cost, and market penetration of novel medication compounds, as well as its future prospects. Dr. Nagamani Bora, Lead and Director Biotechnology Degree Programs at the University of Nottingham, provided a comprehensive presentation on natural products and medication development and her discussion focused on the discovery of novel antibiotics in bacteria as simple as actinomycetes, which are a kind of bacterium. Dr. Bora provided an overview of her research work, describing how 16s phylogeny might be used as a guide to examine the entire genome and identify gene clusters using AntiSMASH, among other things. She took the audience through the new CRISPR/CAS9 technology, which is intended to govern gene clusters and play a role in supplying information for synthetic biology.

A large number of research experts from a number of universities around the country participated in the presentation session that was held during the conference. Subject matter experts evaluated the presentations and chose a few that stood out as particularly noteworthy.

Overall, the two-day e-conference was a great success, as evidenced by a large number of participants from various institutes across India, highly engaging scientific sessions led by eminent scientists, active audience participation during the scientific sessions, excellent research presentations made by research scholars, and positive feedback from the audience poll.

SCHOLAR IN CAMPUS

Commitment

Values

Sensitivity

Integrity

Collaboration

In a country that prides itself on upholding unity in diversity, how well-coordinated are our efforts to create an inclusive society for people with disabilities? In a society that is sensitive, but not compassionate enough to include their concerns and rights in legislation, public places, and social settings, the particularly abled manage to make it. People who suffer from a variety of mental and physical disabilities find that having a disability is a significant obstacle in their lives, since performing and managing the simplest activities is a challenge for them and every day is a battle. To draw attention to the importance of inclusion, School of Humanities and Social Sciences and School of Interior Design - Department of English - Women and Gender Sensitization Cell, JAIN (Deemed-to-be University), jointly conducted a Scholar in Campus session. The session titled Specially Abled and Society - Our Responsibilities in Inclusivity, witnessed Prof. Prasanna Udipikar as the guest speaker.

In her inaugural speech, Major Dr. Rekha Sinha, Director of the School of Humanities and Social Sciences and the School of Interior Design, expressed her appreciation for the participants and stressed that the notion of diversity comprises tolerance and acceptance in all its forms. "It is about realising that each human is unique, and that individuality should not be discarded, but rather accepted and appreciated," she explained further. Dr. Mekhala Venkatesh, Head of the English Department and Coordinator of the Women and Gender Sensitization Cell, welcomed the guest speaker, Prof. Prasanna Udipikar, Vice Principal of V.V.N. Degree College in Bengaluru, to the university. Prof. Prasanna Udipikar is currently pursuing a Ph.D. in English with a focus on specially-abled people, at JAIN (Deemed-to-be University).

She initiated an empathetic and powerful discussion on the differently-abled people and their challenges in society, thus offering the participants an understanding of their role in inclusiveness. "It is not

enough to just have legislation for the specially-abled people in place. At the university level, teachers should be trained on how to deal with children who have special needs in order to ensure that the law is effectively implemented. It is necessary to adapt the education system to meet the needs of children with impairments," she stated. She reminded the audience that we are all humans and that we can find ways to cohabit in a caring atmosphere. She underlined the need for raising awareness about the differently-abled and making space for their participation in policymaking in order to pave the way for their eventual integration into society.

Prof. Udipikar stated that building equity and inclusion has become a major concern in every culture, and that teachers and parents must educate young children about acceptance and mutual respect from an early age. People in managerial positions, she continued, must guarantee that all employees have equal chances and benefits, and that

they are accepted for who they are, no matter how different they are. She provided instances of people who had been successful despite their disabilities. Her speech was compelling and she persuaded the participants to educate themselves to become prejudice-free and to rid the society of discrimination. She emphasised the need to honour variety in order to fight prejudices, promote togetherness and be conscious of one's responsibilities in the context of inclusion. The inclusion of acid attack survivors as specially-abled was a long and laborious process, but adequate policies have enabled them to claim what is rightly theirs, as she explained in her address.

The event followed with a half-hour Q&A session, during which students expressed their interest in learning more about what it means to be disabled, how policies can help them and how they can be integrated into mainstream society, especially into the education and professional system.

SPORTS PROMOTING **'UNITY IN DIVERSITY'**

A PANEL DISCUSSION

Centre for Research in Social Sciences and Education (CeRSSE), JAIN (Deemed-to-be University) in collaboration with the Ekam Sat Trust - VRI, hosted an international panel discussion on 'Sports Promoting 'Unity in Diversity' in India: Challenges and Possibilities'.

Sports, like any other cultural component, is a cohesive force in community building. At the international level, athletes are tasked with the responsibility of portraying the 'national team spirit' of their respective countries. Consequently, the medal count at any event, for instance, the Olympics, becomes as much a projection of the country's "soft power" as also a reflection of the hierarchy among countries vying for medals.

Dr. A Ravindra, former Chief Secretary of Karnataka and current Chairperson of the Ekam Sat Trust - VRI, stressed the need for incorporating sports instruction into school curriculum while also leveraging the immense potential of sports to serve as a unifying force.

While acknowledging the power that athletics can instill in individuals, Leslie Xavier, the sports desk manager at the news portal Newsclick.in, addressed the structural disparities that exist within the sporting realm, including concerns like gender and caste-based discrimination. The former JAIN student and Karnataka cricketer Kaunian Abbas, who is currently residing in Dubai, spoke about sports as a way of life rather than a mere pastime.

Unity in Diversity is an important element that upholds the ideals of democracy. India is praised globally for upholding this virtue despite divisive forces operating within and outside the country. At the centre of the debate during the panel discussion, was the question of how fare the sporting ecosystem and community is nourishing the notion of 'unity' in modern India. While sport is also about winning and doing the country proud it is also about the spirit of sportsmanship that can uphold unity in diversity. In his address, Dr. Ravindra quoted the Olympic slogan and principles, emphasising how

sport can be a catalyst for social development and upliftment and how sportsmen can play a crucial role in connecting with students in schools and universities and motivating them to not only participate in sports but also support greater causes outside their own endeavours – whether in the workplace or on the play field.

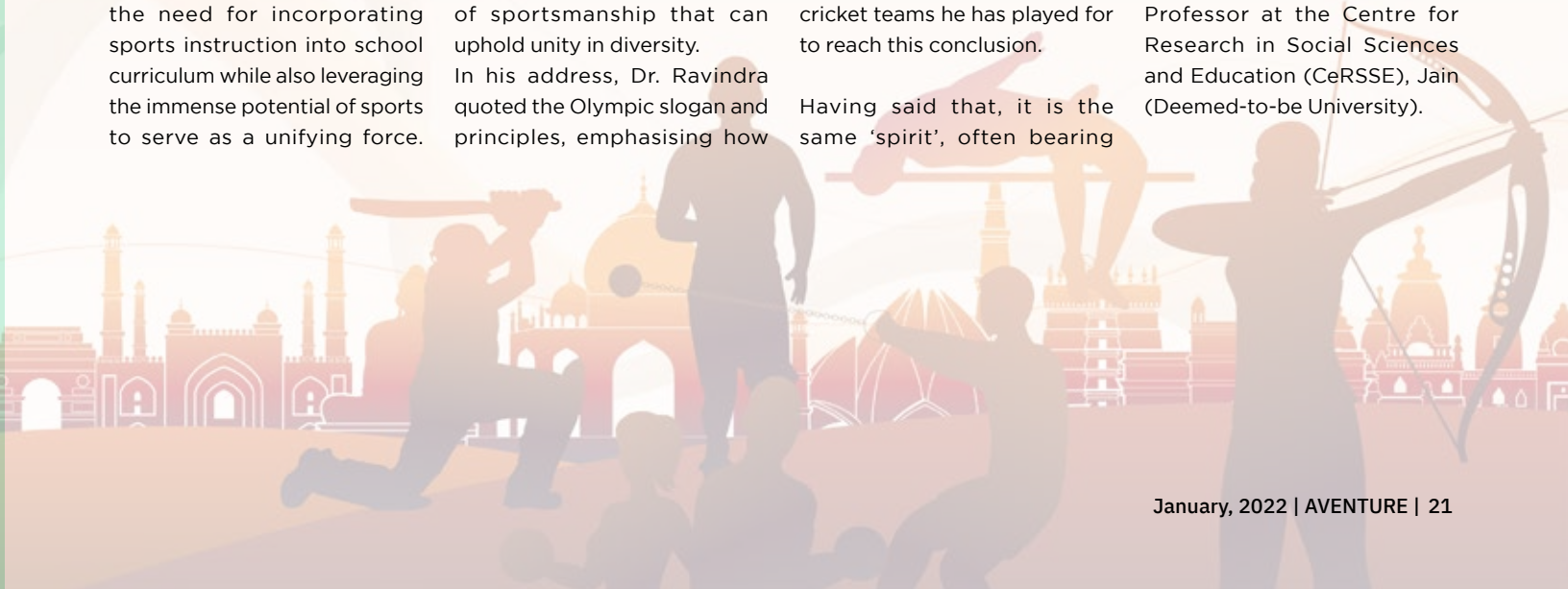
Specific to sports in India, the socio-economic background of the players, the semi-divine status of Indian male cricketers, the involvement of the market, the valuing of certain sports above others, and inadequacies in the infrastructure are all aspects of the country's sporting 'spirit.' This 'spirit' may be characterised as a mirror of one's own attitudes as well as an unseen animating force that is propelled by emotions.

Abbas stated that, in addition to the apparent benefits of exercise and a healthy lifestyle, sports instils a variety of values. It equips one to deal with adversity as well as success with equal ease, while also laying the groundwork for a fruitful path through life. Sport, he asserted, has the ability to circumvent all inherent societal issues and mould sound individuals who, in turn, will build a sound society. He drew on his own journey and experience with the various cricket teams he has played for to reach this conclusion.

Having said that, it is the same 'spirit', often bearing

contrasting connotations. For example, while the 2021 Olympics Gold Medalist Neeraj Chopra is lauded for his 'win', Indian women's hockey team member Vandana Katariya's family endured casteist slurs for their 'loss'. Though the Indian Cricket team is seen as a unified force against the Pakistan Cricket team and the boys are cheered, when on the losing end Mohammed Shami is targeted for his religious affiliation.

Sportspersons, according to Xavier, are unable to reach their full potential in our culture because of the reality on the ground. He talked at length about the structural flaws in the system that undermine the notion of diversity in Indian sport. Furthermore, he noted how gender imbalance as well as regional, political and religious prejudices may turn a lively sporting landscape into a gloomy and dreary one. In conclusion, he stated that, "Sport has the capacity to change, but sport is only a component of a greater problem that requires quick remedy." In general, the webinar alluded to the reciprocal link that exists between sports and society. More than a hundred people from all over the nation and from overseas attended the event, which was chaired by Dr. Priyanca Mathur, Associate Professor at the Centre for Research in Social Sciences and Education (CeRSSE), Jain (Deemed-to-be University).



The Cultural Renaissance Basavanna as a Social Reformer

A National Level Seminar

The Department of Sanskrit, Jain (Deemed-to-be University) in collaboration with the Indian Council of Philosophical Research (ICPR), New Delhi, hosted a two-day National Level Seminar on 'The Cultural Renaissance: Basavanna as a Social Reformer', on the 27 and 28 of October 2021.

The session began with an invocation delivered by students of JAIN (Deemed-to-be University). Aptly, Basaveshwara's vachanas were presented. Professor Dr. Rajani Jairam, Department of Sanskrit, Dean (Student Welfare), JAIN (Deemed-to-be University), presented the inaugural address.

Dr. Basavaraj Kalgudi, well-known Kannada scholar, delivered the keynote presentation. He began by providing the literal meaning of Vachana - 'offering a word' and Kudalasangama - to unite, an idea of oneness to develop harmony in the society and discussed Basavanna's Vachana Sahitya, quoting lines from the vachanas to illustrate the social reformer's perspectives. The political environment during Basavanna's lifetime,

his revolutionary thoughts, and the applicability of his ideas were discussed. A thought-provoking discussion on the purpose, meaning and relevance of Basavanna ensued.

Dr. Sreekala Nair, Director of the International School of Sree Sankara Studies and Joint Secretary of the Indian Philosophical Congress, presided over the first session of the conference. Dr. Nair, in her presidential speech emphasised the significance of the philosophical seminar. She discussed the meaning of the term philosophy, and expressed pride in the fact that India is known as the "country of philosophy". She concluded her speech by quoting a number of philosophers, with, however, a greater focus on Basaveshwara's philosophical tenets. In attendance for the inaugural session were Dr. Sudhir Singh Rajput of the University of Delhi and Dr. Asha Rajiv, Director, School of Sciences, JAIN (Deemed-to-be University).

Dr. Geetha Madhusudan, Professor and Head of the Department of Sanskrit, delivered the vote of thanks, expressing her gratitude to the

INSIDE CAMPUS

management, the ICPR and its members, the chief guest, and the organising team of student volunteers.

The inaugural session was followed by the seminar with presentations by experts. Dr. Asha Devi, a Kannada scholar, discussed the literary significance of the Vachana Sahitya and the Women Vachanakaras. She mentioned that the vachanas continue to be relevant over time in the light of every generation's spiritual and practical life experience. She emphasized that vachanas carry answers to complex social and political issues and is a one-of-a-kind addition to the literary world.

Dr. Sheela Devi Malimath, a prominent scholar of vachana sahitya, presented several vachanas and articulated the essence of vachana sahitya. She stated that during the century-long Bhakti Movement, the Vachana literature was prominent.

There were three technical seminars scheduled for the day. During the inaugural session, Prof. Vasanth Kumar served as the session's chairperson. Presenting their papers were: Dr. Vijaykumar, Smt. Rajeshwari, Dr. Hemalatha, and Dr. Venkobarao, who discussed Basavanna and Vishvakalyana in detail. Dr. Padmaja, Dr. Shivakumar, Dr. Nagendra, and Dr. Rajkumar shared their perspectives during the second technical session of the day. Dr. Shobha's presentation was followed by Dr. Shivakumar who emphasised the importance of Basavanna as a representative of societal ideals and culture.

Dr. B.V. Rajaram served as the moderator for the third session, while Dr. Manjunatha Palya, Dr. Hemanth and Dr. Sabu Thomas, shared their thoughts on Vachana sahitya. During his presentation, Dr. Sabu Thomas discussed political ideas that were related to Basavanna. The day concluded with the recitation of Basavanna's vachanas.

Dr. Sudhir Singh Rajput, University of Delhi, discussed the political climate in pre-colonial, colonial and post-colonial contexts, and their impact on society. He drew analogies between Basaveshwara's thought and the fundamental principles of democracy.

VACHANAS RAISED AWARENESS AMONG THE POPULACE ABOUT THE SIMPLICITY OF LIFE AND THE IMPORTANCE OF RELIGION AND INFLUENCED A LARGE NUMBER OF INDIVIDUALS TO EMBRACE DHARMA AND ABANDON MYTH.

In the first technical session of Day 2, Dr. Sheeladevi Malimath served as the meeting's chairperson and Mr. Ramachandra N U, Dr. Roopa G, and Dr. Yashaswini presented research papers. In the context of global organisations attempting to shift away from ethnocentric cultural viewpoints, and toward common cultural perspectives. Basaveshwara's Philosophy may make a significant contribution to the development of effective management methods. This was followed by Dr. Prabhashankar Premi's insights into the cultural and economic dimensions of Basavanna's ideology.



Dr. M.K. Sridhar, Registrar, S-Vyasa, served as the moderator for the second technical session, and discussed many Sanskrit writings connected to ayurveda, arthashastra, and other related subjects in contrast to Basavanna's philosophy. Dr. Sreenivasaiah, Sri. Chetan, and Dr. Satish made presentations.

Dr. B.V. Rajaram, a famous director and distinguished theatre personality, addressed the audience during the following session (expert discussion). He spoke of the Anubhava mantapa and the ruler Bijjala, among other things and provided further details about the Basavanna-related dramas he had seen. According to Basavanna, who served as prime minister to King Bijjala, who reigned over Kalyana, a city of historical significance from 1157 to 1167, and was a renowned visionary, the combination of unique characteristics was stated by him as he expressed it to King Bijjala.

He alluded of having a mystic temperament, making an idealism decision, and becoming a politician by profession, among other things. Dr. Vatsala presided over the final technical session of the day, where Dr. Natesha L,

Sri. Hoysaladitya, and Dr. Mekhala shared their perspectives on the subject. Dr. Natesha L spoke on the terminology of Basavas teachings as they relate to Sanskrit grammar in her presentation on the subject. During her presentation, Dr. Mekhala Venkatesh spoke about Anubhava Mantapa, the capacity of Shiva sharanes (women in the role of Shiva sharane), as well as their ability and courage.

After the technical sections were concluded, the panellists shared their thoughts on the subject in concluding remarks. As a result, the two-day programme, which included several expert speakers and diverse aspects of Basavanna, provided a variety of viewpoints on the subject and its modern significance.

A certificate of participation and a certificate of presentation were given out, respectively. The vote of thanks was offered by Dr. Natasha L., a faculty member in the Department of Sanskrit. JAIN (Deemed-to-be University). He expressed his gratitude to the management, the ICPR and its members, the chief guest, and the whole organising team, which included the student volunteers. Dr. Rajani Jairam concluded the event with Vachana gayana.

TECHNOLOGY TO AID DEVELOPMENT OF KANNADA

A COLLOQUIUM

Kannada Department of Jain (Deemed-to-be University), in collaboration with Kannada Abhivruddhi Pradhikara (Kannada Development Authority) Government of Karnataka, held an inter-collegiate colloquium on 'Impact of Modern Technology on Kannada Students' as part of the Kannada Kaayaka Varshaacharane (Kannada Kaayaka Anniversary).

Prof. M Rajeshwari, HOD, Dept. of Kannada on behalf of the faculty and students offered a warm welcome to the dignitaries in her inaugural speech, while Prof. Rajkumar Badiger, Faculty, Department of Kannada introduced the chief guests Mr. T S Nagabharana, Chairman of the Kannada Development Authority, and

Ms. Asha Devi, academician and writer.

Inaugurating the program, chief guest T S Nagabharana said, "Whether with respect to an individual or a community, mother tongue is an integral component of personal identity. The process of naming a child is the beginning of ascribing a newborn's identity with language. A person's identity evolves throughout life as he/she uses language to recognize, define and engage in a world awash with words and languages. Hence, technology should be geared towards strengthening the language-identity dynamic, rather than thwarting it and should aid the development and sustenance of a language and the culture it embodies."





He further stated, “Literary works of renowned poets such as Adikavi Pampa, the vachanakaaras, Kuvempu have advocated a universal vision and secularism that transcend time and geography. It is important to note that they expressed this vision not in an alien language but in their mother tongue. The universal and the local must co-exist. Technology, therefore, must be designed to promote linguistic diversity. Despite the fact that Kannada has been around for more than 2,000 years, ironically today, concerted efforts need to be made to ensure its survival.”

Quoting the immense role of Sharana and Dasa literatures in social transformation, he expressed concern that literature and the arts are no longer being harnessed in education to ignite young

minds with ideas of social change, cultural preservation and political transformation.

SUCH CREATIVE ENDEAVOURS SHOULD OCCUR MORE FREQUENTLY IN KANNADA, AND TECHNOLOGY SHOULD BE USED TO PRESERVE THE LANGUAGE, LITERATURE, CULTURE AND DIGNITY OF THE COMMUNITY.

Technology has immense potential to pave the way for this process. He stressed the need to leverage the immense potential of Kannada language and culture as a “tool for transforming minds” and he called out to the younger generation to shoulder the responsibility for the holistic development of the language. As his parting note, the legendary film director proudly said, that in the varied and multilingual cinematic landscape of India, Kannada is the only language that has produced a full-length feature

film based on the poetic oeuvre of a Kannada writer. The reference was to the film Mysuru Mallige, build around the poems of Kannada poet K S Narasimhaswami. “Such creative endeavours should occur more frequently in Kannada, and technology should be used to preserve the language, literature, culture and dignity of the community.”

The senior director’s remarks were supported by Dr. M S Ashadevi, renowned Kannada author and critic, another prominent guest at the event. She stated that the government should take a firm stance in support of the preservation of the Kannada language and



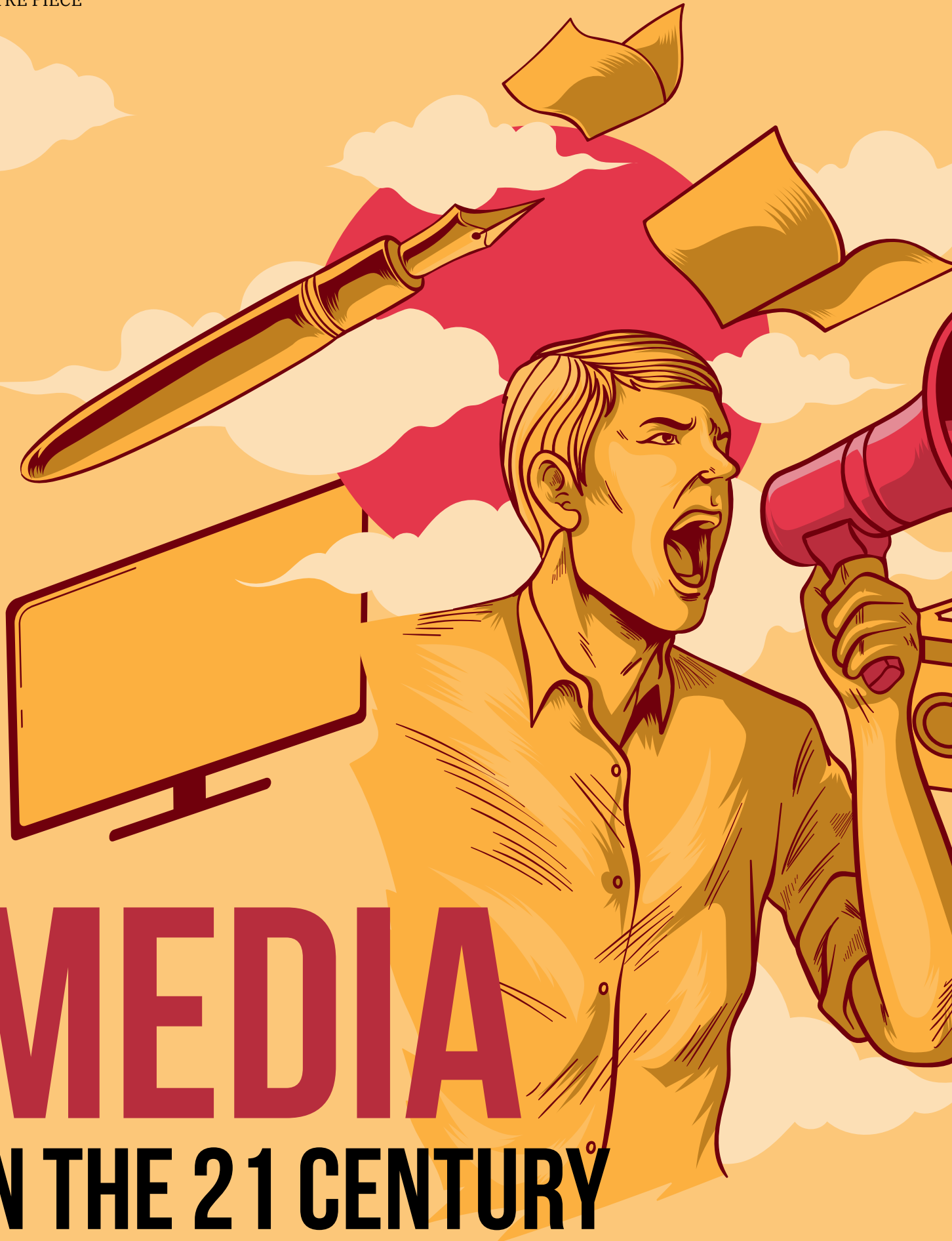
A special talk on the use of technology in Kannada language and literature was delivered by Mrs. Pushpa, Chief Manager of E-Kannada and E-Planning, GoK who was also in attendance at the conference. Dr. Dinesh Nilkant, who presided over the event, praised the



seek solutions with respect to National Education Policy (NEP). She also stressed that the native dialect of a region should be cherished, and that Kannada and Kannadigas should be regarded as bearers of a rich and varied cultural tradition rather than as merely a community that speaks a certain language. She also stated that the current multi-cultural and multi-lingual scenario necessitates raising awareness about the need to safeguard Kannada in Karnataka. To survive in this intrusive environment, the Kannada language speakers demand a fresh perspective, a new dimension, and a new phase.

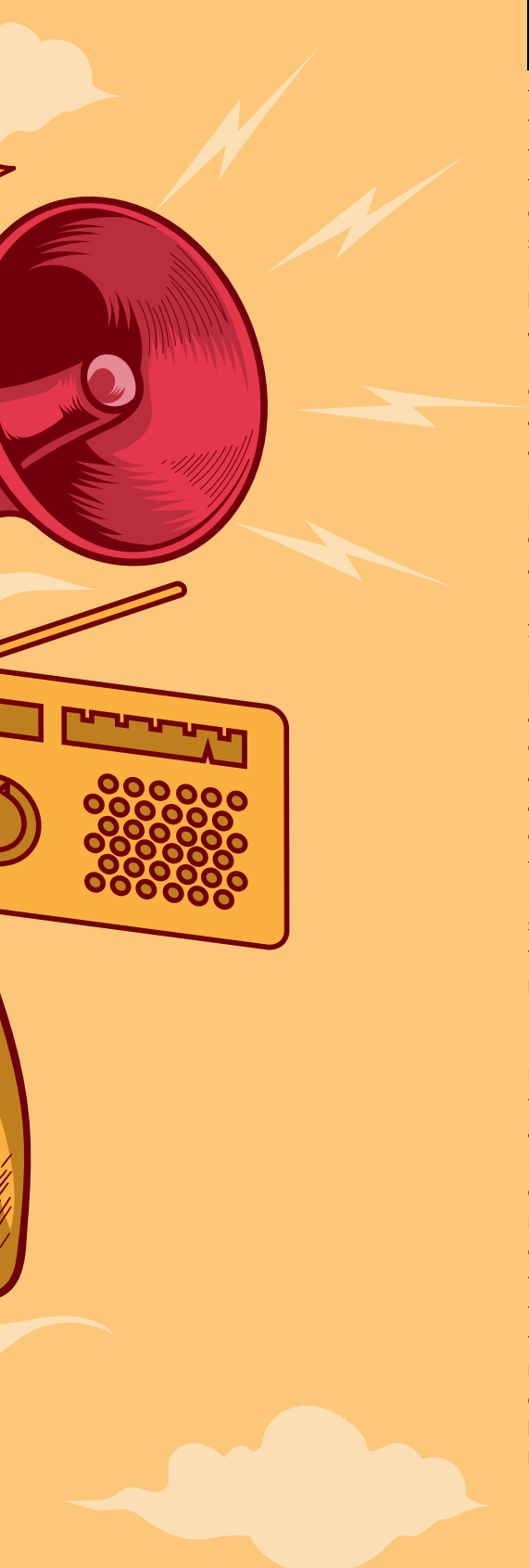
government’s initiatives for the promotion of the native language. He stated that Jain (Deemed-to-be University) has and will continue to endeavour at the highest level for the overall development of students in the contemporary environment.

The conference, attended by the students and faculty members from different departments, concluded with a vote of thanks delivered by a faculty member.



MEDIA IN THE 21 CENTURY

SHUBHA SRIKANTH



In an attempt to explore the numerous roles of media in the 21 Century, we have brought together perspectives of people from different walks of life. During the numerous discussions, even though many opinions were context-centric, three prominent concerns surfaced: The control exercised by owners/management of media houses over the content they create and disseminate; which in turn, is impingent upon the operating dynamics between media houses and the various centres of political and economic powers; and, the immense power of media in shaping public opinion (how and what communities think and believe). From a global perspective, the 21 Century is characterised by two parallel and yet contradictory movements: the increasing divisiveness spewed by and among ideologues pitted against the drift towards achieving cohesion through accommodating, accepting and preserving difference and uniqueness. In this larger context of politico-cultural undercurrents, the role of media, with its vast reach, is in mitigating the former and strengthening the latter by presenting the multiple layers of facts, truths and perspectives.

If the freedom of press is to be preserved as vociferously as ever, with strict adherence to an ethical and moral code of personal and institutional conduct, the following questions may have to be raised and resolved: Is media a representation of *vox populi* (voice of the people) that constitute the democracy that is India? Is it upholding the fundamental values of a democratic nation? Is media playing stooge to the establishment? Is it a puppet in the hands of multinationals and corporate houses? What methods does it devise

to preserve its integrity? How are circulation statistics and TRP ratings impacting the newsworthiness of content? Is it perpetuating patterns of thought that are detrimental to social welfare and development? Is media feeding and fuelling the baser instincts of mankind and thriving on satisfying its vicarious pleasures?

If from print to electronic media the change was drastic, with the advent of digital and social media early this century, the transformation was tectonic. In a short span of two decades social media changed the concept of mass media irrevocably. Technological advances in telephony has further spawned innumerable platforms and channels of communication, changing the very notion of 'news' and 'news delivery'. Social media is a confluence of paradoxes: dynamic yet erratic, a tool for social change as well as disruptive trolling, a democratising force while also a potent polarising force, at times ingenious and at most others, vacuous. This inherently malleable and amorphous as well as anonymous nature of social media mocks at and is the greatest deterrent to its own credibility. While traditional media is still battling censorship, reigning in social media content and content delivery through policy regulation is perhaps the greatest challenge. Policy makers can no longer turn a blind eye as social media has burgeoned into fertile ground for perpetuating and metastasising social disharmony, religious discord, political coercion and cultural hegemony. Accountable, credible and sustainable content creation and dissemination therefore should be reinstated into the content that media is creating and disseminating.



Dr. Sridhar Pabbisetty
Founding Director,
Kautilya School of
Public Policy

Role of media in the 21 Century cannot be articulated without dwelling on the state of democracy in the 21 Century. Winston Churchill once said, “Democracy is the worst form of government – except for all the others that have been tried.” While many approaches have been formulated, tried and tested to make democracy function better, countries round the world continue to find it difficult to align the elected government deliver to the expectation of its citizens. Democracy gets reduced to elected candidates coming back to engage with their constituents only when the next elections are round the corner. Often, representative democracy ends up increasing the distance between the elected and electorate.

Former Deputy Prime Minister of India L K Advani while criticizing the role of certain media houses had said, “You were asked only to bend, but you crawled.” Unfortunately, many governments always try and suppress journalists from exercising their freedom of expression that may not be in consonance with the

government in power. During the Emergency of 1975, many journalists were jailed alongside dreaded smugglers.

The 2021 Nobel Peace Prize was awarded to Maria Ressa and Dmitry Muratov for their efforts to ‘safeguard freedom of expression’, which quality of the political fabric, is now widely acknowledged as a precondition for democracy and lasting peace. Their fight for freedom of expression has been undersay in very different countries – Philippines and Russia. While both of them have fought long and hard against the abuse of power in their respective countries, they have used fundamentally different Media approaches to achieve the same. Dmitry is the Editor in Chief of the Novaya Gazeta, the most independent newspaper in Russia today.

Maria is the CEO of Rappler a digital media company focussed on investigative journalism. While elaborating on the decision to award them the Nobel Peace Prize, the Nobel Committee adds, “Free, independent and fact-based journalism serves to protect against abuse of power, lies and war propaganda.”

Hence it is important for us to remember the role of media that is referred to as the 4 Pillar. While the first three pillars The Executive, The Legislative and The Judiciary often divorce themselves from the social, political and economic realities and fundamental rights of the masses, the 4 Pillar can do wonders to bridge these gaps. We often take the 4 Pillar for granted, but should not forget the major headwinds that are threatening the very nature of media around the world.

The traditional print and TV media houses are fighting an uphill survival battle in the ever disrupting changes effected by technology innovations. News channels and print variants are no longer occupying the prime position in the reader’s mind space. Monetizing attempts by traditional houses have been a mixed bag. Even seasoned news organizations like Washington Post have faced challenges recently in compensating thier staff adequately. Over 400 employees demanded “fair wages; fair benefits for retirement, family leave and health care; and a fair amount of job security.” These negotiations lasted over a year.

Governments across the world have used various mechanisms ranging from threats to intimidation to influencing the editorial decisions of news organizations. As was evidenced in the journey of Nobel Peace Prize winners of 2021, many of these were life threatening.

In the recent years, the amount of money available in the government departments for advertising has grown by leaps and bounds. In case of India, “Amount committed for advertisements by the Government through print and electronic media during the period 2018-19 to 2020-21 was 1,698.98 crore.” Often many news organizations are blurring the lines between advertisements and editorial teams, and thus the mounting pressure on the editorial staff to fight off the advertisement teams.

Media houses have an uphill task of continuing to be the torch bearers for the voice of reason and represent the changing

social, religious and cultural realities to those in power and ensure the first 3 pillars are able to better deliver the aspirations of the citizens.



Huzaifa Pandit
Author and Asst. Professor, J&K

Media in the 21 Century needs to reevaluate its orientation towards not just covering the facts, but also establishing a narrative. Most mainstream media have come to be associated with the reification of statist narratives. The role of media therefore appears to be perpetuating narratives of power, and erasing marginal histories. Has social media left traditional media redundant? No. Traditional media still enjoys a great legitimacy as is evidenced by the popularity and mushrooming of Hindi television media, and its patronage by the powers that be.

As it is, internet penetration, and thus social media availability is severely limited in third world countries like India and so a significant population is still reliant on traditional media for information and forming its opinions. Besides social media users have a short attention span that doesn’t suit the detailed tenor of traditional news analysis, which is preferred by a significant population.



C K Gundanna
Celebrated Theatre Artist

Our conception of the 'world' has changed into that of a 'global village'. Hence, developments in one particular country have socio politico impact in another country due to the untrustworthy relationships shared by different countries for purposes of commerce, defence and globalisation. To search for news that is not compromised based on the ideology of a media owner in this context is an uphill task. To promote healthy, positive news as against news for money is the primary role of media.

Traditional media is the mother of research, development and transmission of all news. It has a formal and definite set of principles in a democratic system unto make news. Whereas, social media news is born without the parameters of journalistic ethics and is like a moth which will die immediately after its birth. Whereas traditional media is the foundation for the culture and history of a society and referral material for years to come.



Manmohan Anchan
Advertising Professional

There was a time when we waited for the radio or the television news slot for the most authentic news. But today, it is worrying because Media has a credibility issue. There is an overdose of information. It is easy to be selective and choose only the points of view which support your own views. I am quite cautious and try to check information across as many sources as I can. Today, media needs to cover this trust deficit with truth that's neutral and verified.



Prof. Suman Joshi
Public Policy Enthusiast

The raison d'être of mainstream media which is - providing news, highlighting issues that matter and shaping public opinion may not get radically altered. However since the way news is consumed, is changing every day, the challenge for mainstream media will be to deliver, verified authentic news on issues that matter, without fear, in the fastest possible time. By adapting to new forms of dissemination media continues to play the role of 'opinion maker'.



Free, independent and fact-based journalism serves to protect against abuse of power, lies and war propaganda.





Sreeram Velamuri
Circle Inspector, Andhra Pradesh
Police Department

Media including films have the tendency to glorify and sensationalise crime. Particularly electronic media. Society imitates what is shown in media and it is also true that media is a reflection of society. As part of news, some crime incidents are even dramatised and broadcasted. There is an increasing trend of imitation of cyber-crime and financial crimes depicted in cinema and television in real life. Both these media have tremendous impact on the audience. Particularly vulnerable are the have nots who take to crime influenced by what they watch. Let's not forget that the prevalent system is responsible for this wide chasm between the haves and the have nots. TRP should not take precedence over responsibility and discretion. Besides, media plays a vital role in maintaining public peace.



Raghu Rai Chowdry
Photographer, Photojournalist,
Padmashree Awardee

Fundamentally, the role of media remains the same. At the inauguration of the Hindustan Press in 1924 Gandhi in his speech said, "Every word and sentence published in the paper should be weighed. There should not only be no untrue statements, but no *suggestio falsi or suppressio veri*." Gandhi supported and initiated the Birlas to start the Hindustan Times; yet, neither the Birlas nor Gandhi ever interfered with the newspaper's editorial freedom, even as it was one of the most powerful papers under the leadership of Mulgaonkar. Journalists making 'friends' with powerful people like politicians and industrialists is sacrilegious. Instinctive honesty is being compromised. *Lord Krishna in the Geeta says, that dharam (duty) which is entangled in bondage is not duty but slavery. And dharam (duty) which is bereft of karuna (compassion) is also not duty. Our duty as journalists is to present news that is unadulterated, fearlessly and with compassion.*



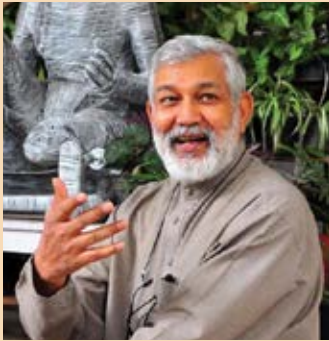
Dr. Kalyana Sundaram
Psychiatrist

With an alarming rise in mental health issues, particularly in the pandemic situation, media must help in destigmatising Mental Health issues, rather than sensationalising them.

More often than not, they do the latter as that seems to 'sell'! A tragic event like suicide is dramatised and glossed with juicy/gory details and speculative theories. Not a word is said about the tragedy of the situation and no attempt is made to understand the distress and emotional turmoil of the family. The media want a few sound bites and each is jostling with the others to thrust mikes in the face of the mourning family members, with no space to even grieve!

Screaming headlines - "Mentally ill assaults the the neighbour!" No effort is made to study the circumstances. Mental Health experts' opinion is rarely highlighted. How many mental health professionals do we see on any panel discussion?

Popular cinema continues to make fun of the mentally ill and depict them as clowns! Media plays a huge role in forming public opinion. The stigma against mental health cannot be allayed if media continues to remain insensitive.



Dr. Ajay Kumar Singh
Former Head of the State Police, Karnataka

We cannot discuss the role of media, without discussing its responsibility. We are already in the third decade of the 21 Century, and the world stands divided on so many fronts, political, social, cultural, etc. and hence the role and responsibility is only enhanced. In this increasing narrative of global divisiveness, it would not be incorrect to say that media with its wide reach and deep impact, acts as a cohesive force. In the context of India itself, which is multicultural and global, media would do good to inculcate and foster the idea of fraternity among the citizens irrespective of caste , creed, mother tongue, religion, ethnicity, etc.



Prabhakar H R
Journalist

Technology has changed the fundamentals of the media ecosystem and landscape. Social media is thriving on immediacy and urgency which not only interferes with judgement but also with humaneness. The concepts of 'viral' didn't exist, 'breaking news' has lost its value and

'newsworthy' doesn't matter anymore. Visuals of violence have reached the palm of our hands. An accident from a CC TV footage, or deeply personal moments, for example, the last minutes of a dying man, have leapt into the public space making us more and more apathetic and less than human. Narcissism has reached a different level with the unquenching desire for personal publicity and attention. The concept of a 'Scoop' which was the privilege of media houses today is in the hands of citizens. News analysis is another big hoax. It is usually driven by a pre-determined agenda and voices that go against this agenda are mercilessly muted. What used to be rumour has become fake news.



Radhika Narayan
Actress

Media has a huge impact on people in today's world. People have access to different channels of media through a click of a button. With this accessibility also comes positive and negative journalism. I have always believed in positive and responsible journalism. Whatever that goes online should be cross checked and verified. Else it amounts to misleading the public and chaos in the society!



Alaham Anil Kumar
Country Director - India
Infomo Global

News, particularly in electronic media earlier was reporter-driven and reporter centric. However, the biggest fall came when news became producer-centric and advertiser- driven. The producer is now calling the shots as far as news and entertainment is considered, based on what will propel TRPs, which today in India is the primary benchmark for advertising revenue. TRP and producer-led media is option for either of the two strategies CCCC (crime, corruption, cricket and) and

ABCD (astrology, bollywood, cricket, devotion) TRP calculation is itself faulty since it's based on sampling method of data collection, which in no sense is representative of larger populations, and hence the scope for big time rigging.

Print and electronic media have lost out to social media on timeliness. Consequently, print and electronic media have switched from news reporting to feature-based stories and news analysis, panel discussions, debates expert opinions and so on, in spite of their online presence. Besides, media industry earlier was a linear entity run as per a predetermined schedule. However, today content curation is customer centric, where the customer chooses what, when, how and where he wants to get his dose of entertainment and news, with the intervention of technologies like AI etc. which further customise the content to suit the customer profile

The views and opinions expressed by the authors in this article do not necessarily reflect the official policy or position of the institutions they represent or Jain (Deemed-to-be University).

Minimalistic approach to art and life

Abstract painting is often the most misunderstood form of art. Derided as child's play, abstract art is more liberating than figurative painting, and a more authentic and effective expression of creativity, largely because it is unbound by traditional rules. That's perhaps why Shamsia, a small-town girl from Chikkamagaluru, is, with her impressive abstract art, winning hearts across the globe today. A Luxury Management graduate from Jain (Deemed-to-be University), her dedication, fervor, passion and zeal have gained her the global recognition she deserves with her name etched in the World Book of Records, London. Currently employed as an Associate Business Analyst in an MNC, Shamsia's art reflects her minimalistic approach towards life. Shamsia spoke at length about her universe, enriched by creativity and art, during a chat with *Shwetha H C*.



Luxury management to art. Why did you choose art?

In the evenings after school, I used to take hobby art courses to refine my skills and discover new ones. Despite being dressed in my school uniform, I would still be able to express myself freely, and among other things, one of my favourite pastimes was to play with colours and make a mess of my uniform. Those were my very first encounters with art and colour, and they were transformative. The colours made my otherwise plain uniform vivid and fascinating, which I found rather appealing at the time. As a kid, my favourite toys were paint and paper, some of which I have preserved to this day. Initially, I painted and learnt the technique of blending colours in the right proportions to get the desired shade and depth, which I then put into practice. However, as I grew older, I felt that the portrayal of 'reality' was becoming increasingly restrictive, and I desired to give expression to my feelings through art. The decision to explore abstract painting opened the door to a whole new world of imagery and possibilities. After some time, it became very inviting.

What is the source of your artistic inspiration?

Inspiration is abundant, and this is a remark that is commonly heard. When we artists, on the other hand, sit down to create a piece of art, it might be tough to be or become inspired. Aside from examining the work of other artists, nature, recollections, everyday life or even words and phrases can serve as sources of inspiration for the creation of a tale or the inception of a new project.

How do you describe art and what does it actually mean to you?

Art is fundamentally subjective, and it invites us to seek beyond the apparent, in order to appreciate it copiously. As a unique manifestation of ideas, it is profoundly personal and needs the maximum degree of expressiveness and self-initiative on the part of those who participate. It is profoundly established in my life, and is impossible to break free from. My art is impacted by my real experiences; yet, the inverse is also true - it impacts my views of the world and my immediate environment. The liberty to express myself creatively, and more so through the abstract medium, is at the heart of what I've done. Being an artist, in my opinion, includes attaining that elusive and significantly sought-after sensation of personal independence.

Have you evolved a personal philosophy that guides you in your creative expression?

It is important to me to approach each blank canvas with an open mind, especially while working on non-commissioned work, and to keep my opinions to myself. It takes a while for me to just go with the flow and find my own artistic expression. A deeper comprehension of what I have created usually occurs halfway through or after finishing a piece of work. Artistry is highly individualistic, and it all boils down to the moment of creation and the simultaneous experience.

Take us through your outlook on life and its impact on your creative outlook.

My personal preference is for the simplest of things, and as a result, my outlook reflects my personality. I prefer to keep things as simple and as minimal as possible. Art has facilitated my appreciation for the small things in life that we often take for granted. Art has this effect on everybody who is a part of the creative process.

Have you ever felt the need to balance traditional art practice and technology, because today's world is all about digitisation and technology?

Yes, as the world moves towards NFT (non-fungible token), practicing traditional art alongside digital art is becoming increasingly vital. People who devote their lives to fine art are a small and exclusive club, which can become a luxury in and of itself over time. Digital art, on the other hand, is experiencing a renaissance. Those interested may explore this medium.

How do you keep yourself motivated?

The answer lies inside one's own capacity for self-motivation. I don't turn to the outside world for motivation, and I believe that no one should. The majority of my artistic training has been self-directed. As a result, I spend the majority of my time practicing art using the trial-and-error technique. I am constantly learning and acquiring new techniques. There are a variety of elements that influence motivation. The most crucial are fresh ideas to study and new concepts to experiment with.



Let's talk about Undulations - your world-record winning work.

My artwork, created using undulations, was selected for inclusion in the World Book of Records, London. A total surface area of 14,400 inches is covered by this work of art, making it the largest piece of art ever constructed using the mortier de structure technique. The artwork was constructed by gluing together 25 distinct paintings on 25 pieces of marble to create a paste-like finish, which was then stitched together. The steady rising and falling of the surface of water is accompanied by a slow transition from dark to light, imitating the moon's reflection on the surface of a dark sea. The vibrations of white light in the darkness, particularly at night, offers the piece an air of magical mystery.

(A Mortier De Structure painting is made of marble dust and 100 per cent polymer emulsion that adheres to any non-oily

absorbent surface and dries out slowly to the hardness of stone.)

How would you describe your creative style?

I would define my creative approach as a series of continual abstract variations that represent a convergence of several streams in modern art culture, as seen through the eyes of an art professional. Paintings and sculptures that are not based on real objects, such as nonobjective art, nonrepresentational art, or painting in which the portrayal of objects from the visible world plays a minor or no part, are my specialty. I primarily use acrylic mixing procedures. Form, colour, line and texture are just a few of the elements found in nature that can be labelled as abstract.

As an artist, what is it that you are most afraid of? Does it interfere with your creativity in some way?

In my professional capacity as an artist, I periodically have

concern over running out of fresh ideas. This anxiety and concern of encountering a creative block happens rather often. Fear of failure is another concern. While it is acceptable and normal to be fearful, as previously said, it is not acceptable or normal to let fear take control and do harm. It does, on occasion, inhibit the creative process, although it is not always the case.

Art is an escape from reality for most people. Have you felt the need to escape from art itself?

We become enslaved by our beliefs, and the wonders of the world are buried in the depths of our collective imagination. Artistry reintroduces us to the beauty of the world and encourages us to be grateful for our lives on this planet. A good piece of art may give a brief respite from reality, which can be therapeutic; and it allows us to take a break from our daily routine and worries. It gives us a new lease of life while we are going through a difficult



situation. Though art might be a means of temporary escape, it is a necessary one for many people in today's world. I've never had the urge to abandon my artistic pursuits, though, and this hasn't changed so far. Having said that, if given the option, I would want to be in the zone at all times.

Do you think art has the power to change the world?

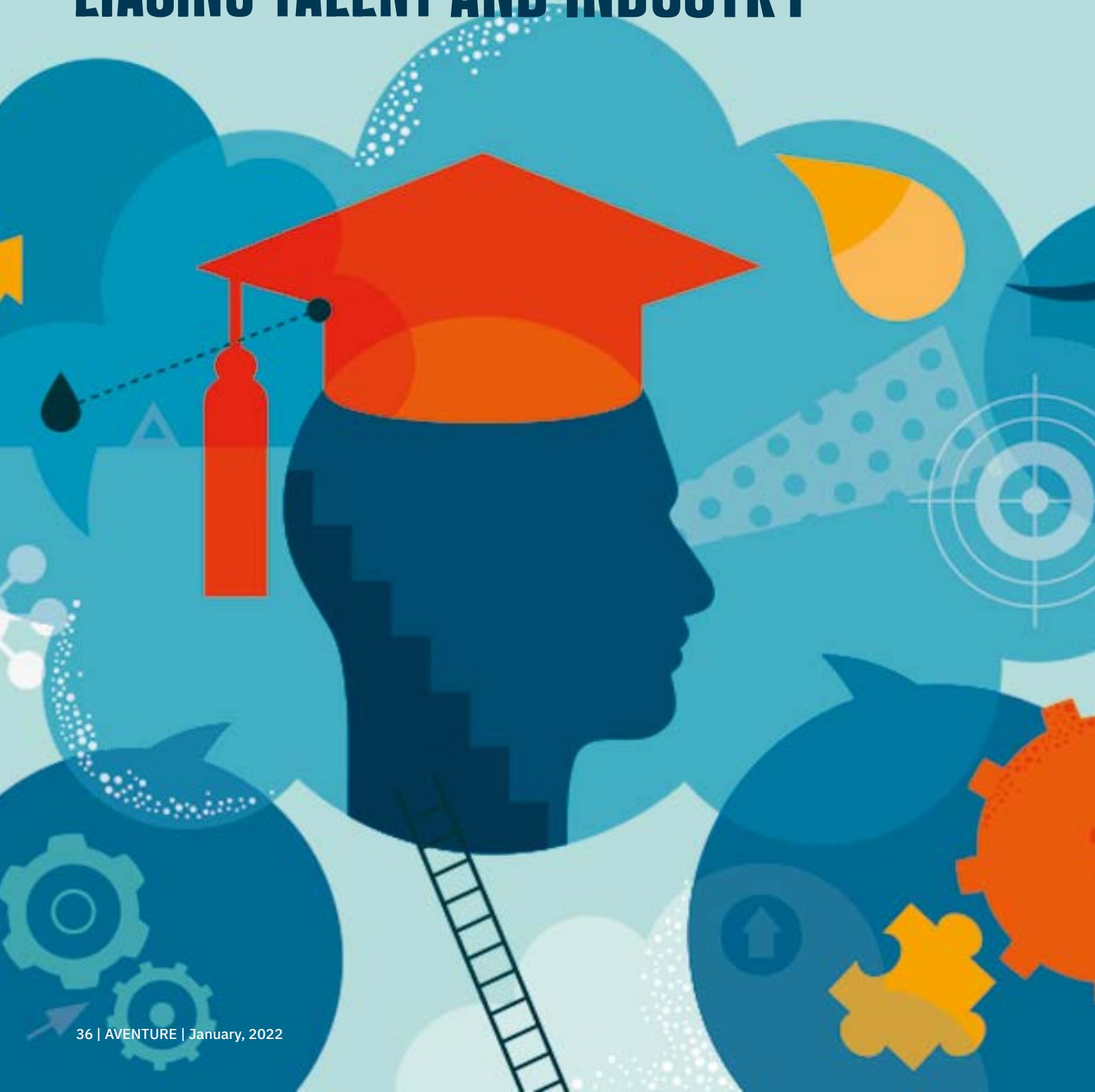
Art is a medium of communication; it enables people from different cultures and eras to connect through images, emotions and stories. In a constantly changing world, art has the potential to communicate our points of view by transcending the boundaries of space and time. Art has the power to recast the nature of existence from a new perspective, and as a result, it has the potential to transform the thoughts and ideals of the audience regarding reality. While art does not dictate what people should do, it does have the capacity to cause the world to 'experience' a variety of different experiences. Furthermore, this feeling may stimulate thoughts.



- Art that you mostly identify with.
Abstract art. I practice contemporary abstract & Dutch-pour form (a pouring method of acrylic paint using air to manipulate the colours on a canvas).
- Have you dabbled around with other art forms?
Tried my hand at realism, but seems like I will stick to the form I am good at.
- What do you dislike about the art world?
It's a niche field; only a very few people practice it and even fewer appreciate it.
- Favourite time of the day to create art.
Midnight. When the world around me is quiet, it helps me put all my thoughts on the canvas.
- How does art help you in other areas of life?
It helps me stay balanced and grounded.
- A specific environment or material that's integral to your work?
I work exclusively with acrylic medium and pouring liquid.
- Current abstract artists you follow
French artist John Beckley under whom I have learnt. Apart from that the very famous Dutch Pour artist Rinske Dounka. Others are Cusomano & George Hall.

HIGHER EDUCATION

LIASING TALENT AND INDUSTRY





With the National Education Policy being rolled out in Karnataka as a pilot, and Karnataka poised to be a chosen destination for higher education in India, even as it is attracting a considerable international student community, *Shubha Srikanth* talks to **Dr. C N Ashwathnarayan, Minister for Higher Education; IT & BT, Science & Technology; Skill Development, Entrepreneurship & Livelihood Government of Karnataka** on how HEIs are gearing up to make the teaching-learning process inclusive and holistic.

Sir, you are holding multiple portfolios. Perhaps Karnataka is the only state with such a synergy of portfolios.

Undoubtedly. This places Karnataka in a position of great advantage. As you can see these sectors are interdependent and complementary. It becomes easier for one core team to address the concerns of one other and bring about synergy. Here policy makers, educationists and industry leaders can meet on a single platform, express and understand one another's concerns and thereby resolve and fix gaps. For instance, industry leaders spell out areas for improvement in students graduating, or their expectations and requirements. At the same time, HEIs can request industry involvement at the graduate and post-graduate level. The government can then take measures and formulate policies for skill development and apprise HEIs to address these gaps and support them in the process.



C. N. Ashwathnarayan
Minister for Higher Education; IT & BT, Science & Technology; Skill Development, Entrepreneurship & Livelihood, GoK

What challenges are institutions facing in implementing NEP?

To implement NEP, the scale and depth of transformation required is massive. As in any change of this stature, there are bound to be apprehensions, resistance and initial hiccups. Added to this is the pandemic disruptions that we were already facing. As we are well aware the education sector faced an unprecedented challenge. However, technology has helped us. And the entire education ecosystem pitched in, in a big way to provide, seamless and unhindered teaching and learning.

Challenges per se are about how NEP should be taken forward, the process of translating what is written on paper at ground zero. A lot of effort and time is being spent by the education department and the HEIs to make NEP a reality.

Over the past year and a half GoK, Higher Education Council, universities and institutions have been proactive in training the teachers so they are apprised of the mechanism and structure of NEP and the methodology to implement. I must say the process of implementation has picked up pace and all stakeholders are doing all that is necessary.



Karnataka was chosen to implement the NEP pilot project.

That speaks volumes about how Karnataka Education Department and the Karnataka HEIs are gauged in terms of their capabilities and strengths and adaptability.

After 34 years the honorable prime minister rolled out NEP to address the new age requirements. This policy is transformative and forward looking even as it addresses the lacuna of the current education system.

I must say, that the HEIs are doing a commendable job, going the extra mile, in transitioning towards NEP implementation as well as adapting to the blended education model. Although tremendous effort is required by all stakeholders -- management, faculty members and students, Karnataka HIEs, I am sure will provide a model for other states of the country to follow and emulate.



What should HEIs focus on in the forthcoming years?

As always, quality learning and holistic learning is the expected ultimate outcome. Students must be empowered and given opportunities for life and not just for exams. Since the new policy is not a fit-for-all structure, HEIs must make the most of the flexibility offered, to cater to each student's aptitude and passion. Learning should become a way of life. Joy of learning must be instilled to help realise each student's dream, ambition and aspiration. Every institution therefore should build the resources and support system to fulfill the primary stakeholder, the student's aspirations.

To bridge the gap between theory and practice, education institution and industry collaboration is critical. I urge all HEIs to invite industry leaders to interact with students, to give students the opportunity for hands-on learning and exposure to real-life case studies. Amassing knowledge

alone is not sufficient. The value of knowledge is only in its innovative application and trouble shooting in real life situations. And most importantly, the knowledge should be utilized for ecological sustainability social welfare.

Our HEIs are very strong in imparting technical knowledge. The focus for HEIs should henceforth be on imparting essential life skills such as, emotional maturity, crisis management, out-of-the box thinking, lateral thinking, communication, inter-personal relationship management, group dynamics, adaptability.

Besides, we are envisioning, to make all HEIs autonomous in the coming decade. I urge HEIs to work towards becoming capable of functioning autonomously. They would want to upgrade themselves in terms of infrastructure, technology infrastructure, technical know-how, laboratories, top-notch teaching faculty, an able administrative staff, etc.



CONVERSATION

How is the government supporting the existing HEIs and in starting new ones in other cities of Karnataka?

As you are aware GoK has begun to implement the 'Beyond Bengaluru' initiative of KDEM (Karnataka Digital Economy Mission) to take IT and BT clusters to other cities and towns of Karnataka. In the same vein, to support these initiatives, we want to strengthen the HEIs in cities like Mysuru, Mangaluru, Hubli-Dharwad, Shivamogga, Tumkuru, Kalburgi among others so as to ensure availability of local talent pool.

These cities are poised to thus grow in terms of employment generation. Like I mentioned, synergy between government, academic and industry is vital to make Karnataka a hub for innovation, investment and start-ups, and then automatically job opportunities will flow. The government is spinning out and implementing conducive policies to create a robust ecosystem for the same.

Every effort is being made to strengthen HEIs. Thousands of teachers across the state, be it from Bellary, Hassan or Udupi have been trained. The

department has tied up with ed-tech companies and other IT giants to provide online as well as offline training free of cost to students in towns and cities of Karnataka to prep for national level competitive exams.

Importantly, I think the entire community of a city or town must be involved in building and sustaining educational institutions. The citizens of the city/town must invest faith in the HEIs of their own city/town. The brain drain from other cities/towns to Bengaluru must be arrested. In this direction we are doing our best to support the ecosystem.

What skill gaps should HEIs focus on to make students employment-ready?

That's right. Despite all the strengths of our student community, from what I hear from industry leaders, there are certain gaps that HEIs are in a great position to bridge.

We are today operating in a multi-cultural, international environment. So, cultural sensitivity through enhanced knowledge of different geographies and cultures should be offered. Being proficient in a language is no longer sufficient. Karnataka has a large student base that is proficient in English. But that does not automatically make them excellent communicators. A work-force with effective communication skills, no matter the language one speaks, is the need according to industry leaders.

Besides, empathy, emotional management, leadership qualities, change management,

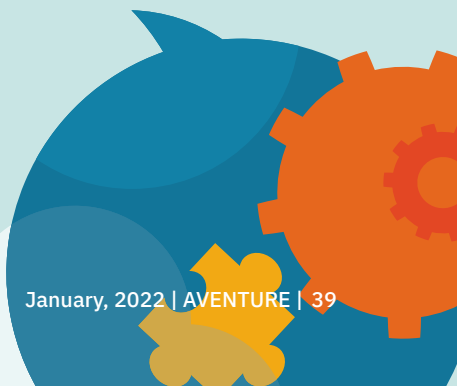
stress management, work-life balance, group dynamics, creative thinking, entrepreneurship mindset are essential skills that must be imparted by HEIs.

While talking about the entrepreneurial mindset, Karnataka is leading by example.

Karnataka is producing more unicorns than any other state and is at the forefront of innovation in finance, information and technology and bio technology, science, etc.

Yes, Bengaluru has the maximum number of unicorns in the country. One third of the country's unicorns are in Bengaluru -- nearly 16 unicorn, CRED, Udaan, Meesho, Big Basket, Groww to mention a few. Not to leave out the innumerable successful start-ups from all over Karnataka. All the more reason for HEIs to encourage entrepreneurial mindset and internships through collaboration with industry leaders and mentors. And above all encourage students to explore and nurture their passion and creative skills.


HEIs once again play a key role in providing students exposure to global best practices, identifying and filling skill gaps, catering to industry requirements, and skill centric awareness building which will make students industry-ready and future ready.





Eco-Friendly homes

SOIL, AIR, WATER, LIGHT & LOVE will make the world and your home a better place to live in. A house made from the earth and elements, a house that carries the essence of the universe, and breathes life, making it a home. *Aparna Shivapura* writes about the journey and transformation one can make within and outside one's environment, by choosing to build and create **ECO-FRIENDLY HOMES.**



If you are building a home and are excited, it is just right! A home is made with colossal effort and you can see a dream come true. Yet, in this nest that you are about to build or already live-in, it is time to paint green and sunshine. Here's why.

Why green should be your preferred colour!

Beyond beautiful designs, great architecture, floor plans and haute couture interiors, there lies a responsibility, awareness and commitment the builder and the owner have to dually have, to ensure that homes are built with care and compassion for the environment.

“Green” is defined as the journey towards energy efficiency, environmental management, water conservation, renewable energy, waste management and recycling. While on one hand, the levels of environmental degradation, disrespect and neglect is increasing, on the other, a positive and progressive voice is rising to make itself heard in the green horizon. All aspects of natural and sustainable living come into play in building a green space.

There is a new generation of customers who are thinking ‘green’ and ‘sustainable’ in all aspects leading to innovation, technological breakthroughs and design optimization. Gone

are the days when people would build only ‘good-looking’ homes, today, the levels of awareness and needs of what they want from a home has also been qualitatively enhanced. The demand for green homes and green buildings is leading to bigger, better solutions in the space and the long-term advantage touches the environment. There is a healthy mix of well-known brands and a crop of individual architects who specialize in building these kinds of homes. Their expertise goes beyond good designs, to the science of building sustainable and environment-safe homes.

“As newly emerging architects, we are today completely aware of the environmental aspects that can get detrimental if not heeded to. We recommend every client to consider building safe-for-environment homes and styles,” says Akshay Jain, a next-gen architect who is catering to urbane clients across South India.

Awareness is the key to transformation

The most tangible benefits of building eco-friendly and environmentally-positive homes include significant energy and water efficiency, reduced landfill waste, retention and creation of vegetated land areas, and overall, measurable reduction in pollution, and climate welfare. There is a gigantic surge in the awareness and demand for eco-friendly or green homes, across the country.

Sanjay Kripa, owner of an eco-friendly home in Kanakapura says, “We made a conscious choice to move out of a luxurious apartment where we had lived for five years. We chose an architect who understands the sensibilities of a green home and the result is a home in an absolutely natural setting; we have a beautiful terrace garden where we grow our own vegetables, our floor is made using natural earthy elements and we have increased natural lighting and air thereby reducing the need for appliances. Also, solar energy for lighting and waste management is incorporated from day one.”

An eco-friendly house is defined as an environmentally low-impact building, using methodologies that reduce carbon footprint, lead consumption, energy consumption and is conducive to the ecosystem. Some of the most aesthetic and valuable contributions such a home makes include facilities to store rain water, gray water harvesting, use solar energy and high-efficiency lighting, regulated

temperature on the walls, food gardens and fruit orchards.

Environmental-friendly material, low impact on the ecosystem with regards to manufacturing, distribution, construction, renovation, and demolition, minimum chemical usage and ability to recycle the materials are amongst the emerging aspects of a green building. Core building concepts, increased efficiency and optimal resource usage, new design themes and concepts related to environment and eco-system conservation are naturally expected of architects. Mud blocks instead of bricks, lead-free walls, natural skylights, discarded pinewood packing cases, water recycling, waste segregation and more. There are more intensive projects like Sharanam Centre for Rural Development, Pondicherry, an iconic initiative, where they have used unfired earth, less concrete and steel, minimalistic walls, open piers to ensure thermal comfort, pigmented flooring and insulated floor gardens.





cent increase in residential construction which will also account for 21 per cent of electricity consumption. Appliance driven electricity consumption in residences by fans, lighting and AC is very high and will continue to increase if alternatives are not placed. The report further says that energy consumption and gas emissions could increase 700 per cent by 2050.

There are other critical factors that are depleting our natural resources such as increased consumption of groundwater usage, furniture and crafts requiring wood, all eventually impacting climate change. In addition, there is a visible increase in respiratory issues like asthma, infections and allergic reactions especially amongst children. GREEN is the word to reduce the stress from residences on climate and our environment, in total. Natural resources, green home concepts and techniques will disrupt this degradation in the long run. This process refers to not only building the structure, with green awareness but also building processes that are environmentally responsible and resource efficient.

Vidya Ganapati, an architect-consultant for HNI Homes in Bangalore says, "There are both types of customers; one – who are still alien to green and eco-friendly homes because they do not understand the impact and gravity. There is however, an upswing in the number of clients who are open to these natural concepts, and insist on a farm-like or garden-like home in the midst of a busy city. It is important that as architects, we take the responsibility and advocate green homes to all clients and prospects."

Building fabric that can go ecologically wrong!

Sri Aurobindo says, "All our earth starts from the mud and ends in the sky...."

According to the Green Council of India, "A green building is one which uses less water, optimizes energy efficiency, conserves natural resources, generates less waste and provides healthier spaces for occupants, as compared to a conventional building." Beyond fashionable and trendy,

concepts of sustainability and sensibility need to rise high in the air. Architects have to create a balance of aesthetics, sustainability, comfort and financial prudence. Initial ignorance could impact the building and retrofitting green standards may end up being a far more expensive affair!

Rampant increase in the construction of homes is in itself causing a 'green-

crunch' around us. One of the biggest impacts of not building 'eco-friendly homes or buildings' is loss of resilience to fight climate change, pollution, and loss of bio-diversity. The housing sector continues to be among the biggest sources and contributors to global gas emissions.

According to a report by the Climate Works Foundation, there will be more than 5 per

Myths surrounding eco-friendly homes

Myth 1: Eco-friendly homes can only have rustic, earthy looks.
Wrong. Some people do not prefer rustic or earthy looks for a home especially for a lifetime. Their dreams of an uber-looking, plush with modern elements deter them from making the plunge. However, the good news is that eco-friendly homes today can definitely be designed to deliver any kind of look. There is absolutely no limitation or mandate that only a type of aesthetics can be built.

Myth 2: Eco-friendly homes are very and is expensive.

Wrong. In the long run, eco-friendly homes not only save building costs, they can earn you more money and promotes good health, thereby, reducing affiliate costs of visiting hospitals and being on medicines!!!

Myth 3: Solar energy is not reliable and expensive.

Wrong. Solar panels today not only bring you uninterrupted and natural power but extra grids can also earn you money. The local BESCO authorities can buy back the surplus power that is generated from your solar panels.

Myth 4: Sustainable is ugly and difficult to maintain!

Wrong. A proficient eco-friendly architect can give customers a range of interesting and exciting designs, layout and aesthetics for homes. These homes are not any different or additionally overbearing for home makers to manage and maintain. Green buildings are always better-buildings!



Myth 5: Green is a fad!

Wrong. Green is no longer a fad. Eco-friendly homes, eco-friendly buildings are here to stay and can even become the rule, if acceptance increases. The effects are positive, is progressive and highly conducive for a safe environment.

Nandita, Founding Director of WEVID (Weaving Enquiries in Design) and DfGE (Design for Greater Efficiency) Global Course Lead at the International Finance Corporation says, "There are myths and blind spots that customers come to us with, when education and awareness is the only way out. Greater adoption amongst customers will surely pave the way for a greener society."

Green certifications in India

A trail-blazing change and trend-setting change towards greater green in the habitats is the arrival of Green Certifications. There are many global and Indian green rating and certifying authorities like LEED, EDGE, INDIAN GREEN BUILDING COUNCIL, GRIHA and more. The vision and philosophy are saving and conservation of natural resources.

The EDGE Certification is considered one of the fastest growing certifications in the country. An innovation of International Finance Corporation, a member of World Bank, EDGE Certification has a user-friendly and intuitive free

app to calculate savings and optimization based on your home requirements. This is a standard software and a certification system for more than 170 countries, worldwide. Their vision is "Everyone wins financially by building green." LEED (Leadership in Energy and Environmental Design) has also played a pivotal role in enabling greater green adoption in homes and commercial buildings. LEED certification give great insights on energy, atmosphere, transportation, ventilation, combustion, air-filtering, lower emitting products, and more.



Benefits of GREEN CERTIFICATION

There are several significant benefits of getting a home or a building certified and ratified by an authority. Prominent amongst them include:

- A whopping 40 - 50 per cent savings in Energy
- 20 - 30 per cent savings in Water usage
- 15 - 20 per cent savings on power bills
- 10 per cent reduction in maintenance costs.
- Over 75 per cent rainwater gets harvested
- 100 per cent waste segregation

Architect, Academician, Author and Lead - Indian Institute of Architects, Karnataka Chapter Publication Committee, Nandita says, "All current and new home owners should definitely put green certification in their planning level itself. Today, free apps like EDGE are highly supportive and play a big role in fulfilling the green dream. Information, upfront calculations, estimates and savings will help the owner take the right decisions and go green! There is definitely greater awareness that needs to be built in across the country, for expedited adoption of these services."



Build eco-friendly homes and gain incentives

Today, several state governments, banks and insurance companies, investors and private builders are taking the step ahead and incentivizing green buyers.

For large scale builders, the Government offers a 25 per cent subsidy on total fixed capital investment. Some state governments offer good subsidies and incentives for complying with GRIHA ratings. Many local corporations are offering rebates on tax which is a huge motivator for builders and owners! Retail finance can definitely bring an upsurge in affordability and acceptance of green homes. Affordable loans, low interest rates, green construction

loans, green equity, longer pay-back tenures are exciting for prospects. New concepts like Green Mortgage and Green Finance are paving the way ahead and bringing sunshine in the eco friendly homes' space. The Asian Development Bank (ADB) and IIFL Home Finance Limited (IIFL) have launched new programs to enhance affordability of green homes in India.

Green philosophy, adoption & experience

Khalid Rehman, Principal Architect, Centre for Vernacular Architecture Trust says, "While there is a new generation of customers who are well-informed of green buildings and its advantages, there is still a dearth of exposure to these real-time concepts across our

diaspora. Several notions that green or eco-friendly homes are expensive, not suave and passe still rests in people. As a result, there is also a loss of skilled labor due to intensive mechanization and use of industrialized products. Hence, our Trust focuses on vernacular, green and conservation in all our projects."

There is also a new wave in the adoption of green technology for homes including energy efficient appliances, solar water heaters, internal gas generation, natural water heating, rain barrels, mud bricks, recycled stone and plastic, plant-based foam, ash concrete, straw and cork, particle boards, reclaimed wood, non-toxic building materials, bamboo and more.

In fact, today, there are builders creating concepts in chemical-

free breath-easy homes, with material like lime, stone, mud and bricks. The Kerala-based Vasthukam architecture reinvented the technique of smooth plastering on the walls, with mud. This directly reduces inhaling toxics and is lung-healthy. The concept of Organic Architecture also thrives on the concept that human life and nature should co-exist alongside a sustainable ecosystem.

They say, if you can - you will, if you will - you can. Each one of us can play a role in owning an eco-friendly space or advocating it to the ignorant. In current times, we have in reality, reached a no-option stage. The sooner we accept and make the change, the faster we will see a greener future. This will be a step ahead in transformation, building a cleaner greener world for us to live in.



HEART
MATTERS
THE NEW 40s SYNDROME



“We first make
our habits,
then our habits
make us.”

– John Dryden,
an English poet.

40s is the new 30s – popular headline nowadays! The 40s generation is motivated to look young, imitate the younger to create an illusion of sorts. One aspect is looking younger, while the other is about ‘acting’ young. The modifications to the body in terms of the physique, the ‘blackening’ of the grey, anti-wrinkle escapades among others to appear young is pure illusory effect. Also, there is a blind copy of western culture more so in the work environment to ape their work ethic, sans the framework that the western professionals enjoy as a much-needed cushion to work in a professional environment. Are there any repercussions that can harm the naturally ageing body? *Prasanna S. Harihar* discuss here in this article.



Habits Maketh an Individual!

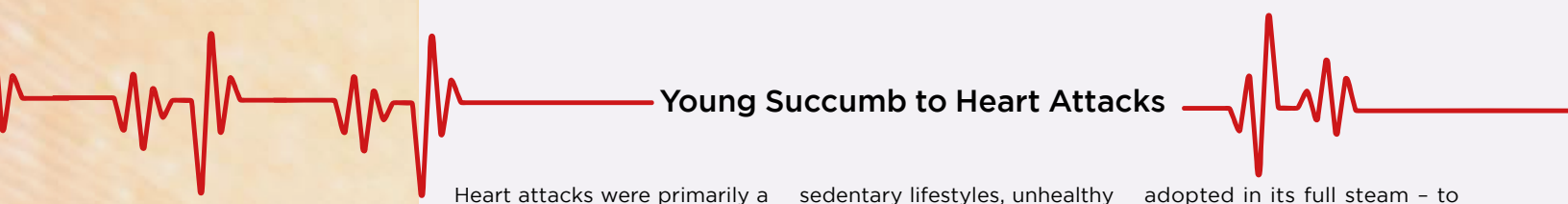


Habits die hard. They push us into a safety zone. Sometimes, we even end up a slave to them. It is only prudent that a poor habit grows to diminish into extinction.

Going by this axiom, habits mould an individual's life. First it is the thinking that is influenced into a pattern of behaviour. Then the pleasure derived from it propels us to repeatedly pursue for continuous satisfaction. Next what sets in is a safety net that mandates us to make that chore a pleasurable habit and later getting rid of the same becomes impossible.

For example, we are aware of the all-pervasive drug problem in society. An opioid overdose can cause a cardiac arrest. We have heard of a few cases in the 40s generation who have taken to cycling or marathon running and a few other extreme sports. While a healthy appetite for challenges is good and the associated daredevilry is appreciated, one has to ensure that fitness review and a green signal is mandatory from a medical practitioner. In its absence, the interest area grows to become a habit and then a compulsive obsession which may lead to extreme health conditions.

The mantra is - exercise restraint over one's habits and resist the status quo to explore beyond the safety net.



Young Succumb to Heart Attacks

In India, more than 17 lakh people die every year due to heart diseases and by 2030, the figure is expected to increase with 2.3 crore deaths. Fifty per cent of all heart attacks in Indian men occur under 50 years of age and 25 per cent of all heart attacks in Indian men occur under 40 years of age (Source: Indian Heart Association).

Among reported mortality cases, there are a few who were apparently healthy and a few others suffering from few pre-existing conditions such as elevated blood pressure, high sugar, etc. Pre-existing conditions does raise one's eyebrows, nevertheless, shocks one out of their wits when a death is reported at an early age.

Heart attacks were primarily a problem faced by older adults. In an advanced country like USA, it was rare for anyone younger than 40 to suffer a heart attack but not so today with almost 1 in 5. Closer home, as per the Indian Heart Association, heart disease strikes Indians at an earlier age (almost 33 per cent earlier) than other demographics, often without prior warning. Reports suggest that CVDs – Cardiovascular diseases strike Indians a decade earlier than the western population.

Dr. Sathyanath, a leading UK physician comments: “The single most important risk factor for coronary heart disease is genetic, especially in the young where Hypertrophic Cardiomyopathy (a condition in which the heart muscles become abnormally thick making it harder to pump blood) can cause sudden death in the 40s. South Asians are particularly prone to coronary artery disease. The so-called modifiable risk factors are smoking, obesity, especially truncal obesity, diabetes and hypertension.”

In recent times, India has witnessed rapid urbanization, globalization, increased

sedentary lifestyles, unhealthy diets, overweight, tobacco usage and increased life expectancy. As per a 2020 study, tobacco smoking in males (23.6 per cent) is higher than the global prevalence (22 Per cent). Obesity is increasingly in adult urban population, and abdominal obesity a major cause for concern. One in every four individuals older than 18 years has an increased blood pressure level. India has catapulted to be the diabetes capital of the world.

A healthy balanced diet and regular physical activity is a behavioural change to be initiated to reduce this burden. What gives the medical community the jitters is when individuals, reportedly super-fit, with a good exercise and diet regimen develop strange but overlooked symptoms and die a sudden death.

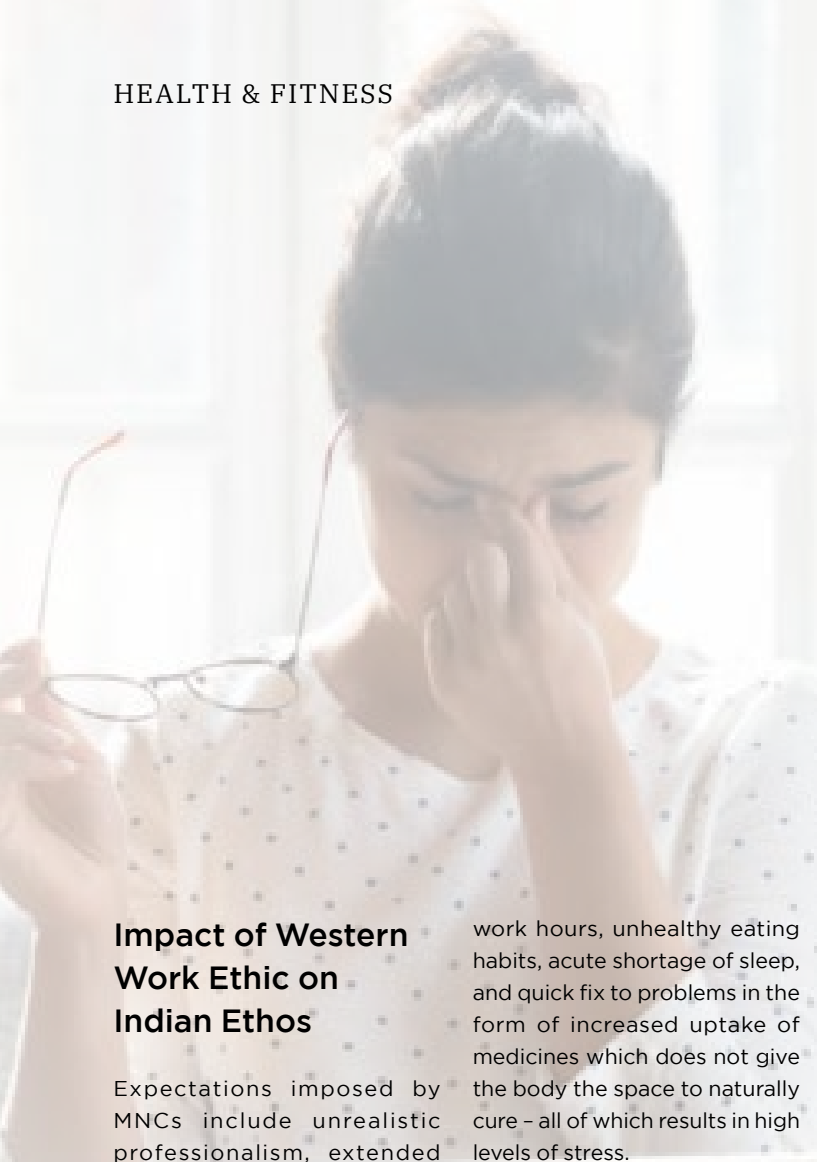
The 40s generation in India is affected for two reasons work ethic and personal image. Both are expectations related to pressure from the surrounding as well as from the self. We don't find these in older generations for obvious reasons.

In the former, the Indian workplace is today a 24 x 7 operating unit catering to the far east as well as the west, which comes with challenges and opportunities. In the latter, the consumerist culture of the West and India depict the ageing population as still looking fabulous and healthy which our Indian society accepted and

adopted in its full steam – to flaunt a toned body we started to expend effort to look much younger than our age.

Work life in India due to growing globalization has created both a positive and a negative influence on the 40s to 50s generation. Dr. Anil Kumar, Head, Dept. of Medicine of a leading teaching hospital reviews case histories of many patients who come with some symptoms. “In young heart attacks, it is genes, genes and genes all the way. Steroids, drugs, obesity surgery don't play a major role in heart attack causation. There are reversible and irreversible factors. Irreversible are family history, male gender, Asian origin, etc. Reversible are lifestyle factors such as hypertension, smoking, sedentary lifestyle, excessive alcohol consumption, etc.”

Dr. Charitha at a premier medical educational institution remarked: “Heart attack sometimes is a result of a single cause but most of the time it's the end result of multiple disease processes. While we have accepted that heart attacks are more common in the 65+ age groups, today, we are hearing more instances of individuals in 30s and 40s who are victims. As far as I know, researchers haven't been able to pin-point exactly what the cause is, there are various ‘non-communicable causes’ being listed as the reason for increase in heart attacks.”



Impact of Western Work Ethic on Indian Ethos

Expectations imposed by MNCs include unrealistic professionalism, extended hours of work to overlap their country business hours, aggressive deadlines, working with a global workforce and higher productivity. Juxtapose this, with the fact that unlike many developed countries, in our country there is paucity of a work-ethic framework leave alone public health infrastructure and initiatives to raise awareness about heart health. To date, only a few healthcare providers in India routinely screen for heart disease risk factors. Combined with lack of education and awareness among the young and along with an insouciant approach, the problem stands magnified.

The newfound opportunity to quickly move up the corporate ladder exposes one to extended

work hours, unhealthy eating habits, acute shortage of sleep, and quick fix to problems in the form of increased uptake of medicines which does not give the body the space to naturally cure – all of which results in high levels of stress.

Look better, younger! At what cost?

Western consumerism induced the need to look fabulous, not just good. The first target was our movie stars who to cope with the pressure to look a certain way succumbed easily. The need to imitate celebrities became compelling for the average Indian and many went a little too far. Gyms and beauty parlours popped up everywhere giving access to the young to look like their celebrity idols.

Body shaming took to mainstream, and many became image conscious. A 6-pack torso became a necessity, and

the indiscriminate usage of anabolic steroids and protein-powder became a habit. A spate of surgeries like bariatric, liposuction, hair transplantation, rhinoplasty, etc. are being used to look good and fine. On their own these surgeries when done properly are harmless, but then there could be side-effects even though the probability is lower. Any procedure or surgery creates more stress for living up to society's as well as one's own self-image.

Dr. Charitha adds, "The amount of stress an individual is subjected to is enormous these days. There is tension regarding work-life balance, financial problems, domestic and family problems, the self-induced reason to look a particular way, dress up a particular way, to meet expectations, to meet project deadlines, and many more. What one fails to realise is its impact on the mind and body. The body prepares itself to the onset of danger and tries to fight the situation with natural immunity. But continuous stress harms the body."

Gyms and trainers resort to unscientific methods to help their members realize their objectives. Upfront these places promise a certain amount of weight reduction. The unscientific means in terms of excessive and high intensity workouts increase the risk factor. Some of these gyms are not certified by a central body, in some cases the trainers have not undergone formal training and obtained certifications, many of them do not have doctors available either on premises or on-call, all of which has led to an increase in the risks associated without a deeper understanding of the aftermath.

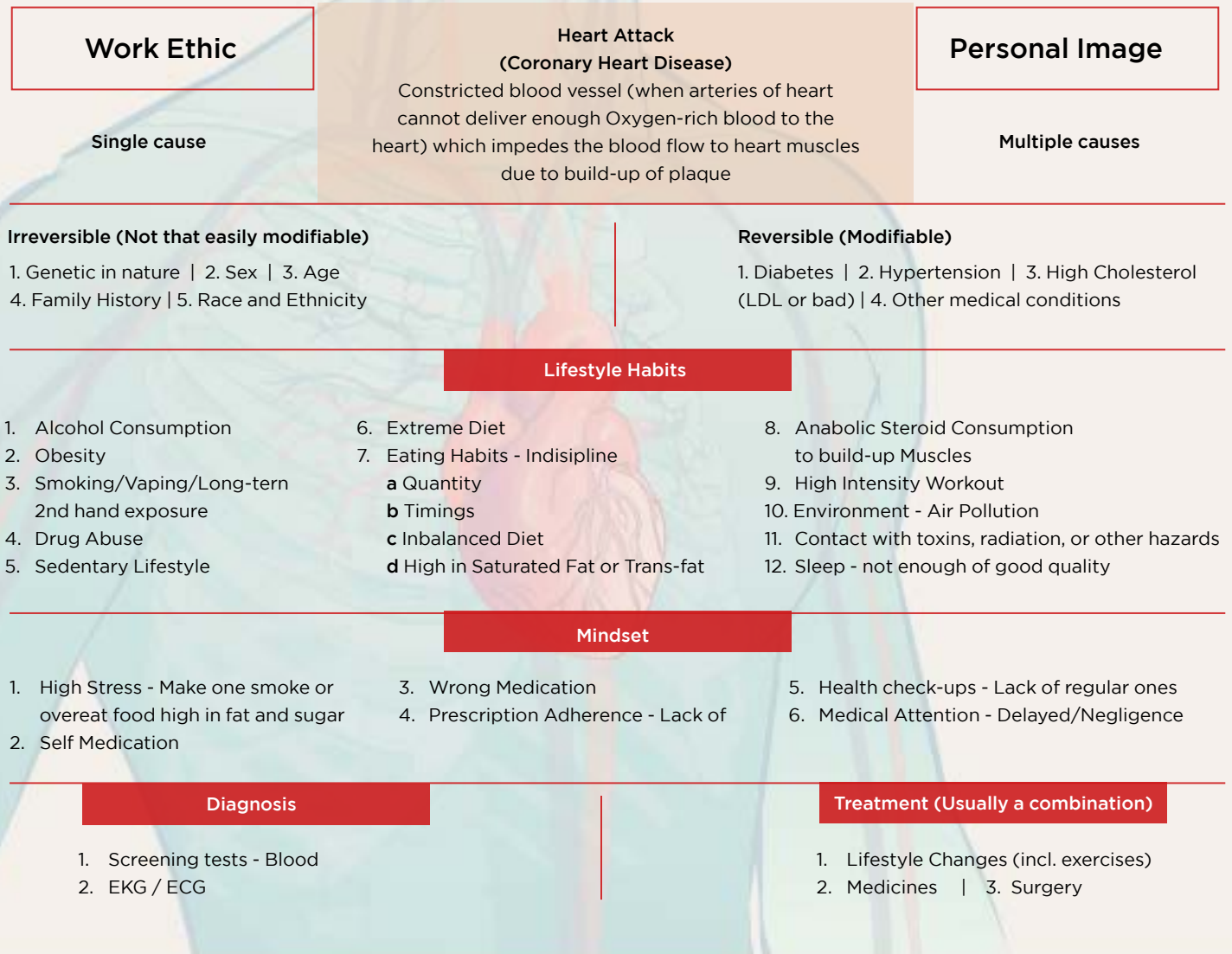
Dr. Sathyanath added, "Excessive physical exercise has been linked to sudden death, although it has to be stressed that it is very rare and usually these people have some underlying risk factors which may not have been identified. Indeed, their first presentation may be sudden death! Often these are the people who are prone to abusing anabolic steroids which may increase the risk of coronary artery disease."

Lack of quick access to healthcare in an emergency situation, exposure to toxins and radiation due to unhealthy work environments, increased dining out and irrational consumption of junk food which are high in trans-fat, decreased consumption of fresh fruits and vegetables, acute lack of sleep due to change in work situations particularly in this pandemic-induced work-from-home environment, and a plethora of other factors create a perfect storm for an increased incidence of heart-attacks.

The 40s and the 50s are the age-group highly affected for they look at these productive and growing years as the best time to elevate their standard of living

Methods to develop rural reach with necessary infrastructure will prove to be beneficial with an increased imperative. Joining hands with corporates will provide the necessary edge to educate employees and bring them on-board for a massive education program that can help our vast population. Public-private-corporate-educational institution-hospital collaboration can effect a positive change to help reduce the burden that we carry as a country today.

Heart Attack -- Causal Factors



As Dr. Sathyanath has highlighted earlier, the underlying factors still drive the outcome but there are many contributing factors. If driven to excessiveness, the results can be disastrous. We know that workouts are good, but it is recommended to obtain a prior doctor's opinion. Excessive workout with irrational intake of protein powder and steroid usage can only hamper the progress in the long-run. Any sudden death even though in very small numbers, is still an event that stands out in the data presented as outliers.

Summary

Heart health matters the most for an active life. Thus, to protect the heart health from exposing it to any extreme conditions an individual needs to do a conscious living.

Sticking to the basics in terms of what we need but accessing a few of the wants is still realistic. When the desires takes over our thinking that is when we run into a gamut of problems. Work has to be balanced with good life; looking good has to be balanced with prudent living.

We need to get into the practise of proactive health check-ups at a younger age. We need to commit ourselves to staying compliant with prescription medication if there are a few anomalies reported in our health. We need to stay healthy with good food and exercise regimen, rather than excessive unhealthy bad food habits. We also need to gracefully accept the changes in our body as we age.

Genes that we have inherited largely decide our health. But the many factors that have

been discussed here which are lifestyle and mindset aspects tend to take its toll over a period of time.

The rationale is any of those influencing factors can trigger certain events due to underlying genetic predispositions.

In the end, the matter of the heart is worth its weight in gold and let every hour be the golden hour to alleviate the heart problems - the Art of the Heart is the most precious and cherished indeed!

MOVERS AND SHAKERS

Nobel Laureats, 2021 in Medicine, Physics and Chemistry

SYDNEY SRINIVAS

What exactly happens when we eat something hot/spicy, say chillies? What happens when we touch something hot? Why is it that we can foretell the overall climate for the next year but err when predicting the weather for next week? How can we manufacture effective drugs economically and without too many waste byproducts in the future? Do you think that these are some disconnected series of questions? Don't be fooled. At first glance they may appear so. But, answers to the very same questions have won the Nobel prizes for 2021.

Alfred Nobel had willed that he would like to offer, "Prizes to those who, during the preceding year, have conferred the greatest benefit to humankind." Here is a brief introduction to the pathbreaking work carried out by the recipients of 2021 in the light of Nobel's wish.

Medicine

The Nobel Prize in Physiology or Medicine was awarded jointly to David Julius and Ardem Patapoutian “for their discoveries of receptors for temperature and touch.”

The pair made breakthrough discoveries that launched extensive research activities which, in turn, led to a rapid increase in our understanding of how our nervous system senses heat, cold and mechanical stimuli.

Julius is a professor of physiology at the University of California, San Francisco. Patapoutian is a molecular biologist and neuroscientist at Scripps Research in La Jolla, California.

Let us see what happens when we touch something hot, say a cup of coffee. Heat is a piece of external environmental stimuli. Our body converts this information into biological signals at the nerve cell endings of our skin. The surface of the nerve cell contains specialised molecules called Ion Channels. These open when there is an environmental stimulus and produce an electric signal. This signal is amplified and communicated to the brain, which interprets it as a sensation.

Julius and Patapoutian have helped us better understand “the sense responsible for the perceptions of touch, temperature, vibration, pain and proprioception (the body’s ability to sense its movements and position in space)”.

It is a common experience that when we eat chilly, we experience a burning, painful sensation even though it is cold to touch. This is because chillies and some other plants and spices produce compounds that can irritate the palate, the lining of the stomach etc. you when you consume them in excess. However, in mild doses, they add to the taste and flavour of the food.

Our nerves contain Nociceptors, particular sensory neurons that carry pain information. It has been known that chilli contains capsaicin, a chemical component, responsible for the perceived heat, as it activates the nociceptors. The mechanism by which this process occurs had remained a mystery.

Julius and his group tested thousands of different proteins produced by neurons and were able to isolate one, namely, TRPV1, that responded to capsaicin and its family. The group has also isolated



Ardem Patapoutian

David Julius

protein TRMP8, which is activated by mint and gives a cooling sensation, and TRPA1, triggered by an aromatic compound in garlic.

Patapoutian and his group concentrated on receptors responsible for our sense of touch. They first identified a cell that gave an electric signal when poked and went on to

identify the particular receptor which was responsible. Starting with 72 candidate genes, they resorted to the elimination process and successfully identified Piezo1 and Piezo2 as the ones that respond to touch.

The findings of Julius and Patapoutian will help future drug developers to target the right areas to treat inflammation, itch, pain and cold allodynia (increased sensitivity to cold temperatures).

The Nobel prizes are handed over in Stockholm on December 10, when Alfred Nobel (October 21 1833, to December 10 1896) died. The prize money depends upon the interest earned by the Nobel estate. For 2021, the prize in each category is 10 million Swedish kronor or approx. 1.1 million USD. This gets further divided if there is more than one recipient. In addition, each laureate receives a gold medal and a certificate.

So far, 112 Nobel prizes in medicine have been awarded to 224 people. In physics, 115 have been given to 219 people, while in chemistry, it is 113 given to 188 people.



Physics

The Nobel Prize in Physics was awarded to three scientists -- Syukuro Manabe of Princeton University, Klaus Hasselmann of the Max Planck Institute for Meteorology in Hamburg, Germany and Giorgio Parisi of the Sapienza University of Rome.

physicist, brain drained to the USA from Japan in 1958, started a research project with the US Weather Service. His goal - to develop a numerical model that could be used to study the climate. Today, the same Manabe is crowned with a Nobel Prize for the same work.

To solve the equations that govern the weather was an uphill task with the computers of those days. Manabe used simplifying assumptions. For example, he had to approximate

were able to make realistic simulations of jet streams and monsoons. Of course, these are carried out very effectively and accurately nowadays. However, they are all based on the foundation laid out by Manabe and his team.

Research by Hasselmann and Parisi concentrates on the influence of large-scale interactions across the globe and the chaotic behaviour of the climatic system on a day-to-day basis, i.e., the weather pattern.

Parisi showed that complex systems could remember their trajectories over time and get stuck in sub-optimal states. In our example, A, B and C regularly change conversational groups and partners, hoping to find the best group to chat with, yet not seeing or being aware of it.

His theory makes us understand the “beautiful emergence of coherent flight patterns within tight flocks of birds.” It has enabled scientists to include chaos in the study of climatic systems.

Hasselmann filled the gap between climate studies and weather prediction. According to him, “highly variable and random weather of the atmosphere gets converted into much more slowly changing signals in the ocean. These large-scale, slow changes to the oceans in turn then modulate the climate.”



Syukuro Manabe

Klaus Hasselmann

Giorgio Parisi

The work of all three is essential to understanding how the Earth’s climate is changing and how human behaviour is influencing those changes.

It is noteworthy that the prize has been awarded to an area remote from particle physics, as generally is the case in physics. Weather prediction has been an important activity for many years. However, it has become somewhat accurate and trustworthy only in recent times. Scientists have realised that they can make a climate prediction with reasonable accuracy, while weather prediction could be elusive.

Ninety year-old Syukuro (Suki) Manabe, as a 27-year-old

how the air exchanged heat and water vapour with land, ocean and ice. He wanted to simulate how radiation and clouds interact to redistribute heat and water vapour through the atmosphere.

In addition, Manabe and his team performed experiments to determine how humans have altered world climate by emitting large amounts of greenhouse gases. In 1967, Manabe and Wetherald, “gave the first robust estimate of how much the world would warm up if carbon dioxide concentrations doubled. They estimated 2.36 of warming, not far off from today’s best estimate of 3 .”

Manabe and his colleagues

Some of the weather, biological, financial systems are known to be chaotic. Here we have to expect the unexpected. A typical example is a butterfly flapping its wings in China because of a hurricane in New Mexico. Parisi is an expert in studying such systems and has shown that some order exists beneath the chaos.

The theory of disordered systems studies the systems in which “different elements experience different, potentially conflicting forces that lead the element to become frustrated.” Imagine a party where A likes to chat with B, and B wants to chat with C, while C does not like to chat with A, and so on. This leads to frustration.

“For their discoveries of receptors for temperature and touch.”

Chemistry



Benjamin List

David W.C. MacMillan

The Nobel Prize in Chemistry was awarded to Benjamin List and David W.C. MacMillan for their development of a new tool to build molecules -- work that has spurred advances in pharmaceutical research and lessened the impact of chemistry on the environment. While unseen by consumers, their work is an essential part of many leading industries and is crucial for research and makes chemistry green.

Dr. List is a German chemist and director at the Max Planck Institute for Coal Research in Mülheim an der Ruhr, Germany. Dr. MacMillan is a Scottish chemist and a professor at Princeton University, where he also headed the department of chemistry from 2010 to 2015.

Ice cream tastes sweet, no doubt. In scientific terms, it is because the molecules in it fit perfectly into the particular receptors in our body. The same is true of drugs if they have to treat any illness in the body. The effectiveness of food or drug depends upon how well it matches the receptor.

Nature is peculiar. We have biological receptors on cells

that receive chemical signals. These often bind only to one version of a molecule – right-handed or left-handed. It is like a lock that works with only a particular key. Evolution has taught our bodies to produce the right kind of receptors. Nature uses enzyme catalysts made up of amino acids and can assemble building blocks with the correct orientation.

A difficulty arises when we try to develop drugs. The molecules come in both versions during the production, right-handed and left-handed. The handedness of the drug or the food must match that of the receptor so that the two bind each other. Otherwise, the results could be disastrous. Consider the drug thalidomide developed in the 60s to reduce morning sickness in pregnant women. The drug was a mixture of both right-handed and left-handed molecules. One of them was effective and the other toxic. The result – foetus malformations occurred.

The remedy is in Asymmetric Organocatalysis due to List and Macmillan. One can now produce a specific molecule without its mirror cousin. “In my opinion, the duo’s most

“Organocatalysis isn’t only a cheaper alternative. It is also more environmentally friendly, typically containing common and abundant elements such as oxygen, nitrogen, sulphur or phosphorus rather than iridium or palladium.”

This year’s medical Nobel laureate, David Julius, was woken up by a text message from his sister-in-law stating, “Someone has been trying to reach you. I did not want to give him your phone number.” Well, it was the secretary of the Nobel Committee that was trying to reach him to inform him that he had won a Nobel prize.

The same was the case with Ardem Patapoutian, who found out about his Nobel Prize from his 92-year-old father after the Secretary-General for the Nobel Assembly and Nobel Committee failed to reach him.

Benjamin List, the chemistry prize winner, was sitting in a café with his wife, Dr. Sabine List when the call from Stockholm came.

“The best ideas in science are often the ones with the least chance of succeeding,” says David MacMillan, the other winner of the chemistry prize, in this interview.

important achievement was spotting something that nobody believed possible: that small organic molecules such as amino acids could also work as catalysts.” Metal catalysts can be avoided in some cases leading to pure compounds. The use of amino acids such as proline contributes to the economy of the process.

In addition, it is said that the process can take place at room temperatures. It is felt that “Organocatalysis isn’t only a cheaper alternative. It is also more environmentally friendly, typically containing common and abundant elements such as oxygen, nitrogen, sulphur or phosphorus rather than iridium or palladium.”

WE ARE SATELLITES

BY SARAH PINSKER



NEHA BUDGHAVI

Would you get a brain implant if it allowed you to work 2-3 times faster than before? Would you be left behind for choosing not to stick devices in your skull? How does one choose? What effects could this choice have on a family where not everyone agrees? These are some of the questions Pinsker brings up in this exploration of the well-established question – is all technology good?

“Multitasking” has been the leadership buzzword of the decade, with corporate culture pushing individuals to have an increasing number of balls in the air in a bid to manage it all, and this attitude has spilled over to our personal lives as well, with results varying from efficient to disastrous and emotionally unfulfilling. What if there was a medical innovation that could help us multitask successfully? The urge to do more isn’t always

productivity-driven, either. In a world with constant distractions competing for our attention, could there be a way to harness this natural urge to switch between tasks without having to give up the constant hits of dopamine that we are used to? And more importantly, would this be a good thing?

This is the premise of *We Are Satellites*, a gizmo called The Pilot, which is installed in the wearer’s head, grants the wearer the ability to successfully process multiple sources of data and work on several tasks simultaneously, without taxing the brain. When school education seems to be entirely geared towards students with the signature LED lights flashing at their temples, high-schooler David convinces his mothers Julie and Val to let him get a pilot too. Forward-thinking Julie sees the potential that it could have for both study and work. She even sees her colleagues at her government job seemingly

do more with the Pilot, and this leads her to support David's choice. Val, on the other hand, is a lot more wary of the risks of having elective brain surgery. Her hesitancy is in part due to her inherent cautious nature but mostly because their younger daughter, Sophie, has suffered from epilepsy all through her young life. Val doesn't understand why anyone who has seen first-hand the delicate balance of a human brain would risk jeopardizing normal function.

As the story progresses, the true flavour of the novel is revealed, though it is written with the backdrop of science fiction, it is exploration of family dynamics during a difficult time.

Years pass by and both David and Julie have their own Pilots, while Val and Sophie slowly become outliers in this technology-driven society. Add to this yet another facet – as Julie adjusts with her Pilot well, David finds himself fielding a thousand intrusive thoughts per minute, something he calls "Noise", which readers may identify as sensory overload. However, having all but begged his cash-strapped parents for the Pilot, he cannot bring himself to be very vocal about the problems he is facing, which isolates him from those around him. In a desperate bid to regain control over his life, David enlists in the Army where his hyper-alertness is put to good use.

The youngest member of the family is coping with her Pilot experience (or lack thereof, as her epilepsy makes her an unsuitable candidate for the implant) in her own way. Sophie is drawn to the anti-Pilot movement, advocating for the Pilot to be outlawed. Val and Julie find themselves trying

to hold together this family of opposing views, while dealing with their own opinions on the issue.

New information regarding the strategic deployment of Pilots to politicians, suppression of compelling research, and sizeable anecdotal evidence regarding the aftereffects of having a Pilot long term come into the orbit of the Protagonists suddenly, and now, after carefully laying well fleshed out character profiles, does the action commence. In the end, its just four people who, while trying to help and protect the people they love, wield the power to hurt them the most.

The dialogue and character development are refreshingly real, with the choices made by the characters reflecting what any layperson would have done in such situations. Change is scary, and in modern times, conformance to new social/technological standards like social media, cellular phones, digital networking, e-banking etc. are becoming increasingly necessary for even basic financial stability, not just success. A problem isn't a problem till it affects you personally. In addition to this, the tone is refreshingly neutral, analysing the pros and cons of scientific innovation without getting swept up in a cloud of conspiracy and gloom, or unnecessarily demonizing the entire medical industry. This makes it a maturely written book unlike the overly sentimental Young Adult offerings with similar themes.

Avid readers of the sci-fi/dystopian genre may find this novel familiar to many others where the central conflict is the tech/corporate overreach. However, the key difference is

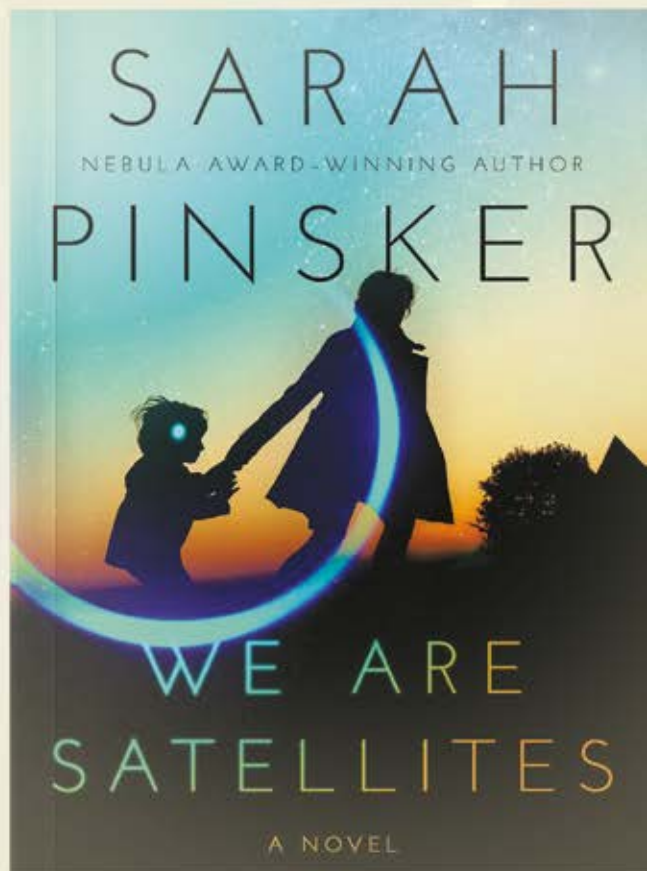
that this is a microscopic look and one family's experiences without much generalization into the larger society's problems, unlike what we usually see in such setting.

A book that explores similar themes and would make a good companion reading to this one, is *The Bar Code Tattoo*, by Suzanne Weyn. Weyn imagines a world where all adult citizens are forcibly barcoded under the guise of paper-free ID and transactions, but is, in reality, a govt-approved mass homogenization program that seeks to weed out neurodivergent members of society.

This genre has become increasingly formulaic off late, usually taking the form of a trilogy with a brilliant conflict-introducing first book and

subsequent lackluster attempts to resolve the same through mass revolution and anarchy, only to have the protagonist end up somewhat unsatisfied and disillusioned with the truth that those who wield power, even if in the name of public good, are all similar.

SPOILER ALERT: Without giving away too much, the ending of this book was a very happy surprise to me as it veers away from the above formula to come up with an independent conclusion, if a tad too wholesome. It sets a direction and follows it with intent. The cautious optimism, unbiased alternate viewpoints, and immense clarity of thought, make this book a must-read.



SHORT FILMS NO SHORT FALLS

SHWETHA HC

“**H**um saara bekaar ka cheez (*kitchen garbage here*) mitti mei daal dete hei....kuch fenkthe nai hein, isse mitti ka paushtikatha badtha hein,” (which translates to - we bury all the useless things in the soil) says the last sentence of the short film Chutney. At first glance, the line may appear to establish an unsettling relationship between food and death, particularly when the death in question is a murder, but once viewing the film, one will understand the context. This concept might easily have been braided into an endless television daily soap opera or a feature-length film with the addition of a few extraneous aspects. However, Chutney, keeps you on the edge of your seat all the way upto the finale, and has a quick and razor-sharp tale that fits the ‘shorts’ description wonderfully.

Presented as an apparently innocuous narrative of vengeance unfolding over a plate of pakodas (served with green chutney) and two glasses of soft drink, Chutney condenses a complex plot into 15 minutes by focusing on a seemingly innocuous chit-chat about household matters. Now, that’s the beauty of the short film!! Short films

are becoming increasingly popular among cinephiles as a result of streaming, shorter attention spans, and a need for emotionally charged narratives and are gaining traction in India at a moderate but steady pace. As recently as a few years ago, they were only known to those in the film industry, but recently they’ve been racking up tens of thousands of views online. While considerable changes are already occurring, such as the collapse of theatres and their eventual takeover by streaming services, COVID-19 appears to speed up the trend.

Invigorating Content

While the internet has enabled individuals to create and share work and has made it possible for filmmakers to reach out to consumers worldwide with unprecedented convenience, they are considered to be one of the most candid forms of filmmaking and serve as an effective medium for telling a compelling tale. People’s attention spans are shrinking as a result of the development of streaming services, and they crave less passionate tales than those showcased in mainstream theatres. Along with serving the entertainment factor, short films aim to raise awareness and spark discussion about societal issues. Addiction

to drugs, domestic violence, socioeconomic disparities, class divisions, and the portrayal of the LGBTQ+ community are just a few of the problems that have been delicately handled through short films, while there is a vast selection of options available ranging from murder mysteries to rom-coms, for folks looking for entertainment.

“Many people believe that financial constraints are the primary reason for the creation of short films. While it is true that budget constraints can be a driving force behind the creation of a short film, there are a variety of other variables that might influence the choice to make one,” says Madan Ramvenkatesh, a Bangalore-based filmmaker, who has directed award-winning short films, documentaries, corporate films and has been a part of a few feature films in the direction space. He further adds, “Even though it’s an enormous challenge to convey stories in the short film format, it’s also a fantastic learning platform for individuals who want to enter filmmaking, especially since they have to learn everything from the ground up, such as screenplay and editing to cinematography and everything in between. The only difference between a short film and a feature film is the format in

which it’s presented. A short film, in my opinion, must be a brilliant production loaded with substance, for it to be an interesting watch.”

In contrast to some aspiring filmmakers and producers who use short films as a means of self-critique, many newcomers pick short films as a business card or resume in order to attract clients and investors for larger projects. Creating a short film is a low-cost approach to learn the production process and gain valuable hands on experience, and it can be thought of as a pilot program. Short films have the potential to lead to larger projects with higher budgets and possibilities to work on feature films if they are popular.

“There are a variety of approaches to narrating a story. Today, thanks to technological breakthroughs and the advent of intelligent automation, state-of-the-art infrastructure such as professional video cameras are widely accessible to those who want to use short films to tell a narrative or to express a message,” believes Madan.

Mainstream actors going the short film way

The short film circuit has advanced a notch higher with the participation of a large number of brilliant mainstream actors. With the inclusion of feature film actors, short films have also proven to be a convenient way for budding filmmakers to demonstrate their skill and creativity in a precise manner, while also allowing them a greater freedom to experiment without having to worry about the consequences of their experiments on the box office.

A recent survey states that the newly popular short films are the result of collaborations between established performers and filmmakers, coupled with the support of big businesses. These little moments of drama, tension, thrill or intrigue impress even the most jaded of viewers. Established actors and brilliant performers like Nasseruddin Shah, Manoj Bajpayee, Vidya Balan, Tisca Chopra, Radhika Apte, Konkona Sen Sharma and many more have all been sharing shorter yet effective screen space and have been encouraging the short film makers and thereby the genre.

A new lease of Life through streaming sites

Cinema, considered the most egalitarian form of art, employs the most appropriate language

for the public and can be accessed practically anywhere via the World Wide Web. In recent years, the short film industry has grown faster than ever before. The creation and viewing of short films, as well as scouring the web for fresh content to add to the video banks of streaming services, appears to be the focus of everyone's attention these days. A significant role in helping short films find an audience is played by short film festivals, just as festivals do in any other genre of cinema.

Now that the short film has been accepted into a few film festivals, what is the next step? In the past, this would very certainly have signalled the end of the film's public existence, especially if there were no marketing strategies. But now, short filmmakers have the opportunity to display their talent and promote their work via OTT (over the top) channels. Numerous new and micro-platforms are being developed to assist emerging filmmakers in streaming their short films and web series. Many more possibilities are available today than there were a few years ago when increasing the awareness of your short film was limited to uploading it straight to a free viewing site like YouTube. From internet distribution platforms to film clubs, there are various platforms that will help the

short film makers maximise the potential of their short films.

"The widespread misperception concerning short films is that they have no business. Short films have been mostly overlooked by the film business for years due to their inability to generate revenue from distribution, but it is significant to that the success of a short film's publicity campaign is dependent on networking. And, in order to accomplish this, it must have an influence on the audience such that he or she is willing to discuss it further. It is a difficult task to turn your short film into a commercial product, but it's also a fantastic learning opportunity at the same time. Personally, I believe it is an incredible and amazing effort since it lends legitimacy to short filmmakers and possibly inspires an increasing number of creative minds to come out and participate," expresses Madan.

Short film festivals

Since film festivals are an integral component of the world's cinematic landscape, they give aspiring filmmakers, in particular, the biggest stage to showcase their talents and abilities. Thanks to such massive platforms, where filmmakers are provided with an opportunity to showcase their work to a worldwide audience. "When it comes to getting people to see your project, just posting

it on social media is not always enough and marketing becomes necessary. Such festivals provide a captive audience as well as an opportunity for others to view your work," says Pawan Srivatsa, another short film maker. He added, "While every artist appreciates recognition, receiving an award at a film festival is especially satisfying since it serves as a reflection of your dedication and perseverance."

Film festivals have the effect of strengthening and sustaining democracy and freedom by bringing together people from all walks of life and an abundance of networking chances are available at every film festival, which is always beneficial.

"While film festivals enable filmmakers to connect with and expand their networks with other filmmakers, media agencies, directors and diverse fans, it is also an opportunity to learn from such a diverse group by interacting with some of the best minds of the industry," expresses Pawan. He further states, "Such significant connections enable budding creative artists like us to thrive and evolve as effective film makers and result in a win-win situation and a plethora of chances."

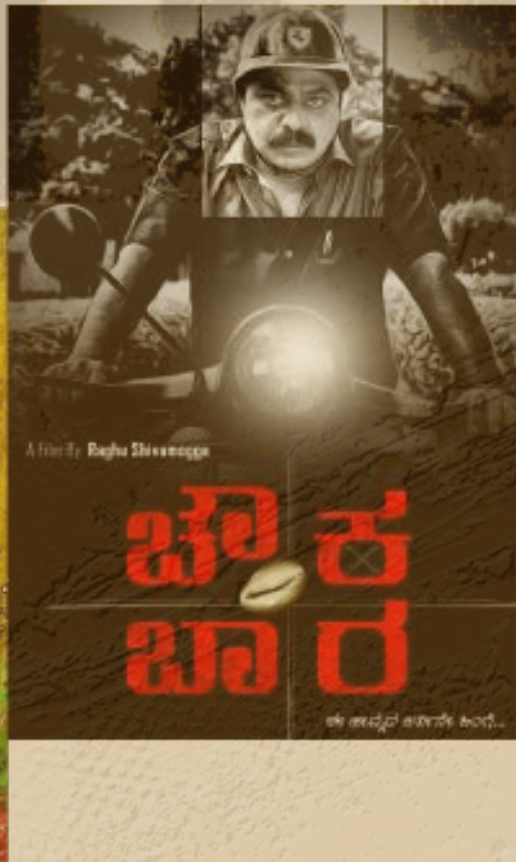


Chutney

With satire serving as the primary narrative technique, the short film Chutney directed by Jyothi Kapur Das gives us a glimpse into the supposedly moral world of the Indian Middle Class. Instead of having a tangy tale like the title, this short film has a very gloomy and threatening storyline that is extremely well done. The movie explores the dynamics of relationships in middle-class families and the dark truths that are kept buried while going about their daily lives in a casual manner. The plot revolves around two characters- the food and the relationship! The turn of events spin around these two along with lively characters of Tisca Chopra as a housewife and Rasika Duggal as a flirtatious neighbor grips the audience.

Chowkabara

Chowkabara, a Kannada short film starring some of the top stars in the Kannada cinema business, is centered on an anonymous phone



SHORT FILMS THAT CREATED A BUZZ

WHILE EVERY ARTIST APPRECIATES RECOGNITION, RECEIVING AN AWARD AT A FILM FESTIVAL IS ESPECIALLY SATISFYING SINCE IT SERVES AS A REFLECTION OF YOUR DEDICATION AND PERSEVERANCE.

call that has a tremendous effect on the lives of a middle-class family. The narrative shows how disregarding minute aspects in life may result in huge complications and can make life miserable. The short film, directed



by Raghu Shivamogga, a theatre professional who graduated from the Ninasam Theatre Institute, not only reached a wider market but also garnered several accolades and critical praise.

Villain

Villain is a story about desertion, fading memories, stubbornness and family bonds, and it is based on the ubiquitous issue of grown-up children abandoning their parents, helmed by Bengaluru-based photographer-cum-aid filmmaker Sarath Chandran R J. When a son who is devastated for being the cause of his mother's illness returns home to see his parents after 41 years, the story of Villain unfolds. Both the father and the bedridden mother are not excited about his visit. Distressed by their son's abandonment they choose to remain silent when they finally meet him. Albeit being a very common theme, the story concludes with a suspense which makes it a must watch.

AVAREKALU and TOGRIKALU

A TALE Regional Winter Specialty of Karnataka

Roopa Rajan, a passionate chef innovating ready-to-eat nutrition-packed and chemical-free soups, pickles among other savouries, says cooking is her first love. Cooking inspires, rejuvenates and destresses, she says. From choosing and buying the finest ingredients, to perfecting the technique of preparation and finally mastering the aesthetics of presentation, she can spend hours in the kitchen, her haven. Here is the first in the series on food.

A cup of masala chai with just-out-of-the-kadai crispy palak pakodas, a piping hot mug of filter coffee with fresh ridge gourd bajjis, makkai ki roti and sarson ka saag, our humble cumin and pepper rasam and garlic rasam, avarekai rotti. The cravings are endless. Wondering what this prelude is all about or did you get the drift?

Well, we are in the thick of winter! Bengaluru winter this year has been particularly nippy, with rains unwilling to recede, and continuing well into the winter! The familiar picture here as elsewhere during the season: woolen clothes, dry skin, chapped lips etc. As the prelude reads, winter, I confess is so much about the seasonal

vegetables, fruits and herbs and the endless delicious dishes you can cook up, not to mention the hot beverages. Savoring special winter foods with your family and friends brings so much fun and warmth.

Have you noticed that during winter, you feel hungrier and the craving for food doesn't seem to end? Ever wondered why? Our body temperature drops and to generate heat, appetite is stimulated. Since food helps generate internal heat the body craves for foods which warm and nourish our body. According to Ayurveda, our digestive fire works best during this season, aiding assimilation of **nutrients**, making winter months the best to build, boost and strengthen our immunity.

Pots of tea and coffee and kashaya (a concoction of herbs and spices) replace chilled juices, smoothies, milkshakes, icecreams and tender coconut. Cardamom/elaichi chai, masala chai and a host of other varieties with immunity boosting herbs make the rounds.

Well, we are in the thick of winter! Bangalore winter this year has been particularly nippy, with unprecedented rains, after a good 14 years! The familiar picture here as elsewhere during the season:woolen clothes, dry skin, chapped lips etc. and warmth.





I'm sure you will agree that winter foods have a special place in every Indian home.

Interestingly, food habits, flavours, taste, ingredients, techniques change every few hundred kilometres. Every region has evolved its own unique cuisines/recipes in consonance with the geography and in harmony with the culture; besides, nature knows best the needs of the human body and offers food grains, herbs, fruits and vegetables sumptuously for a balanced diet.

Every season has its own uniqueness and so the type of food. Man from time immemorial has learnt to use the seasonal produce to extract health benefits and minimise the vagaries of the environment and his own temperament. So, what's the wisdom behind

eating seasonal foods? You are assured of consuming fresh produce, sans preservatives and chemicals, and no wonder, the food tastes more delicious. It is better for the environment and easier on the wallet too! That's great. Isn't it?

The ancient Indian practice of Ayurveda advises the habit of *Ritucharya* 'eating according to the season'. But today's globalized world and advances in food preservation technology, chemical-induced growing in off seasons make available fruits and vegetables all through the year.

This has led the present generation to less appreciate seasonal produce and the delicacies made from them. But let's accept the truth, we all love food and the urge to explore new places and cuisines.

Eating what's in season is perhaps the best way to explore and appreciate every kind of food. Seasonal foods and regional cuisines give us a wealth of knowledge about the rich and diverse geography, climate, culture, traditions, and of course the food culture of the region, be it cuisines, spices, vegetables and the usage and method and technique in the recipe to derive the best taste and **nutrition**. In that sense, every state reflects a wide variety of seasonal delicacies and so no matter where you travel in India, you are not going to be disappointed!

Talking about winter foods, every region or state has its regional winter specialties whether it's lapsi (Rajasthan/gujarat), kadhi (many parts of North India), gajar ka halwa, Undhiyu (Gujarat), tukpa (North east and Himalayan region), nolen gur Sandesh (West Bengal), makki ki roti, sarson ka saag (Punjab), raab, milagu rasam (Tamilnadu), beetroot thoran (Kerla) or avarekai dishes of Karnataka.

There are innumerable articles about winter foods of India. However, I have noticed that winter foods of Karnataka hardly get any mention. Being a Kannadiga, I thought of giving a peek into the winter foods of my state.

Let me begin with one bean that every Kannadiga, no matter which part of the world he lives in, craves for and relishes -- the **Avarekai or Hyacinth bean**. According to me, it is one of the most versatile bean, which finds its way into every possible dish -- be it saaru (rasam), sambar, bisibelebath, chitranna (lemon rice) idli, dosa, rava (sooji) uppittu, pongal, rotti, ghee rice and kurma, usli, the

list is endless. Well, if you think it stops here, then you are in for a surprise. Several dishes are made by peeling off the skin of the avarekaalu such as hitkidhbele (peeled) saagu, hitkidhbele kootu. And then there are deep fried varieties of snacks that you can munch in the evenings with your chai or coffee, the hitkidhavare mixture, being the most famous. There is something for the non-vegetarians as well, hitkidhbele kaima gojju, hitkidbele mutton/chicken saaru to go with idli and dosa.

Why is avarekalu so sought after? How do you choose the best variety? Although its available all year round, what makes the winter avarekalu special.



To understand this, you must familiarize yourself with the term 'sogadu'. Sogadu refers to the quality of the bean that is harvested in December when the winter is at its peak, and it gets misty, and when the bean is at its best, in terms of size, aroma and flavour. These seasonal goodies come with a whole lot of health benefits and are a rich source of vitamins and minerals.

LEISURE & LIFESTYLE - FOOD

Do you know in a popular locality called V. V. Puram in South Bengaluru, a fair is held in its name? It's called the Avarekai Parishe. An entire street (which in fact is called 'tindi beedi' or food street) of shops sell over a 100 different types of avarekal delicacies for almost 10 days. People from all over Bengaluru visit this street to relish the food. This, along with the Kadalekai Parishe (groundnut festival), held a couple of weeks earlier is the most awaited street-food festivals of Bengaluru.



These seasonal produces are cooked with various Indian spices with special mention of fresh ginger, black pepper, cumin and asafoetida among others to make tasty, flavourful, digestible food to mitigate the vata which can affect digestion for some people. So, the wisdom of using these spices and incorporating these wholesome beans in season makes them very special.

Apart from avarekai the other very special produce of the season, which makes its way into every household is the **Togrikai**. Bassaru and uppsaru - a rasam made typically with greens, and togrikalu are best

enjoyed with Ragi mudde or Ragi balls. Togarikai easily blends with any recipe, be it a soppu palya or a sambar.

Seasonal and sustainable eating is not only good for the environment, it is also the way for a healthier and happier life.

Just add a fistful of this kai into any recipe and it gives a very unique and subtle flavour to the recipe.

Other seasonal specialties include the alsande kalu or butter beans which when added to saagu, vegetable kurma, ghee rice, pulav renders a unique taste. It is rich in protein, vitamins and minerals.

Winter is the best season to enjoy all kinds of greens. Be it palak (spinach), methi (fenugreek), dantu (Amaranth), harive, kirkire soppu, sirkh harive, kempu harive, anne soppu (water spinach), hongone soppu and kasi soppu. Anne soppu and hongone soppu are a winter specialty of Mysuru and Bengaluru region.

These are incorporated in the various regional recipes and cooked with very minimal



ingredients and spices infusing a burst of flavours.

During these times, when fastfoods and packaged foods are taking over our dinner tables, it's important that we spend time and energy recreating our ancestral cuisines and passing on the know how to our youth. Sticking to the earth's seasonal growing routine helps us create sustainable eating patterns. Sustainable eating and seasonal eating go hand in hand as they

rely more on natural resources and environmental conditions.

Seasonal and sustainable eating is not only good for the environment, it is also the way for a healthier and happier life. So now you know the winter specialty of Namma Karnataka. Make sure you try out some of these recipes before the winter ends. Next time you think about winter foods, do not forget avarekalu and togarikalu.

Here is a simple, tasty and nutritious recipe of Avarekaalu Saaru, a dish made in every home during this season:

Avarekalu Saaru

1 to 1.5 cup avarekalu / hyacinth beans
1/2 cup of Togari bele/ Tur dal/Arhar dal
1 tsp tamarind paste
2 tsp shredded jaggery
salt to taste

For Masala/Paste:

2 tbsps of shredded coconut
2 to 3 tsp boiled avarekalu and togari bele/turdal
2tsp of Rasam powder
1 tsp jeeraW
1 tbsps of roughly chopped fresh coriander leaves
a pinch of asafoetida

No need to roast the ingredients.

Grind the above ingredients into a fine paste and add it to pressure cooked mixture of Avarekalu and tur dal.

Now, add tamarind paste, jaggery and salt.

Allow the mixture to boil for 10 minutes and switch off the heat.

Tadka/Seasoning:

Mustard seeds, cumin seeds, hing, 1 red chilli (broken), curry leaves and ghee or oil.

Heat oil/ghee in a pan. Add mustard seeds, cumin seeds, hing(asafoetida), curry leaves and red chilli.

Serve with Hot Rice and Ghee.





SHORT IS THE NEW BLACK!

VIJAY MRUTYUNJAYA

IT'S more than two months since the Indian Premier League (IPL), 2021 concluded in Dubai and we are at least four months away from the 2022 edition expected to be held in India.

Any other organisation, sports or otherwise, would have welcomed the intermission with a sigh of relief, sit back and relax; and, the serious minded, would contemplate and recoup for the new challenges ahead.

But there is no question of intermission or interruption for IPL.

The talks right now centre around the forthcoming mega auction following the inclusion of two more franchise teams, the contentious player retention decisions and probable team combinations and possible blockbuster bidding battles.

The IPL saga is certainly one of the biggest sports-related success stories of all time; after all, it figures in the top five franchises-based sports and is also the biggest commercial property and the fastest growing sporting event in the world!



What are the factors that makes the IPL what it is today?

Before dwelling upon that, let's first look at its meteoric rise. Founded in a country whose official board, the Board of Control for Cricket in India (BCCI), scoffed at the very notion of T20 format in the beginning, the IPL today is a 'star populated by a galaxy of stars', as one critic put it. One of its top officials of BCCI, Niranjan Shah, thundered: "T20? Why not ten-ten or five-five or one-one?" during the 2006 International Cricket Council (ICC) board meeting, before declaring that India would never play the format.

The India board did make some concession, almost grudgingly, by fielding a second-string team, led by a rookie captain answering to the name of M S Dhoni, in the inaugural T20

World Cup held in South Africa in 2008. The then top Indian stars of the game, including Sachin Tendulkar, were ostensibly rested following India's ignominious early exit from the 2007 50-overs World Cup in the West Indies.

How India went on to win the inaugural edition, beating Pakistan in a tense final decided off the last ball, and gave birth to the IPL is part of folklore.

The IPL has transformed the game. Till then it was known for its epic Test matches, the favourite among the purists, and enthralling one-day internationals, a passion among the younger generation.

But the IPL changed the dynamics of the game, almost overnight, and along with it the commerce and economics. Today, the IPL, and by extension

the T20s, is the epicentre of the game around which other formats revolve.

Coming back to the reasons behind the success of the IPL. There are broadly three reasons, according to a cross section of eminent economists and critics of the game: TIMING, SCHEDULING AND MARKETING.

"Commerce and cricket were married at the right time.... And it was marketed brilliantly and allowed to grow on its own steam. It was one hell of a Big Fat Indian Wedding," said a famous brand equity expert soon after the success of the inaugural IPL in 2008.

"The success of the marriage can be found in its offsprings like the T20 Big Bash in Australia and the Caribbean league in the West Indies, to name a few. There are many more illegitimate cousins roaming around various playing fields across the world."

The timing - 2008 - too was perfect. The 50-overs format was fast losing its charm as the middle overs were getting tedious. The ICC officials made

various changes, for instance, super subs, super series, severe field restrictions etc - to infuse fresh life into the format, but in vain.

The spectator interest was also dwindling, and for all practical purposes, the 50-over format had plateaued.

The T20 format, so far struggling for recognition and legitimacy, seemed like the right medicine to breathe fresh life into limited overs cricket. The 2008 World Cup in South Africa provided it the right stage it was looking for to make its premier. It was an instant and exceptional hit.

And the IPL, launched a few days before the T20 World Cup final in an atypical low-key affair, found itself at the right time and at the right place. India winning the T20 World Cup at about the same time was the icing on the cake.

There was no stopping the IPL whose time had come. And Lalit Modi, the man behind India's first franchise event and now out of favour and in exile in the UK, saw a marketing opportunity like never before and cashed on it.

Sponsors fell head over heels in love with the concept, the cricketers found a new pitch to ply their trade on, and at the same time make millions, and the spectators were spellbound. It was a marketing masterclass to put it succinctly.

It was not just a game being played out, it was a celebration of cricket.

The third factor which attributed to the unprecedented success of the IPL was the scheduling - April-May.



Though cricket, in its various formats, is generally played around the year across the globe, international cricket, in particular, is practically restricted to a six-month window.

In England it is mostly between April to September and in nations like Australia and New Zealand, and to some extent even South Africa and Zimbabwe, the game is played between October and March.

West Indies, though with ample sunshine throughout the year is plagued by hurricanes and storms affect the game in the second part of the year.

The Asian countries in the northern hemisphere have their own share of worries as the unpredictable monsoon season can either be sporadic or sustained in the middle of the year. Thus the IPL in April and May made perfect sense and the scheduling can be termed a masterstroke given that it aligned with the school holidays as well.

The IPL indeed created a perfect storm as other countries started planning their international fixtures and players too began planning their seasons, keeping the IPL window (and their bank balances) in mind.

Even Hollywood and Bollywood (Shah Rukh Khan, Juhi Chawla and Preity Zinta, for example, are also co-owners of some of the

top franchises) held back their potential blockbusters for the IPL to pass by so that its box office collections would not be affected.

The economics too witnessed a parallel growth and equally exponentially with top business czars in the country investing in many franchises with long-term plans.

To get an idea of this financial behemoth, sample this. The eight franchises spent around Rs. 3,000 crore to buy their teams in 2008, the year the IPL craze started. Rs 300 crore a team 14 years ago with the Ambanis' Mumbai Indians the most expensive of the original eight at Rs. 450 crore and Rajasthan Royals the least expensive at Rs. 270 crore.

In the latest auction to add two more franchises, in October 2021, the BCCI made a whopping Rs. 12,715 crore. ... The mind-boggling figure, in fact, is a dip (due to the pandemic) from its high of Rs. 47,500 in 2019.

Sanjiv Goenka's RPSG splurged Rs. 7,090 crore (approximately \$947 million, almost a billion dollars) to acquire the Lucknow franchise while the private equity group Ireliia Co Pte Ltd (CVC Capital Partners) paid Rs5,625 crore for the Ahmedabad franchise.

"We do believe that the valuation of this will go up in the future. And from what we invest, to what

it could be over a period of 10 years would be a multiple of a few times," Goenka is quoted to have said after his successful bid.

To put this in perspective-- English Premier League club Newcastle was acquired by Saudi Arabia's Sovereign Wealth Fund for \$ 400 million, peanuts in comparison.

There is indeed no looking back for the IPL and the future looks brighter than ever.

To begin with, the broadcasting rights for the 2023-27 window is expected to fetch between Rs. 30,000 to Rs. 35,000 crore compared to the Rs. 16,347 crore Star India paid for the 2018-22 period. By a rough calculation, the BCCI is assured of Rs. 54.60 crore per match.

The IPL accounts for 40 per cent of cricket's global revenue. And it is expected to cross the 50 per cent mark soon with a 25 per cent of more matches to be played next year onwards with the addition of two more franchise teams.

More the merrier may be the new mantra of the millennium for cricket.

"We do believe that the valuation of this will go up in the future. And from what we invest, to what it could be over a period of 10 years would be a multiple of a few times,"

INTENTION OVER ATTENTION



The most important quality of a *daani* (giver) is to do so with no expectations whatsoever. **Shubha Srikanth** ruminates on how this virtue has become a flaunt-worthy act with technology to its aid.

The act of donating, or of generosity, termed *daan* in Hinduism, is an act of relinquishing ownership of a commodity and offering it to another person. Likewise, in Christianity, Islam and every other religion 'the act of giving' is a virtue to be imbibed and practiced; a dharma or responsibility that purifies the soul at a spiritual level. At a more mundane level, perhaps the act imbibes the quality of sparing a thought for a fellow human being; and, may be, a sense of pure, lasting joy that

the other's agony has been alleviated, even if by a quarter, rather than assuage the ego.

This is the era of broadcasting. There was a time when only media broadcasted. Along with that was the one aunt or uncle in every family, who was the official gossipmonger, nicknamed the 'broadcaster', who ensured that every secret, stealthily made its way out to every other family member and beyond. Today, we don't need that aunt or uncle, whom we all resented, to spread news of our deeds, good and bad. Because, today, most of us are 'broadcasters', and narcissistic ones at that. Every little, insignificant detail of our lives we share as if a major achievement on social media. Every like, thumbs up and heart catapult our sense of self-worth by a hundred-fold,

further boosting our infinitely elastic egos. If narcissism is Dr. Jekyll, then voyeurism is Mr. Hyde. With the exception of course that the proverbial Jekyll-Hyde pair was a binary opposite. Each feeds the other. What a fine pair Zuckerberg and his tribe have morphed humans of the 21 Century into!

Particularly loathsome is us sharing pictures and details of how we 'helped'. Helped a wounded bird, a lost pup, or someone in need. Whatever happened to the Kannada adage, '*Balagai en madide anta edagayige gottirabaaradu*'? (The left hand shouldn't know what the right hand has done.) I heard my father say this often to my mother, when she found out from a third party about some sort of help extended by him to a relative or friend in need, and confronted him with, "You never told me. I had to hear about about my husband's generosity from someone else!" To which my father would say, "You should never talk about how you helped someone in need." I would hear her exclaim in bewilderment, "Someone?! But, I'm only your wife!" And then, my father would chant his mantra, "The left hand..."

It used to be the rich and famous, especially from tinsel town showing off their 'acts of kindness', to push under the carpet, their other 'not-so-kind-acts'. Not to mention the netas grinning in camera-friendly demeanor, clad in crisp white shirts and topis, notwithstanding that the conscience is safely tucked away behind their goggles, handing away a cheap saree or pest-ridden rice, especially as elections neared. I particularly remember how my domestic help and her neighbours refused

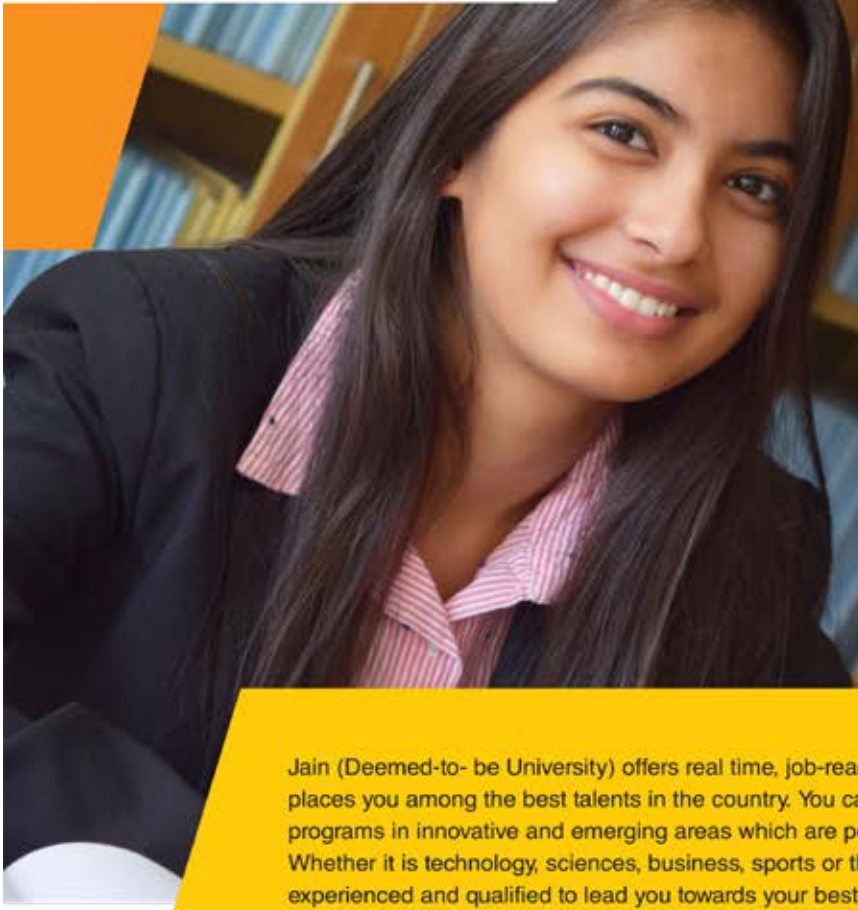
to be served *ganji* (gruel) that the local politician wished to serve himself, saying they could afford a better meal! Nevertheless, his PR team ensured that pictures of him holding a king-size ladel were splashed in the newspapers and on television!

Ironically, now, this need for shouting out from rooftops has percolated into the psyche of us commonfolk. Particularly, during the pandemic-induced lockdown, Facebook and Instagram were replete with photographs of people handing over a few kilos of rice and dals and other essentials. Whatsapp statuses too flaunted these acts of philanthropy. Beaming, conceited faces posing for the camera as some hapless chap receives the measly bundle, captured with fancy filters and frames, captions and quotes *et al.*

Perhaps, we spare a thought for the sense of dignity and self-worth of that less fortunate soul; he, who was until a year ago earning his three-square meals by sheer hard work. Perhaps, we realise that we are the privileged ones, with education, power and money and find contentment in offering gratitude to the almighty for all his blessings.

I wouldn't imagine anyone of us, going about blabbering tales of bravado in the real world that we so easily do in the virtual world. Nor would we lap up these tales with equal enthusiasm.

What lack is this need fixing? Can the lack be fixed thus? Is this need symptomatic of a greater angst? Or, anguish? Loneliness, perhaps, from, diminishing connection with the real world?



UNIQUE
AMAZING
APPLIED
PROFOUND
STRATEGIC
LEARNING

Jain (Deemed-to-be University) offers real time, job-ready programs and an academic rigour that places you among the best talents in the country. You can choose from a wide array of over 100 programs in innovative and emerging areas which are peer-assisted, blended and interactive. Whether it is technology, sciences, business, sports or the arts, the faculty and staff are highly experienced and qualified to lead you towards your best. The curriculum and pedagogy are hands-on, distinctive and contemporary. You will be challenged to be enterprising and think independently. Whether it is examining the minute details in forensic sciences or strategizing the future of a multinational business, Jain (Deemed-to-be University)'s inter-disciplinary programs and its extensive industry networks give you an ideal opportunity to excel in your chosen area of academic interest.



Awarded graded autonomy status by University Grants Commission



Ranked 91 - 95 Among the top Indian Universities by QS India University Rankings 2019



Awarded Grade A by the National Assessment and Accreditation Council



Awarded 5 stars under the Young Universities category in Karnataka by KSURF ICARE



Ranked 86 under Management and 115 under Engineering category by NIRF National Ranking 2019



A global community 15522 Students from 38 Countries



5500+ On-campus placements in leading MNCs and blue-chip companies



07 Dedicated research centers



Incubated 40 ventures and created 100 entrepreneurs

Even
WhatsApp
needs a

press

The weight of the printed word is heavier in your hand. Forwards may travel quicker but when the time comes even for the digital media to clarify the truth, the press is the last word.

Like to tell your story with authenticity and longevity? We collaborate with Padma Shri authors and self publishers alike. We bring editorial excellence, design, marketing, connections with state-of-the-art technology infrastructure to help put your book in the reader's hands.

We understand you might have a few words to share with us : **Connect@jupress.co.in**

