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AMRITA DARPAN

Student Activities at Amrita Coimbatore Campus



OFFICE OF STUDENT AFFAIRS

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Office of Student Affairs

AMRITA VISHWA VIDYAPEETHAM, COIMBATORE



STRENGTHEN BODY, MIND, AND SPIRIT- INTERNATIONAL YOGA DAY 2025

Inspiring wisdom and learning in campus



Participants come together in unison to embrace the transformative power of yoga on International Yoga Day 2025.





Editor's Note

Mrs. Aswathi K B
Faculty Student Welfare
Editor-in-Chief



Compassion and Responsibility

The ability to empathize with others, to extend kindness without expectation, and to act for the greater good is what elevates human beings above all else. Compassion is not merely an emotion; it is an action that reflects maturity, empathy, and strength of character.

It is compassion that unites people across regions and religions. A compassionate society nurtures peace and harmony, ensuring that no one is left behind. It teaches us to see beyond differences and to recognize the shared humanity that binds us all. As human beings, we share a moral duty to care for one another.

But compassion alone is not enough. It must be accompanied by a deep sense of responsibility. Being a responsible citizen means understanding that our actions, however small, contribute to the nation's well-being. A nation's true progress is not measured only by its industries, infrastructure, or economy, but by the kindness and moral strength of its people. When citizens act with compassion and responsibility, harmony flourishes, and social challenges become easier to overcome. Together, these virtues create a community rooted in empathy and guided by integrity. A truly developed nation is one where people respect one another, where service to society is seen as service to the nation, and where compassion guides policy, leadership, and everyday life.

When compassion meets responsibility, the result is not just a better individual, but a better nation. The true greatness of a country lies not in its power or wealth; it is vested in the compassion and responsibility of its people.

CONTENTS

	Editorial Page	03
	Ammas Message	05
	Farewell Function - Dr. Sankaran, Registrar	06,07
	World Environmental Day	08-10
	Sadgamaya 5127: Residential Cultural Retreat	11-13
	International Yoga Day	14,15
	Invited Talk	16
	Club Corner	17,18

AMMA SAYS...



Amma's Vishu Message



During the Vishu celebrations at Amritapuri Ashram, Amma delivered a profound message centered on spiritual unity, environmental responsibility, and compassionate living. Her message emphasized the deep interconnection between man, nature, and God, asserting that all of creation is a manifestation of the Divine and that nothing exists apart from God. Amma explained that true religion and spirituality are not limited to rituals, but are lived through the qualities of love, compassion, forgiveness, and patience expressed in daily life. She urged everyone to allow the light of the Self to shine through their thoughts, words, and actions.

A central theme of Amma's message was the reflection on three essential principles:

Dependence – Acknowledging that we all rely on others in various ways.

Independence – Attained by overcoming the ego and developing inner strength to face life's ups and downs with equanimity.

Interdependence – Realizing that we live in mutual support with nature, animals, and other human beings.

She highlighted that selfless service is the power that sustains the universe. By serving nature, animals, and each other, we receive support in return. This principle, Amma said, should also be the foundation of our families and communities, fostering mutual trust, understanding, and lasting peace. Amma called on everyone to dedicate Vishu to cultivating compassion for all living beings. She encouraged adopting an environmentally conscious lifestyle, as symbolized by the distribution of saplings, urging all to take responsibility for a greener future.

Amma concluded with a blessing, praying that the grace of the Divine may lead all to experience a world of beauty, prosperity, and happiness, just like the joyful sight of the Vishukkanī.

Meditation is the art of mastering the mind. The way we perceive the world around us completely depends upon our mind.

"In our search for happiness, we essentially have two options—modify the entire world so that everything turns out exactly the way we want it or modify our mind so that we are able to be happy, content and peaceful, regardless of what happens in the external world. The former is obviously impossible. We have very little control over our external world. The only hope for happiness lies in controlling the inner world.

Meditation is a key element in this process."



Farewell Function

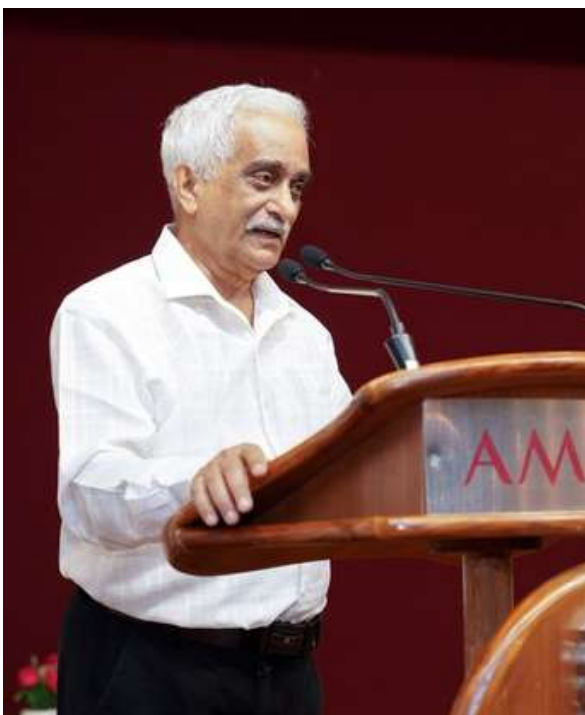
12 May, 2025

A Grateful Farewell: Honouring Dr. Sankaran K's Legacy of Service

A warm and heartfelt farewell function was held on 12th May 2025 at Amriteshwari Hall to honour the esteemed Registrar, Dr. Sankaran K, for his dedicated service and remarkable contributions to the institution. The event was attended by around 150 individuals, including both teaching and non-teaching staff, who came together to express their gratitude and bid farewell to a respected leader.

The ceremony began with the lighting of the lamp, marking the commencement of the auspicious occasion, followed by a prayer that created a serene and respectful atmosphere.

Dr. Soman K P, Dean of the School of Artificial Intelligence, delivered the welcome address, extending heartfelt appreciation for Dr. Sankaran's unwavering commitment and dedication throughout his tenure.



Dr. Sasangan Ramanathan, Dean of Engineering, shared his reflections on Dr. Sankaran's professional journey. His speech highlighted Dr. Sankaran's sincerity, leadership, and tireless service, which left a deep impression on the audience.

The Vice-Chancellor, Dr. P. Venkat Rangan, addressed the gathering with an inspiring speech, praising Dr. Sankaran's discipline, integrity, and leadership. He acknowledged the enduring legacy Dr. Sankaran leaves behind and the positive influence he had on the university community.

The newly appointed Registrar, Dr. Ajith Kumar P, also offered a few thoughtful words, expressing his respect for Dr. Sankaran's contributions and extending his best wishes for the journey ahead.

Farewell Function



Dr. Sankaran then took the stage to share his personal reflections, which touched the hearts of everyone present. His words, filled with gratitude and nostalgia, conveyed the deep bonds he had formed during his years of service and the lasting memories he would carry forward.

A 5-minute video presentation followed, showcasing a montage of cherished photographs and memorable moments from Dr. Sankaran's involvement in numerous events and initiatives.

Several faculty members also came forward to share their experiences and fond memories. Notably, Dr. Kelath Murali Manoj, Professor at the School of AI,

shared an endearing recollection of Dr. Sankaran's enthusiasm for table tennis, highlighting his vibrant spirit and friendly nature.

As a gesture of love and respect, a Ponnadai and a memento were presented to Dr. Sankaran, symbolising the institution's deep appreciation for his service.

The function concluded with high tea, providing attendees a moment to interact and offer their personal regards to

Dr. Sankaran in a warm and informal setting.

The event stood as a beautiful tribute to a dedicated administrator whose contributions will be remembered and cherished for years to come.



World Environment Day

5 June, 2025

Think Green, Act Now: Amrita's Tribute to World Environment Day

World Environment Day, celebrated annually on June 5th, was observed with great enthusiasm and purpose at Amrita Vishwa Vidyapeetham, Coimbatore campus. As a global initiative established by the United Nations in 1972, the day serves to raise awareness and encourage action toward the protection of our planet. This year's observance focused on the theme "End Plastic Pollution", reinforcing the urgent need to reduce plastic waste and embrace sustainable alternatives.

Tree Plantation Drive Beside the Arjuna Statue

In alignment with the university's commitment to environmental stewardship, a tree plantation ceremony was organized near the iconic Arjuna statue. The initiative, coordinated by the Office of Student Affairs under the leadership of Dr. S. Mahadevan, Associate Dean of Student Affairs, aimed to enhance the campus's green cover and inspire the community to take proactive steps in environmental conservation. and Head Student Welfare Ms. Aswathi K.B also participated.



The event drew active participation from various sectors of the university. Br. Nikhilesamrita Chaitanya, Campus Director Air Commodore Satish Menon (Retd.), Deputy Librarian Mr. Jeyothiprakash, faculty members, administrative staff, and students came together to contribute to this meaningful cause. Their collective presence underscored the spirit of unity and shared responsibility that defines the Amrita community.

Participants planted native and medicinal plant species to enrich the campus's biodiversity and ecological balance. Beyond planting, the event fostered valuable discussions around climate change, sustainable living, and environmental responsibility. The plantation drive was not just a symbolic act but a hands-on opportunity to create lasting environmental impact.

World Environment Day



Digital Poster-Making Competition – “End Plastic Pollution”

To further promote awareness, a Digital Poster-Making Competition was held as part of the Environment Day celebrations. Organized by the Nature Club, the contest invited students to creatively interpret the theme “End Plastic Pollution.” The competition received a number of imaginative and impactful entries, each reflecting students’ awareness, creativity, and dedication to environmental causes.

Here are the Top 5 Winning Posters that stood out for their powerful messaging and artistic expression:

- Plastic-Free Future – PAGADALA TEJA PRAKASH ROYAL (CB.AI.U4AIM24136)
- Save Marine Life – KESHAV SELVAKUMAR (CB.SC.U4CSE23222)
- Choose Alternatives – KEERTHIVASAN G (CB.EN.U4MEE24027)
- No More Plastic – MADHUMATHI VELAMALA (CB.PS.I5MAT24007)
- Refuse If You Can’t Reuse – SIDDHA BEENA REDDY (CB.SC.U4AIE23065)

All winners were acknowledged for their creativity and thoughtful approach to spreading environmental awareness through digital art. Their posters served as impactful visual narratives encouraging viewers to reflect on their consumption patterns and the pressing issue of plastic pollution.

Reflections and Impact

This year’s World Environment Day celebration at Amrita Vishwa Vidyapeetham was a successful blend of traditional ecological efforts and modern awareness campaigns, offering students, faculty, and staff a platform to contribute to environmental advocacy. From the planting of trees to creative digital activism, the events highlighted the power of collective action and individual responsibility in addressing the planet’s most pressing environmental challenges.

The celebration served not only as a reminder of the institution’s environmental values but also as a catalyst for continued engagement, encouraging the Amrita community to lead by example in protecting and nurturing the Earth.

World Environment Day

Digital Poster- Making Competition Winners



FIRST PLACE

Plastic-Free Future - PAGADALA TEJA
PRAKASH ROYAL (CB.AI.U4AIM24136)



SECOND PLACE

Save Marine Life - KESHAV SELVAKUMAR
(CB.SC.U4CSE23222)



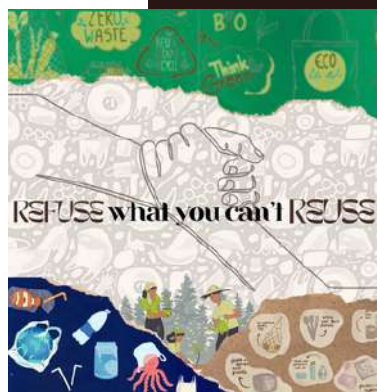
THIRD PLACE

Choose Alternatives – KEERTHIVASAN G
(CB.EN.U4MEE24027)



FOURTH PLACE

No More Plastic – MADHUMATHI
VELAMALA (CB.PS.I5MAT24007)



FIFTH PLACE

Refuse If You Can't Reuse – SIDDA BEENA
REDDY (CB.SC.U4AIE23065)



Sadgamaya 5127: Residential Cultural Retreat

12th – 14th June, 2025

Teaching is not just a profession, but a vocation of the heart.

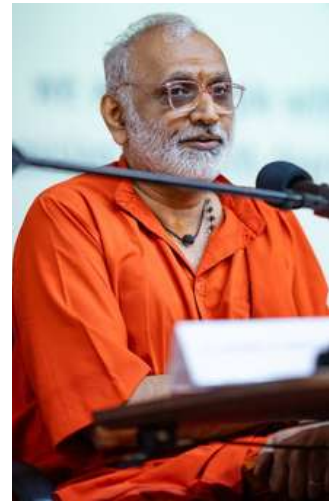
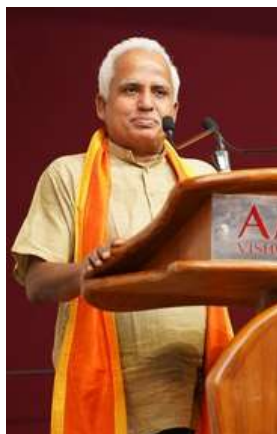


Sadgamaya 5127, a three-day cultural and academic retreat, was held from 12th to 14th June 2025 at Amrita Vishwa Vidyapeetham, Coimbatore. The retreat, organized by the Office of Student Affairs in coordination with Amrita Darshanam, aimed to revive and reconnect participants with India's ancient Knowledge Systems (IKS).



The inaugural ceremony on 12th June was graced by Thiru C.P. Radhakrishnan Avl, Hon'ble Governor of Maharashtra, who was welcomed at Amriteshwari Hall. The session began with lamp lighting and invocation, followed by addresses from Registrar Dr. P. Ajith Kumar and Vice Chancellor Dr. P. Venkat Rangan. Swami Ramakrishnananda Puri delivered the benedictory address, emphasizing that true knowledge must be rooted in compassion and ethical living. The Governor, in his inaugural address, highlighted the civilizational strength of IKS and participated in a symbolic tree planting ceremony. The day also featured talks by Swami Shubamritananda Puri and Brahmachari Vighnesh Chaitanya, a video on IKS, and a cultural performance of Tolpavakoothu by Padmashri K.K. Ramachandra Pulavar, who was honored with the Sadgamaya Award.

Day 2, 13th June, began with MAOM Meditation led by Swami Shubamritananda Puri, followed by Sangha Ganam led by Dr. U.K.V. Sarma and team. Swami Dhyanamritananda Puri spoke on life management, encouraging educators to cultivate resilience and wisdom. Dr. D.K. Hari and Dr. Hema Hari of Bharath Gyan presented insights on India's indigenous approach to education, while Dr. P. Kanagasabapathi highlighted "Culture as the Basis of Indian Economy." The day concluded with an interactive group discussion and a vibrant Baduga Dance performance by tribal artists from Ooty.



The final day, 14th June, opened with a yoga and meditation session by Mr. B. Senthilkumar, followed by Sangha Ganam. Prof. K. Ramasubramanian of IIT Bombay presented an erudite session on India's calendar system, while Kum. Nivedita Raghunath Bhide spoke on "Women in India Through the Ages." Post-lunch, Dr. Balakrishnan Shankar shared insights on "Amma's Vision of Science and Spirituality," drawing examples from Amrita's interdisciplinary research. The retreat concluded with participant reflections, the Valedictory Ceremony, and the National Anthem, leaving attendees with renewed inspiration.



Sadgamaya 5127 stood out as a unique confluence of scholarship, spirituality, and cultural vibrance. Over three days, participants immersed themselves in discourses, experiential workshops, and artistic expressions that highlighted the relevance of IKS in modern education. The retreat successfully bridged tradition and contemporary learning, leaving participants with both intellectual enrichment and a deeper sense of cultural pride.



International Yoga Day

21 June, 2025

“Yoga is not just a practice—it is a way of life that brings harmony between body, mind, and spirit.”



On June 21, 2025, Amrita Vishwa Vidyapeetham, Coimbatore campus, observed International Yoga Day under the global theme “Yoga for One Earth, One Health.”

The event commenced with the lighting of the lamp by dignitaries and selected participants, followed by a soulful invocatory prayer by a student.

Amrita’s commitment to yoga and the Indian Knowledge System (IKS) was highlighted, with faculty emphasizing how asana, pranayama, and meditation are already integrated into the academic curriculum.

Over 400 students, along with teaching and non-teaching staff, actively participated in the celebrations, showcasing collective dedication to holistic health.

Air Cmde (Retd.) Sri R. Satish Menon, Campus Director, and Dr. Sripad H. Ghaligi, Chairperson of Amrita Darshanam–ICSS, led the Common Yoga Protocol (CYP) with guided practices like Namaskara Mudra and Nadi Shodhana Pranayama.

Pujya Swami Tapasyamritapuri Ji, a senior disciple of Amma, delivered a meaningful anugraha bhashanam, highlighting the roots of yogic wisdom from traditional texts like the Yoga Sutras of Patanjali and Hatha Yoga Pradipika.

Dr. S. Mahadevan, Associate Dean of Student Affairs, and Sri B. Senthil Kumar, faculty of Amrita Darshanam–ICSS, participated by demonstrating neck, eye exercises, and Nasika Mudra.



International Yoga Day



Dr. Nava Subramanian, Dean of Amrita School of Business, guided students through self-awareness meditation at Ajna Chakra.

Students engaged in dynamic CYP practices including Vrikshasana, Trikonasana, Baddha Konasana, Vajrasana, Ushtrasana, and Uttana Mandukasana, enhancing flexibility and breath awareness.

The significance of Bhujangasana and Apanasana was also emphasized as postures supporting spinal activation and pranayama preparation.

The event concluded with a vote of thanks by Sri Kartik MS, faculty of Amrita Darshanam–ICSS, acknowledging the participation and support from all stakeholders.

The program was jointly organized by the Department of Amrita Darshanam–ICSS and the Office of Student Welfare, with valuable support from the NSS Chapter of Amrita, Coimbatore.

INVITED TALK ON : Science, Technology and Innovation for a Sustainable Future

24 June, 2025



The Department of Food Science and Nutrition, School of Physical Sciences, Amrita Vishwa Vidyapeetham, hosted an inspiring invited talk by Dr. C. Anandharamakrishnan, Director of CSIR-NIIST and Rashtriya Vigyan Shri Awardee, on 24th June 2025 at Acharya Hall, AB1. The session began with a warm welcome and ceremonial lamp lighting, which set a reflective tone for the event. Centered on the theme “Science, Technology, and Innovation for a Sustainable Future,” the talk addressed pressing global issues such as climate change and sustainable food systems. Dr. Anandharamakrishnan emphasized science-led solutions like low-carbon processing, sustainable packaging, and bio-based material alternatives. He presented key innovations, including India’s first 3D food printer and the successful transfer of vegan leather technology to promote green entrepreneurship in Northeast India.

A notable highlight was his introduction of ARK®, Asia’s first engineered human gastrointestinal model for personalized nutrition and health monitoring. The interactive Q&A session saw enthusiastic participation from students and faculty, with discussions on food innovation and sustainability strategies. Dr. Anandharamakrishnan responded with clarity and insight, fostering a spirit of interdisciplinary learning. The event concluded with a memento presentation and a heartfelt vote of thanks, leaving a lasting impact on all attendees.



CLUB PROGRAMMES

CLUB CORNER

>>> SADHANAN CLUB - SHRI RAM NAVAMI



To commemorate the auspicious occasion of Shri Ram Navami, a spiritually uplifting and culturally vibrant celebration was organized by the Sadhana Club in collaboration with the Office of Students Affairs on 6th April 2025 at the serene Amma Shrine. The event honoured the birth of Lord Shri Rama, the embodiment of Dharma, virtue, and righteousness, with heartfelt devotion and creative expression.

The evening commenced at 5:00 PM with a sacred pooja, invoking the divine blessings of Lord Rama. As chants and prayers filled the air, the shrine was enveloped in a peaceful, spiritually charged atmosphere.

The event was thoughtfully guided by Mr. V. Shankar Kumaran, Visiting Faculty, Department of Amrita Darshanam, who ensured a seamless flow of devotional and cultural segments that resonated deeply with all attendees.

Ramayana Storytelling & Satsang

One of the most touching parts of the celebration was the Ramayana storytelling session, where students narrated select episodes from Lord Rama's life with sincerity and reverence. Their creative and devotional presentations captured the essence of Rama's ideals. The storytelling was followed by a satsang session, encouraging participants to reflect spiritually and collectively on the teachings of the Ramayana.

Bhajans by Naadam Club and Ashram Team

The Naadam Club presented soulful bhajans dedicated to Lord Rama and Hanuman Ji, further enriching the devotional spirit of the evening. Their melodious renditions were joined by the Ashram team, whose bhajans added depth and emotion, elevating the spiritual ambiance and creating a powerful atmosphere of unity and reverence.

Ramayana Chart Exhibition

An engaging Ramayana Chart Exhibition was also part of the celebrations. Designed and hand-crafted by students, the charts visually narrated episodes from the Ramayana. These vibrant, creative displays reflected deep devotion and provided attendees with an interactive and educational storytelling experience.

Rama Chitrakala – AI-Generated Image Competition

Adding a modern artistic dimension to the celebration, the Rama Chitrakala competition invited students to generate AI-powered images using tools such as MidJourney, DALL·E, and Leonardo AI, under the theme "Sri Rama – The Embodiment of Dharma and Divinity".

Each participant submitted a single image along with a short caption or title. The entries were visually stunning and spiritually resonant, blending technology with devotion. The top three entries were selected and honoured with certificates of appreciation.

Prasadam Distribution

The celebration concluded with the distribution of prasadam, symbolizing divine grace and offering a sweet and sacred closure to an evening filled with faith, art, and unity.

Event Impact

The Shri Ram Navami 2025 celebration stood out as a harmonious confluence of tradition and innovation, fostering devotion through storytelling, music, visual arts, and digital creativity. It provided the students and staff with a meaningful opportunity to connect with the values and life of Lord Rama, reinforcing the eternal relevance of dharma, service, and spiritual reflection in today's world.

CLUB PROGRAMMES

CLUB CORNER

>>> AMRITA TOASTMASTERS CLUB - 350TH MILESTONE



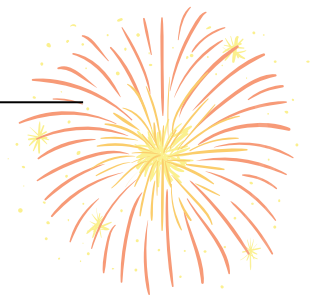
The Amrita Toastmasters Club successfully conducted its 350th milestone meeting on June 27, 2025, at C-205 Aerospace Classroom, AB-1, celebrating years of leadership and communication excellence. The session began at 4:05 PM with Sergeant-at-Arms TM Madhumita S welcoming everyone and setting the tone for the event. Presiding Officer TM Ishitha Praveen delivered an opening address, emphasizing the significance of reaching this landmark and appreciating the club's journey. TM Aditya K Samant, serving as the Toastmaster of the Day (TMOD), led the meeting with great enthusiasm and introduced General Evaluator TM Shaun Sunny. Inspirational addresses were delivered by Division G Director TM Teena Parthasarathy, DTM Rakesh Menon, and Club Coach DTM Mayur V, highlighting the club's contributions. A keynote speech by DTM Sundararaman Chintamani served as a highlight, offering valuable insights into leadership and personal development. The meeting included an engaging Table Topics Session conducted by TM Vedhavarshini V, encouraging spontaneous speaking among members and guests. Reports from the Timer, Ah-Counter, Grammarian, and General Evaluator provided constructive feedback and wrapped up the formal proceedings. Winners of the session included TM Vedhavarshini V (Best Roleplayer), TM Anand M (Best Auxiliary Roleplayer), and TM Aarthi S & Guest Subhashini S (Best Table Topics Speakers), and the meeting concluded with a heartfelt vote of thanks by TM Ishitha Praveen.



>>> NSS - PANEL DISCUSSION HIGHLIGHTS URGENT NEED FOR COLLECTIVE ACTION AGAINST DRUG ABUSE AMONG YOUTH



On June 26, 2025, a thought-provoking panel discussion titled "Bridging the Gaps: Law, Mental Health, and Society Against Narcotics" was held as part of the Anti-Drug Awareness Programme. Distinguished judges and panelists shared alarming insights into the growing impact of drug abuse on the youth of the nation. They emphasized that drug addiction among students and children is not only a personal tragedy but also a strategic threat used by enemy nations to hinder the country's progress. Panelists stressed that poor parenting and lack of love and attention often push children towards drug abuse, highlighting the need for emotionally supportive environments. It was revealed that around 15% of drug-affected individuals are under 10 years old, with many school and college students under 18 being the primary targets. A heartbreaking case of a 10-year-old girl in a de-addiction center was mentioned, reinforcing the urgent need for parental awareness and behavioral monitoring. Speakers also pointed out that over-strict parenting can be equally harmful and emphasized the importance of open communication and active listening. The panel advocated the regular conduct of awareness programmes and encouraged the use of helpline numbers such as 14567 (senior citizens), 1930 (financial fraud), 181 (women), and 1933 (MANAS - narcotics). The session concluded with a strong call to action to prioritize mental health, counseling, and collective societal responsibility in the fight against narcotics.



Upcoming Events and Celebrations

At Amrita



Gurupoornima



Sargamritam



Deeksharambh



Gokulashtami



Ganesh Chaturthi



Onam

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<https://www.youtube.com/@amritaosa?si=XBwcZNBh82CauFWg>



AMRITA DARPAN

Education for livelihood alone will
never make our life full and
complete. ~Amma



Entries Invited

We invite our students to submit entries -
Articles, Artworks, Photography or Poems to
✉ amritadarpan@cb.amrita.edu

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