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# AMRITA DARPAN

Student Activities at Amrita Coimbatore Campus



OFFICE OF STUDENT AFFAIRS

Organised, Student-Centric, Approachable

**Office of Student Affairs**

AMRITA VISHWA VIDYAPEETHAM, COIMBATORE



# EMBRACING THE WORLD THROUGH LOVE AND COMPASSION

Inspiring wisdom and learning in campus



Embracing the World, Statue near Main Canteen , AB 1

**In the gentle embrace of mother and child, blooms a timeless symbol of love – unconditional, boundless, cradling not just one life, but the world itself in compassion's tender arms.**





***Dr. S. Adarsh***  
**Professor Student Welfare**

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## **Nurturing Holistic Student Development at Amrita**

As the Professor of Students Welfare, it gives me immense pleasure to share a brief overview of the recent initiatives and activities conducted under the Office of Student Affairs at Amrita University. With a vision to foster a well-rounded and supportive campus environment, we continue to focus on empowering our students academically, culturally, and emotionally.

One of our key highlights this semester has been the successful launch of foreign language training programs. Recognizing the importance of global communication skills in today's interconnected world, we have introduced courses in languages such as French, and German. These programs, designed in collaboration with certified language instructors and cultural experts, aim to equip students with essential linguistic proficiency and cultural awareness—opening new avenues for international internships, higher studies, and global career opportunities.

In our continuous efforts to improve campus life and student experience, the design and implementation of a comprehensive Grievance Redressal Portal has marked a significant step forward. This digital platform ensures transparency, accountability, and efficiency in addressing student concerns related to academics, infrastructure, and campus services. With secure login and tracking mechanisms, the portal has already received positive feedback for its user-friendly interface and prompt response system.

As we move forward, our office remains committed to enhancing student welfare through inclusive policies, student-centric initiatives, and continuous dialogue with our vibrant student community. Together, we shall continue to uphold the values of compassion, excellence, and innovation that define Amrita.



# ***Editor's Note***

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

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## **Turning Vacations into Productivity**

Holidays should be a breath of fresh air — a respite from the habits that make up our daily routine. But of late, this golden time is wasted on incessant scrolling on mobile phones or worse. Rather than refreshing ourselves, we end up more depleted, jaded, and far from our real potential.

A holiday need not be simply an escape but a personal development springboard. Learning something new, traveling to learn of other cultures, volunteering for good causes, acquiring a musical instrument, or deep reading can also turn holidays fresh and life-transforming. Such well-designed activities generate creativity, create resilience, and instill achievements into our being.

Opting for a productive vacation path is a deliberate choice— a choice to invest in ourselves instead of frittering away valuable time. May our vacations be replete with giggles that resound through remembrance, fingers active with creativity instead of languid scrolling, and hearts racing with the thrill of discovery. By doing this, we regain our time and create a strong example for everyone around us: life is not to be lost, particularly during its most stunning pauses.

We invite your creative contribution for the coming edition based on the theme 'My Vacation'. It could be a poem/article/story/photo with a caption. The selected best selection will be published.

# IN CONVERSATION WITH A TRUE HERO

Here's a glimpse of conversation between  
Lt. Colonel Rishi Rajalakshmi and Ms. Aswathi K B

Not many dare to stare death in the face—knowingly, willingly, and with firm resolve. Fewer still carry within them the rare spirit of selflessness to risk everything for the safety of others. But he did. On 4 March 2017, amidst the volatile conflict zones of South Kashmir's Tral Valley, one man led from the front—Major Rishi N of the 42 Rashtriya Rifles. With his highly trained Quick Response Team, he charged into a high-risk terrorist encounter, where danger lurked in every shadow. Gravely injured in the line of duty, even losing part of his face, he stood tall, undaunted, unbroken, and fiercely devoted to his mission.

His bravery caught the attention of the nation, and earned him a title that echoes with reverence—**“the most fearless man,”** as described by none other than General Bipin Rawat. Today, he wears a new rank and name: **Lieutenant Colonel Rishi Rajalakshmi.**

Lt. Colonel Rishi Rajalakshmi once again made headlines during the 2024 year reported Wayanad disaster relief operation, as he and his team served the people with dedication and compassion.

A soldier, a leader, and above all, a living testament to extraordinary bravery—his journey is not just to be told, but to be felt. An engineering graduate who began his career with KSEB, he chose to become a soldier driven by his firm determination to serve the nation. Inspired deeply by his mother, he proudly carries her name as part of his own.

It was a casual talk filled with insightful thoughts and fun moments.



**Lt. Colonel Rishi Rajalakshmi**

 AOC

***Hello Sir, hope you had a wonderful time during your visit to Amrita ?!***

Yes, I am very happy to be here. In fact I came to attend an event hosted by Amrita School (Amrita Vidyalayam Annual Day celebration conducted at Amrita Vishwa Vidyapeetham, Coimbatore Campus) as the chief Guest. It was a nice experience to be part of that event. And this Campus is so beautiful. Nature over here is so welcoming.

***You've had the chance to visit numerous schools and colleges over the years. How would you say about your experience at Amrita?***

The moment I entered the campus, I could immediately sense a deep sense of discipline and a positive energy all around. My friend, who accompanied me, shared the same observation.

There was a feeling of divinity in everything we experienced—and rightly so, because Amrita holds a very special place in the academic and spiritual landscape. What truly stood out was the standard the institution maintains. **The way things are organized and executed here reminded me of a regiment... systematic, precise, and highly disciplined.** It was quite surprising to witness such a level of regimentation in a private institution. Even small things, like the way food is served, reflect care, order, and attention to detail—something we usually associate with the military. It really speaks volumes about how thoughtfully everything is managed at Amrita.

*so nice to hear these good words about our institution ...!*

*As a person who have seen many lives, let me ask you something about today's younger generation. It is noticed that many of them tend to seek comfort zones and try to escape from problems rather than face them. They are dependent, display arrogance as a shield, or are addicted to unhealthy consumptions.*

True, true... I feel that one contributing factor is their dietary choices — as the saying goes, 'we become what we eat.' Beyond that, there seems to be confusion between gender identity and gender equality. While both are important, there's a thin line between understanding identity and respecting balance. I believe that the lack of alignment between masculine and feminine energies within individuals is causing emotional imbalance among youth. Moreover, we must understand that sometimes a tough approach is necessary. There's nothing wrong with being firm, or even rough, when the situation demands it. Showing misplaced sympathy can often do more harm than good. In the military, for instance, we undergo intense training — physically, mentally, and emotionally. Days without witnessing blood are rare. But no one says, "I can't handle this," or walks away from it.

That's the nature of the job — and more importantly, that's the nature of life.



**Welcome with honor.**

📷 AOC

It demands strength. **We need to raise and guide our youth..., regardless of gender.. to face the real world.** Shielding them from difficulty doesn't help; it weakens their resilience. If a strict or disciplined approach is what helps them grow, then that must be embraced. Nature operates on principles, and so should we. Let's not forget who we are. Let's not lose our true identity in a world that's becoming overly sensitive to discomfort. The way we deal with our young people matters. Balance is key — in mind, in emotions, in energy, and in action.

**Absolutely correct. I also felt they were addicted to social media. They seemed indifferent to everything happening around them. This addiction to social media plays a significant role in shaping the perceptions and behaviour of today's youth, especially in the post-COVID era. They don't have many social or emotional connections with society and their fellow human beings. Would you agree?**

That is a true aspect. When we talk about social media, I've observed that many people, not just the youth, are affected by what is now being called "virtual autism." It's becoming evident across all age groups, including small children. Earlier, we used to advise others not to spend too much time on phones, but now even that awareness seems to be fading. The truth is, most of us are addicted in some form. We must learn where to draw the line. Addiction of any kind is dangerous, and we need the inner strength to stay away from it. One of the best ways to do that is by surrounding ourselves with good friends..., friends who help us see both our strengths and weaknesses. A true friend is someone who doesn't flatter blindly, but instead points out our mistakes and helps us correct them. They make us aware of the dangers we might be ignoring, including the risks of digital addiction. It's often said, "Looking at our friends, one can tell who we are." That's because friendships are built on shared frequencies. So, it's important to choose your friends wisely. There's good and bad in everything — including people — but building bonds with those who encourage our foolishness leads us down the wrong path. We must look for friends who can guide us, inspire us, and help us grow. With the right circle of friends, many of life's bigger problems can be avoided or solved.

**Correctly said. I would also like to add that social media platforms have become spaces where people often express their feelings and emotions impulsively. If someone is upset, they post about it; if they dislike a person, they share it in public, even personal issues are frequently aired online. Sometimes, this leads to people responding to others' posts in rude or abusive ways, going far beyond reasonable limits.**

Many of us today use platforms like WhatsApp or social media in search of validation. **We seek reassurance, attention, or understanding through statuses, posts, and stories. But the moment you realise that you don't need social validation, you become emotionally stronger and more grounded.**

Why do we post something as a WhatsApp status? Often, it's because we want others to notice — to ask, "What happened?" or "Are you okay?" It's a subtle cry for attention or comfort. I've done this too — posted statuses hoping someone in particular would notice. And sometimes they do. But what happens next? They may or may not respond. Others might misinterpret it. Instead of clarity, we create more confusion. It's better to communicate directly. If someone is affecting you negatively, either speak to them clearly or, if necessary, walk away. It's all about how you deal with people. Perception matters. I'm reminded of an incident involving my Guru, Swami Satyananda Saraswati. Once, a prominent man visited the ashram wanting to meet the Guru. At that moment, Swami was washing plates. Not recognizing him, the visitor asked, "Can you inform the Swami that I've arrived?". Swami replied gently, "Please wait, I will inform." This exchange was repeated several times. In fact, that person came to meet Swami to ask about power of Mantra. Eventually, the visitor grew impatient and disrespectful. Swami firmly said, "Get out." Man got shocked, and he stepped back. Then, Swami invited him inside, calmly explaining about power of Mantra. Now i have used two Mantras. "Both 'Get out' and 'Come in' are mantras. One stirs fear, the other gives comfort. The power lies in how and when they are used." That lesson stayed with me.

**We must learn to distance ourselves from toxic relationships. Not everyone who enters our life is meant to stay.** Just like a rocket drops its boosters to rise higher, we too must know when to let go of burdens, be it people, emotions, or expectations. Carrying unnecessary weight only tires the mind and soul. There's a verse in the Ramayana that reminds us: every person we meet is part of our journey, not our destination. They come for a reason, and they leave when their part is over. If you feel overwhelmed, chant a mantra, think of God, or do something meaningful — for yourself or in devotion. Don't chase validation. People will always have opinions. Learn to detach and stay centered.

Let me share something very personal related to me and my mother relationship. Sometimes I gets so busy that I go days without calling my mother. She teases me, “No time for me?” Instead of getting defensive, I stay silent during those phone calls from my mother. I remains as a listener then. Silence in that instance maintained peace and avoided unnecessary friction. Later, I call her back when I’m free, and we talk flowlessly. Prayer, silence, and awareness are powerful tools. Even the Hawaiian practice of Ho’oponopono, a prayer of reconciliation and forgiveness, can help heal emotional imbalances. Try to be thoughtless sometimes — not careless, but still. In stillness, there is clarity. And from clarity comes peace.

### ***Is it really possible to remain thoughtless?***

Someone once said, “Humans tend to overthink the very things they shouldn’t.” And it’s true — the moment someone tells us not to think about a particular person or situation, that’s exactly where our mind goes. Why is it so hard to stop that tendency? The unique quality of human beings, compared to other species, is the ability to think. But with that gift, also comes the responsibility to control our thoughts. If we cannot control our own thoughts, then what is the point of having such a capacity? I would say that other species also have amazing abilities that often surpass those of humans. Take fish, for example — observing how effortlessly they navigate the ocean and survive without external support like oxygen tanks or protective gear is truly fascinating. In contrast, humans need scuba suits, oxygen masks, and life jackets just to stay underwater for a short time.

Humans have the potential to think. It’s important to start practicing mental discipline. Yoga and meditation are powerful tools to help with this. Meditation helps you observe your thoughts without judgment, while yoga, when practiced correctly, purifies both body and mind and enhances awareness. However, it’s essential to learn yoga under the guidance of a true

master (Guru). Each individual has a unique aura, and personalized instruction ensures the practice aligns with your energy and needs. I personally don’t support mass yoga sessions, because the deeper essence of yoga is often lost in such settings. True transformation comes from learning in person, in the right atmosphere, under the care of someone who understands you.

***I’ve heard many youngsters say they have no one in the family with whom they can open up to or find comfort in. Parents are often too busy and, unfortunately, unable to understand the emotional or mental struggles their children are going through.***

In some foreign countries, I’ve heard that people even pay just to be hugged and fall asleep — not in a romantic or physical sense, but simply to feel cared for. It’s considered a form of therapy, a way to fill the emotional void. This highlights something very important: the deep human need for affection, comfort, and connection. Parents must prioritize spending quality time with their children. This should be a top priority, not an afterthought. When children feel loved, cared for, and understood at home, they won’t go looking elsewhere for emotional validation. They won’t fall into toxic relationships or unhealthy coping mechanisms. But when that emotional support is missing, they begin to crave affection from anyone — they may think, “Let anyone hug me, let anyone care for me.” In worst cases, this emotional void can even push them toward drugs, alcohol, or other harmful escapes. The role of parents is critical and cannot be brushed aside with the excuse of being “too busy.”

Parents must make time to truly understand their children — their feelings, emotions, and unspoken struggles. If not, children will begin to find their own ways to cope, and those paths often don’t lead to healthy outcomes. I’m not blaming foreign cultures — their context and lifestyle are different. But in India, we have a rich tradition of emotional bonding within

families, and unfortunately, we are slowly drifting away from it in the name of modernity. That's where the concern begins. Take the example of Amma (Sri Mata Amritanandamayi Devi). Many foreigners become deeply emotional when they receive a hug from Amma because they haven't experienced that kind of unconditional affection elsewhere. People need to be heard. They need to be held with compassion. Amma does exactly that, and that's why people from around the world are drawn to her. Ultimately, love and care are essential in all relationships — not just between parents and children, but across the board. If we ignore these emotional needs, the consequences can be heartbreaking. Parents must never forget their responsibility, because if they don't fulfill it, the children will try to fill that void elsewhere — often with devastating results.

***It is wisely said, "You only live once," and that life should be lived to the fullest. Many seem to be seeking thrill and adventure through unhealthy or harmful means, like ending up with substance abuse, or alcohol. Why do you think this culture is increasing, and how should one truly embrace the spirit of living life fully and meaningfully?***

I always make it a point to speak, whenever I address young people. I talked about this in the event that happened today. Those audience were school children. I think you were not able to listen to that.

***Sorry, i was not able to make it for the event ...***

One important thing this young generation often doesn't realize is where the money they spend on drugs goes. A large portion of it directly or indirectly fuels terrorism.

Before spending even a rupee on such substances, one must ask oneself: "Do I want to contribute to something that harms my own nation?" "The drug trade and terrorism are deeply interconnected. The money earned through drug sales is often used to buy weapons, weapons that are, in many cases, used against the very country we live in. This is not just

speculation; it's a known reality, especially at international borders like those between the U.S. and Mexico, where such dangerous networks are active. The situation becomes even more alarming when you realize that the youth themselves are being targeted, they used to sell drugs in exchange for money, which in turn funds arms deals. It's a vicious cycle. So the question is, Do you want to be a part of that chain that contributes to national harm?! Beyond the national security threat, we must also understand that drugs affect people in many harmful ways — mentally, physically, and emotionally. There are many forms of drugs today, and I won't go into details here because most people are already aware.. The point is simple, drug abuse destroys lives, families, and societies. Let each of us think wisely and make responsible choices, for ourselves, and for the nation.

***To inspire and bring about positive change, it's important to have a mentor or a leader in life. How do you define a leader?***

Well... Leadership! As a soldier, we often define leadership by action and responsibility. I used to tell my colleagues, "I won't let you fall — I'll take the bullet first." That's the kind of leadership I believe in. Leading from the front with courage and selflessness. True leadership is also about delegating power. It's not about saying, "I will do everything, and you don't need to do anything." That's not leadership — that's control.

A real leader empowers others by giving them the freedom to think, act, and take responsibility. Leadership is about trust — assigning a task and clearly communicating what is expected, without micromanaging how it should be done. When people are given that space and trust, they often surprise you with brilliant ideas and results, sometimes even better than your own. A good leader knows that they don't have to be the smartest person in the team.

They create an environment where others can thrive, contribute, and grow. Delegation isn't a

weakness — it's a strength. It's the mark of a confident and wise leader who believes in the potential of their team.

***-These thoughts are truly inspiring. Let us hope that people discovers the leadership qualities within themselves. Let them be able to find a mentor / leader who can guide them toward positive change.***

***We'd love to hear how your connection with Amrita began and the role Amma has played in your journey.***

My connection with Amma began in my childhood. The first time I saw her was on television. My mother had met Amma personally and was deeply moved by her presence. Through my mother, I came to know more about Amma, and we even visited the ashram together. Although I may not say as a devotee, ***I hold great love and respect for Amma. I've always been inspired by her relentless service to society and the way she promotes spirituality, something few leaders emphasize today. Amma has had a profound impact on many lives through her spiritual guidance, and I deeply admire her for that.***

***I know it may sound like a cliché, but I'd still be curious to ask—what advice would you give to the younger generation?***

I'm not someone who makes big resolutions like, "I'll do this" or "I'll change that." What I truly believe in is living in the present moment. There's a strange tendency among people: we often admire and appreciate others only after they're gone. But why wait? Why can't we respect and value people while they are still with us? One of my core principles is this,

*Honour even the less talented. Because that recognition might just become the motivation they need to grow, to improve, to believe in themselves. When someone feels, "They believed in me," it can spark a beautiful transformation. Accept people as they are. Forgive as if there's no tomorrow. Love and live fully, as if there's no tomorrow.*



***Lt. Colonel Rishi Rajalakshmi and Ms. Aswathi K B***

 Karthika

***Thank you Sir for your time and it was truly a honor to meet a personality who can be called as a True Hero.***

Thank You.

# CONTENTS

	<b>Editorial Page</b>	03, 04
	<b>In conversation with a True Hero</b>	05-10
	<b>Ammas Message</b>	12
	<b>76th Republic Day</b>	13
	<b>Maha Shivratri</b>	14, 15
	<b>Pongal Thiruvizha</b>	16, 17
	<b>Women's Day</b>	18, 19
	<b>Ugadi</b>	20-21
	<b>Amritotsavam</b>	22-24
	<b>Holi</b>	25
	<b>Expert talk on "A Question of Priorities" -H.G. Kalakantha Das, ISKCON</b>	26, 27
	<b>Compassionate Connect</b>	28, 29
	<b>AMMA Kovai Visit</b>	30
	<b>Club Corner</b>	31-35
	<b>Workshop on AI in Research Enhances Academic Insights</b>	36
	<b>VIDYA-ABHINANDAN – Toppers Meet 2025: A Celebration of Academic Excellence</b>	37
	<b>AIU- Noida</b>	38
	<b>Kovai Youth Conclave</b>	39

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# AMMA SAYS...



## “The True Wealth of Life”



Amma says, “People have given life many different meanings and interpretations. ‘Life is like an ocean,’ ‘Life is like a poem,’ ‘Life is like a flowing river,’ ‘Life is a long journey,’ ‘Life is like a dream.’ We compare life to so many things.

“Yet, we rarely hear people say, ‘Life is humility,’ ‘Life is patience,’ ‘Life is tolerance,’ ‘Life is open-mindedness,’ ‘Life is renunciation.’ One thing is clear—life is a mystery too deep to be measured by our small intellect. Our tiny body, arms, and legs are just not enough to swim across the great ocean of life.”

Amma explained that life is, in fact, infinite, and true fulfillment comes only when we align ourselves with that infinity. Be it spiritual or material, this is the only way to attain lasting peace and happiness.

“Lamenting over our losses in life, we forget the greatest gain of all—that which we need to attain in this birth: love. To make as much profit as possible is the goal of a businessperson. Thus, the biggest loss one can face in business is to lose all one’s capital and become a pauper.

“Similarly, the greatest gain that one can achieve in life is true love. And the biggest loss that can happen to anyone is the absence of love. One’s real life savings is love. If that is lost, one becomes a pauper in the truest sense. Therefore, we should try to fill the treasure chest of our hearts with more and more love, reaping the real wealth from this life.”



# 76th Republic Day

## 26 January, 2025

### 76th Republic Day at Amrita Ettimadai: A Tribute to India's Spiritual and Constitutional Legacy

The 76th Republic Day of the Indian Constitution was celebrated with great patriotic spirit at Amrita Vishwa Vidyapeetham, Ettimadai Campus, on 26th January 2025. Students and employees of the Ettimadai campus assembled at 8:45 AM to participate in the solemn ceremony. At 9:00 AM, the national flag was hoisted by Dr. S. Mahadevan, Associate Dean – Student Affairs and Principal – School of Physical Sciences, followed by the singing of the National Anthem.

Dr. S. Mahadevan delivered an inspiring presidential address, emphasizing the deep roots of the Indian Constitution in Sanathana Dharma, despite influences from Western democracies like Britain and America. He highlighted that Sanathana Dharma, with its inclusive and adaptive nature, offers solutions to the pressing challenges of the modern world such as energy crises, terrorism, climate change, and mental health issues.

He stated that the root causes of these global issues stem from a lack of positive thinking, self-awareness, and harmony with nature. Sanathana Dharma, he said, transcends divisions of race, religion, and nationality, promoting unity, rationality, and purity of thought and action.



Dr. Mahadevan stressed that India has historically been a beacon of noble thought and must continue to serve as a guiding light for world peace through the practice and understanding of Sanathana Dharma. The ceremony concluded with the distribution of sweets, bringing the event to a joyful close.

# Maha Shivratri

26 February, 2025

Rudhra Leela and Sacred Rituals Mark Grand Shivaratri Celebration at Amrita



Amrita Vishwa Vidyapeetham celebrated Shivaratri 2025 with great devotion and grandeur on February 26, 2025. The event reflected the institution's deep commitment to spirituality, culture, and community participation. The celebration began with a sacred homam, followed by the highly revered abhishekam ceremony, where over 3,000 students and campus residents gathered in devotion. Poojaniya Swami Tapasyamritananda Puri and Br. Mathrukripamrita Chaithanya led the rituals, adorning the Shiva idol with divine care and reverence. The bhajans sung by the campus inmates enhanced the spiritual atmosphere, filling the venue with divine energy.





A major highlight of the evening was the dance drama Rudhra Leela, Coordinated by Ms. Aswathi K B, Faculty Student Welfare with support of OSA Staff . The performance beautifully depicted the legends of Lord Shiva, mesmerizing the audience with its grace, emotion, and storytelling. The students' dedication and artistic expression brought the stories of Lord Shiva to life, making it a spiritually uplifting experience. The event was meticulously coordinated by the Student Affairs team and the Ashramam, ensuring a seamless and enriching celebration.

The Shivaratri celebrations continued throughout the night with devotional activities, including mantra chanting and meditation. The participants remained engaged in spiritual reflections, embracing the true essence of the festival. As the night progressed, the divine ambiance deepened, strengthening the faith and unity among all attendees.

The celebrations concluded with the distribution of mahaprasadam, symbolizing divine blessings and community harmony. Everyone left the venue with a sense of peace, fulfillment, and renewed spiritual energy. The Shivaratri 2025 celebrations at Amrita Vishwa Vidyapeetham once again reinforced the institution's dedication to spiritual growth, unity, and cultural heritage.

# Pongal *Tiruvizha*

## 23 – 25 January, 2025

### Amrita Celebrates Pongal Thiruvizha 2025 with Folk Arts, Festive Spirit, and Community Joy

Amrita Vishwa Vidyapeetham celebrated Pongal Thiruvizha 2025 from 23rd to 25th January with vibrant festivities and active participation from the university community. The three-day celebration honoured the Tamil harvest festival and showcased the rich cultural traditions of Tamil Nadu. The event commenced on 23rd January with a Curtain Raiser at 4:30 pm, followed by the sports preliminaries. Traditional games such as Snatch the Kerchief, Tug of War, and Kabaddi prelims were conducted on the main ground from 5:00 pm onwards.



On 24th January, the Sports Finals were held from 3:00 pm to 4:00 pm, featuring the Slow Cycle Race, Tug of War Finals, Uriyadi, and the Kabaddi Final. These events drew enthusiastic crowds and highlighted students' athletic spirit and teamwork. A traditional Therukoothu performance captivated the audience between 4:00 pm and 5:00 pm, bringing Tamil folk art to life. The Pongal Inauguration ceremony took place in the evening, followed by literary events at Amriteswari Hall from 5:15 pm to 8:30 pm.



## Pongal *Tiruvizha*



Traditional food items such as Black Sundal and Pori were distributed, adding a culinary delight to the festive atmosphere. On 25th January, the celebration reached its peak with a grand Pongal procession beginning at 4:00 pm from the MBA block. The procession featured Bullock Carts, Jallikettu Kalai, Silambattam, Kanakattam, and Pulivesham performances, which enthralled the crowd. Simultaneously, Pongal making took place on the ground, and the prepared dish was distributed to attendees.

The Valli Kummi performance, presented by 40 participants, added to the cultural splendour of the day. Dr. Sasangan Ramanathan, Dean of the School of Engineering, honoured the performers for their dedication and talent. A prize distribution ceremony recognized the winners of various sports and cultural competitions. The event concluded with cultural performances on the main stage, drawing a large and lively audience.



Pongal Thiruvizha 2025 successfully blended sports, culture, food, and tradition into an immersive experience. The celebration fostered a strong sense of community and appreciation for Tamil heritage. The event stood as a testament to Amrita's commitment to preserving cultural values and engaging its diverse student body.

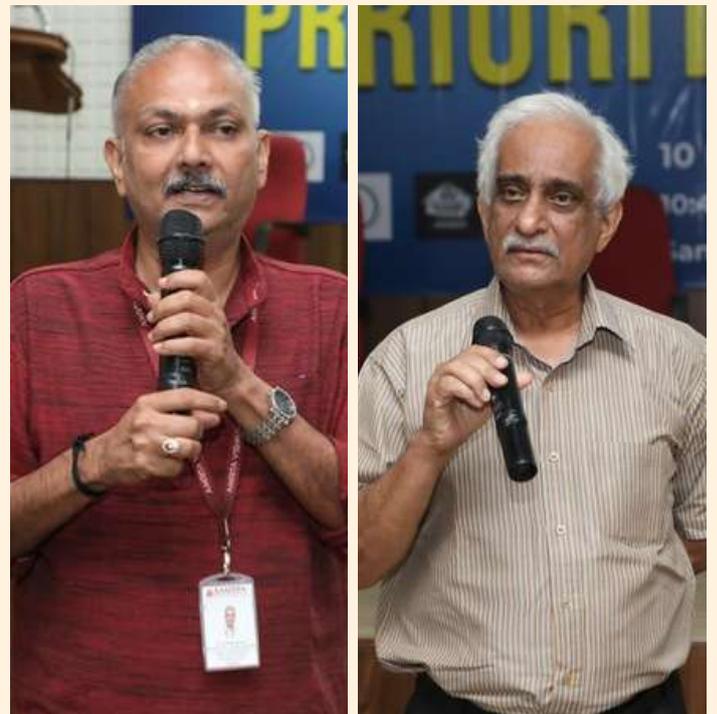
# WOMEN'S DAY

## 08 March, 2025

### International Women's Day 2025 at Amrita: Recognizing Resilience, Leadership, and Legacy



On March 8th, 2025, the Amrita community celebrates International Women's Day to honor the remarkable contributions of women within the institution. The event recognizes their resilience, hard work, and invaluable impact on Amrita's progress. The celebration begins with the traditional lighting of the lamp and a prayer, symbolizing the strength and enlightenment that women bring to society. Ms. Aswathi K B, Faculty in FSW, delivers the welcome address and highlights the significance of the day.



She emphasizes the importance of acknowledging women's roles in shaping the institution and the broader community. Dr. S. Mahadevan, ADSA, speaks on the essential role women play in academia and social development. He encourages ongoing efforts to support and empower women in all spheres. Dr. K. Sankaran, Registrar, commends the dedication of women at Amrita and assures continued institutional support toward gender equity.

Mr. Sreevalsan M. Menon, Director of ICTS, highlights the remarkable achievements of women in the fields of science, research, and technology. He notes how their contributions are paving the way for innovation and societal progress. The event includes a special recognition segment, where women from various departments are honored for their excellence in three categories: Research, Societal Services, and Non-Academics. Each honoree receives a token of appreciation presented by the dignitaries.



Women in research are lauded for their groundbreaking innovations and academic impact. Those in societal services are praised for their commitment to community welfare and social causes. Non-academic staff members are recognized for their vital roles in administration and campus operations. The event concludes with a photo session and a tea party, providing a joyful space for bonding and reflection. The celebration leaves everyone inspired by the strength, dedication, and leadership of the women of Amrita.

# UGADI

29, 30 March, 2025



Amrita Vishwa Vidyapeetham's Coimbatore campus celebrates Ugadi on March 29 and 30, 2025, with a vibrant blend of cultural and spiritual activities. The event is jointly organized by the Office of Student Affairs and the Telugu student community. Festivities begin on March 29 with a cultural program held at the New Auditorium. Swami Tapasyamritananda Puri inaugurates the event by lighting the ceremonial lamp, symbolizing the dispelling of darkness and the arrival of light, knowledge, and prosperity.

Following this, Dr. U.K.V. Sharma, the faculty coordinator, delivers a warm and insightful welcome address. The cultural program features an array of student performances, including skits, dances, and music. These performances radiate joy and enthusiasm, beautifully capturing the festive spirit of Ugadi. A particularly thought-provoking skit highlights the cultural significance of Ugadi, blending entertainment with tradition and insight.

In a gesture of respect and gratitude, students offer Sanmānān to Swami Tapasyamritananda Puri,

acknowledging his spiritual presence and guidance. The second day of celebrations, March 30, begins with a Saneeswara Pooja and Homam at the Ashram premises. Led by Brahmacharini Sarwamrita Chaithanya, the ritual deepens spiritual connection and evokes a sense of devotion and renewal. After the pooja, prasadam is distributed, enabling all devotees to share in the blessings and community spirit.

From 12:15 PM to 2:30 PM, the New Auditorium hosts a grand Ugadi Feast featuring 21 traditional dishes. Each dish represents the diverse flavours of the season and adds to the cultural richness of the celebration. The lighting of the lamp for the feast is joined by Brahmacharini Sarwamrita Chaithanya, Dr. Sasangan Ramanathan (Dean of Academics), Air Cmdre Sathish Menon (Campus Director), Dr. Nava Subramaniam (Dean ASB), Dr. Chungath Srinivasan, Dr. U.K.V. Sharma, Dr. G. Radhika, Dr. N. Radhika, Ms. Aswathi K.B. (FSW), and student coordinator Ms. Meka Anwitha.



## Ugadi Festivities Illuminate Amrita Campus: A Vibrant Celebration of Culture, Devotion, and Festivity

The feast brings together the campus community in a joyful expression of gratitude, unity, and celebration. The final segment of the day is the screening of the Telugu film *Jalsa* at Amriteswari Hall from 3:00 PM to 5:30 PM. The screening offers light-hearted entertainment and strengthens the celebratory spirit. The audience enjoys a relaxed and engaging conclusion to two meaningful days.



The success of the Ugadi celebrations is the result of the collective dedication of student organizers, faculty members, and volunteers. Their detailed planning and tireless efforts ensure that each element of the celebration flows seamlessly. The Ugadi festivities not only uphold Telugu cultural heritage but also foster unity, joy, and a shared sense of purpose. The event leaves lasting memories and strengthens the bonds within the Amrita community.



# AMRITOTSAVAM

## 20-22 March, 2025

### Celebrating Culture and Connection: Highlights from Amritotsavam 2025



Amritotsavam 2025, held from March 20th to 22nd at Amrita Vishwa Vidyapeetham, stands out as a vibrant celebration of culture, talent, and unity. With the theme “The Festival of Culture, Talent, and Togetherness,” the event offers a dynamic platform for students to express their artistic and creative abilities. Spanning music, dance, drama, literary arts, and fine arts, Amritotsavam brings together participants from various disciplines across the university. The event celebrates the cultural diversity of the campus while promoting collaboration and mutual appreciation.

A notable highlight of Amritotsavam 2025 is the strong sense of community that pervades the event. Students, faculty, and staff enthusiastically collaborate to plan, coordinate, and participate in competitions and showcases. The atmosphere is filled with encouragement and support, as peers cheer one another and celebrate each other’s talents. This spirit of togetherness reinforces the event’s core message: unity through diversity.



Adding an enriching dimension to the festival, a series of interactive and expert-led workshops are conducted. These workshops are well-received, offering students hands-on experience and practical skills beyond the classroom. On March 20th, Ms. Samyuktha Manoharan leads a career-oriented session titled “Mastering LinkedIn, Networking, Personal Branding for Career Success” at Sudhamani Hall.

Mr. Balasankar Chandrasekaran conducts a session on “Vocal Techniques and Voice Culture Exercises” at Seminar Hall - I on the same day. Meanwhile, Mr. Glenn Roger Carr hosts an insightful workshop on “Personal Finance and Equity Investment/Trading” at Acharya Hall.

At Seminar Hall - II, Ms. Reema Vasudevan guides a creative painting workshop on “Fluid & Texture Art.” On March 21st and 22nd, Mr. Ramu Raj offers a two-day workshop titled “A Complete Guide to Music Production” at Gokulakrishna Hall. Also on March 21st, students participate in a “Clay Modelling” workshop conducted by Amrita Shilpakala at the Central Kitchen on CIR Road.

Each workshop is led by industry professionals who bring depth, expertise, and engagement to the learning experience. These sessions enable students to discover new interests and sharpen existing skills. The workshops complement the artistic showcases by fostering personal and creative growth.

The success of Amritotsavam 2025 owes much to the seamless coordination and tireless effort of faculty, staff, and student volunteers. Department heads and administrative teams contribute significantly to the event’s smooth execution. Their involvement ensures every detail is managed efficiently, from venue arrangements to technical support. The festival concludes on a high note, leaving students inspired, appreciated, and more connected to their campus community.





Amritotsavam 2025 serves as a testament to Amrita's commitment to holistic education, blending creativity, collaboration, and cultural celebration into one memorable experience.

# HOLI

## 14 March, 2025

### Beyond Colors: Holi 2025 Inspires Harmony, Laughter, and Renewal

Holi, often referred to as the “Festival of Colors,” is one of India’s most vibrant and joyful celebrations. Marking the arrival of spring, Holi symbolizes the victory of good over evil and the renewal of life. Rooted in Hindu mythology, the festival recalls the story of Prahlad and Holika, highlighting the triumph of devotion and righteousness over tyranny. It also signals the end of winter and the beginning of the harvest season, bringing communities together in a spirit of unity and joy.

Amrita Vishwa Vidyapeetham celebrates Holi on the 14th of March 2025 with great enthusiasm and energy. The event takes place at the main ground from 5:30 PM to 7:00 PM. Around 600 to 700 students, along with faculty and staff, participate in the celebration. Organized by the North Indian Students Community in collaboration with the Office of Student Affairs, the event reflects the collective spirit of the campus. Students are encouraged to bring their own colors, and the celebration quickly becomes a lively mix of music, dance, and cheerful exchanges of colors. One of the most heartwarming aspects of the event is the active participation of faculty and staff, who join students in the festivities.

This shared experience promotes a sense of inclusivity, friendship, and community bonding. The organizers ensure that the event aligns with the university’s commitment to sustainability by allowing only dry, organic colors and prohibiting water-based colors. This thoughtful approach underscores the importance of celebrating responsibly. The atmosphere is filled with laughter, music, and the vibrant hues of Holi, leaving lasting memories for all attendees.

Feedback from participants is overwhelmingly positive, with many expressing gratitude for the opportunity to celebrate as one community. The event strengthens interpersonal connections and enhances the cultural vibrancy of campus life. Holi 2025 at Amrita Vishwa Vidyapeetham stands out as a colorful expression of unity, joy, and shared celebration.



# EXPERT TALK ON “A QUESTION OF PRIORITIES”

## H.G. Kalakantha Das, ISKCON

### 10 March, 2025

#### From Chaos to Clarity: Reordering Life Through the Wisdom of the Gita

The Office of Student Affairs organized an expert talk on the topic “Question of Priorities” on March 10, 2025, at Sandeepani Hall. The event was supported by NSS, Arya Club, and Sadhana Club, bringing together students eager to explore spiritual wisdom and self-reflection. The session took place from 10:30 AM to 12:00 Noon and featured the distinguished speaker H.G. Kalakantha Das, a renowned leader, author, and spiritual guide from ISKCON.

The event began with a warm welcome as H.G. Kalakantha Das arrived at the venue and was greeted by Poojaniya Swami Tapasyamritanandapuri. He was ceremoniously honored with a garland presented by Dr. S. Mahadevan (Associate Dean, Student Affairs). A prayer marked the formal start of the session, after which H.G. Kalakantha Das began his enlightening discourse.



Focusing on the topic “Question of Priorities,” he conveyed profound insights from the Srimad Bhagavad Gita in a simple and relatable manner. A central theme of the talk was the three Gunas (modes of nature)—Tamas, Rajas, and Sattva—and how they shape human behavior and choices.

He explained that Tamas (Ignorance), linked with the hours between 6 PM and 2 AM, is characterized by confusion and inactivity. Rajas (Passion), dominant between 10 AM and 6 PM, represents intense activity and material desires. Sattva (Goodness), active from 2 AM to 10 AM, signifies clarity, calmness, and spiritual elevation.

To further illustrate, he introduced a priority matrix based on the Gunas, classifying tasks into categories like:

- Sattva Guna – Important but not urgent, leading to long-term growth.
- Raja Guna – Urgent and important, driven by ambition.
- Tama Guna – Neither urgent nor important, often distractions.
- Rajas & Tamas mix – Urgent but not important, causing stress.

H.G. Kalakantha Das urged students to introspect and prioritize Sattvic activities to cultivate a meaningful and well-balanced life. The session also included a guided meditation, offering students a chance to connect within and experience inner calm. This was followed by a devotional Hare Krishna bhajan, creating a tranquil and spiritually uplifting ambiance. An interactive Q&A session enabled students to clarify their doubts and receive valuable advice on time management, decision-making, and personal development.



As a token of gratitude, Dr. D. Venkatraman, NSS Coordinator and Associate Professor, presented H.G. Kalakantha Das with a Krishna idol. The event concluded with the distribution of ISKCON books to students and faculty, encouraging further exploration of spiritual literature.

The session left a lasting impression, inspiring all attendees to reflect on their life's priorities and strive for a more conscious, values-based lifestyle.



# Compassionate Connect

21, 22 March, 2025

## Building Bonds: Enhancing Faculty-Student Connection through Compassionate Practices



A three-day faculty development workshop titled “Compassionate Connect” was conducted on March 21 and 22, 2025, at Amrita Vishwa Vidyapeetham, Coimbatore campus. The workshop was aimed at enhancing the counselling skills of faculty members to better support student well-being.

Dr. S. Kadiravan, Senior Professor and Head, Department of Psychology, Periyar University, led the first two sessions. He focused on equipping participants with psychological tools to understand student behavior and address their concerns. The session introduced the six-stage counselling model—Analysis, Synthesis, Diagnosis, Prognosis, Action, and Follow-up.



Teachers explored key topics such as stress, anxiety, exam phobia, and the psychological impact of technology on students. Various counselling techniques like active listening, reflective listening, goal setting, laughter therapy, and progressive muscular relaxation were discussed.

Participants took part in role-playing, case discussions, and self-assessment exercises to apply the techniques in practice. Dr. Kadiravan emphasized the integration of counselling strategies into regular classroom interactions. He recommended forming peer mentoring and counselling groups among students.

The session concluded with a Q&A segment, where Dr. Kadiravan provided further insights and practical advice. On the second day, Dr. B. Selvaraj, Associate Professor at Government Arts College, Coimbatore, conducted a session on “Emotional Intelligence for Teachers.”



He explained the concept of emotional intelligence (EQ) and its critical role in student learning and engagement.

Dr. Selvaraj discussed how unregulated emotions can lead to stress, emotional insulation, and hypertension. Participants were encouraged to maintain an “Emotions Diary” to track and reflect on their emotional responses.

He introduced essential EQ skills such as recognizing and managing emotions, empathy, and impulse control. The session included techniques like voice modulation, storytelling, and enthusiasm to enhance emotional connection with students.

Dr. Selvaraj emphasized balancing IQ and EQ for a holistic classroom experience. On the final day, Dr. Meera S. Neelakantan from CHRIST University, Bengaluru, led a session on “Classroom Psychology: Strategies for Effective Teaching and Learning.”



She encouraged teachers to reflect on their motivations and challenges in student engagement. Using Think-Pair-Share activities, participants explored common behavioral issues among students.

Dr. Meera discussed motivation, feedback, and task design to boost classroom engagement. She also addressed mental health, emotional intelligence, and creating inclusive classroom environments.

The session ended with participants drafting an action plan to apply their learning in their classrooms.



# AMMA Kovai Visit

22, 23 February, 2025

From Satsang to Service: Amma's Grace at Brahmasthanam Mahotsavam 2025



Mata Amritanandamayi Devi visited Nallampalayam, Coimbatore, on February 22 and 23, 2025, for the sacred Brahmasthanam Mahotsavam. Thousands of devotees gathered for the two-day festival filled with devotion, joy, and spiritual upliftment. Amma delivered Satsang on love, unity, and hope amidst global challenges. Special pujas—Community Shani Pooja and Rahu Pooja—were conducted and drew large participation. During the official functions, clothing and financial support were distributed to Amrita SREE SHG women from Coimbatore district. Dignitaries including MLAs, spiritual leaders, and officials visited across both days to seek Amma's blessings. Cultural programs, including Kummi and Baduga folk dances, were Performed by Villagers, tribals and Students from Amrita schools and campuses.



Volunteers from Ettimadai campus extended services such as food, medical aid, and sanitation with dedication. Amma's darshan, offered late into the night, filled hearts with peace and love. Amma also visited the Amrita University campus in Ettimadai on her way back to Amritapuri Ashram, marking the end of the three-week Bharata Yatra. The Brahmasthanam Mahotsavam 2025 stood as a beautiful expression of faith, compassion, and collective devotion.



# CLUB PROGRAMMES

## CLUB CORNER

### >>> SRISHTI LITERARY CLUB

The Srishti Literary Club successfully hosted The Treasure Hunt'25 on February 24, 2025, drawing vibrant participation from students across the campus. Out of 56 registered teams, 50 actively took part due to manpower constraints. The event began with a briefing at 4:45 PM and officially kicked off at 5:00 PM. Thanks to the seamless coordination of office bearers and volunteers, the hunt progressed without a hitch. Participants eagerly tackled a series of clues, with 7 to 8 teams making it to the final challenge.

Team C3 clinched the victory, comprising Jitharudh Urlam (CB.EN.U4AEE22073), Harsh Panjra (CB.EN.U4AEE22026), Aryan Nikam (CB.EN.U4AEE22074), Mahek Rana (CB.EN.U4AEE22046), and Goutham G R (CB.EN.U4AEE22023), who showcased excellent teamwork and critical thinking. The hunt concluded at 7:05 PM, leaving the participants energized and asking for more. Several students expressed their interest in joining the Srishti Literary Club and taking part in Prashna'25, the upcoming Quizzing Fest.

Following this, Clarion, the writing wing of the club, organized StorySync on March 26, 2025, in Classroom E-107, Academic Block – I. The 1 hour and 15-minute session started at 5:30 PM and featured 18 talented young writers. Hosted by Hana Shahir and Dhamini Manoj, the head and co-head of the club, the event focused on collaborative storytelling, creative brainstorming, and lively discussion.

Participants were paired randomly and given prompts, switching their writing sheets every 15 minutes to co-create stories. This added an element of surprise and fun, keeping the energy high throughout the session. Stories were evaluated by faculty in-charge Ms. Ambika P, Dr. Teena, and the club head on creativity, plot, fluency, and writing skills.

Trishani Bhowmik and Vallabhu Narayana Murthy secured the first prize, while Bhamini V and Siddharth Chakrabarti won second place. The event provided a vibrant space for storytelling, connection, and inspiration, earning high praise from all participants.



# CLUB PROGRAMMES

## CLUB CORNER

### >>> AMRITA TOASTMASTERS CLUB : INTERNATIONAL SPEECH & TABLE TOPICS CONTEST SERIES - MARCH 8, 2025 | AREA CONTEST - MARCH 30, 2025 | DIVISION CONTEST - APRIL 15, 2025

The Amrita Toastmasters Club successfully hosted the International Speech and Table Topics Contest on March 8, 2025, at Anugraha Hall, AB-3, Amrita Vishwa Vidyapeetham, Coimbatore. The event provided members with an opportunity to enhance their public speaking and impromptu thinking skills. The contest began with an address by the Contest Chair, TM Ishitha, who welcomed the Chief Judge, TM Sanoj, along with distinguished guests. The International Speech Contest featured inspiring speeches from participants, with TM Pranav winning first place, followed by TM Aditya S and TM Aarthi. The Table Topics Contest challenged contestants to think on their feet, where TM Aditya S secured the top position, TM Pranav claimed second place, and TM Anand achieved third place. The contest concluded at 1:29 PM, with winners qualifying for the Area Contest scheduled on March 30, 2025.

The Area Contest took place on March 30, 2025, at the regional Toastmasters venue, featuring top speakers from multiple clubs. The winners from Amrita Toastmasters Club competed against strong contenders from other institutions. TM Pranav delivered a compelling speech that earned him second place in the International Speech Contest. In the Table Topics Contest, TM Aditya S performed exceptionally well and secured first place, advancing to the Division Contest.

The event was attended by experienced Toastmasters and dignitaries, who commended the contestants for their confidence and articulation. The winners were awarded certificates and trophies, and the event concluded with words of encouragement from the Contest Chair and Chief Judge.



On April 15, 2025, the Division Contest brought together the best speakers from the area-level competitions. TM Aditya S represented Amrita Toastmasters Club in the Table Topics Contest and delivered an outstanding impromptu speech. Competing against highly skilled participants, he secured third place, marking a significant achievement for the club.

The Division Contest was a remarkable experience, providing all participants with an opportunity to refine their speaking skills and gain valuable exposure. The event ended with appreciation for all contestants, role players, and organizers.



# CLUB PROGRAMMES

## CLUB CORNER

### >>> MUN DEBATE CONFERENCE ON INDO-PACIFIC SECURITY

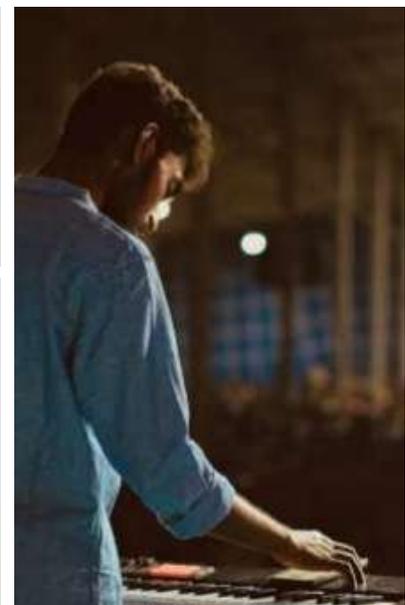


The MUN Debate Conference successfully enhanced delegates' debating skills by improving their speech, articulation, and persuasive communication. Delegates from PSG College of Technology, Kumaraguru College of Technology, and Amrita Vishwa Vidyapeetham engaged in discussions on the escalation of military build-up in the Indo-Pacific region under the UNGA-DISEC committee. The session featured compelling arguments from representatives of China, the USA, North Korea, Russia, India, and Japan, addressing critical issues such as the South China Sea dispute and Taiwan's status. Moderated caucuses and structured consultations allowed delegates to refine their diplomatic approach while navigating international conflicts. The event concluded with a feedback session and a prize distribution ceremony, leaving participants better prepared for future Model United Nations conferences.



### >>> RAAGASUDHA'S PERFORMANCE AT PRAGATI 2025

On March 3, 2025, Raagasudha delivered a captivating 90-minute performance at the Pragati MBA Fest in the New Auditorium (Pandhal). The event showcased a vibrant musical experience, entralling the audience with their mesmerizing melodies.



# CLUB PROGRAMMES

## CLUB CORNER

### >>> NSS ACTIVITIES

The National Service Scheme (NSS) unit organized a series of impactful activities aimed at community service, cultural appreciation, and youth empowerment.

**Bird Feeding Initiative (March 3, 2025 – Venue: AB3)** NSS volunteers took a significant step toward bird conservation by organizing the first round of bird feeding. This initiative was designed to provide relief to birds, particularly during the scorching heat when natural water sources became scarce. Volunteers placed water pots strategically in various locations, including near cycle parking, the small bridge at AB3, and the Buddha statue, ensuring birds had access to clean water.

**International Mother Language Day Celebration (February 21, 2025 – Venue: Anugraha Hall)** To honor linguistic diversity and promote cultural heritage, NSS organized a special event on International Mother Language Day. The event was graced by Dr. D. Venkataraman, NSS Program Coordinator, along with enthusiastic student volunteers. The program commenced with a soulful prayer song by Rasayana from Cyber Security. Dr. Venkataraman delivered an inspiring speech on the significance of mother languages in preserving traditions. Viritha from 2nd Year CSE presented a thought-provoking address on the historical roots of International Mother Language Day. The event concluded with a heartfelt vote of thanks, acknowledging the collective efforts of all participants.

**Seva Program During Amma's Visit to Kovai (February 22–23, 2025 – Venue: Nallampalayam, Coimbatore)** Fifty-one NSS volunteers actively participated in Amma's Seva program, engaging in medical service, food distribution, and event management. On the first day, 32 students assisted elderly devotees, maintained cleanliness, and managed the crowd. Volunteers supported medical seva under the guidance of Ambika Ma'am, distributing ORS drinks and wheelchairs. The second day began with reflections on the previous day's experiences before continuing their seva duties. Volunteers ensured smooth darshan arrangements, facilitated food distribution, and assisted in final cleanup. The two-day program was a transformative experience, instilling values of selfless service and teamwork among the participants.

**National Youth Day & Viksit Bharat Felicitation (January 28, 2025 – Venue: Anugraha Hall)** The event commenced with a sapling plantation drive near the swimming pool, led by Viksit Bharat qualifiers and NSS coordinators. Dr. S. Mahadevan, Associate Dean of Student Welfare, and Dr. Venkataraman attended as esteemed guests. Niranjana from Cyber Security performed a heartfelt prayer song. Dr. Venkataraman delivered an inspiring speech on Swami Vivekananda and Dr. A.P.J. Abdul Kalam, highlighting their contributions to youth empowerment. Certificates were awarded to NSS volunteers for their dedicated service, including contributions to the Ettimadai Railway Station wall painting project. Pavithra from Chemical Engineering shared her experience at the Viksit Bharat Young Leaders Dialogue, where she presented ideas on educational reform to Prime Minister Shri Narendra Modi. The event concluded with a strong sense of motivation and appreciation for the volunteers' dedication to service and national development.

Each of these initiatives showcased the spirit of NSS, reinforcing the importance of selfless service, cultural preservation, and youth leadership.



# CLUB PROGRAMMES

## CLUB CORNER

### ➤➤➤ SADHANA CLUB : SPIRITUAL DISCOURSES AND CELEBRATIONS AT AMRITA

On 25 January, the Sadhana Club hosted a Sadhu Talk by Swami Purnamritananda Puri. He shared his journey from being an atheist scientist to a spiritual seeker. His talk covered topics such as the world as an energy movement, the divine dance of Nataraja, the concept of 114 energy junctions and 6 chakras, the search for happiness amidst suffering, and the role of Kundalini energy in higher consciousness.

On 18 February, Dr. Sushruta from Amritadharsan faculty delivered a lecture on "The Magic of Indian Concept of Time." He explained Bhogan's system and Panchakosha, the significance of Prana and movement dynamics, time as a measure of change, the Panchanga timekeeping system, and the concept of Grahas (celestial influences).

On 22 and 23 February, Amma visited Kovai. The journey began on the morning of 22 February, reaching the venue by 9:30 AM. Amma delivered a talk on nature conservation and the youth's role in protecting the environment. The event featured bhajans, satsangs with spiritual leaders such as Dr. Bala, Kumar Rajamani Ji, and Gowrang Ji, along with seva activities and Amma's darshan. On 23 February, Amma continued her discussions on selfless service, compassion, and devotion, accompanied by bhajans and spiritual interactions. During Amma's visit, Dr. Balakrishnan Shankar delivered a satsang, emphasizing Amma's teachings on non-duality, compassion, and humanitarian service. He reflected on Amma's relief efforts during the 2004 tsunami and discussed natural healing remedies.

On 25 February, Tapasyamrita Swamiji conducted a talk on mantras, during which over 20 students received personal mantras from Amma. He explained the importance of chanting in the 'alpha state' for effectiveness, the significance of keeping mantras private, and the role of the Nabhi Chakra (navel energy center) in spiritual practices.

On 26 February, Maha Shivaratri was celebrated in Amrita, with active participation from the Sadhana Club.

On 27 February, a satsang was conducted by Kumar Rajamani Ji, former IT Head at Amrita Bangalore and Associate Director at Cropin GE Startup. He spoke about the intersection of science, spirituality, and faith. On the same day, he led a sports mentorship session, focusing on endurance training and fitness.



The Sadhana Club hosted the S.M.I.L.E – 21 Ways to Hack Happiness session on March 6, 2025, at Anugraha Hall, AB3, where Shankar Kumaran Sir provided valuable insights on self-discipline, passion, and goal-setting. He explained the difference between external and internal discipline, emphasizing that true motivation comes from within rather than external pressures. Through engaging anecdotes, he highlighted the importance of structuring goals progressively using the SMART approach to ensure continuous growth. The session concluded with a thought-provoking Q&A, where he discussed finding one's purpose and emphasized that national identity should always take precedence over religious affiliations.



# WORKSHOP ON AI IN RESEARCH ENHANCES ACADEMIC INSIGHTS

## 25 January, 2025

### Empowering Research with AI: A Workshop on Smart Tools and Applications

The Department of Food Science & Nutrition successfully organized a workshop on the Application of AI in Research on January 25, 2025, from 1:30 to 3:30 PM. The session was conducted by Dr. V. Sowmya from the Amrita School of Artificial Intelligence and was attended by 1st-year and 3rd-year students, research scholars, and faculty members from the Departments of Food Science & Chemistry. The workshop aimed to introduce participants to AI tools that enhance research efficiency, literature reviews, and data analysis.



Dr. Sowmya provided an overview of AI applications in food science and nutrition, highlighting its role in academic publishing. She demonstrated AI-powered tools like Connected Papers and Semantic Scholar, which help researchers identify related studies and visualize research trends. The session also covered AI-based reference management tools such as Zotero and Mendeley, streamlining citation organization and research material management.



Additionally, participants explored AI-powered data visualization and statistical analysis software to improve research accuracy. The workshop concluded with an interactive Q&A session, where attendees discussed AI applications in their respective fields. The Department of Food Science & Nutrition expressed gratitude to Dr. V. Sowmya and faculty members for their valuable contributions in making the event a success.



# VIDYA-ABHINANDAN – Toppers Meet 2025: A Celebration of Academic Excellence

**13 February, 2025**

**Recognizing Brilliance: Vidya-Abhinandan 2025 Toppers Felicitation Ceremony**



The VIDYA-ABHINANDAN – Toppers Meet was held on 13th February 2025 to honor and inspire students who achieved outstanding SGPA scores in their academic programs. The event began with a prayer, followed by a warm welcome address by Dr. S. Adarsh, Professor Student Affairs. Dr. S. Mahadevan, Associate Dean, Student Affairs, and Principal, School of Physical Science, introduced the event, emphasizing the importance of recognizing academic excellence. The keynote address was delivered by Dr. Sasangan Ramanathan, Dean Academics, who highlighted the significance of perseverance, innovation, and lifelong learning. The felicitation ceremony recognized 78 Engineering students and 38 students from the School of Physical Sciences and Arts for their remarkable achievements. A group photo session captured this special moment, marking their success.

The event served as a platform to motivate students to pursue higher academic goals and strive for continuous learning. Faculty members and attendees expressed their appreciation for the students' hard work and dedication. The event concluded with a vote of thanks by Ms. Aswathi K B, Faculty Student Welfare, who acknowledged the efforts of all involved.

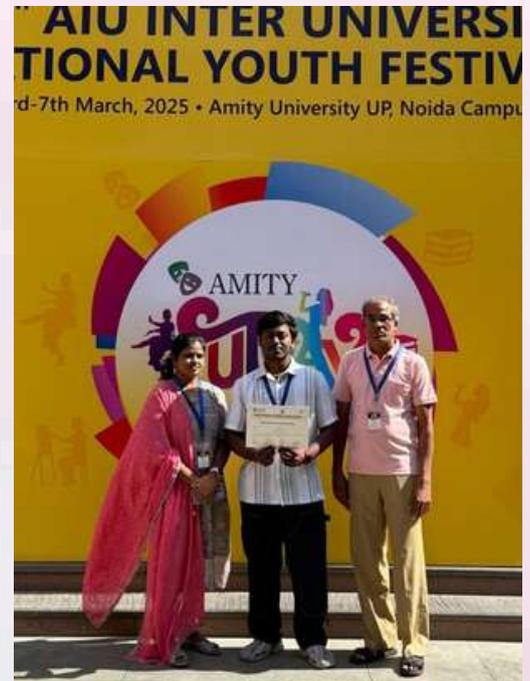
The VIDYA-ABHINANDAN – Toppers Meet 2025 was a resounding success, celebrating academic achievements and inspiring students to aim for greater heights in their educational journey.



# AIU- Noida

07 March, 2025

## Pride in Performance: Victories at the AIU 38th National Youth Festival



The AIU 38th Inter University National Youth Festival 2024 was held at Amity University, Noida, New Delhi, from 3rd to 7th March 2025. The festival witnessed the participation of over 100 universities and more than 3,000 students from across the country. Amrita Vishwa Vidyapeetham, Coimbatore campus, actively took part in the cultural competitions.

Our students participated in the Dance (Folk/Tribal) and Mimicry categories, showcasing exceptional talent and creativity. The performance in the Mimicry competition earned a prestigious 2nd place at the national level. In the Dance (Folk/Tribal) category, the team secured an impressive 3rd place.



The students' dedication, hard work, and artistic expression brought pride to the university on a national platform. The vibrant performances were appreciated by the judges and the audience alike. Participation in this prestigious youth festival provided a valuable opportunity for cultural exchange and artistic growth.

# Kovai Youth Conclave

## 12 March, 2025

Kovai Youth Conclave 2025: Igniting Patriotism and Leadership Among Students



The Kovai Youth Conclave, organized by Youth for Nation (Y4N), takes place on March 12, 2025, at PSG Institute of Medical Sciences and Research. The event aims to instill a strong sense of patriotism among college students and brings together dignitaries and youth from across the region for an inspiring evening of dialogue. The conclave runs from 2:00 PM to 7:30 PM and features a series of formal addresses by distinguished speakers on patriotism and national service. Eminent guests include Major Gen. Rajiv Krishnan, Dr. J S Rajkumar, Dr. J S Bhuvaneshwaran, Shri D Balaji, Dr. M Rajaram, Lt. Gen. V K Chaturvedi, Prof. D S Chauhan, and Maj. Madhan Kumar.



Students from Amrita Vishwa Vidyapeetham actively participate in two segments: Kovai Youth Expressions and Quiz – Know Your Nation. In the elocution segment, Adithya Anish Nair (CB.EN.U4CSE22360) delivers a powerful speech on V. D. Savarkar and secures 2nd place. In the quiz, Adithya Anish Nair teams up with R D Tarun (CB.SC.U4CSE23138), and the duo clinches 1st place with an outstanding performance. A delegation of Amrita students also attends the conclave to support their peers and engage in the patriotic spirit of the event. The conclave leaves participants with renewed inspiration, fostering a sense of leadership and commitment to national progress.



# Students Photography Corner

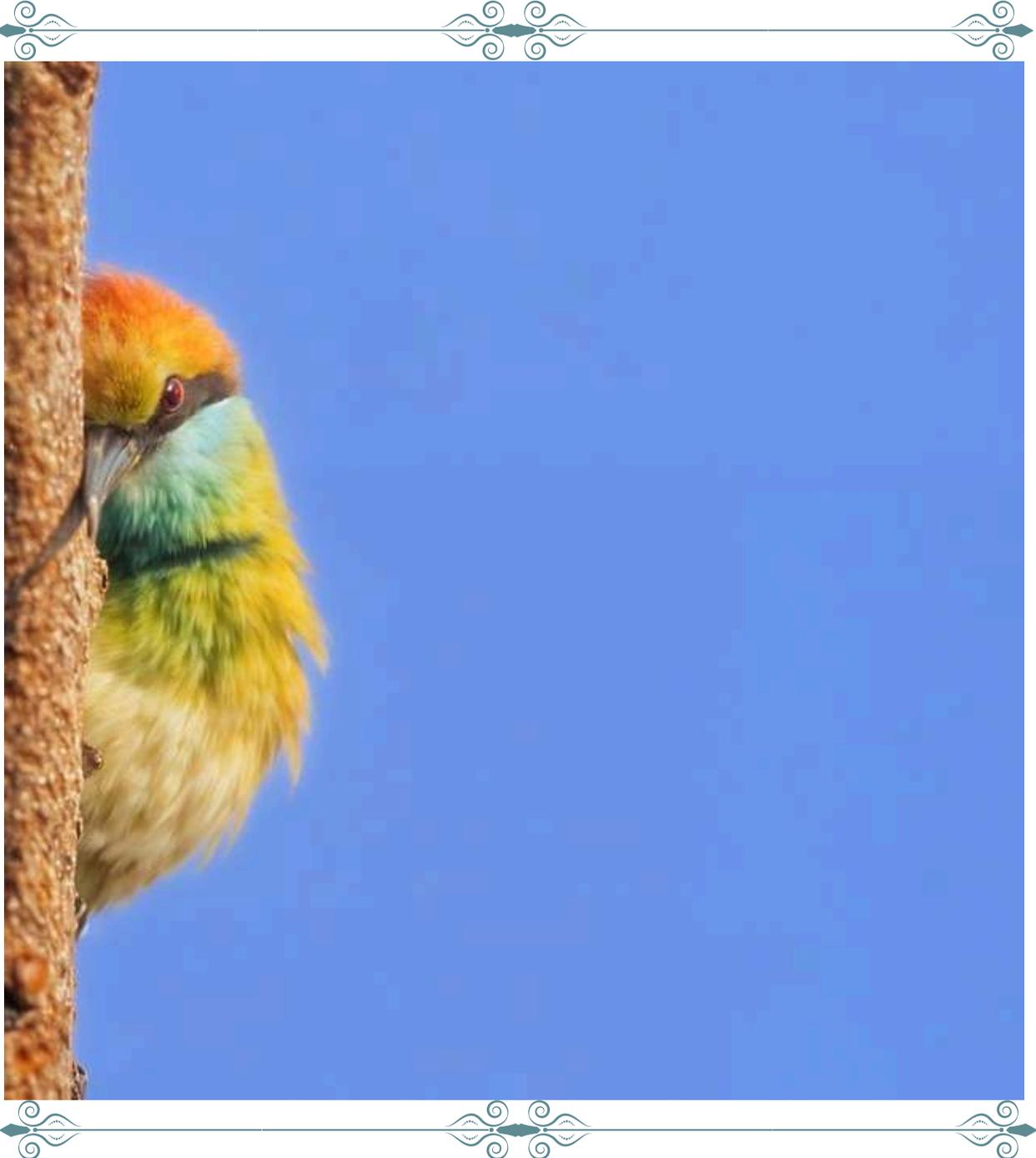
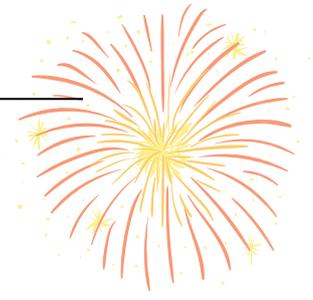


Photo Courtesy : Adithyan Lalu (CB.EN.U4AEE23072)





# Upcoming Events and Celebrations

## At Amrita



Rama Navami



Sadgamaya 5127



International Day Of Yoga

Office of Student Affairs,  
Amrita Vishwa Vidyapeetham,  
Amrita Nagar, Ettimadai,  
Coimbatore-641112.

*FOLLOW US ON*

## SOCIAL MEDIA



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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](mailto:amritadarpan@cb.amrita.edu)

**For More Details Contact  
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