

## DEPARTMENT OF HINDI

### HINDI ASSOCIATION MEETING

The Department of Hindi (Day) conducted the Literary Association meeting for the Academic Year 2019-2020 on 31-01-2020 at 10.30 a.m at Room No.12. The Chief Guest was Dr.Anita Patil, Assistant Professor, Department of Hindi, Guru Nanak College, Chennai .

On behalf of the Hindi Department , Anushri , II year B.A(Economics) , Hindi Secretary, delivered the welcome note. Dr. Anita Patil , addressed the students on the topic, “History of Hindi Literature – Modern Era”. She discussed in detail prominent writers and poets of different eras and their specialities and writing trends and styles .

With the help of a PowerPoint Presentation, the Hindi students presented Annual Report on the activities of Hindi department that took place in the academic year 2019-2020. A detailed report on “Natak Dekho Hindi Seekho” – a special event organised by the Hindi Department to popularise Hindi Language in the campus was also presented for which the Chief Guest showered loads and loads of appreciations .

The meeting came to an end with the vote of thanks rendered by a Hindi student Hema Surya , II year B.Sc ( Physics) followed by the National Anthem.





### **SPECIAL EVENT ‘ NATAK DEKHO HINDI SEEKHO ‘**

The Department of Hindi organised a special event by the name “Natak Dekho Hindi Seekho” on 23/01/2020 at SB HALL. The aim of this programme was to make participants familiar with 100 + Hindi words through watching a drama .

A popular folk tale of Andaman & Nicobar islands, ‘ Nariyal ka Janma ‘ was chosen and staged by the Hindi students. This story talks about the origin of COCONUT in Andaman & Nicobar Islands. Narration part was meticulously planned in bilingual style ( Tamil & Hindi Language ). While the audience were watching the drama, visuals they saw were narrated by a background voice in an interesting manner both in Tamil and Hindi languages, thus enabling them to learn Hindi effectively. More than 800 students who were from Non-Hindi background watched the programme and got benefitted. The teaching staff of the college too were among the audience. The College Principal, Dr.Geetha and the Vice-Principal Dr.Beena graced the programme by their visit. They patiently watched and bestowed the department with wishes and enormous appreciation. The programme fetched good feedback and overwhelming response from both the students and the staff







In an effort to bring out hidden talents of the students and to quench their thirst for art and language, Department of Hindi (Day) organised Interdepartmental level competitions in Hindi on 01/ 10/2019.

The Competitions held were :

- 1: Agar Mein Aisa Hota
- 2: Ras Navras
- 3: Vaad Vivaad

## **AGAR MEIN AISA HOTA**

### **DRAMA COMPETITION**

#### **THEME: CONSERVATION OF WATER (Team event)**

Hindi Students prepared models of birds, animals and human characters. Using these models they performed a skit in Hindi on the Theme - Conservation Of Water (Jal Sanrakshan). Teams from ten departments participated in this competition with much enthusiasm. Various dimensions of water conservation and its impact were depicted very effectively by the students.

Prize winners of Agar Mein Aisa Hota competition are as follows:

S.NO	NAMES OF THE PARTICIPANTS	DEPARTMENT	PLACE SECURED
1.	Nivedha.S Bhavana Shruthi. B Hemasuriya. K	I B.Sc Physics II B.Sc Physics II B.Sc Physics	First
2.	Pooja Kumari Jain. G R.Jayashree M.N.Nishma	III B.Com III B.Com III B.Sc Chemistry	Second
3.	Gowri Shanmathi Nandhini	II English II English II English	Third

### **RAS NAVRAS (TEAM EVENT)**

#### **COMPETITIONS BASED ON NINE BASIC HUMAN EMOTIONS NAVRAS**

Emotions play a very vital role in human life. They add colours to lives. They are an integral part of happy and healthy living. In this modern hasty life, people often fail to emote sufficiently. This results in stress and heavy heartedness. It is always good to express emotions in a dignified way. Emotions like joy, wonder, fear, anger, love and sorrow, if people let it out, it will make them feel light. In order to emphasize the importance of Navras, Ras Navras, a competition was conducted, in which students were given Hindi dialogues and Ras(joy, sorrow, fear, anger and many more) and they were asked to deliver dialogues with the given Ras. Prizes were given based on their dramatic expressions.

Prize winners of Ras Navras competition are:

S. NO.	NAMES OF THE PARTICIPANTS	DEPARTMENT	PLACE SECURED
1.	Pooja Kumari Jain. G R.Jayashree Poonam	III B.Com III B.Com III B.Sc Physics	First
2.	Nivedhaa.S Bhavana Shruthi. B Hemasuriya. K	I Physics II Physics II Physics	Second
3.	Anushri V Midhuna. R Priya Sharma	II B.A. Economics II B.A. Economics II B.A. Economics	Third

### VAAD VIVAAD (INDIVIDUAL EVENT)

A debate competition Vaad-Vivaad was held on the topic - “Modern World Is Focused More On Health Vs Modern World Is Focused More On Beauty”. Prizes were given based on the debating and speaking skills of the students.

Prize winners of the Vaad-Vivaad competition are as follows :

S. NO.	NAMES OF THE PARTICIPANTS	DEPARTMENT	PLACE SECURED
1.	Hemasuriya	II Physics	First
2.	Rakma	I Commerce	Second
3.	Priya Sharma	II Economics	Third
	Anujashree	II Chemistry	





## HINDI SMRTI REPORT

The Hindi Department conducted three events as a part of SMRTI 2019-2020 on 12/09/2019. The honourable Chief Guests and Judges were Dr. S.Preethi, Dr.Zainab Bee and Dr.Tasleem Banu.

Students from various colleges took part in all these competitions with so much enthusiasm and exhibited their talents. Winners were given trophies and certificates. Hindi students of the college engaged them by giving host performances which were both entertaining and educative.

Following competitions were held on the occasion

- 1.Agar Mein Aisa Hota
2. Khel Khel Mein Hindi
- 3.Ras Navras

### **Agar Mein Aisa Hota (Individual event)**

The theme of this event was Jal Sanrakshan which means water conservation. Participants were given different roles such as water truck, bird, fish, apartment, farmer, river, dry land, bottled water, cloud, elephant and many more. Participants should try to fit themselves in the roles given to them and throw light on issues like water scarcity and its impact on flora and fauna, poor maintenance of water resources. Students from many colleges took part in this event with enthusiasm and shared their views on the issues.

Prize winners of Agar Mein Aisa Hota competition are :

PRIZE WINNERS	COLLEGE	PLACE SECURED
Bharat Kumar	D.G.Vaishnav	First
Manisha.K	Ethiraj College	Second
Vedant Sharma	Guru Nanak College Shift - 1	Third

### **Khel Khel Mein Hindi ( group event-three in a team)**

The aim of this event was to make students get acquainted with Hindi Vocabulary, Proverbs, Idioms and phrases. This quiz event had three rounds and they were effectively conducted through PPT. Students found this programme very informative and interesting.

Prize winners of Khel Khel Mein Hindi competition are:

<b>PRIZE WINNERS</b>	<b>COLLEGE</b>	<b>PLACE SECURED</b>
Autam Kumar. A U.Bharat Kumar P.Divya	D.G.Vaishnav	First
Trupti Jain Athithi. R M.Money	M.O.P.Vaishnav	Second
Shreya Shika Rukmani	Madras Christian College	Third

### **Ras Navras ( group event - three in a team)**

Ras Navras is an event that focuses on the importance of emotions in leading a healthy & balanced life. Participants were given some of the emotions from NAVRAS and a few Hindi sentences. They were asked to emote accordingly. Both participants and audience found this programme as a stress buster and a fun-filled one.

Prize winners of Ras Navras competition are:

<b>PRIZE WINNERS</b>	<b>COLLEGE</b>	<b>PLACE SECURED</b>
Amit Kumar Sachin Kumar Vedant Sharma	Guru Nanak College - Shift - 1	First
Nithya Aarathi Payal	Ethiraj College	Second
Luv Monger Rukmani Shetton	Madras Christian College	Third





## JAL SANRAKSHAN ABHIYAN

### An awareness campaign on water conservation

The Hindi Department conducted Literary competitions in Hindi in the Intercollegiate level on 12/09/2019. As a part of this event, "Jal Sanrakshan Abhiyan" - an awareness campaign on water conservation was also organised. Students from various colleges of Chennai city took an active part in this awareness campaign and rendered their support.

Students were given a platform to express their views and innovative ideas regarding the conservation of water resources. Students showed enthusiasm to share their opinions regarding the significant role played by water resources in life and the need for its conservation. They came up with a plethora of ideas on the conservation of water. As a part of this campaign, the students were encouraged to write awareness slogans on Jal Sanrakshan in Hindi.

Best slogans and innovative ideas to save water rendered by the students were appreciated and were awarded trophies. The programme came to an end with oath-taking to save water.





## DEPARTMENT OF HINDI (SFS)

### GUEST LECTURE

The Department of Hindi (SFS), SDNB Vaishnav College For Women organized a Guest Lecture for Hindi students on 18/02/2020 from 11.00 am to 1.00 pm in SB5 room. The lecture was addressed by Miss.Raj Lakshmi, Assistant Hindi Professor at A.M. Jain College, Chennai.

The event began with invoking the blessings of the almighty. S.RajaPraveena, Secretary, Department of Hindi welcomed the gathering and addressed the guests. Followed by Renuga, Debate Club secretary, who presented a report on the activities of the Hindi department of the year 2020. The guest delivered a lecture on the topic-"Origin of Hindi drama from Bharathenthru era to Prasadera.' She then spoke about various elements of drama-character, environmental factors, language, dialogues, title and message conveyed through the drama. She also narrated famous dramas from the above era's to explain those elements.

Being an informative speaker, she shared the different career options in Hindi. Prizes and certificates were distributed to winners of various competitions like Block and Tackle, Ras Navras and Loudspeakers which were conducted as a part of the annual activities of the Hindi department for the academic year 2019-2020. The programme came to an end with the vote of thanks proposed by Anitha of B.Sc (CND).





## INTERDEPARTMENTAL COMPETITIONS

The Department of Hindi (SFS) organized interdepartmental competitions for the 2019-2020 batch. The judges for the competition “LOUDSPEAKER” were Mrs. T.P. Priya and Mrs. Susan. S. The first prize was secured by Vardhini and Aparna, from B. Com (Hons.) III year, Sonal and Kavya from B. Com (Gen.) III year had won second prize while the third prize was backed up by Aparna and Poornima from B.B.A. III year. For the “BLOCK AND TACKLE” competition, Dr. Ezhil Nachiar, Head, Department Of Hindi and Mrs. D. Lakshmi from the PG Department of M.Sc. PBPBT has been invited as the honourable judges.

The I Prize was secured by Aparna. B from the II year B.B.A. Department. While Vardhini. N from III year B. Com (Hons.) backed up the II prize, the III position was taken over by Ramya and Tejasvini from B.Sc. (Vis.Com). For the last event “RAS NAVRAS”, Mrs. Ramya Bhatt and Mrs. Sangeetha were welcomed as the judges. Here, the first place was secured by Sonal and Kavya from B. Com (Gen.) and also by Tasleem B.B.A., where they had taken part as a group. The second place was taken over by Sudiksha B.C.A., Varthini B. Com (Hons.) and Preethi B.C.A. Nandhini, Archana from CND Department has won third place, including Vaishnavi from B. Com (A&F).



## HINDI DAY

The Department of Hindi celebrated the Mathrubhasha Diwas on 20<sup>th</sup> February 2020, Friday at the backside of the main auditorium with the intention of educating the non-Hindi speakers of the college to gain basic Hindi knowledge. This programme aims to overcome the difficulties in speaking Hindi for acquiring basic needs. Various stalls were set up in this event that explained effective ways to converse in Hindi in petty stores for basic requirements.



The stalls consisted of restaurants, stationery, tourist guide, beauty parlour, cafe, textile stores, toy shop, groceries store, home decor shop etc.





The students of Hindi department were dressed appropriately to the stall in which they played vendors and enacted the conversation to the audience. More than 1500 students and various department staff members enthusiastically participated in the event. Replacing the spoken Hindi classes which take up cost and time, the initiative was put forth to students for a single day from 9 am to 4 pm. This event got positive feedback from college students and staff members.

## DEPARTMENT OF SANSKRIT

### SANSKRIT SMRTI

The Sanskrit Department conducted three events as part of SMRTI for the year 2019-2020 on 2<sup>nd</sup> September 2019. I Am Sushruta (Individual event), Poster Making (Group Event-2 Per Team), Heads Up (Group Event-3 Per Team) were the Competitions held.

The Honorable Judges were Mrs.R.Chithra, Head and Assistant Professor, Department of Sanskrit (Eve), Justice Basheer Ahmed Sayeed College for Women Chennai. Mrs.V. Preethi Assistant Professor, Department of Sanskrit, Kumararani Meena Muthiah College of Arts and Science, Adyar Chennai. Mr.A.Ramadass, Assistant Professor and Head of the Sanskrit Department A.M.Jain College, Meenambakkam Chennai. Students from various Colleges participated in these competitions enthusiastically and exhibited their talents.

EVENTS	PRIZE WINNERS	COLLEGE	PLACE SECURED
I AM SUSHRUTA (Individual Event)	N.Gayathri Gupta	Sri Kanyaka Parameswari Arts and Science College for Women Shift – I	I
	V.V. Subrahmanyam	Sri Jayendra Saraswathi Ayurveda College & Hospital	II
	R.G.S.R.Anjani	Sri Jayendra Saraswathi Ayurveda College & Hospital	II
	Abhinav Nagarajan Iyer	Loyola College Shift – I	III
	Afeefa Raihan.A.A	Sri Kanyaka Parameswari Arts and Science College for Women Shift – I	III

POSTER MAKING (Two Per Team)	Vyshnavi.S, Pooja.P	Sri Kanyaka Parameswari Arts & Science College for Women Shift – I	I
	Mourya Sanathana.P, C.S. Gautam	Sri Jayendra Saraswathi Ayurveda College	II
	Swastika.T.K, Pooja. R.S	Ethiraj for Women College Shift – II	III
HEADS UP (Three Per Team)	R.Avinaash Bharadhwaaj, Kavya Sankaranaryanan, Poojaanarasumghan	Sri Jayendra Saraswathi Ayurveda College	I
	B.Jayasurya, Abhinav Nagarajan Iyer, Ganesh.S	Loyola College Shift - I	II
	Narayanan.S, Anjani.R.G.S.R, Adithyan.N	Sri Jayendra Saraswathi Ayurveda College & Hospital	III





## SANSKRIT ASSOCIATION MEETING

The Bhagavad Gita - "The Song of Divine " is the most precious gift from God for the salvation of mankind. Every year students get a golden opportunity to recite one of the chapters of the Gita on the occasion of the Gokulashtami day celebration and few slokas from the Gita are recited on every Friday in the Sarvodaya prayer.

In September (09.9.2019), Samkruta Ratna Dr.S.Ramaratnam, Vice-chancellor, Sri Jagadguru Kripalu University, Cuttack. He spoke about the "Relevance of Sanskrit in the Present Day Scenario." He started his speech with a sloka. He related all day-to-day topics with Sanskrit literature. He mentioned many literary works which are used in fields like science, mathematics, and aesthetic sense. He also shared information about the surgical instruments and cure of cancer mentioned in Sushruta Samhita. It was very informative and inspirational.

The students actively participated in the group discussion. The students presented a set of questions to the Chief Guest and he answered all the questions of the curious minds. He was awarded a token of appreciation by the Principal. With that masterpiece, there were also presentations and vocals for entertainment purposes. Students brought many laurels to the college by winning many prizes throughout the year.



## GUEST LECTURE - 1

The Department of Sanskrit (Day) successfully conducted the Sanskrit Guest lecture on 09.9.2019 in the college premises. The Chief Guest. Dr.T.N. Aravamudhan He gave a special lecture on “Masterpiece Of Basha”. He spoke on the greatness of Basha. Then he explained how Drama is related to our own lives and what maintains the standard of life in accordance with Works of Basha. This session was inspiring and informative. Importance to rules and regulations of drama was explained. He gave various examples from Basha.

The College students performed Bhagavad Gita Chanting, one of the students sang Sanskrit Keerthanai and she was appreciated by the Chief Guest for the Proper Pronunciation.

## INTERDEPARTMENTAL COMPETITIONS

The Sanskrit Department conducted three events as a part of Interdepartmental Competitions for the year 2019-2020 on 03<sup>rd</sup> October 2019. Heads up, I am Susruta and catch the match where the Competitions are held. The Honorable Judges were Dr.P.Ezhil Nachiar, Assistant Professor, Department of Hindi, SDNB Vaishnav College, Mrs. P.Hema, Assistant Professor Department of English (Day), SDNB Vaishnav College, Mrs. P.Amrita Shri, Assistant Professor Department of Commerce M.Com A&F(Eve) SDNB Vaishnav College, R.Lakshmi, Assistant Professor, Department of Tamil (Eve), SDNB Vaishnav College, Dr. P.Beena, Assistant Professor Department of English (DAY),SDNB Vaishnav College. Students from various departments participated in these competitions enthusiastically and exhibited their talents.







S.No	Event Name	I Prize Name/Department	II Prize Name/Department	III Prize Name/Department
1.	Catch the Match	Vathsalya Varsha. R B.Com III Yr	Preetika. R. R B.Sc Chemistry II Yr	Heera.K B.Sc Statistics II Yr
2.	I am Susruta	R . Aparna B.Sc Physics II Yr	Pragati . S B.Com I Yr	Sanjana.S B.Com I Yr
		P .Janani B.Sc Physics II Yr	R.Shruthi B.Com I Yr	Lakshmidevi. S B.Com I Yr
3.	Heads up	M.Swathi B.Sc Chemistry II Yr	Pragati. S B.Com I Yr	Sandhya B.Com III Yr
		T. Nappinnai B.Sc Statistics II Yr	Nikitha.R B.Com I Yr	Vishvaja B.Com III Yr
		Kamisetti Mounika B.Sc Statistics II Yr	Sowmya.S B.Com I Yr	Varsha B.Com III Yr

## EDUCATIONAL TRIP

The Department of Sanskrit organized a one-day Educational Trip to the “Pandavaduta Perumal Temple, Ekambareswarar Temple, and Kanchi Kudil ” in Kanchipuram on the 17th December 2019. The first year and second-year students took part in the trip.

### Pandavaduta Perumal Temple

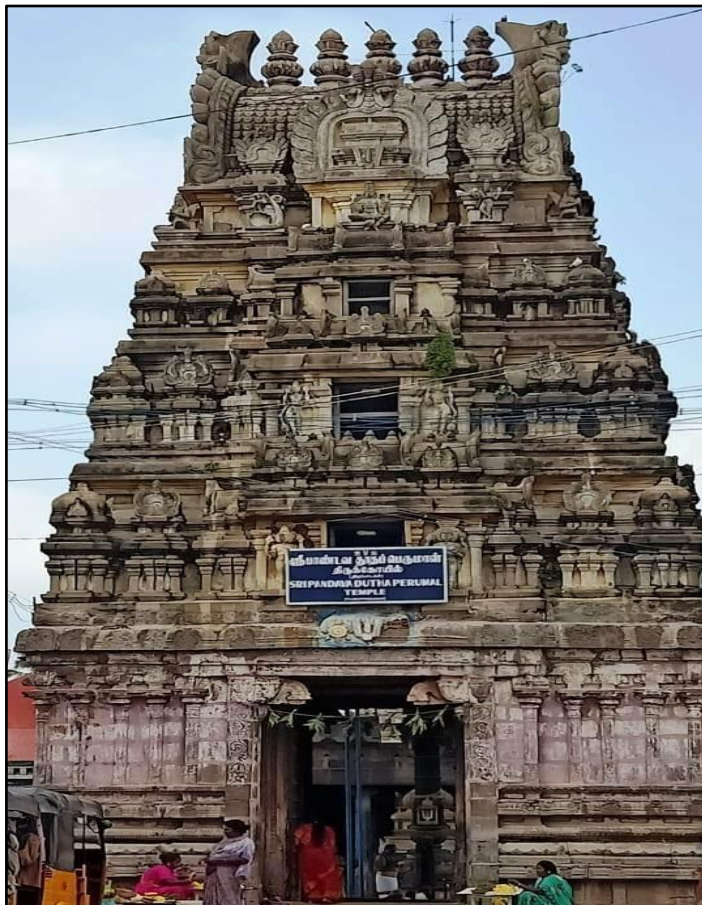
The students had an opportunity to visit the temple and view the paintings and the inscriptions. The temple is known for its history of Lord Krishna visiting the Kauravas as a messenger for the Pandavas

### Ekambareswarar Temple

The ancient mango tree in Ekambareswarar Temple holds a legendary story of how Lord Siva was named Ekambareswarar.

### Kanchi Kudil

This place is a traditional house turned museum and is perfect to capture a glimpse of ancient Kanchipuram and its culture. A heritage tour to this enticing museum helps us to know about the traditional lifestyle of the town through its incredible exhibits.





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## AYURVEDA QUIZ

The Department of Sanskrit (Day) of SDNB Vaishnav College for Women, Chrompet; successfully conducted National level online Ayurveda quiz from 24th May 2020 to 29th May 2020 in Google forms platform. This online quiz was aimed to create awareness and interest in Indian medicine - Ayurveda. Many participants from various fields participated. Some noteworthy mentions are from the teaching field (Faculty, Research scholar, Assistant Professors, Tutors, HOD); Medical field (Pharmacy, Doctor, Nutritionist, and Dieticians), manager and others enthusiastically participated in this event.

There were a total of 686 participants across the length and breadth of the country. The average scores of the participants are 80.58% which is a great response to this programme. This programme brought a great opportunity for learning about the importance of Ayurveda in daily life and the benefits of Ayurvedic philosophy. This programme was aimed to create an awareness that Ayurveda addresses body, mind, spirit which plays a vital role in human life, the reasons of a person getting sick and the herbs to overcome the sickness through this programme.

In this pandemic COVID-19, this programme inspired many to learn more of Ayurveda philosophy and motivated the participants to implement those ayurvedic ideas in real life.

## International Achievements

### Report on International Conference

The Department encouraged students to participate in the International Conference on "INSIGHT '2020" organized by Professional Development Forum, S.A. Arts and Science College. Students and staff presented joint research papers. Joint paper was presented by **Dr. C.Yogambal , Ms. Janani and Ms. Aparna** on "Bio-effect Mechanism of Rudraksha" and "Relevance of Ancient Scriptures in Modern Day Decision Making" by **Ms. Swetha and Ms. Sanjana**. These research papers were selected as the best papers in the conference and were appreciated by the resource person Dr. T. Ravikumar, Professor, Christ University, Bangalore and were honoured with certificates from the Chief Guest Dr. Minraj, Dean-CDC, University of Madras, Chennai during the valedictory function.

The research paper of the students was recommended to be published in the **Scopus magazine**.



## Selected Papers

### 1. Topic: Bio-effect mechanism of Rudraksha

S. No.	Name	Roll No.	Department
1.	R.Aparna	18PH052	Physics
2.	P.Janani	18PH053	Physics

### 2. Topic: Relevance of ancient scriptures in modern-day decision making

S. No.	Name	Roll No.	Department
1.	B.Swetha	19CS053	Computer Science
2.	S.Sanjana	19CO270	Commerce



# BIO-EFFECT MECHANISM OF RUDRAKSHA

## INTRODUCTION

The human body has been found to deteriorate over the years due to the current lifestyle and the frequently changing living habits. This becomes a problem to the **Bio-electronic circuit** that is supposed to remain stable when proper diet and practice of a healthy lifestyle is followed, which is currently unavailable. The human body which is under the tension of work and survival develops dire consequences such as disorders like anxiety, hypertension and stress. The energy that is released during such times are considered to be excessive or negative energy and thus scientific studies show that the **Rudraksha** beads are the solution to these problems by creating stability to the bioelectronic circuit of the body. The capacitor that is formed when the Rudraksha beads are placed between two tactile parallel plates such as two fingers (thumb and index finger) result in the Rudraksha being a **dielectric material**, and acting as the storage unit for the excessive energy, and enhances the performance of the human body and relieve the stress factors. Chanting hymns and holding the Rudraksha beads as a rosary between fingers have a beneficial bio-effect to the human body.

## Effect-mechanism in chanting hymns

### As dielectric Amplifier and modulator of the sensory input signal

*Yogasastra* is a form of ancient practice involving the human fingers, to cure diseases and disorders. The placement of the index, middle, ring and small fingers with the thumb and chanting hymns help in curing various problems and also improving the mental and physical status of the body.

For example, the placement of the thumb with the index finger while chanting hymns improves the concentration and induces sound sleep.

Similarly, when the Rudraksha beads, connected by a metal wire or cotton thread, are held between any finger pairs while chanting the hymns gives out signals which are **bi-directional**.

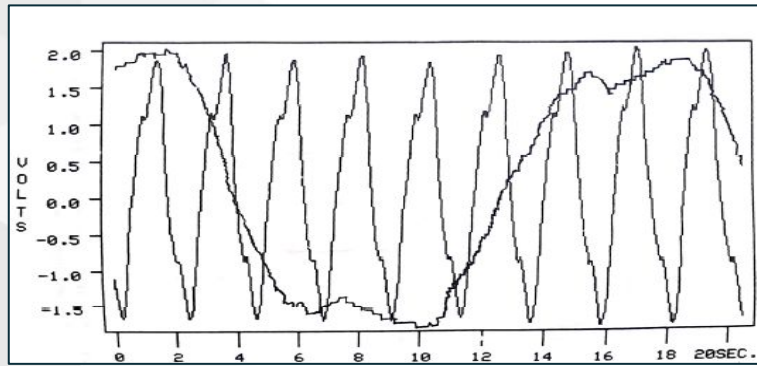
अष्टोत्तरशतैर्मालामुपवीतं प्रकल्पयेत् ।

द्विसरं त्रिसरं वाऽपि सराणां पञ्चकं तथा ॥

*A rosary of 108 beads should be worn in neck like yajnopaveet (sacred thread) (Rudrakshajabalopanisad - Verse 19)*

The Rudraksha will then have an equivalent inductance (L) and capacitance(C) connected in parallel taking in consideration the frequency of the fingers, the electrical signals radiated from the body and its amplitudes. This would mean an increase in the attenuation level or a reduction in the signals at multiple frequencies that correspond to the resonance of the circuit. The amplitude variation in the signals is a result of the output of the neural network in response to the input signal which reaches the brain after passing through the dielectric material which is the Rudraksha in this case. The spectrum obtained for the output would include multiple troughs of varying crest factors. For example, the resonance frequency spectrum of thumb, middle, ring finger signals in the presence of a bead is shown in the figure.





(Signal output spectrum of thumb, middle and ring fingers in the presence of a Rudraksha bead)  
(Rai Subas, Rudraksha: Properties and biomedical implications, fig 35, pg no166)

The figure depicts the frequency modulation by the Rudraksha while maintaining the amplitude. Since the frequency and the signal amplitudes are different for each mukhis (Ls and Cs), the resonance frequency and the output spectrum for each finger pair will vary with varying mukhis of Rudrakshas, where the frequency becomes,  

$$f = 1 / (2\pi\sqrt{LC})$$

Since all the mukhis have different L and C values, thus have different output signal frequencies for each mukhis. This variation seems to be responsible for variable bio-effects of each mukhi of Rudraksha.

### As Electrical Capacitance Control

As mentioned, the Rudraksha between the fingers acts as a dielectric material and thus is used as a capacitor for the bioelectric circuit of the human body. Likewise, in electrical and electronic systems, the capacitors are used for automatic static remote control, boosting electrical power, etc. As the resonance frequency of the Rudraksha is recorded to be around **350MHz** is far higher than that of the body, the impedance of the formed capacitor would be predominantly inductive. The extra low-frequency electrical energy of the fingers concentrated in the electrical field of the capacitor would form a reactive current that will flow across the capacitor. Hence this would increase the power factor of the hand and body in the same way as such capacitors help with the increasing industrial installations with inductive load. Therefore, the attributes of each mukhi beads may thus regard to their influence on the power factor of the hand and body.

### Effect mechanism of rosaries of Rudraksha beads

#### Implications of metal wire or cotton thread in the rosary

Rudraksha rosaries are generally made in cotton thread or using metal wire with knots. While chanting mantra with either type of rosary, mutual capacitance is induced. In the first case, the individual capacitive effect is observed where the modulated frequency of the electrical signals of the fingers remain constant and the signal amplitude gets varied due to varying pressure effect. As cotton thread is non-conducting in nature, the mutual capacitance of all the mukhis (faces) cannot be realized at the meru bead (centre bead).

केयूरकटके सूत्रं कुक्षिबन्धे विशेषतः ।

सुप्ते पीते सदाकालं रुद्राक्षं धारयेन्नरः ॥

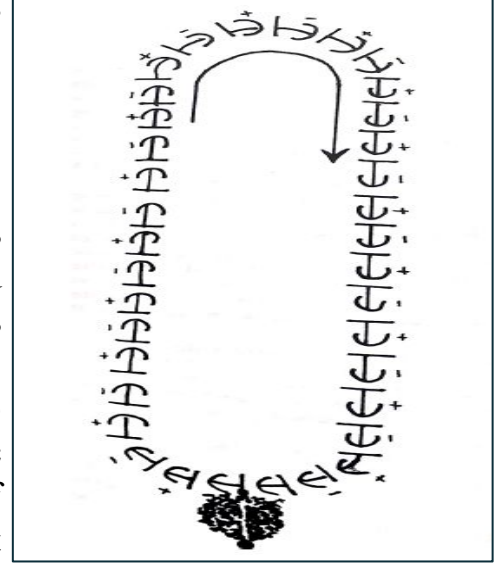
*Rosaries in cotton string should always be worn over the chest and arms. (Rudrakshajabalopanisad - Verse v21)*

Whereas, when the rosary is made up of metal wire, they represent their connection in series with the meru. The mutual capacitance can be calculated as:

$$C_m = 1 / \{ (1/C_1) + (1/C_2) + (1/C_3) \dots + n \}$$

where  $C_n$  = capacitance of single bead

In the use of metal wire, each bead acts as various dielectric (high mechanical strength and can withstand vibrations, shocks and moisture) and hence retains some charges proportional to the stress voltages forming a capacitor delay circuit. The metal wire also serves as an inductance coil in which electric oscillations occur due to discharge and recharge of energy concentrated in the meru bead. The voltage at the meru bead varies according to the formula  $V = V_0 \cos \omega_0 t$  and the current in the wire varies according to the formula  $I = I_0 \sin \omega_0 t$  i.e. natural harmonic oscillations



(Capacitance of beads connected in series in a metal wire rosary, with the arrow showing direction of current variable with the polarity of the meru bead, which is the capacitor)

(Rai Subas, Rudraksha: Properties and biomedical implication, fig 37, pg no 171)

The voltage and the current with frequency  $\omega_0 = 2\pi/T_0$  ( $T_0$  = time period of natural oscillation) are generated thus forming an oscillatory circuit. Similar to the other oscillatory circuits, the transfer of energy from the electric field of meru capacitor to the magnetic field of the inductance wires, and vice versa occurs twice during each period ( $T_0$ ).

### Effect mechanism of garland

We have an inbuilt electrical heart system in our body due to the rhythmic heart pump and blood circulation. In the same way, our external milieu is also surrounded by a lot of electrical signals due to the change in temperature, depolarization of air molecules, production of ions due to sunlight, etc. This balance between the external and internal electrical environment should be maintained for proper body functioning. In some cases, electrotherapy is used to cure certain diseases. Since Rudraksha has electrical property, this may help in maintaining the balanced external and internal electrical environment.

### Garland as free space capacitor

A Rudraksha garland with metal wire hanging down the neck covering the chest region may be considered as a free-space capacitor. This creates an effective mechanism by modulating the output signals from the chest like the simple capacitor. But the signal amplitudes are reduced when compared to a normal capacitor. The



direction of inductive current in the metal wire depends on the change in sign of the chest signals caused due to modulation. Always the direction of inductive current is from negative half to the positive half of the chest. Thus, the frequent rhythmic changes in the direction in the inductive current and the modulated output signals, that acts over the chest region helps in maintaining the rhythm of heart signals and also in proper blood pump circulation. Another effect is that, when the inductive current flows through the meru bead that lies exactly over the neck vertebra (where the vagus nerve originates), it causes rhythmic stimulation of the vagus nerve resulting in proper functioning of the heart. The stimulation of vagus nerve signals improves pumping of blood by the heart by increasing the strength of the heart.

On the other hand, when cotton thread is used in Rudraksha garland, the above-mentioned effect will not be produced and hence medically it is not fit for wearing. The effect mechanism is the same for the cases where Rudraksha beads are worn onto the wrist, shoulder, ear or forehead.

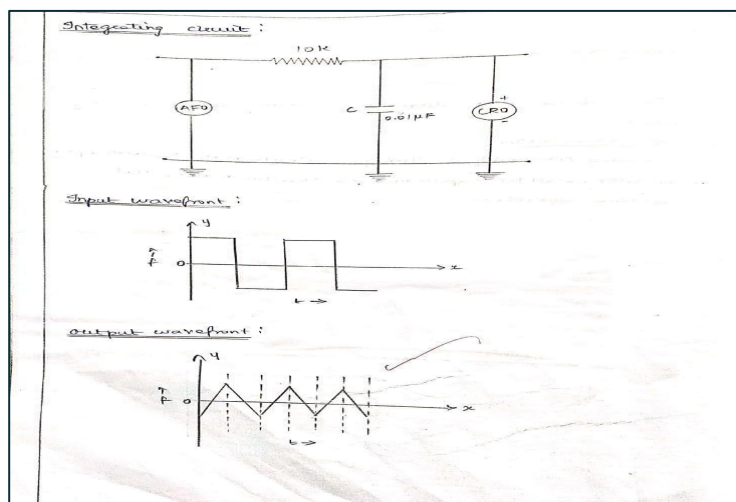
**सराणां सप्तकं वाऽपि बिभृयात् कण्ठदेशतः ।  
मुकुटे कुण्डले चैव कर्णिकाहारकेऽपि वा ॥**

Rosary in two, three, five or seven rows should be worn in neck. Rudraksha should be worn on head like crown and in neck like ring.  
(Rudrakshajabalopanisad – Verse 20)

### Experiment to prove the capacitive nature of Rudraksha

The experiment is conducted by making a circuit using a resistance box and a capacitor of 0.01 capacitance. We need to use an audio frequency oscillator at 1000Hz frequency. We observe the integrated quantity of the waveforms, using a CRO (cathode ray oscilloscope).

The results obtained are mountain waveforms on the CRO.

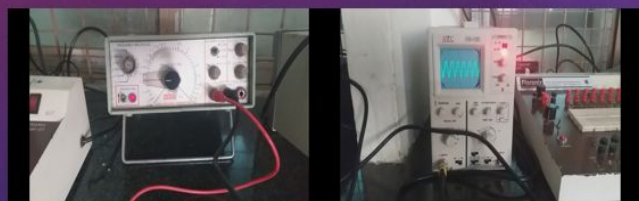


In the place of the capacitor, we replaced Rudraksha and obtained the same output as that of the one with capacitor.

### Using an actual capacitor



### Replacing with a 4 face Rudraksha bead



## CONCLUSION

The electrical signals over a body surface vary from region to region, due to varying external and internal factors and cofactors. The fluctuations in these signals beyond certain limits result in to disease symptoms. It has been recorded that extra low-frequency electrical signals of the body correspond well with the Schuman band radiation (spectrum peaks in electrically low frequencies) and also different organs of the body interact differently with signal frequency of this band. These signals are used to cure many diseases. Thus, the Rudraksha beads which act as capacitors with the bodies by virtue of giving output signals with amplitudes specific to mukhi of the beads and body organs thus help the bio-system to attain and contain normal health conditions.

The electrical property correlation shows that there exists **positive correlation** among the mukhi. This suggests that highly correlated Rudrakshas of different mukhis may be substituted to derive some of the benefits of the non-available one. Further research suggests that the electrical properties, such as capacitance and inductance and the quality factor of the beads are highly dependent on frequency.

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## RELEVANCE OF ANCIENT SCRIPTURES IN MODERN DAY DECISION MAKING

सहसा विदधीत न क्रियामविवेकः परमापदां पदम् ।

वृणते हि विमृष्यकारिणं गुणलुब्धाः स्वयमेव संपदः ॥

*... niyam, II.30*

One should not plunge into action hastily. Want of Deliberation (in decision making) is a source of calamities. Fortunes that are ever attached to merits seek of their own accord, one who acts with proper thought.

### DECISION MAKING:

Decision Making is the essence of the management process. Decisions are made to solve problems, tackling the situations, handling crisis and resolving inevitable conflicts. Decision Making is at the core of planning. The concept of decision making involves defining the problem, finding, comparing and choosing a course of action. It is a process or activity of choosing an appropriate course of action from several alternative courses.

### DEFINITION:

The term “decision making” has been defined as a process of judging various available options and narrowing down choices to a situation one. Decision making is a basic process that underlies all functions of development. Decisions are universal to all human endeavours.

### PROCESS:

- (i) Decision-making is a process of selection and the aim is to select the best alternative;
  - (ii) Decision is aimed at achieving the objectives of the organisation;
  - (iii) Decision-making involves the evaluation of available alternatives;
  - (iv) Decision-making is a mental process;
  - (v) Decision-making involves rationality;
  - (vi) Decision-making is a continuous or on-going process.
- Every decision should be made objectively and not subjectively. In other words, bias or predilection should not enter in decision-making.

## NEED FOR EQUITABLE DECISIONS

अभिवर्षति योऽनुपालयन्विधिबीजानि विवेकवारिणा ।

स सदा फलशालिनीं क्रियां शरदं लोक इवाधितिष्ठति ॥

Kiratarjuniyam, II.31

He who nourishes the seed of decisions with water of deliberation and preserving them as mastery over labour that will be rich with fruit as people( who have worked hards earlier) can control the autumn with a rich harvest.

“Decisions are totally pragmatic in nature, that is, their value is dependent upon the success of the action which follows”.

Hence making the right decisions is pivotal.

### AN ANALYSIS OF DECISIONS IN THE ANCIENT PERIOD :

In the ancient scriptures, there are a lot of examples that can guide us in making decisions. In this paper, we have tried to analyse the decisions made in Bharavi's Kiratarjuniyam.

### THE PLOT:

The Kiratarjuniyam is a Mahakavyam written by Bharavi in the 6th Century AD, describing the interaction between Arjuna and Lord Siva in the guise of a Kirata (Hunter).

The poem is set during the period of forest exile of the Pandavas within the story Mahabharata. Facing the prospect of war against the Kauravas at the end of their exile, Arjuna is advised by the sage Vyasa to seek divine weapons. Reminded of the humiliation that his brothers and his wife Draupadi faced during the dice game where they lose their entire kingdom, Arjuna **decides** to perform an austere penance.

Arjuna is guided by a Yaksha to the Indrakila mountains near the present-day region of Vijaywada and prays to Siva. Here, Arjuna endures the hardships of the weather and overcomes many temptations, standing steadfast in his goal.

Pleased with his penance, Siva decides to test his valour by appearing as a hunter, with both of them shooting a wild boar simultaneously and arguing over who shot first. Upon realizing that he is unable to win, Arjuna, at last, recognizes Siva and surrenders to him. Siva then grants him the powerful Pashupatastra (whose descriptions parallel that of a modern-day thermo-nuclear weapon).

## **EQUITABLE DECISIONS:**

The two important characters from Kirartarjuniyam known for their right decisions are Arjuna and Yudhishtira.

- Arjuna's firm decision of performing penance to Lord Siva and getting Pasupatastram as a blessing proved beneficial in the war.
- Yudhishtira's firm decision of following the Vanvas (exile) rules rather than breaking it and being patient till the time became favourable for the Pandavas proved beneficial since they became stronger than before and were able to successfully defeat the Kaurava's army in the end.
- Yudhishtira's decision of not taking revenge immediately brought colours since if he had then chances of Pandavas winning over would have been scanty.

## **THE DECISION GONE WRONG:**

Duryodhana is a great example of a wrong decision-maker. Envied by the power and fame of Pandavas he decided to defeat and defame them by following unrighteous acts abiding by the words of his uncle Sakuni. In the end, it was all of his wrong decisions which led to his destruction.

## **OTHER ANCIENT SCRIPTURES WHICH GUIDE US IN DECISION MAKING:**

### **•ARTHASHASTRA**

Kautilya discusses the causes of calamities in a state, exclusively in the Eighth Chapter of Arthashastra. While facing calamities, an administrator has to take quick decisions. The Arthashastra gives a list of five steps for decision making.

मन्त्रो मन्त्रफलप्राप्तिः कर्मानुष्ठानं आयव्ययकर्म दण्डप्रणयनं

अमित्राटवीप्रतिषेधो राज्यरक्षणं व्यसनप्रतीकारः

Arthashastra, 8.1.8

### **5 Steps for Decision Making:**

1. Deliberation in a Counsel
2. Securing the fruits of Deliberation
3. Carrying out undertakings
4. Managing income and expenditure
5. Taking steps against a possible setback



## VIDURANITI:

The Viduraniti portion of Mahabharata has several ideas on decision making. It speaks of six evils to be discarded by a person who works towards prosperity; they apply equally well to decision making

षट्दोषाः पुरुषेणेह हातव्या भूतिमिच्छता ।

निद्रा तन्द्रि भयं क्रोधं आलस्यं दीर्घसूत्रता ॥

Vidura-Niti, I.85

The six evils are:

- 1.Excessive sleep
- 2.Carelessness
- 3.Laziness
- 4.Fear
- 5.Anger
- 6.Procrastination

## HOW ANCIENT SCRIPTURES HAVE HELPED IN MODERN DAYS DECISION MAKING:

Since the economic downturn in mid-2008, we have observed many companies in the West filing bankruptcy, laying-off people, rising debt, many corrupt practices among businesses coming to light, etc. Some of the companies which were icons of best-practices within their industry miserably failed. The failure of giants like Lehman Bros, AIG, Bank of America, General Motors, Circuit City, etc are raising doubts about the sustainability of the management practices in these institutions.

On the contrary, we have seen a more resilient India in the past 2 years which is not just continuing the growth story of Indian economy but is also able to better cope up with the global financial crisis. In the midst of the global financial crisis, we have seen aggressive inorganic growth in the Indian corporate sector. Companies like Tata, Bharat Forge, Ranbaxy, etc have rather taken the opportunity for boosting their M&A activities, expanding business through buying some firms in Europe, UK, US, etc at a much lower valuation. We haven't seen any major Indian company going to the stage of bankruptcy during these tough times. Also, suddenly India seems to be a dream destination for doing business.

This clearly emphasises the importance of ancient Indian scriptures in the modern world.

## CONCLUSION:

From the above discussions we conclude that firstly, much of modern management principles existing today can be derived from the body of knowledge of the ancient Indian scriptures. Through the wisdom of Ancient Indian scriptures and taking the six-fold path of “Jnan” or practice. Through spirituality wisdom of the Vedas, Upanishads, Bhagavad Gita, etc. we can not only promote a more ethical and responsible leadership on an individual or institutional level but also move towards the direction of restoring World peace and a better world economic order through coupling globalization with spiritual congruence.

It is time that modern management thinkers should embrace the importance of ancient Indian philosophy and concepts in filling the gaps that exist in the existing paradigms of leadership and management.

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## NATIONAL ACHIEVEMENTS:

### Report on National Conference

The Department encouraged students to participate in the International Conference on “Language & Literature” organised by the Department of Languages of Sarojini Naidu Vanita Maha Vidyalaya on 28th and 29th May 2020.

The students presented 2 research papers titled “Ancient Indian Practices - The Pandemic Shield” by **Dr.C. Yogambal and B.Swetha** and another paper by **Dr.C. Yogambal**, and the alumni of the college **Sruthi Suresh, Padmaja V** on “Caraka Samhita- A Forgotten treatise” which was published in their conference magazine.

## **Selected papers:**

### **Topic: Ancient Indian Practices - The Pandemic Shield**

S. No.	Name	Roll No.	Department
1.	B.Swetha	19CS053	Computer Science

### **Topic: Caraka samhita- a forgotten treatise**

S. No.	Name	Department
1.	Sruthi Suresh	Physics (Alumni )
2.	Padmaja V	Maths (Alumni )

### **Topic: Ancient Indian Practices – The Pandemic Shield**

#### **Natural Immunity:**

Indians are immune to the pandemic compared to the rest of the world. It turns out that the Ancient concepts prevalent in the culture have always influenced the development of knowledge. The ancient Sanskrit literature is a plethora of wisdom; following its guidelines our ancestors lived a healthy lifestyle which boosted the immunity. Considering the fact that Studies have shown that people with a stronger immune system have a higher chance of being cured of this virus, this explains why Indians are Immune compared to the rest of the world. Following in the footsteps of our ancestors, we practice wise habits which have boosted immunity and thus possessing the power of tackling the virus (to some extent) in turn leading to the low death rate.

#### **Role of Sanskrit literature in Immunizing India:**

Wise concepts related to health practised by our ancestors were inspired by Sanskrit literature like Ayurveda, Caraka Samhita, Sushruta Samhita and Ashtanga Hridayam. Their first few chapters form the basis of ancient Indian ideas.



### **Practices from Sanskrit literature come to the rescue:**

"Nature has the cure for all the diseases" This is the prominent point strongly emphasised in all our ancient medical texts. On this basis Ancient Indian ideas like the use of utensils made out of sand, brass, bronze and copper were used which are proved to be best storing, cooking, devices for better health. While it is also recognised that copper not only is beneficial for mental and physical health but is also effective against the COVID-19 as the virus gets decomposed on the copper surface.

Ornamenting our house with mango leaves and tender coconut tree leaves are proved to have antibacterial properties also mango leaves purify the air and when dried up, acts an insect repellent. We use cow dung mixed with turmeric powder to clean our surroundings which is said to have antifungal properties.

Panchagavya is a concoction of cow dung, cow urine, milk, curd and ghee. Along with the five constituents that come from the cow, it also contains jaggery, banana, tender coconut and water which not only cures cancer but also keeps diseases at bay by increasing our immunity levels. Further Cow dung contains a substance similar to penicillin, which has a disinfecting effect and reduces bacteria. Its property of reducing radioactive radiation is described in Vedic writings. Thus people of Soviet Union threatened by radioactive fallout sealed their huts with cow dung and were thus able to protect them from radiation. It is also known that NASA space capsules are coated with a thin layer of cow dung to protect them against radiation.

### **Food recipes from Sanskrit literature come to the rescue:**

Indian traditional foods are also recognized as functional foods because of the presence of functional components such as body-healing chemicals, antioxidants, dietary fibres, and probiotics. These functional molecules help in boosting the immunity, weight management and blood sugar level balance and help us maintain good physical and mental health.

Our traditional food intakes are based on judicious use of tulsi (basil) and pudina (mint) leaves, turmeric, ginger, black pepper, cinnamon, cumin, coriander, honey, sandal, Triphala, Ashwagandha, trikatu, Cardamom, Cumin and other Ayurvedic herbs and spices which boost the body's immune system to fight disease.

Eating organically-grown fresh vegetables and fruits is another practice for keeping good health. Consumption of some specific food items such as Til (sesame seeds), in the form of Tilkoot or Gajak or otherwise, particularly during the winter season and also the use of gur or jaggery as a sweetener are associated with important health benefits.

Giloy, an ayurvedic herb, known to cure fever and flu in a matter of days, works wonders in the prevention of the Coronavirus. It is widely consumed in India for the treatment of viral cold and cough, and fever, and is known as the root of immortality, since it enhances the immune system like no other medication, in addition to its utility in the treatment of diabetes and gastrointestinal disorders. It is a powerhouse of antioxidants which fight free-radicals, keep your cells healthy and get rid of diseases. Giloy helps remove toxins, purifies blood, fights bacteria that cause diseases and also combats liver diseases and urinary tract infections. Giloy is used by experts in treating heart-related conditions and is also found useful in treating infertility.

Recently, scientists at the University of Natural Resources and Life Sciences in Austria discovered that cur-cumin -- a compound derived from the turmeric plant, commonly used in Indian curries -- stops the growth of cells, eventually killing cancer cells. Also, the food served on plantain leaves is a good source of natural minerals, vitamin and enhances vitality.

### **Ancient Indian Practices and Human's immunity:**

The practice of putting Neem bark in an earthen pot with water and drinking that water for a few days in the month of Chiara strengthens immunity. Eating food on Pattal or fresh banana leaves is also a healthy tradition. Furthermore, drinking water stored overnight in a Tamba (copper) pot is beneficial in maintaining good digestion. The practise of eating food after washing hands and legs and without sharing the cutlery provides health benefits.

Construction of houses as per Vastu Shastra, a traditional science of architecture, facilitates better natural ventilation and more entry of sunlight inside the house, thereby creating a healthy living environment for the family. Also, burning of kapur (camphor) and Dhuna in the evening contributes towards maintaining a healthy environment in the house. The practice of yagna and burning nayuruvi ver, ven kadugu kungiliyam in the fire produces smoke which has the ability to increase the immunity of the human body. The traditional etiquette of leaving footwear outside the house before entering the premises ensures cleanliness and protection from external pathogens.

### **Namaste and Social Distancing:**

And finally, the practice of Namaste, being incorporated as the norm in the Coronavirus –infested atmosphere, shows the relevance of the practice of avoiding physical contact, which, according to Indian tradition implies the accumulation of memories by physical contact, something which was to be avoided at all costs.

## Yoga - Sanskrit Slokas and our Body defence mechanism:

Our everyday practices like ardha-matysana (our normal sitting posture), surya namaskaram, vajrasana etc which are some of the yoga asanas we practice every day have proven to increase immunity. Our traditional arts and dances have more yoga postures intrinsic with it, thereby making yoga inseparable in our life. And apart from physical health it also plays a vital role in maintaining mental health. Also, the ancient concept of fasting is proven to cure cancer if followed regularly. Also, the vibrations of Sanskrit mantras and slokas have also proven to produce positive vibrations and maintain positivity. For instance, Indrakshi sloka is proven to cure fever and there are many such mantras which can cure diseases just by its chant. And the most common sloka -OM - It increases immunity drastically also. When the Om mantra is chanted, the frequency of the vibrations is said to be 432Hz which happens to be the vibrational frequency of everything in the universe. This scientific finding is the justification of the saying 'in harmony with the being'.

### Some famous Slokas from Indrakshi Phalachuri

नारायण उवाच-

एतैर्नामशतैर्दिव्यैः स्तुता शक्रेण धीमता ।  
आयुरारोग्यमैश्वर्यं अपमृत्यु भयापहम् ॥  
क्षयापस्मार कुष्ठादि तापज्वरनिवारणम्  
चोरव्याघ्रभयं तत्र शीतज्वरनिवारणम् ॥

We would not be harmed by evil chants,  
And all this are definite,  
Because of worshipping her daily.

नागेभ्यः विषयन्त्रेभ्यः आभिचारैः महेश्वरि!  
रक्ष मां रक्ष मां नित्यं प्रत्यहं पूजिता मया ॥

Hey the power behind Shiva,  
Who makes all good things happen,  
Who grants all boons,  
I bow before you,  
She who is the creator, organizer and destroyer,  
My salutations to you Narayani.

सर्व मङ्गल माङ्गल्ये शिवे सर्वार्थसाधके ।  
शरण्ये त्र्यम्बके देवि नारायणि नमो(अ)स्तु  
ते ।



## **Case Study – The Bhopal Gas Tragedy:**

A noteworthy example to emphasise on the importance of Guidelines in Ancient Sanskrit literature is Bhopal Gas Tragedy. The Bhopal disaster, also referred to as the Bhopal gas tragedy, was a gas leak incident on the night of 2–3 December 1984 at the Union Carbide India Limited pesticide plant in Bhopal, Madhya Pradesh, India. It is considered to be the world's worst industrial disaster. The total Deaths: At least 3,787; over 16,000 claimed and At least 558,125 Non-fatal injuries recorded. Hundreds of people died and thousands were hospitalized but there were two families – those of Shri Sohan Lal S Khushwaha and Shri M.L. Rathore, living about one mile away from the plant who came out unscathed. These families were regularly performing agnihotra (havan). In these families nobody died, nobody was even hospitalized despite being present in the area worst affected by the leakage of the toxic gas. (English Daily-“The Hindu’ of 4-5-85; news item under the heading ‘Vedic Way to Beat Pollution’.)

This observation implies that agnihotra is a proven antidote to pollution. It was then scientifically proven that The Agnihotra smoke binds detrimental bits of radiation in the atmosphere and neutralizes their radioactive effect thus the yagna prevented the polluted air from entering but also purified the atmosphere also it is to be noted Ayurveda had a major role in the treatment of the victims.

## **The COVID-19 and today’s world**

Just like the Bhopal gas tragedy the COVID-19 pandemic has made the people realise the importance and the value of Ancient Indian systems of medicine and everyday practices.

Excessive consumption of sugar and carbohydrates, as well as processed, preserved and devitalized foods, dramatically compromises the immune system, a critical player in maintaining health and guarding against diseases.

## **The Hope**

People have slowly started realising the value of Ancient Indian systems like Ayurveda and Yoga asana. This is evident through UN adopting and accepting Yoga and its benefits, and the increase in the spice export especially turmeric and the use of salt, neem in toothpaste, use of aloe vera and turmeric in cosmetics, use of amla and hibiscus in shampoos etc. which are Ayurvedic concepts.

## **The need for our Ancient Habits and Practices**

It is a fact that prevention is better than cure. The traditions and the practices may not cure COVID-19 but will help boost our body's defence-system against illnesses and thus lowering the severity of the Pandemic. This current pandemic should cause us to revisit our civilizational values and help us to cultivate a healthier India.

The world is actively switching to a healthier, and the more sensitive, Indian way of life, absorbing everything from turmeric latte to Sanskrit to yoga.

To summarise, the low death rate in India can be explained by the fact that we have been practising the guidelines laid in the ancient Sanskrit literary works which have increased our immunity. Hence we need to protect and promote our ancient way of living as mentioned in the Sanskrit literary works For a better world, for a better future.

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## **CARAKA SAMHITA- A FORGOTTEN TREATISE**

### **INTRODUCTION:**

India is known for its traditional medicinal systems namely Ayurveda and Siddha. These medical systems are mentioned even in the ancient Vedas and Other Scriptures. The Ayurvedic Concept appeared and developed around 500 BC in India The literal meaning of Ayurveda is “Science of Life” because the Ancient Indian System of healthcare, focused on views of man and his illness. It aims to offer a complete system to live a long and healthy life.

The diseases can be categorized into two domains namely, communicable and non all communicable diseases are infectious, not all infections are communicable. It has been a common conception that Ayurveda doesn't endorse germ theory of diseases at all. This is not a complete truth as the great treatises of Ayurveda have touched upon the concept of Agantuja Vyadhi. The term Agantuja Vyadhi is implied in a broad spectrum under which external trauma and organisms such as parasites, viruses, bacteria, fungi all are incorporated. Sanskrit, as a language, is very much misunderstood. The ancient literature which includes Susruta Samhita, Charaka Samhita and Astanga Samgraha has more information to science rather than to religion. Right from the intake of food to using an umbrella (materialistic thing), everything is explained in the literature. In this paper, an effort has been made to compile and review these aspects from Charaka Samhita which are more apt for the current pandemic situation.

### **CHARAKA SAMHITA:**

The golden age of Indian medicine, from 800 BCE until about 1000 CE, was marked especially by the production of the medical treatises known. The text has 120 chapters comprising eight books which are Sutra Sthana, NidanaSthana, Vimana Sthana, ŚariraSthana, IndriyaSthana, Chikitsa Sthana, Kalpa athana and Siddhi Sthana. Thus, we will be looking at the causes, prevention and remedies of the disease as mentioned in the treatise.

### **THE CAUSE FOR ALL DISEASES - TRIDOSA**

**वायुः पित्तं कफश्चेपि त्रयो दोषाः समासिः ॥ पक्वं ऽपक्वं ऽ हि देहं घ्नन्ति  
वित्ततयन्ति च ।**

The above sloka states that Vayu, Pitta and Kapha are the three dosas of the body. Perfect balance of three dosas leads to health and imbalance in tridosa leads to Diseases.

**व्यापिनोऽपि हृन्नाभ्योरधो मध्योर्ध्वसंश्रयाः ॥  
वयोऽहोरापत्रभुक्तानां ऽ मिध्यापदगाः क्रमिः ।**

The Tridosa are present all over the body, but their presence is especially seen in particular parts. If you divide the body into three parts, The top part up to chest is dominated by Kapha Dosha, between chest and umbilicus is dominated by Pitta, below the umbilicus part is dominated by Vata. While eating and during digestion, the first, second and third part are dominated by Kapha, Pitta and Vata respectively. Now this pandemic disease COVID-19 is caused due to imbalance of Kapha so in this paper only qualities are Kapha are dealt in brief.



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### Qualities of Kapha:

**पिग्धः शीो गुरुमतन्दः श्लक्ष्णो मृत्स्नः न्तथिरः कफः ॥**

Snigdha – oily, unctuous, Sheeta – cold, Guru – heavy, Manda – mild, viscous, shlakshna – smooth, clear, Mrutsna – slimy, jely, sthira – stability, immobility are the qualities of Kapha. Kabam function is destructive in nature. According to Siddha principle in old age, the cause of death is by Kabam. There are classifications in Kabam namely:

- ❖ KILATHAGAM: It denotes the saliva. It is secreted by the three pairs of salivary glands, which is useful in mastication.
- ❖ THARPAGAM: This is cerebrospinal fluid. This is responsible for the protection of cerebrum.
- ❖ POTHAGAM: It denotes the lymph. This is responsible for the immunity, absorption of excess fluid and return to the bloodstream.
- ❖ SANTHIGAM: It denotes the synovial fluid. This is responsible for the lubrication and free movement of joints

The increase, decrease of individual Doshas, or imbalance of a couple of these Doshas is called as Samsarga And imbalance of all the three Doshas together is called as Sannipata.

### Dealing with disease- Fever(*jwara*):

Owing to the extent of the book, we are going to focus only on a particular disease which is currently ruling the entire world. In this 21<sup>st</sup> century, we are unable to find a cure for the pandemic COVID-19. While the great sages have found the remedy, 200 years ago and yet mankind is blind enough to look into it. The treatise altogether capsules all the major diseases present in the world, right from the common cold(which is no longer common these days) to brain haemorrhage.

### Scientific Correlation:

According to literature, the cause of fever is given as “When this vitiated (vata) enters into amasaya(stomach) and being mixed up with heat, accompanying the initial dhatu produced by digestion of food and known as 'Rasa(body chemicals), blocking the channels carrying rasa and sweda (sweat) and affecting the agni takes out the heat from the seat of digestion and spreads it all over the body, it produces fever.” For a common man, these might just look like a myth. But if we ponder upon it, then we can find the relation between this and what the scientists of the 17<sup>th</sup> century found. Scientific explanation of fever is, “Temperature is regulated in the hypothalamus. The trigger of a fever, called a pyrogen, results in the release of prostaglandin E2 (PGE2). PGE2, in turn, acts on the hypothalamus, which creates a systemic response in the body, causing heat-generating effects to match a new higher temperature set point. Hence, the hypothalamus can be seen as working as a thermostat.

Not only in the cause of the fever, but in the cure too, we are one step ahead of the western “scientists”. For example, “Ghee” is considered to be the best to cure fever. To quote, “However, in all types of jirna jwara (chronic fever) intake of ghee cooked with proper drugs is recommended because ghee pacifies vata due to unctuousness, kapha due to processing, pitta and heat due to coldness, hence in all chronic fevers ghee is wholesome like water on substances scorched by fire.” The new age nutrition, as well as dietician, says no to ghee due to high fatty acid content. But if we look into the composition of normal Paracetamol medicine, we can find that it has a certain type of Hydrogen peroxide, which when mixed with bodily contents, gives out fatty acids, which in turn reduces the temperature of the body.

## **PREVENTION:**

### **Food Habits:**

The food you eat plays a key aspect in determining your overall health and immunity. Eat low carb diets, as this will help control high blood sugar and pressure. A low carb diet will help slow down diabetes and focus on a protein-rich diet to keep you in good shape. Certain foods like mushrooms, tomato, bell pepper and green vegetables like broccoli, spinach are also good options to build resilience in the body against infections.

You can also eat supplements rich in omega 3 & 6 fatty acids for your daily dose if stepping out to buy groceries is not an option during social distancing. Some natural immunity supplements include ginger, gooseberries (amla) and turmeric. Some of these superfoods are common ingredients in Indian dishes and snacks. Several herbs help in boosting immunity like garlic, Basil leaves and Black cumin. Certain seeds and nuts like sunflower seeds, Flaxseed, pumpkin seeds and melon seeds are excellent sources of protein and vitamin E. These food habits have been insisted by our Government to boost up immunity, to fight against coronavirus which already plays a major part of our food habits in India that has been prescribed by our ancestors. But nowadays, we are more attracted towards western foods which just reduces and damages our immune system.

### **Isolation of the patients and caring for them:**

Big pandemic disease namely Chickenpox has been totally eradicated in India. Even this smallpox is more infectious than COVID-19. But our Indian culture and customs had eradicated this disease. In those days isolation of the smallpox patients at the early stage were implemented. The patients were made to sleep on neem tree leaves which provides the patient to breathe well and maintains their pitta and kapha balance. No one except their family members were allowed inside their home as a measure to control the spread of the disease and also maintains social distancing. Neem leaves were made to hang on the entrance of the house to provide the fresh and clean air for all. Water mixed with turmeric powder was kept at the entrance of the house and whoever enters the house must wash their hands and feet which acts as a disinfectant. The same hold procedure has been insisted today by Government and doctors to control this pandemic situation.

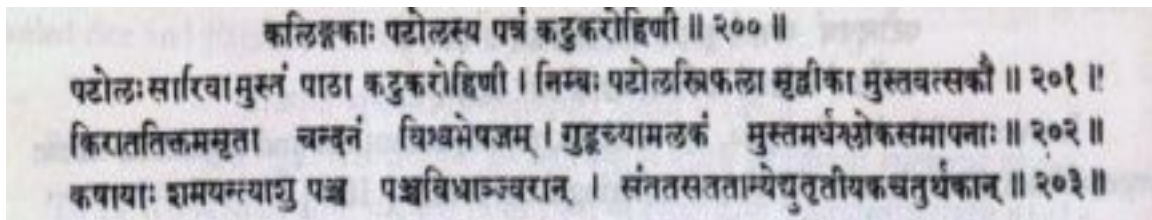
## POSSIBLE REMEDIES FOR COVID-19:

The more we read the chapters of Caraka Samhita, we can find the similarity of the current disease in the catalogue of diseases as mentioned in the text. As an amateur enthusiast majoring in science, we have tried to find the essence of the literature which could be a key to the cure of this pandemic.

The disease fever has been categorized as Vata initiated or kapha initiated etc. It is mentioned that natural fever arisen in the season of spring and autumn are curable. Kapha accumulated in winter (cold) gets aggravated in spring. But, heavy dosas, spread all over the body through the channels carrying the rasa, give rise to Santata jwara (remittent fever). Being unbearable and quick-acting, it gets subsided or kills the patient over a period of seven, ten or twelve days. That is, this fever gets subsided or becomes fatal in the period of a week, according to the condition whether *rasa* has been purified or not. When they are not purified completely, it gets lodged into twelve dhatus of the body and is hidden. It continues hidden without responding to any treatment. Thus treatment for this is called the “desaturation”.

In the *Vimanasthana*, chapter three of the book, the method of desaturation is clearly given. Quoting the author, “Desaturation is also of three types-reducing, reducing cum digesting, letting out of dosas.” He continues, “Amongst them, reducing therapy is recommended for those having dosas with a little strength. By reducing therapy Agni and Vata are increased which dry up the little dosas like the wind and the sun drying up the little water. The reducing cum / digesting therapy is prescribed in case of dosas with medium strength. By this therapy, the moderate dosas are dried up in the same way as the moderate quantity of water is dried up by the sun-heat and wind and also by sprinkling dust and ashes. In the case of abundant dosas, only letting out of dosas is prescribed, there is no remedy for the overflowing of a small pool except by breaking downfield barriers. The therapy of letting out dosas works in the same way.”

Many medicinal herbs when mixed with half cup water and boiled milk cures different types of jwaras. Likewise, the cure for remittent fever lies in the herbs



- ☐ **Indrayava-** *Holarrhena antidysenterica* Seed
- ☐ **Patola leaves-** *Trichosanthes Dioica*
- ☐ **Katurohini** – *Picrorhiza Kurroa*

Thus upon finding similarities between COVID-19 and Santata jwara or remittent fever, the above-mentioned herbs could be a possible cure for the current pandemic



## CONCLUSION:

Traditional medicine is still playing a vital role and will play a major role in the future as well. Traditional medicine can be explained as the diverse health practices and approaches, complied knowledge, skills, and practices related to animals, plants, and mineral – which is related to the beliefs, spiritual remedies, manual practice/procedures, and ancient indigenous experience that used to maintain health and comfort as well as to cure, diagnose, or prevent illness. It is a great treasure given to us. This pandemic situation also could be dealt better with the help of our literary works. But the more saddening thing is that we the Indians have forgotten the rich Indian tradition and its importance. So let's all revive the old scripture, study them and also implement them for our happy and healthy life.

## REFERENCES:

1. *Caraka Samhita* text with English Translation by P.V. Sharma
2. *Paracetamol: mechanism of action, applications and safety concern marta j"èwiak b benista\* et all*

## DEPARTMENT OF SANSKRIT (EVE) 2019-2020

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### ONE DAY SEMINAR ON VEDIC MATHS

The Department of Sanskrit organised a one-day seminar on Vedic Maths on 27th August 2019 at Mini Auditorium. The event was inaugurated by Principal Dr. R. Geetha. The topic of the seminar was presented by the Chief Guest Mrs. Usha SundarRaman, Associated with IAVM from Dubai, Dr. Kavitha, Assistant Professor Department of Maths. Academicians, Scholars, Sanskrit and Maths students of UG and PG level from various colleges participated and got benefitted. The speakers imparted knowledge on various methods and simplified techniques of calculations from traditional Vedic Maths for students which were very useful.



## INTERDEPARTMENTAL COMPETITIONS 2019-2020

The Department of Sanskrit conducted Interdepartmental competitions on 3<sup>rd</sup> October 2019. The first event was Sloka Recitation judged by the honourable judges Dr. Yogambal, Assistant Professor, Department of Sanskrit(Day) and Dr. Sivashankari, Assistant Professor, Department of English. Potpourri was judged by Dr P Amirtha, Assistant Professor, Department of P.G. A & F and Mrs Gaja Lakshmi, B.Com (ISM). Treasure Hunt was conducted for which the judges were Dr Bala Kamakshi, Assistant Professor, Department of BIM and Dr S Kavitha, Assistant Professor, Department of Maths.



## WINNERS OF THE COMPETITIONS

S.NO	NAME	DEPARTMENT	COMPETITION	PRIZE
1	Padmavathy T	B. Com (Hons.)	Sloka Recitation	I
2	Rashhmi B	B. Com A & F		II
3	Bhaviya. R	B. Com A & F		
	Sanjana			
4	Rashhmi B	B. Com A & F	Potpourri	I
5	Varsha	B. Com A & F		
6	Divya Lakshmi	B. Com A & F		
7	Tarunika	B. Com (Gen)		
8	Ananya	B. Com (Gen)		II
9	Akshaya	B. Com (Gen)		
10	Nivedhita	B. Com (Gen)		III
11	Ponni T.B	B. Com (Gen)		
12	Janaranjani	B. Com (Gen)		



13	Sneha Kothari	BCA	Treasure Hunt	I
14	Neeraja	BIM		
15	Sandhya. V	B. Com C. S		
16	Gayathri M.S	BIM		II
17	Nirmala.R	B.Sc. CND		
18	Sravistha.S	B.Sc. CND		III

## SANSKRIT ASSOCIATION MEET

The Department of Sanskrit held a Sanskrit Association meet for the year 2019-2020 on 19<sup>th</sup> Feb 2020, at about 10:30 am. The Chief Guest was Dr. Sita SundarRam, Secretary of Kuppuswami Sastri Research Institute, and The Samskrita Academy, Madras, Mylapore, Hony Member, P.S. Educational Society, Chennai. The session by Dr.Sita SundarRam was wonderful and interesting, She gave lectures on Sanskrit works relevant to Modern Science. It was collective information and very useful for students.



## SANSKRIT STUDENTS ACHIEVEMENT

S NO	NAME	DEPARTMEN T	COLLEG E	COMPETITIO N	PLAC E
1	Shrividhy a S	B.Sc. Viscom	Ethiraj College for Women	T-shirt painting	III
2	Malvitha R	B.Sc. Viscom			
3	Gayathri. S	B.Sc. CND		Shipwreck	III
4	Akshara S	B. Com A & F	MOP Vaishnav College	SAREGAMA	III
5	Gayathri S	B.Sc. CND		Tale	I
				Quiz	II

6	Keerthana	B.Sc. (Comp. Sci)	Sri Kanyaka Parameswari Arts & Science College for Women	Paper presentation	II
7	Dhanavarshini	B. Com A & F			
8	Gayathri S	B.Sc. CND			
9	Aishwarya J	B.Sc. Viscom	Shri Shankaralal Sundarbai Jain College for Women	Comic Strip	II
10	Shobica S R	B.Sc. Viscom			
11	Aarthi	B. Com		Conversation	I
12	Nirmala	B.Sc. CND			
13	Gayathri S	B.Sc. CND			
14	Bhaviya R	B. Com A & F	Anna Adarsh	Collage	Consolati on
15	Anuraaga R	B. Com A & F			
16	Anuraaga R	B. Com A & F		Quiz	III
17	Padmavathi	B. Com (Hons)			



18	Gayathri S	B.Sc. CND	Samskrutha Bharathi	Oratorical	Exceptional
20	Jai Priya	B. Com		Quiz	I
21	Aarthi V	B. Com			
22	Gayathri S	B.Sc. CND			
23	Sona R	B.Sc. Psychology		Paper Presentation	Exceptional
24	Gayathri S	B.Sc. CND			
25	Keerthana V	B.Sc. (Comp.Sci)			
26	Gayathri S	B.Sc. CND	JBAS College	Pictionary	I
				Crossword	



## DEPARTMENT OF HISTORY AND TOURISM

### BHARATH HISTORY

The Bharath History Association held the following Interdepartmental competitions on 1<sup>st</sup> October 2019.

S.No	Name of the Event	Prize Winners with Class		
		I	II	III
1.	T-SHIRT PAINTING	III B.A. English S. Dhaarani	III B.Sc. PB & PBT S. Hema Priya	III B.Com. S.R. Ramyashree
2.	COLLAGE	III B.Sc. Physics R. Aishwarya J. Aishwarya	III B.Com. B. Varsha N. Nithya	II B.A. English R. Shubhakararini V.N. Meenakshi
3.	ADZAP	III B.Com. R. Sumithra R. Vathsalya Varsha B. Varsha P. Vishvaja	III B.A.English S. Shanmuga Subha R. Hemalatha R. Jenifer K. Janani	III B.Sc.Computer Science S. Hema Sri P.T. Haritha J.H. Raghavi N.Fareen J. Anitha





## WORKSHOP

The third-year students of the Department attended a 10 Day ( 24<sup>th</sup> June - 4<sup>th</sup> July 2019) Workshop on the topic "**Archaeological Resources In The Reconstruction of Ancient History of Tamilnadu & The Application of Recent Technologies In Archaeological Studies**" at The School of History and Tourism Studies, Tamilnadu Open University. The workshop was sponsored by The Indian Council of Historical Research (ICHR).





## PAPER PRESENTATION

The following students presented their papers in an Intercollegiate seminar conducted by Tourism and Travel Management Department of A.M Jain College on 18th December 2019,

S.No	Name	Year	Topic
1.	L.Evangelin Mercy	III year	Sustainable Entrepreneur in Tourism
2.	K. Yogitha	I year	Sustainable Entrepreneur in Tourism
3.	V. Harshini	I Year	Event Management and Packages
4.	A. Thirisha Shree	I Year	Event Management and Packages



## STUDENT INTERNSHIP

II and III year students participated in the following internship programmes and gained experience through hands-on sessions

S.No	Name of the Organisation	Date		Beneficiaries
		From	To	
1.	India Tourism	16/12/2019	27/12/2019	II year (12 Students)
2.	AAI Cargo	09/12/2019	21/12/2019	III year ( 2 Students)
3.	Chennai Govt. Museum	10/12/2019	30/12/2019	III Year (18 Students)
4.	SOTC	18/12/2019	18/01/2020	II Year (4 Students)
5.	IRCTC	08/01/2020	08/03/2020	III Year (2 Students)



## STUDENTS' PARTICIPATION IN INTERCOLLEGIATE COMPETITIONS

Students participated in the following InterCollegiate competitions held by the Department of History, Loyola College on 13<sup>th</sup> December 2019.

S .No	Name	Year	Event	Prize
1.	L.Evangeline Mercy	III Year	Poster Making	2 <sup>nd</sup> Prize
2.	K.Gajalakshmi	III Year	Doodling	2 <sup>nd</sup> Prize
3.	K.Yogitha	I Year	English Debate	3 <sup>rd</sup> Prize
4.	D. S. Leena Washini	I Year	English Debate	3 <sup>rd</sup> Prize

## SPORTS

### International Level

K.Sivavarshini, I year, won the Gold Medal at the Indo- Sri Lanka Karate Championship held at Kandy in Sri Lanka on 12<sup>th</sup> October 2019 for the Kata and Kumite style of Karate.





## National Level

The following students from the Department of History and Tourism represented the College and participated in the **FORM 2 KABADDI Tournament** that took place in **Punjab** in April 2019. They secured the 2<sup>nd</sup> position.

S.No	Name	Class
1	K. Baby Rani	III Year
2	M. Gayathri	II Year
3	Tamil Arasi	I Year



## ARCHIVES VISIT

The III year students visited the Tamil Nadu Archives on 31<sup>st</sup> January 2020, during which the students were given hands-on training to understand the methods used to maintain government records in Tamil Nadu.



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## PHOTO EXHIBITION

The Department of History and Tourism in collaboration with Temple Survey Project, Archeological Survey of India, held a two-day photo exhibition on 11th and 12th February 2020 on the theme “ARCHITECTURAL MARVELS OF TAMILNADU”.

The exhibition was inaugurated by Dr. R.Geetha, The Principal. The Head of the Department of History and Tourism, Dr. J.R.Banumathi, welcomed the gathering. The presidential address was delivered by Mrs K.Moortheswari, superintending Archaeologist, Temple Survey, Archaeological Survey of India, Chennai. The vote of thanks was given by Dr. S.Saraswathi, Associate Professor, Department of History and Tourism.



The III year students visited the Tamil Nadu Archives on 31st January 2020, during which the students were given hands-on training to understand the methods used to maintain government records in Tamil Nadu.

## CHENNAI TRIP

The II B.A.History and Tourism students were taken on a trip across the city on 18th February 2020 as part of the curriculum. Mrs Nivetita, a freelance Historian, shared her profound knowledge and helped the students throughout the trip. On their trip, the students visited Fort. St. George, the birthplace of Chennai city among other places.

## INTERCOLLEGIATE COMPETITIONS -HISTOURIKA

The Bharath History Association 'HISTOURIKA 2020' conducted various InterCollegiate competitions on 28th February 2020. Students from different colleges took part in the following events.

S. No	Name of the Event	Prize Winners		
		I	II	III
1.	T-SHIRT PAINTING	Vickra Pandiyan- Loyola College	Prity Das.B - Anna Adarsh College for Women	
2.	FACE PAINTING	Francis.X & Sanjay.S - Loyola College	Justin.J & Tamilvanan.M- Loyola College	Divya & Kameswarn- Madras Christian College
3.	POSTER MAKING	Kameswaran -Madras Christian College	Francis.X- Loyola College	
4.	SHIPWRECK	Somugtha - Ethiraj College For Women	Priyadharshini- Loyola College	Varun- Madras Christian College





## STUDY TOUR TO MYSORE AND THALAI KAVERI

The students from III B.A. History and Tourism went on a three-day study tour (9th to 12th March 2020) to Mysore and Talakaveri. They visited historical places with great cultural importance like the Mysore Palace, the Shri Chamundeshwari Temple, the St. Philomena's Cathedral, the Brindavan Garden and the Talakaveri.



## DEPARTMENT OF ECONOMICS

Association of Economics held its Intercollegiate event on 3<sup>rd</sup> March 2020. A number of competitions were conducted as a part of this event in which students from various colleges participated enthusiastically. The competitions included Quiz, Adzap, Connexions and Channel Surfing. Quiz competition was on the topic -economics and current affairs. The topics were given on the spot for Adzap. Following students won prizes in these competitions

S. No	Name of the Event	I Prize	College	II Prize	College	Name of the Judges
1	Quiz	Charles Rohit	Loyola College	Praveen Mohan	Loyola College	Dr. K.Kanthimathi Department of English
2	Adzap	Charles Rohit, Vincent, Praveen, Mohan	Loyola College	Yogesh, Ramamoorthi, Mohamed Ashik, Sherif	The New College	Mrs. Sri Vidhya and Ms Vaishnavi Department of Commerce
3	Connexions	Charles Rohit	Loyola College	Raghuramman, S.Yogesh	The New College	Mrs. Hema.P and Mrs S.Sharmila Department of English
4	Channel Surfing	Hari, Mishell	Loyola College	Hayathbasha, Vignesh	Tagore College	Mrs. Santhanalakshmi







## DEPARTMENT OF ENGLISH

### “ENCHANTÉ LITERARIA”

"What we need is not the will to believe but the wish to find out." **ENCHANTÉ LITERARIA** (2019-20) was this magical spell that broke out to bring out the hidden talents of our literati. This academic year began with an air of tenacity to leave an impression forever, with a tinge of pride. The Literary Association and Debate Club were christened with the name ENCHANTÉ LITERARIA, meaning delightful literature. For the year 2019-20, Mrs. K.Thangam, Associate Professor, Department of English held the post of Association Vice President. G.Sowmiya and N.Pavithra of III year B.A. English were appointed as the Association Secretary and Debate Club Secretary respectively. The Association was inaugurated on 17<sup>th</sup> October 2019 by Dr. K.N. Shobha from Anna University.

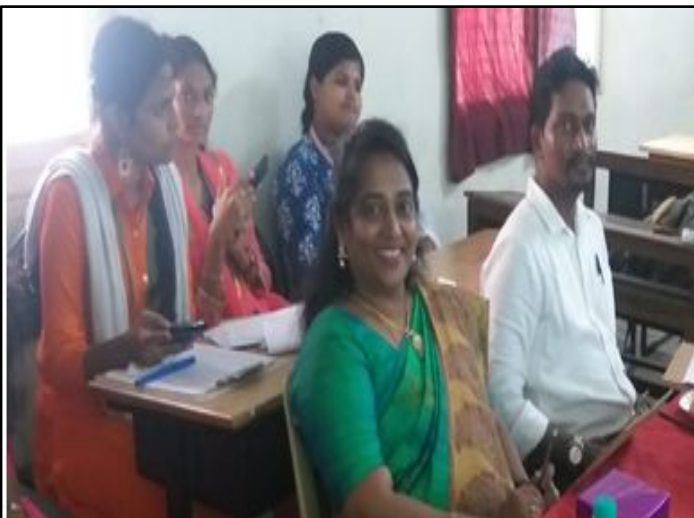
### INTERDEPARTMENTAL COMPETITIONS

The Interdepartmental competitions were held on 3<sup>rd</sup> December 2019. Around 70 students from various departments took part actively in the events. The events included T-shirt painting, news reading, literary buzz, pictionary, block and tackle, cook up your story, and word battle. The overall trophy was won by the Department of Physics.



## INTERCOLLEGIATE COMPETITIONS

The intercollegiate competitions were held on 16<sup>th</sup> December 2019 with the theme of Harry Potter. Students from Madras Christian College, Loyola College, Ethiraj College for Women, Stella Maris College, SRM Institute of Science, Technology & Advanced Studies, St.Thomas College Of Arts And Science, Hindusthan College of Arts and Science and other city colleges vivaciously participated. The events included whizz-kwizz, pictorux, discutir, tri-wizard hunt, and spell your tale. The lively participation from the students made the event a grand success. The decorations done by the students of the English department were the "talk of the week" on the campus. Students from Madras Christian College won the overall championship. The event came to an end with a valedictory ceremony and the prizes were distributed by the judges of the respective events.







## WORKSHOP

On 4<sup>th</sup> January, an intercollegiate workshop was held. Two resource persons, named Dr P. Karthika Devi from The standard fireworks Rajaratnam College and Dr. Prayer Elmo Raj from Pachaiyappa's College addressed the gathering on the topic, Academic Writing. A Guest lecture was conducted on the topic Eco-Criticism wherein Dr. K. N. Shobha from Anna university addressed the students.





## PRIZE WINNERS

S.No	College name	Event name	Prize	Student's name
1.	SSS Jain	Adzap	1st prize	Shanmugha Subha. S Harini. M Hemalatha. R Jenifer. R
2.	Toast Masters club	Elocution	Overall trophy	Mathangi. S TaffyTonia. A
3.	Toast Masters club	Elocution	1st prize	Mathangi. S
4.	Tamilnadu Forest Department	District level Elocution	1st prize	Mathangi. S
5.	CKN College	Proverb hunt	2nd prize	Burzilla Gracitta. J Sneha Bharathi. J
6.	MIT Chrompet	Wordplay	1st prize	Supriya. R Dixidha. R
7.	MIT Chrompet	Storytelling	1st prize	Supriya. R
8.	Dr. MGR Janaki College	Dumb charades	1st prize	Shanmugha Subha. S Vaishnava Devi. Nandhini.S
9.	Airports Authority of India	Elocution	1st prize 2nd prize 3rd prize	Priya Ayilam Chidambaran Swathi Eswari Aadhira
10.	Vivekananda College	Elocution	1st prize	Mathangi. S

