

# VYASA TARANGA DVAIMASIKA

ALN RAO MEMORIAL AYURVEDIC MEDICAL COLLEGE, KOPPA

STUDENTS CLUB BI-MONTHLY MAGAZINE

## INSIDE THE VYASA TARANGA DVAI- MASIKA

*Campus Connect -  
What's Poppin' on  
Campus?*

ತಿಂಗಳ ಸುದ್ದಿ

*Knock...Knock!  
Guess who's here  
ನಲ್ಮಿಯ ಅತಿಥಿ!*

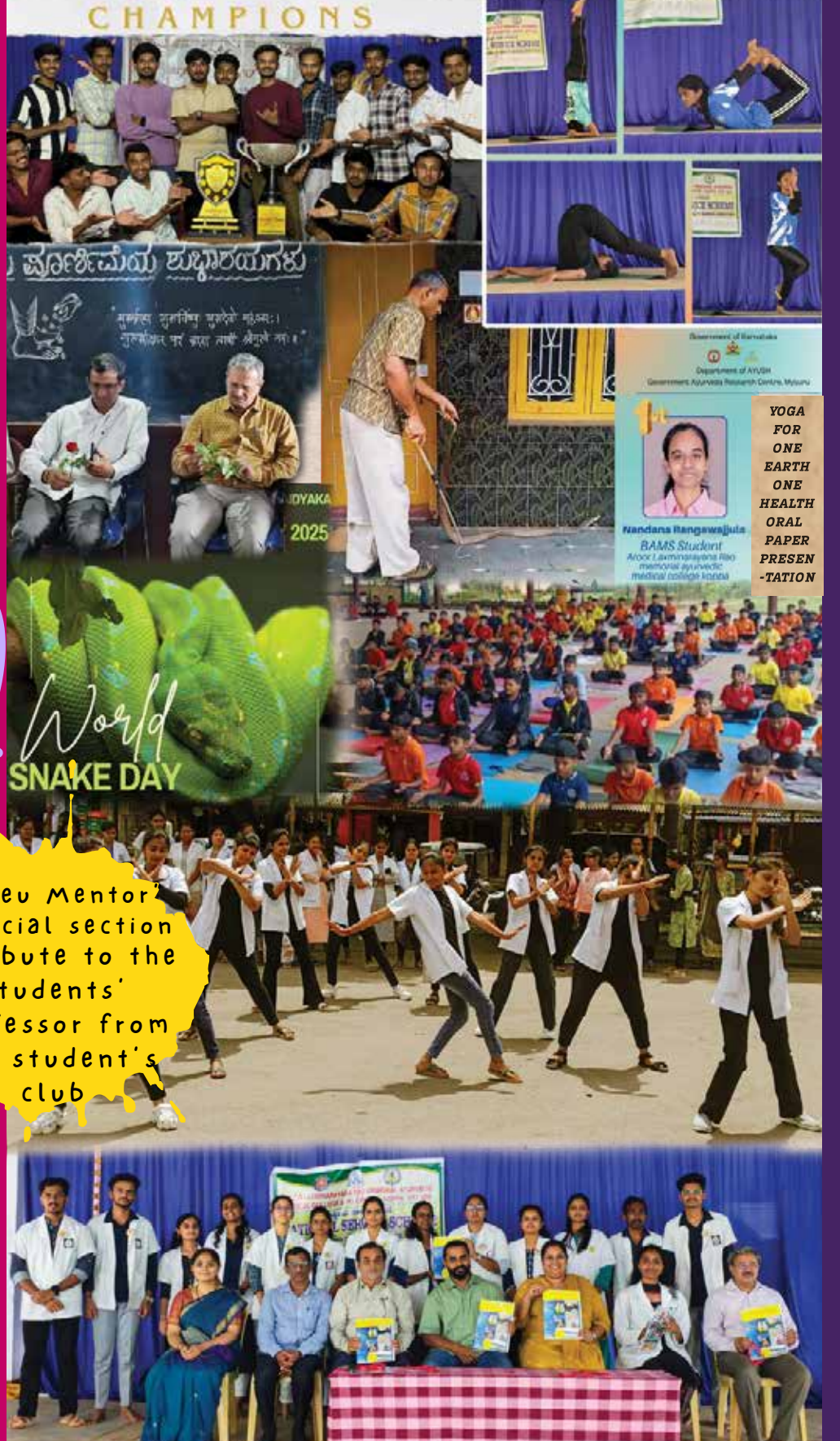
*Hey! Is that you?  
Talent Spotted!*

ನಮ್ಮ  
ಹುಡುಗರ ಅಡ್ಡ

*Do not miss!!!  
Snake Rescuing  
Unplugged*



"Adieu Mentor"  
- Special section  
A tribute to the  
students'  
professor from  
the student's  
club



YOGA  
FOR  
ONE  
EARTH  
ONE  
HEALTH  
ORAL  
PAPER  
PRESEN-  
TATION



Nandana Rangaswajula  
BAMS Student  
Alcock Laxminarayana Rao  
memorial ayurvedic  
medical college koppa



# "A New Chapter Begins: Celebrating the First Edition of Vyasa Tarangā" - A Day to Remember



## A Proud Milestone for Dvaimasika Vyasa Tarangā

On June 21, 2025, Dvaimasika Vyasa Tarangā proudly unveiled its very first edition - Volume 1, Issue 1, marking a remarkable milestone for the institution. The journey was made possible by the steadfast guidance of our esteemed trustee Smt. Aroor Namitha Rao, the dynamic support of our director Mr. Abhijeeth Rao, and the scholarly encouragement of our respected principal Prof. Dr. Sanjaya K. S. The vibrant blend of academic and literary expression was brought to life under the insightful leadership of Dr. Pooja Huilgol, Coordinator of the Students' Club, and assistant professor, Dept. of Panchakarma. Together, their vision and dedication have set the tone for many inspiring editions to follow. The publication was further enriched by the valuable contributions and mentorship of Vice Principal UG Dr. H. R. Pradeep and Vice Principal PG Dr. Dinesh Kumar Mishra. Together, their combined efforts laid the foundation for a platform that fostered expression, thought, and academic inspiration.



As the dignitaries unveiled the inaugural edition, members of the Students' Club came together in a moment of shared joy, proudly presenting the fruits of their hard work. In a thoughtful note, Dr. Pooja Huilgol expressed heartfelt gratitude to the management and trustee Smt. Namitha Rao for turning their shared dream into reality. She also extended sincere thanks to Principal Dr. Sanjaya K. S. for his unwavering support and guidance in shaping the club's vision, and to Vice-Principal Dr. Pradeep H. R. for consistently backing the club's initiatives, facilitating its activities, and inspiring students to showcase their talents.

The magazine features three vibrant sections, each with its own unique flavour. Campus Connect / ತಿಂಗಳ ಸುದ್ದಿ brings readers the latest updates on college events, activities, and achievements. Knock... Knock! / ನಲ್ಲೆಯ ಅತಿಥಿ! offers engaging guest interviews and special features, while Talent Spotted! / ನಮ್ಮ ಹುಡುಗರ ಅಡ್ಡ is a creative corner showcasing the artistic works and talents of our students. Every edition is thoughtfully curated and meticulously put together by the dedicated members of the Students' Club before being proudly released.



In her presidential address, Smt. Namitha Rao commended the dedicated efforts of the Students' Club and extended special congratulations to Miss Nandana Rangawajjula, final-year student and President of the Art & Literature Club, for securing first place in the national-level paper presentation competition. The paper presentation competition, held by the Government Ayurveda Research Centre, Mysuru, on the occasion of International Yoga Day, was guided by Dr. Pooja Huilgol. Mrs. Rao also encouraged all members and students to come forward, make the most of the opportunities provided by the club, and strive for excellence.



# सत्यं परं धीमहि

## VAIBHAVA - THE COLOURFUL CULTURAL WEEK

3rd June: The Annual Cultural Meet was held from 3rd June to 9th June 2025. A diverse range of cultural events took place over four days, including painting, vegetable carving, mehendi, rangoli, elocution, pick-and-act, dance, and singing competitions. The campus atmosphere was vibrant, with participants displaying remarkable creativity and enthusiasm across all events. Batch Lakshya secured the highest points and was declared The Champions of Vaibhava 2025.



The chief guest for the valedictory function was Mr. Ananthapadmanabha Rao, a renowned figure known for his significant contributions to the promotion and preservation of Yakshagana in the Koppa region. Smt. Namitha Rao appreciated the grand organisation of the Annual Cultural Meet, announced the results, and congratulated all the winners. Dr. Manjunatha Hegde, Cultural Coordinator, along with committee members Dr. Keerthi and Dr. Chaitra, were commended for their efforts in ensuring the success of the event. The closing ceremony also featured lively performances by the staff of the institute, including group songs, karaoke songs, group dance, and other engaging cultural presentations.

## WORLD ENVIRONMENTAL DAY

5th June: World environment day was celebrated on 5th of June with the theme of \*Beat plastic pollution\*. A photography competition was organised by dept of dravyaguna and agada tantra with the theme of Plastic vs Planet. Also dept of dravyaguna along with Principal Dr. Sanjaya K S planted a sapling in the college premises.



## INTERNATIONAL YOGA DAY CELEBRATION- YOGA WEEK

10th June: Second year students initiated 10 days of yoga camp across various schools of Koppa from 10th June to 21st June to spread the benefits and knowledge of yoga and also students of 3rd year instructed and shared their knowledge of yoga

## BLOOD DONATION CAMP

19th June: A Blood Donation Camp was successfully organized by the departments of Kriya Shareera, Roga Nidana and Shalya Tantra. The event featured an insightful and interactive session with Dr. Muralidhar, esteemed chief guest, who emphasized the importance of blood donation and its life-saving impact. The camp witnessed enthusiastic participation from students and staff, with many coming forward to donate blood.



to various sectors of society like advocates, college students and others. The event was organised under the dedicated guidance and efforts of Dr. Pradeep H. R., as in previous years, with the support of Dr. Veena Ramesh, Assistant Professor, Department of Swasthavrutta.



## INTERNATIONAL YOGA DAY: ONE EARTH ONE HEALTH



21st June: International Yoga Day was celebrated in its true spirit with a series of awareness programmes, beginning with a rally. Early morning yoga sessions were conducted at various schools, coordinated by Dr. H. R. Pradeep and Dr. Veena Ramesh. In the afternoon, the session was addressed by Managing Trustee Smt. Namitha Rao, in the esteemed presence of Mr. Abhijeet Rao, who enthusiastically participated in the yoga activities. The celebrations concluded with a Yogāsana competition, Yoga dance, and paper presentations, showcasing the diverse ways yoga can be expressed in.





# सत्यं परं धीमहि

## WORLD NO TOBACCO DAY: UNMASKING THE APPEAL

25<sup>th</sup> June: On the occasion of World No Tobacco Day 2025, an outreach programme was organized by the Department of Agadatantra Evam Vidhi Vaidhyaka and an awareness talk was conducted by the 2nd year BAMS students for the Plantation workers of Nuggi Village. The main objective of this programme was to create awareness among the workers about the harmful effects of tobacco use and to encourage them to adopt healthy habits by avoiding tobacco in any form. This initiative was conducted as a part of community health awareness activities undertaken by the institution.



## INTERNATIONAL DAY AGAINST DRUG ABUSE: BREAK THE CYCLE

26<sup>th</sup> June: The International Day Against Drug Abuse and illicit trafficking was observed with the theme "Break the Cycle." With Mr. Gopal Gowda as the Guest of Honour, who is a member of Alcohol Anonymous support group, the day aimed at creating awareness. The guest and his team who are dedicated to helping individuals overcome alcohol addiction, spoke about managing withdrawal symptoms, and adopting methods to effectively tackle dependency. Dr. Haritha M, assistant professor, Dept. of Agada Tantra, successfully coordinated the event.



## WORLD POPULATION DAY: EMPOWERING THE YOUNG

11<sup>th</sup> July: On the occasion of World Population Day, a thought-provoking guest lecture was organized by the Department of Kaumara Bhritya and Prasooti Tantra and stree roga. The session featured Dr. Nagraj M.G., Professor of Sociology, as the esteemed spokesperson. He delivered an insightful talk on the relevance of World Population Day, emphasizing the impact of population growth on resources, health, and societal development.



## HONOURING THE LEGACY: SUSHRUTA JAYANTI CELEBRATION

11<sup>th</sup> July: Sushruta Jayanti was celebrated, with great reverence by the Department of Shalya tantra and Shalakya Tantra, paying homage to the father of surgery - Maharshi Sushruta. As part of the celebrations, a quiz competition and an e-poster competition were conducted, encouraging active participation from students. The events highlighted the timeless contributions of Acharya Sushruta and fostered enthusiasm for academic excellence and innovation in surgical sciences.



## GURU POORNIMA: HONORING THE GUDING LIGHTS OF LIFE

11<sup>th</sup> July: The event began with a traditional lamp-lighting ceremony followed by devotional songs and speech honoring the teachers and mentors. Students expressed their gratitude through cultural performances, exciting games for teachers and heartfelt personalized messages written for each teacher, highlighting their invaluable role in shaping the lives of students. The program concluded with blessings from faculty members and making it a memorable and inspiring occasion.



## WORLD SNAKE DAY - PROTECTING NATURE'S SILENT GAURDIAN

16<sup>th</sup> July: The Department of Agada Tantra organized World Snake Day celebrations to raise awareness about snake conservation and the importance of first aid during an event of snakebite. The program was graced by distinguished guests: Mr. Dinesh Bhat, Ajay V. Giri (Field Director, ARRS), Mr. Rithan Bopanna, and Mr. Abhilash Achar, who shared their expertise and experiences in the field of herpetology and wildlife conservation. The sessions included video demonstrations, interactive discussions, and valuable insights into the life and behavior of snakes.





## सत्यं परं धीमहि

### E-WASTE MANAGEMENT: BYE-BYE E-WASTE

18<sup>th</sup> July: The Department of Swasthavritta & Yoga organized an informative guest lecture on E-Waste Management for the II year BAMS students and faculty members. The session was delivered by Mr. Venkatesh Murthy, an eminent entrepreneur and environmental advocate, known for his pioneering work in sustainable waste solutions through VANS Group of Companies. The lecture focused on the increasing threat posed by electronic waste and emphasized the critical need for proper handling and recycling. Mr. Murthy presented a comprehensive explanation of the recycling process, covering every stage from collection and segregation to safe disposal and repurposing of E-materials.



### KARKATAKA CHIKITSA HEALTH CAMP-TIME TO DETOXIFY

18<sup>th</sup> July: A Traditional Ayurvedic practice focused on detoxification, rejuvenation, and boosting immunity during the month of monsoon - Karkataka Masa, a free health check up camp was organized by the Dept. of Panchakarma (Dr. Shobha BK, Dr. Surabhi krishnan, & Dr. Pooja Huilgol). Inaugurated by the Dept of Panchakarma, the camp aimed at providing Panchakarma therapies, lab tests and medicines at discounted price.



### A SERENE JOURNEY INTO KARYA KARANA SIDDHANTA

21<sup>ST</sup> July: A guest lecture series on Karya Karana Siddhanta and Pramanas was organized by the Department of Samhita Siddhanta and Sanskrit from July 21st to July 24th 2025. The session was delivered by Vidwaan Teja Shankara Somayaji, HOD of Philosophy at Ambika Mahavidyalaya, Puttur, and Chief Coordinator of Shankara Tatva Prasara Abhiyan, Sharada Peetham, Sringeri.



The lecture provided deep insights into classical Indian philosophical principles, enriching the academic understanding of students and faculty alike.

### CME ON DISORDERS OF THE SPINE AND SPINAL CORD

26<sup>th</sup> July: A CME was organised by the Dept of Dravyaguna on spine and spinal cord disorders in association with Vaidhyaratnam pharmaceutical company. The CME presented guest lecture on the treatment of spinal cord injuries by Dr. Chandrashekhar Rao, chief consultant, Anamaya chikitsalaya Udupi. The expert speaker shared his insights on ayurvedic management of spinal disorders, integrating with modern tools and enriched the session with insightful thoughts on application of classical texts in treating modern day diseases. Dr. Vinayak Bhat, senior prof. from the Dept., felicitated the guests and delivered the vote of thanks.



### AATI AMAVASYE: SIP YOUR WAY TO A BETTER HEALTH

24<sup>th</sup> July: Aati Amavasya otherwise known as Ashada Amavasya is an auspicious event celebrated in the regions of Malenadu and Tulu Nadu. This special day marks the traditional ritual of drinking Kashaya prepared from the bark of Saptaparna tree (Alstonia scholaris) in order to gain immunity from diseases of the monsoon season. Dept of Dravyaguna, RSBK and Panchakarma collaboratively undertook the initiation to prepare and distribute the traditional decoction between 6 a.m. - 8 a.m. in the morning. More than 300 people from the region, benefited from the event, which also received appreciation from the local community.



### HEALING BEGINS WITH AWARENESS: WORLD HEPATITIS DAY CELEBRATION

28<sup>th</sup> July: Dept. of Kayachikitsa commemorated World Hepatitis Day under the WHO theme "Hepatitis: Let's Break It Down", with a mission to raise awareness and break barriers in hepatitis care. The event was thoughtfully curated to enhance the clinical understanding of III BAMS students while spreading knowledge as they conducted essay writing and video making competition.





## ಹಾವುಗಳ ಜಗದೊಳಗೆ

- ಶ್ರೀ ದಿನೇಶ್ ಭಟ್ ಇವರೊಂದಿಗಿನ ಮಾತುಕಥೆ

1) ನಿಮಗೆ ಹಾವುಗಳ ಬಗೆಗೆ ತಿಳಿದುಕೊಳ್ಳುವ ಆಸಕ್ತಿ ಯಾವಾಗ ಮೂಡಿತು? ಇದಕ್ಕೆ ಕಾರಣವಾದ ಘಟನೆಗಳು ಯಾವುದಾದರು ಇವೆಯಾ?

- ನನ್ನ ಕಾಡಿನ ಚಾರಣ (ಟ್ರೆಕ್ಕಿಂಗ್) ಮತ್ತು ಫೋಟೋಗ್ರಾಫಿಯ ಹವ್ಯಾಸದಿಂದಾಗಿ ನನ್ನಲ್ಲಿ ಹಾವುಗಳ ಬಗೆಗೆ ಆಸಕ್ತಿ ಮೂಡಿತು. ಯಾವುದೇ ಪ್ರಾಣಿ ಪಕ್ಷಿಗಳ ಫೋಟೋಗ್ರಾಫಿ ಮಾಡಲು ಅವುಗಳ ಬಗ್ಗೆ ಕನಿಷ್ಠ ಅಧ್ಯಯನದ ಅವಶ್ಯಕತೆಯಿದೆ.

2) ಆಗುಂಬೆ ರೈನ್ ಫೋರೆಸ್ಟ್ ರಿಸರ್ಚ್ ಸ್ಟೇಷನ್ನಿನ ಜೊತೆಗಿನ ನಿಮ್ಮ ಪಯಣ ಯಾವಾಗ ಆರಂಭವಾಯಿತು? ಇದರ ಕುರಿತು ನಮ್ಮೊಂದಿಗೆ ಹಂಚಿಕೊಳ್ಳಿ.

- ARRS ನಲ್ಲಿ ಕಾಳಿಂಗಗಳ ಬಗ್ಗೆ ಅಧ್ಯಯನ ನಡೆಯುತ್ತಿದೆ. ನನ್ನ ಊರಿನಲ್ಲಿ ಕಾಳಿಂಗ ಬಂದಾಗ ಅವರೊಂದಿಗೆ ಕೆಲಸ ಮಾಡುವ ಅವಕಾಶದಿಂದಾಗಿ ಕಾಳಿಂಗಗಳ ಬಗ್ಗೆ ಹೆಚ್ಚು ತಿಳಿಯುವಂತಾಯಿತು.

ನಮ್ಮ ದೇಶದಲ್ಲಿ ಕಾಡಿನ ಜೀವಿಗಳ ಬಗ್ಗೆ ಅಧ್ಯಯನ ಮಾಡುವವರು ಅತೀ ವಿರಳ. ಇದು ಒಂದು ಕಾರಣದಿಂದಾಗಿ ನಾನು ಅವರಲ್ಲಿ ಹೆಚ್ಚು ಆಸಕ್ತಿ ತಾಳಿದೆ. ಸುಮಾರು ಇಪ್ಪತ್ತು ವರ್ಷಗಳ ಬಾಂಧವ್ಯ ಅವರೊಂದಿಗೆ. ಭಾರತದ ಪ್ರಸಿದ್ಧ ಸ್ನೇಹ ಮ್ಯಾನ್ ಗಳಲ್ಲಿ ಒಬ್ಬರಾದ ಅಜಯ್ ಜೊತೆಗಿನ ಅನುಭವ ತುಂಬಾ ಹೆಮ್ಮೆಯ ಸಂಗತಿ.



ಶ್ರೀ ದಿನೇಶ್ ಭಟ್  
ಛಾಯಾಗ್ರಾಹಕರು  
ಹರಿಹರಪುರ

ಮೊ: 9448345914

ಹಾವುಗಳು ಮನುಷ್ಯರಿಂದ ದೂರವಿರಲು ಬಯಸುತ್ತವೆ. ಇವು ಮನೆಯೊಳಗೆ ಬರುವುದು ತಮ್ಮ ಆಹಾರದ ಹುಡುಕಾಟದಲ್ಲೇ ಹೊರತು ಯಾರನ್ನು ಹುಡುಕಿಕೊಂಡಲ್ಲ.

3) ಚಿಕ್ಕಮಗಳೂರಿನ ಅರಣ್ಯ ಪ್ರದೇಶ, ಅನೇಕ ಬಗೆಯ ಹಾವುಗಳಿಗೆ ಆಸರೆಯಾಗಿದೆ. ಇಂತಹ ಜಿಲ್ಲೆಯ ಚಿಕ್ಕ ಚಿಕ್ಕ ಹಳ್ಳಿಗಳಲ್ಲಿ ಹಾವು ಕಚ್ಚಿದಾಗ, ಆಸ್ಪತ್ರೆಗೆ ಕೊಂಡೊಯ್ಯುವ ಸೌಲಭ್ಯ ಅಥವಾ ಸಮಯವಿಲ್ಲದೇ ಹೋದಾಗ, ಕಾಡಿನ ಜನರು, ವಿಷ ಚಿಕಿತ್ಸೆ ಮಾಡಿ ಗುಣ ಪಡಿಸಿರುವ ಘಟನೆಗಳು ನಿಮ್ಮ ಅನುಭವಕ್ಕೆ ಬಂದಿವೆಯೇ?

- ಮಲೆನಾಡಿನ ಹಳ್ಳಿಗಳಲ್ಲಿ ಹೆಚ್ಚಿನ ಜನರು ಹಾವಿನ ಕಡಿತಕ್ಕೆ ಸ್ಥಳೀಯ ನಾಟಿ ವೈದ್ಯರ ಸಹಾಯ ಪಡೆಯುವರು. ನಾಟಿ ವೈದ್ಯರಲ್ಲಿ ಹೆಚ್ಚು ಜನಕ್ಕೆ ವಿಷಕಾರಿ ಮತ್ತು ವಿಷರಹಿತ ಹಾವುಗಳನ್ನು ಗುರುತಿಸಲು ಬಾರದು. ನನ್ನ ಅನುಭವದ ಪ್ರಕಾರ ವಿಷ ರಹಿತ ಹಾವು ಕಚ್ಚಿದಾಗ ನಾಟಿ ವೈದ್ಯರ ಔಷಧ ಯಶಸ್ವಿಯಾದೀತು. ಆದರೆ ವಿಷದ ಹಾವು ಕಡಿತದಲ್ಲಿ ಇವರುಗಳ ಚಿಕಿತ್ಸೆ ಅಸಾಧ್ಯ.

4) ನಿಮ್ಮಗೆ ತಿಳಿದಿರುವಂತೆ, ಮನೆಯನ್ನು ಸ್ವಚ್ಛವಾಗಿಟ್ಟುಕೊಳ್ಳುವುದರ ಹೊರತಾಗಿ, ಮನೆಯೊಳಗೆ ಹಾವು ಬರದಂತೆ ತಡೆಯಲು ಯಾವ ಕ್ರಮಗಳನ್ನು ಕೈಗೊಳ್ಳಬಹುದು? ಯಾವುದಾದರೂ ಗಿಡಗಳನ್ನು ಬೆಳೆಸುವುದರ ಮೂಲಕ ಇದು ಸಾಧ್ಯವಿದೆಯೇ?

- ಹಾವುಗಳು ಮನೆಗೆ ಬರುವ ಮುಖ್ಯ ಕಾರಣ ಆಹಾರ. ಮನೆಯಲ್ಲಿನ ಸಾಕು ಪ್ರಾಣಿಗಳಾದ ಕೋಳಿ, ಗಿಳಿ ಇವುಗಳಿಗಾಗಿಯೂ ಬರುತ್ತದೆ. ಮನೆಗೆ ತಾಗಿಕೊಂಡಿರುವ ಗಿಡಮರಗಳಿಂದಾಗಿಯೂ ಹಾವುಗಳು ಮನೆಯೊಳಗೆ ಬರುವುದನ್ನು ಗಮನಿಸಿದ್ದೇನೆ.

5) ನೀವು ಇದುವರೆಗೂ ಸುಮಾರು ಎಷ್ಟು ಹಾವುಗಳ ರಕ್ಷಣೆಯಲ್ಲಿ ಸಹಕರಿಸಿದ್ದೀರಿ? ಹೀಗೆ ಹೋದಾಗ ಅಪಾಯವಾಗದಂತೆ ನೀವು ತೆಗೆದುಕೊಳ್ಳುವ ಮುನ್ನೆಚ್ಚರಿಕೆಯ ಕ್ರಮಗಳು ಯಾವುವು?

- ಹಾವುಗಳ ರಕ್ಷಣಾ ಸಮಯದಲ್ಲಿ ರಕ್ಷಕರಾದ ನಾವುಗಳು ಸಾಕಷ್ಟು ನಿಯಮಗಳನ್ನು ಪಾಲಿಸಬೇಕಿದೆ. ಮುಖ್ಯವಾಗಿ ಶೂ ಮತ್ತು ಜೀನ್ಸ್ ನಂತಹ ದಪ್ಪ ಬಟ್ಟೆಗಳನ್ನು ಧರಿಸುವುದು, ಕಡ್ಡಾಯವಾಗಿ ನಮ್ಮದೇ ಆದ ಹೆಡ್ ಲ್ಯಾಂಪ್ ಬಳಸುವುದು, ಸ್ನೇಕ್ ಹುಕ್ ಬಳಸುವುದು, ಇನ್ನೂ ಹಲವು.

ಎಲ್ಲಾ ಸಮಯದಲ್ಲಿ ಹಾವುಗಳನ್ನು ಹಿಡಿಯಲೇಬೇಕೆಂದಿಲ್ಲ. ಮನೆಯ ಸುತ್ತಮುತ್ತ ಅಥವಾ ಹೊರಹೋಗುವ ಅವಕಾಶಗಳಿದ್ದಾಗ ಫೋನ್ ಮೂಲಕ ಸೂಕ್ಷ್ಮ ಸಲಹೆ ನೀಡಿ ಅವುಗಳನ್ನು ರಕ್ಷಿಸಿದ್ದೇನೆ.

6) ಕಾಳಿಂಗ ಸರ್ಪವು ಮೊಟ್ಟೆಯಿಡಲು ಗೂಡು ಕಟ್ಟುತ್ತದೆ ಎಂದು ತಿಳಿದಿದೆ. ಇಂತಹ ಗೂಡುಗಳು ಮನೆಯ ಬಳಿ ಎಲ್ಲಿಯಾದರೂ ಕಂಡುಬಂದರೆ, ಜನರು ಏನು ಮಾಡಬಹುದು?

- ಕಾಳಿಂಗ ಅಥವಾ ಯಾವುದೇ ಹಾವಿನ ಗೂಡು ಮೊಟ್ಟೆ ಕಂಡುಬಂದಲ್ಲಿ ಅವುಗಳನ್ನು ಮುಟ್ಟದೆ ಸ್ಥಳೀಯ ಅರಣ್ಯ ಇಲಾಖೆಗೆ ಅಥವಾ ಅವುಗಳ ಬಗ್ಗೆ ಸಂಶೋಧನೆ ಮಾಡುತ್ತಿರುವ ಎ.ಆರ್.ಆರ್.ಎಸ್ ನಂತಹ ಸಂಸ್ಥೆಗೆ ತಿಳಿಸಿದಲ್ಲಿ ಅವುಗಳನ್ನು ರಕ್ಷಣೆ ಮಾಡಲು ಸಾಧ್ಯವಿದೆ.

7) ಆನೆ, ಕುದುರೆ, ನಾಯಿಯಂತಹ ಪ್ರಾಣಿಗಳು, ಮನುಷ್ಯರನ್ನು ನೆನಪಿನಲ್ಲಿಡಬಲ್ಲವು. ಹಾಗೆ ಹಾವುಗಳಿಗೂ ಸಾಧ್ಯವಿದೆಯೇ?

- ಹಾವುಗಳ ಮೆದುಳು ತುಂಬಾ ಚಿಕ್ಕದು ಇವು ತಮ್ಮ ಜ್ಞಾಪಕ ಶಕ್ತಿಯನ್ನು ಆಹಾರ ಬೇಟೆ ರಕ್ಷಣೆ ಮತ್ತು ಸಂಗಾತಿಯ ಆಯ್ಕೆಗಾಗಿ ಬಳಸುತ್ತವೆ. ಮನುಷ್ಯರನ್ನು ಇವು ಸುಲಭವಾಗಿ ಗುರುತಿಸಬಲ್ಲವು. ಆದರೆ ವೈಯಕ್ತಿಕವಾಗಿ ಯಾರನ್ನು ಜ್ಞಾಪಕವಿಟ್ಟುಕೊಳ್ಳಲಾರವು.

8) ನೀವು ನಿಮ್ಮ ಅನುಭವದಲ್ಲಿ ಸಾಮಾನ್ಯವಾಗಿ ಹಾವಿನ ವಿಚಾರವಾಗಿ ಜನರಲ್ಲಿ ಕಂಡಿರುವ ಮೂಢನಂಬಿಕೆಗಳು ಯಾವುದು?

- ಹಾವಿನ ಬಗ್ಗೆ ಸಾಕಷ್ಟು ಮೂಢನಂಬಿಕೆಗಳಿವೆ ಮಾಧ್ಯಮಗಳು ಸಹ ಹಾವುಗಳ ಬಗೆಗಿನ ಸುಳ್ಳು ಸುದ್ದಿಗಳನ್ನು ವೈಭವೀಕರಿಸುತ್ತವೆ. ನೈಜ ಕಾಳಜಿ ಹೊಂದಿರುವ ಹಾವು ರಕ್ಷಕರೊಂದಿಗೆ ವಿಚಾರ ವಿನಿಮಯ ಮಾಡುವ ಮೂಲಕ ಇವುಗಳ ಸತ್ಯಾಸತ್ಯತೆಯನ್ನು ತಿಳಿದುಕೊಳ್ಳಬಹುದು.



## ನಲ್ಮೆಯ ಅತಿಥಿ

9) ಹಾವಿನೊಟ್ಟಿಗೆ ಅನೇಕ ಮೂಢನಂಬಿಕೆಗಳಿದ್ದರೂ ಕೂಡ, ಹಲವಾರು ಮನುಷ್ಯರ ಅವಲೋಕನೆಗೆ ಮೀರಿದ ವಿಷಯಗಳು ಇರಬಹುದು ಎನ್ನುತ್ತಾರೆ. ಇದರ ಬಗ್ಗೆ ನಿಮ್ಮ ಅಭಿಪ್ರಾಯವೇನು?

- ಗೊತ್ತಿಲ್ಲ ಪೂರ್ವಜರು ನಂಬಿ ನಡೆಸಿಕೊಂಡು ಬರುತ್ತಿರುವ ನಾಗಾರಾಧನೆ, ನಾಗಮಂಡಲ, ನಾಗಬಸ, ನಾಗರಕಟ್ಟೆ ಇಂತಹವುಗಳು ಆಧ್ಯಾತ್ಮಿಕವಾಗಿ ಹಾವುಗಳನ್ನು ರಕ್ಷಿಸುವಲ್ಲಿ ಸಫಲವಾಗಿವೆ.



10) ನಮ್ಮ ಮನೆಯ ಸಮೀಪ ಎಲ್ಲಿಯಾದರೂ ಹಾವುಗಳು ಕಂಡುಬಂದಲ್ಲಿ, ನಾವು ಹಾವುಗಳನ್ನು ರಕ್ಷಿಸಲು ಆಗುಂಬೆ ರೈನ್ ಫೋರೆಸ್ಟ್ ರಿಸರ್ಚ್ ಸ್ಟೇಷನ್ನಿನವರ ಸಹಾಯವನ್ನು ಪಡೆಯಬಹುದೇ?

- ಖಂಡಿತವಾಗಿಯೂ ಎ.ಆರ್.ಆರ್.ಎಸ್ ನಂತಹ ಸಂಸ್ಥೆಯವರ ಸಹಾಯ ಸಲಹೆ ಪಡೆಯಬಹುದು. ಇವರು ಹೆಚ್ಚಿನ ಸಮಯ ಹಾವನ್ನು ಹಿಡಿಯದೆ ಫೋನ್ ಮೂಲಕವಾಗಿಯೇ ನಾವು ತೆಗೆದುಕೊಳ್ಳಬಹುದಾದ ಕ್ರಮಗಳನ್ನು ತಿಳಿಸಿ ಅವುಗಳ ರಕ್ಷಣೆ ಮಾಡುತ್ತಾರೆ ಅಲ್ಲದೆ ಯಾವುದೇ ಪ್ರತಿಫಲಾಪೇಕ್ಷೆಗೆ ಸಿಲುಕದೆ ಕೆಲಸ ಮಾಡುತ್ತಾರೆ.

# CONGRATULATIONS



**Congratulations to**  
**CCRAS SPARK-03 Awardees & Mentors**  
**ALN Rao MEMORIAL AYURVEDA MEDICAL COLLEGE KOPPA**



**Dr. H R Pradeep**



**Dr. Krishna Kishore Kumar**



**Dr. Jagadeesha Mayya A**



**Dr. Prasanti K**



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**Miss. Shobhitha**

Government of Karnataka



Department of AYUSH

Government Ayurveda Research Centre, Mysuru



**Nandana Rangawajjula**  
**BAMS Student**  
Anoor Laxminarayana Rao  
memorial ayurvedic  
medical college koppa



**CONSOLATION PRIZES**



**Dr Pallavi Hegde & Team**  
**ALNRMAMC, Koppa**

DEPARTMENT OF AGADATANTRA EVAM VIDHI VAIDYAKA  
**WORLD SNAKE DAY**  
**PAPER PRESENTATION COMPETITION**  
**WINNERS**

**1**

**ANKITHA**

2ND YEAR NEW  
(BATCH ANUPADENAYA)



**2**

**RUQAYYAH**

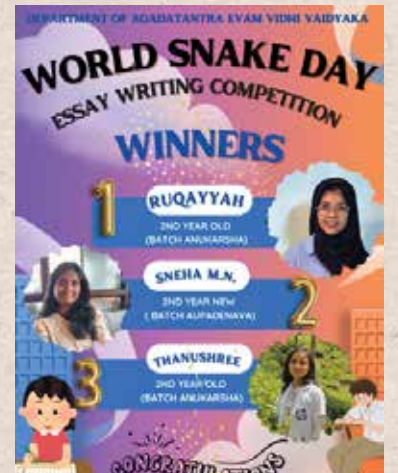
2ND YEAR OLD  
(BATCH ANUKARISHA)



**3**

**AIMAN**

2ND YEAR OLD  
(BATCH ANUKARISHA)



**1**

**RUQAYYAH**

2ND YEAR OLD  
(BATCH ANUKARISHA)



**2**

**SNEHA M.N.**

2ND YEAR NEW  
(BATCH ANUPADENAYA)



**3**

**THANUSHREE**

2ND YEAR OLD  
(BATCH ANUKARISHA)







## THE STUDENT'S PROFESSOR - DR. H R PRADEEP

*With a heavy heart, the Students' Club bids farewell to a professor who has always championed the upliftment of students — a true "Students' Professor." Leading from the front and inspiring through action, he has been a guiding force and a source of strength for all. As a token of respect and gratitude, we bid farewell by taking the following oath*

### **Oaths of Gratitude and Commitment**

*In honour of our beloved Vice Principal, Prof. Dr. H R Pradeep sir, we take these solemn oaths with utmost sincerity:*

- 1. We solemnly pledge to always wear helmets while riding, fasten seatbelts while driving, and take all necessary precautions to ensure our safety and the safety of others.*
- 2. We pledge to help those in need to the best of our ability, with compassion, humility, and without expectation of reward.*
- 3. We promise to make sincere efforts to wake up during Brahma Muhurta, to nurture our health, discipline our minds, and study with full dedication.*
- 4. We vow that no matter what challenges or criticism we face, we will never give up on being good or doing good.*



- 5. We promise to respect, serve, and care for our parents and elders, honouring their sacrifices and wisdom.*
- 6. We commit to lead by example and dedicate ourselves fully to every task entrusted to us, upholding the dignity of sincere work.*
- 7. We pledge to protect our environment, reduce plastic usage, and promote sustainable living for future generations.*
- 8. We promise to uphold truth and honesty in our words, actions, and decisions, even when no one is watching.*
- 9. We vow to accept our mistakes with humility, learn from them sincerely, and make every effort to correct ourselves.*
- 10. We dedicate our lives to the service of patients, always putting their needs above our personal comfort and convenience.*

### **ADIOS DEAR YASHWANTH SIR**

Namaste to all Respected faculty members and my dear students, With a heart full of emotions, I write down this message today. This past year has been nothing short of beautiful—a journey filled with joy, learning, and unforgettable memories. Being part of this esteemed

institution has been an honour and a blessing. I truly cherished every moment spent here, working alongside such dedicated colleagues and teaching such bright, enthusiastic students.

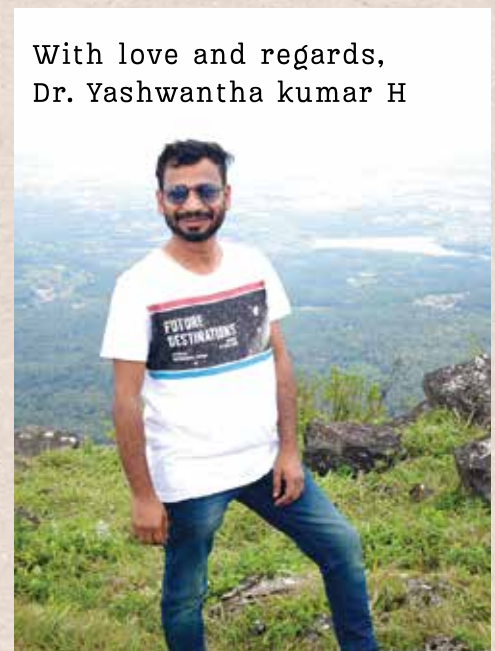
To my dear students, teaching you—especially the subject of Shalyatantra, and Neuroanatomy—was a truly fulfilling experience. Your curiosity and energy made my role all the more meaningful.

I remain deeply grateful to the management and institution for the trust and the opportunity that helped me grow both personally and professionally.

This isn't just a goodbye—it's a heartfelt thank you to each one of you for being part of this journey.

Wishing continued success, happiness, and growth to all of you and to this wonderful institution.

With love and regards,  
Dr. Yashwantha kumar H





# ECHOES OF ETHNICITY

**A TIMELESS TALE TOLD IN KASAVU AND GOLD."**

Nangyarkoothu – Dance of Divine Grace  
An ancient Sanskrit theatre art of Kerala, Nangyarkoothu is performed by women with expressive eyes and elegant mudras, narrating tales from the epics. Draped in tradition, it's a sacred solo dance echoing devotion and storytelling.



**ANKITHA  
II B.A.M.S**



**WHERE CULTURE MEETS COURAGE —  
THE SPIRIT OF COORG LIVES ON."**



**NISHITHA K.N,  
III B.A.M.S**

In kodagu's cradle where  
coffee blooms, the Arebhashe  
gowda's live strong and high  
with 10 kutumba and 18 gotra  
With each clan there is a  
story  
They bore the guns not just  
to fight but as an ancestral  
right passed from generation  
to generation  
Men wear Kuppasdatti and  
women drape saree as Genti



**PANCHE AND SHALYA —  
A TIMELESS TRIBUTE TO KARNATAKA'S CULTURAL GRACE."**

Panche Shalya is a traditional South Indian men's attire, consisting of a panche (dhoti) worn around the waist and a shalya (shawl) draped over the shoulder, typically worn during rituals and cultural events.



**RAKESH SHEKAR  
II B.A.M.S**



# TALENT SPOTTED

## HOME



**MEGHANA  
II B.A.M.S**

ಅಮ್ಮ!

ನನ್ನದೆಯ ಗರ್ಭ ಗುಡಿಯ ದೇವರು ಅವಳು!  
ಅವಳ ಗರ್ಭ ಗುಡಿಯ ತುಚ್ಛ ಗರ್ಭ ನಾನು!

ಅವಳ ಹರಕೆಗೆ ಹುಟ್ಟಿದ ತೃಣ ನಾನು ಆದರೆ ಅವಳು ನನಗೆ ಅರಸದೇ  
ಅರಿಯದೆ ಸಿಕ್ಕ ಅದೃಷ್ಟ

ಅವಳು ಇರುವ ಜೀವನ ಎಂದು ಸುಂದರ  
ಯಾನ  
ಅವಳು ಇರದ ಮನೆ ಸ್ಮಶಾನ ಮೌನ

ಯಾವ ಕವಿಗಳಿಗು ನಿಲುಕದ ಪದ  
ಯಾವ ಗಣನೇಗು ನಿಲುಕದ ಗುಣ  
ಆ ಅದ್ಭುತವೇ ಅಮ್ಮ!

-ಮೇಘನಾ . ಏ

"ಜೀವನ - ಒಂದು ಖಾಲಿ ಲೋಟ"

ಚಿನ್ನ ಬೆಳ್ಳಿಯಿಂದಿಡಿದು ಪೇಪರ್ ಪ್ಲಾಸ್ಟಿಕ್ ವರೆಗೂ ನಾನಾ ರೂಪ..  
ತುಂಬಿಸುವಿರೇನು ನನ್ನೊಳು ಎಂದು ಕಾದು ಕುಳಿತಿದೆ ಬಯಕೆಯಿಂದದು ಪಾಪ...

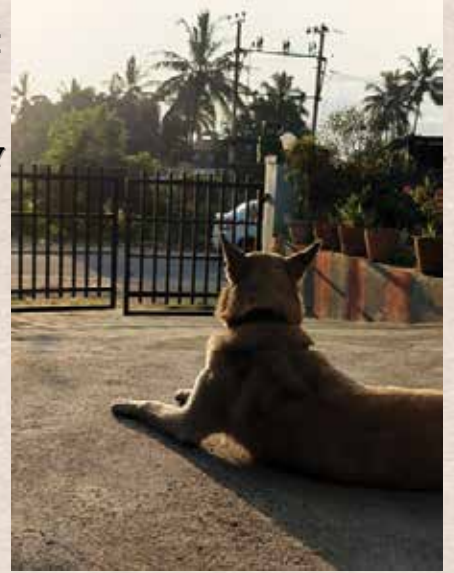
ಹೊರಗೇನಿದ್ದರೇನಂತೆ ಅದರ ಸ್ವರೂಪ?  
ಖಾಲಿ ಲೋಟ ಎಂದು ಕರೆಸಿಕೊಳ್ಳುವುದದರ ಶಾಪ!  
ಜೀವನವೂ ಸಹ ಲೋಟದ ಪ್ರತಿರೂಪ..  
ಏನೇನೋ ತುಂಬಿಸಿ ಮಾಡದಿರಿ ಅದನು ವಿರೂಪ..!

ಜೀವನ ತಂದೆ ತಾಯಿ ಕೊಟ್ಟ ಖಾಲಿ ಲೋಟದ ಅನುರೂಪ..  
ತುಂಬಿಸದಿರಿ ಅದರೊಳು ಪರರ ಮೇಲಿರುವ ತಾಪ!  
ಆಗಲಿ ಆ "ಜೀವನ ಲೋಟ" ಭರವಸೆಯ ಜ್ಞಾನದೀಪ..  
ಹಚ್ಚಲಿ ಅದು ತನ್ನ ಬತ್ತಿಯಿಂದ ಪರರ 'ಅಂತರ್ದೀಪ'



**NEENA PANDITH III BAMS**

THERE WAS A SENSE OF BELONGING  
WHEN I SAW THOSE PAWS AND THOSE  
PUPPY EYES SPREAD WIDE APART  
AWAITING ME  
THAT MAGNETIC PULL TOOK ME AWAY  
FROM ALL MY GRIEVANCES AND  
SORROWS  
AND THEN SUDDENLY I WAS AWARE  
OF WHERE MY HOME WAS  
IT WAS IN HIS PRESENCE  
TO WHICH I BELONG  
AND HENCE HE BECAME MY FAVORITE  
ESCAPE  
TO WHERE I KNEW I WAS ALWAYS  
ACCEPTED  
BE IT MY WORST OR MY BEST



**ಕರುಣೆಯ ಕಡಲಿವನು**

ಕರುಣೆಯ ಕಡಲಿವನು  
ತ್ಯಾಗಕ್ಕೆ ಸದಾ ಸಿದ್ಧನಿವನು  
ಹಗಲಿರುಳೆನ್ನದೆ ಕುಟುಂಬಕ್ಕೆ ಸದಾ  
ಶ್ರಮಿಸುವವನು  
ಮುಂದೆ ರೇಗಿದರು ಮನಸ್ಸಲ್ಲಿ  
ಬೆಟ್ಟದಷ್ಟು ಪ್ರೀತಿ ತುಂಬಿಕೊಂಡವನು  
ಏನೇ ಕಷ್ಟ ಬಂದರು ಕುಗ್ಗದವನು  
ಯಾವುದೇ ರೀತಿಯ ಹೊಗಳಿಕೆಗೆ  
ಉಬ್ಬಲಾರದವನು  
ಪರರ ಕಷ್ಟಕ್ಕೆ ಸ್ಪಂದಿಸುವವನು  
ಮನೆಯ ಮಾಲಿಕನವನು  
ಅವನೇ ನಮ್ಮನ್ನೆಲ್ಲ ಸಾಕಿ ಸಲಹುವ  
ಜವಾಬ್ದಾರನು....ನಮ್ಮ  
ಜನ್ಮದಾತನವನು.....ಅಪ್ಪ. ❤️ .....



**ANIL N.B,  
III B.A.M.S**





**SUCHITH G**  
**III B.A.M.S**



**SINDHU**  
**II B.A.M.S**



**SHREESHA**  
**II B.A.M.S**

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- **MISS. ANKITHA B A, II B.A.M.S**

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*A Walk Down Memory Lane - Batch Ameya 2020*

