



MANASA GANGOTRI



Place : Mysore

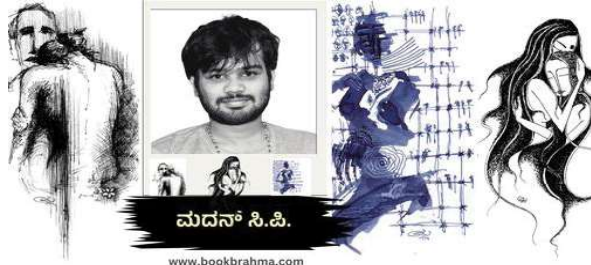
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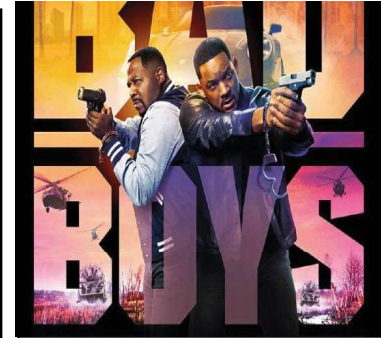
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‘Yen Samachara’ Media Fest -2025 Inaugurated at Mysore University



The ‘Yen Samachara’ Media Fest-2025, with the theme ‘Bylines and Beyond,’ was inaugurated at the Humanities Auditorium in Manasa-gangotri, Mysore University. The event, organized by the Karnataka Media Academy (KMA) in collaboration with the Department of Journalism and Mass Communication, University of Mysore, was a two-day media festival aimed at engaging with the ever-evolving world of media.

Speaking at the inauguration, Prof. N.K. Lokanath, Vice Chancellor of Mysore University, emphasized the significant role that digital technology now plays in media. He pointed out that, particularly in the case of electronic media, there has been a tendency to focus on

one topic for long periods. He stressed the need for journalists to read extensively to better understand societal issues.

Prof. Lokanath lamented the unfortunate loss of reading habits among children in recent times. He urged journalists to ensure clarity and credibility in their reports and articles, asserting that a journalist’s individual writing style is crucial. “In an era where journalism is undergoing rapid changes, the spread of misinformation on digital platforms is concerning. False news is overtaking truth, which is disappointing. The future of journalism lies in the hands of current journalists, and they must understand the subject they report on, conduct reality checks, and analyze news and articles from a

broad perspective,” he noted.

He reiterated the importance of journalists having deep knowledge of the topics they cover and also critically analyzing what is right and wrong. Journalists, he added, should not only be professionals but also work towards correcting societal wrongs.

In her address, Ayesha Khanum, President of Karnataka Media Academy, stated that the media festival was being organized because the Chief Minister, Deputy Chief Minister, and other members of the government have a good understanding of various sectors, including media.

During the event, the website, podcast, and YouTube channel of the Department of Journalism and Mass Communication, University of Mysore, were launched. The event was attended by Prof. N. Mamatha, Head of the Department of Journalism and Mass Communication, KMA Secretary M. Sahana, member Shobha, and Assistant Director of the Information and Publicity Department, T.K. Harish.

Manasa Yuva Samvardhane-2025’ Workshop



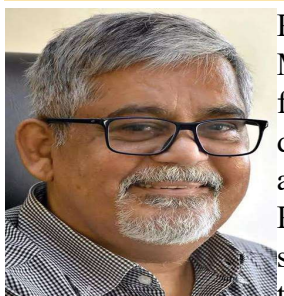
Dr. Kumar, the Deputy Commissioner of Mandya, stressed that being smart is not enough; the goal itself must also be smart. Speaking at the ‘Manasa Yuva Samvardhane-2025’ workshop on vocational and youth empowerment, organized by Mysore University, he emphasized the importance of setting clear, precise, and realistic goals. He highlighted that both the opportunity for success and failure lie in one’s hands, but it’s the path chosen that shapes life. Good things have one path, while bad things have many, and the choice you make is critical for success.

He also pointed out that the number of followers on social media is not as important as how many books one has read. He urged the youth to embrace a culture of books over mobile culture, saying that knowledge gained through reading is powerful.

Those who love books have the potential to achieve success, he added. Dr. Kumar reminded students to use time wisely, noting that in a 75-year lifespan, 25 years are spent sleeping, and another 25 in childhood and youth. Only 25 years remain for a quality life, so it’s essential to value time. He also emphasized that life doesn’t have a syllabus and is evaluated by many people, unlike the limited exam system.

Vice-Chancellor Prof. N.K. Lokanath underscored that education is vital for personal growth and moral learning. He encouraged students to read books beyond textbooks to enhance their knowledge and emphasized the importance of health and focus on goals. The event was also attended by Registrar M.K. Savitha, Examination Registrar Prof. N. Nagaraj, Finance Officer K.S. Rekha, and Professor Dr. Anand.

Prof. Muzaffar Assadi dies



Prof. Muzaffar Assadi (64), a former Professor of the Department of Studies in Political Science, University of Mysore (UoM), passed away at a private hospital in Bengaluru in the early hours of today while undergoing an emergency heart surgery. He was a resi-

dent of Third Main, New Kantharaj Urs Road, in the city.

He leaves behind his wife, a son, a daughter and a host of relatives and friends. His mortal remains were kept at his residence for a few hours this morning, following which it was shifted to Muslim Hostel, opposite Saraswathipuram Fire Brigade, where it was kept till afternoon today for enabling the public to pay their last

respects. Later, Namaz-e-Asar was held at the Masjid in Muslim Hostel, followed by Janazah Namaz.

UoM Vice-Chancellor Prof. N.K. Lokanath, past and present faculty members of the University, academicians, political leaders and people from different walks of life visited the residence of Prof. Assadi and offered their last respects to the departed scholar.

Profile: Born on Aug. 24,

1961 at Shirva in Udupi district, Prof. Muzaffar Assadi excelled in studies and joined as a faculty of Political Science, UoM in 1994 and went on to become the Chairman of the Department of Studies in Political Science. He also served as the In-charge Vice-Chancellor of UoM. Prof. Assadi had many academic distinctions and was conferred with the prestigious Karnataka Sahitya Academy Award in 2011.

Mysore univ’s summer camp begins

The Department of Physical Education of the University of Mysore will host its annual summer coaching camp at the Sports Pavilion from April 2 to May 2.

The camp will feature a range of sports aimed at promoting athletic development and fostering talent among youth. The programme is open to children and young adults between the ages of 7 and 18 years.

EDITORIAL

Capital water crisis

Delhi faces a critical water recharge techniques are im-

crisis exacerbated by rapid perative to combat over-ex-

urbanization, climate change traction and depletion.

impacts, and mismanagement Addressing pollution in rivers

of water resources. The cur- like the Yamuna is also critical.

rent situation demands both Comprehensive cleanup ini-

immediate interventions and tiatives and stricter enforce-

long-term strategies to ensure ment of environmental regu-

sustainable water security. lations are necessary to restore

Immediate measures must these vital water sources.

prioritize equitable distribu- Community involve-

tion and efficient use of avail- ment is indispensable. Collab-

able water resources. Imple- orating with local stakehold-

menting strict water rationing, ers, NGOs, and businesses can

monitoring for equitable foster innovative solutions

distribution, and penalizing and enhance public partici-

wastage are crucial steps. Pub- pation in conservation efforts.

lic awareness campaigns on Delhi's water crisis is a mul-

water conservation practices tifolded challenge that de-

like rainwater harvesting and mands immediate action and

leak fixing should be intensi- sustained commitment. By

fied to promote responsible implementing comprehensive

water usage across all sectors. strategies encompassing con-

Long-term strategies re- servation, infrastructure de-

quire substantial invest- velopment, pollution control,

ments in infrastructure. and community engagement,

Modernizing water treat- Delhi can navigate through

ment plants, expanding pipe- this crisis towards a more wa-

lines, and enhancing stor- ter-secure future. This crisis

age facilities are essential to serves as a stark reminder of

bolster Delhi's water distri- the urgent need for proactive

bution capacity. Moreover, water management practices

stringent regulations and to safeguard this essential re-

incentives for groundwater source for generations to come.

NASA astronaut Sunita Wil-

liams returns to Earth



How 9 Months In Space Will Impact the NASA Astronaut's Health After Re-Entering Gravity

Sunita Williams Return News Live Updates: Sunita Williams and Butch Wilmore, the two astronauts stuck at the International Space Station for more than nine months, began their journey to Earth on Tuesday. Sunita Williams Return To Earth: What Will Happen To NASA Astronaut's Body After Entering Gravity After 9 Month

Sunita Williams Return To Earth News: After spending over 9 months in space, NASA astronauts Sunita Williams and Barry 'Butch' Wilmore,

are finally returning back to Earth. According to NASA, Williams and Wilmore undocked from the ISS at 10:35 am IST and set on a 17-hour trip back to Earth. The spacecraft, Elon Musk-led SpaceX's Dragon, will splash down off the coast of the American state of Florida around 3:27 am IST Wednesday.

A short-space mission which was initially planned for 8 days, got extended to 9 months, after their spacecraft suffered severe technical issues, leaving them stranded at the International Space Station (ISS).

While her journey has been groundbreaking, her extended stay in microgravity poses significant physiological challenges. Astronauts who spend long durations in space experience drastic changes in their bodies, ranging from muscle atrophy to cardiovascular deconditioning. As Williams prepares for re-entry, scientists and medical experts are closely monitoring the potential effects on her health.

Conservation Efforts Launched for Kukkarahalli Lake



The biodiversity hotspot of Kukkarahalli Lake in Mysuru will undergo a significant conservation effort following the submission of an action plan by INTACH, which includes recommendations from stakeholders for its revival. Local authorities have enlisted the help of INTACH to assess the current condition of the lake and provide a comprehensive project report for its preservation. A meeting with stakeholders took place at the Mysore School of Architecture on Saturday, where environmentalists provided many suggestions that could be included in the DPR.

Management of the lake

should be undertaken by the Forest Department.

Bhamy Shenoy, the first president of Mysore Grahakara Parishat, mentioned that a few of the suggestions proposed entail clearing the illegal occupation along the Purnaiah canal. Moreover, the University of Mysore, responsible for the lake, will be requested to redirect the sewage currently being discharged into the body of water. Dr. Shenoy mentioned that around 20% of the feeder canal had been occupied and removing the encroachments could increase the water flow to the lake. He added that control of the lake should be trans-

ferred to the Forest Department from the University of Mysore.

Detailed discussions were held about the current condition of the lake, with environmentalist U.N. Ravikumar emphasizing the importance of reclaiming the Purnaiah canal, which supplies freshwater to the lake. He mentioned the possibility of reclaiming at least 5.3 km of the almost 26 km canal, to divert the surface run off to Kukkarahalli lake. He also proposed that the remaining parts of the canal could connect the different water bodies along the way to form an ecological corridor that supports wildlife and replenishes groundwater.

Hydrological factors in rainy weather

Yadupatty Putty, an engineer specializing in waterbodies in the western ghats, discussed the hydrological factors in a typical rainfall season, drought season, and a rainy season, showing that the current catchment area was insufficient to fill the lake and the necessity of using additional catchments via the Purnaiah canal to compensate for the lack.

40 years of biodiversity data, urging threat identification and conservation efforts.

Letters To The Editor

Plastic Pollition

I am writing to express my deep concern about the escalating plastic pollution in our city. The recent surge of plastic waste in our waterways and streets is deeply troubling and highlights our collective failure to effectively address this critical issue. It is imperative that immediate action be taken to implement comprehensive waste management systems and promote sustainable practices.

Authorities must prioritize initiatives to reduce plastic consumption, enhance recycling efforts, and enforce stringent regulations to mitigate plastic pollution's harmful effects on our environment. By fostering partnerships with communities and businesses, we can collectively work towards a cleaner and healthier city.

Unsung heroes

I want to express my heartfelt appreciation to the unsung heroes in our community who have shown exceptional dedication in assisting those affected by the recent floods. Your selfless efforts have been a beacon of hope during these challenging times, embodying the true spirit of compassion and solidarity. Through your tireless work in rescue operations, providing shelter, and distributing essential supplies, you have made a profound impact on many lives. Your unwavering commitment has not only provided immediate relief to those in dire need, but has also given them the strength to rebuild their lives and face the future with hope. Your acts of kindness inspire hope and resilience in our community. Your actions are a reminder that true heroism often goes unnoticed, but the impact of your efforts will be felt for generations to come.

Need better transport facilities

I am writing to express my frustration regarding the inadequate public transportation system in our city. The unreliable buses and trains compel many commuters to resort to private vehicles, worsening congestion and environmental pollution.

I urge the authorities to prioritize investments in modernizing our public transit infrastructure. Enhancing reliability, efficiency, affordability, and environmental sustainability will encourage more people to choose public transport over private cars. This initiative will alleviate traffic congestion, reduce carbon emissions, and improve urban air quality.

Editor in Chief,
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Celebrating International Day of Happiness: A Global Pursuit of Joy

Every year on March 20th, the world comes together to celebrate the International Day of Happiness, a day dedicated to promoting the importance of happiness and well-being across the globe. Established by the United Nations in 2012, this day recognizes that happiness is a fundamental human goal and calls for a collective effort to create a happier world for all.

The idea for the International Day of Happiness was proposed by the Kingdom of Bhutan, a small Himalayan nation known for its unique focus on Gross National Happiness (GNH) rather than Gross Domestic Product (GDP). In Bhutan, happiness is seen as a more meaningful indicator of prosperity. Bhutan's government has long advocated for policies that prioritize the well-being of its citizens, including sustainable development, environmental protection, and cultural preservation.

The United Nations, acknowledging Bhutan's efforts and vision, officially declared March 20th as the International



Day of Happiness, emphasizing that the pursuit of happiness is a shared goal for people everywhere. Since then, countries worldwide have joined in to promote happiness as a universal right and aspiration.

Happiness is more than just a fleeting feeling or momentary pleasure. It is a state of well-being that is deeply tied to mental, physical, and emotional health. Research has shown that happy people are more likely to have stronger immune systems, live longer, and experience higher levels of productivity and creativity. Happiness also plays a vital role in reducing stress, fostering social connections, and promoting a sense of purpose.

The International Day of Happiness reminds us that the pursuit of happiness is not just an individual endeavor but a societal one. Governments, organizations, and communities around the world are encouraged to adopt policies and practices that contribute to the happiness and well-being of their populations. Each year, the United Nations and various organizations select a theme for the International Day of Happiness. These themes focus on various aspects of happiness, such as mental health, environmental sustainability, and the role of social connections to the happiness of others.

Art is meditation, Interview with Madan C P

There's a saying that "What the sun doesn't see, the poet sees; what the poet doesn't see, the sculptor sees." Similarly, painting is a form of peaceful meditation. Holding a brush and creating art can be as intense as any penance. Madan C.P. has filled many artworks with vibrant life through the colors on his brush.

Could you introduce yourself?

I am Madan, originally from Charasigere village in Arsikere taluk, Hassan district. My childhood and primary education were all in the local government school. Although I wanted to join an art college, circumstances at home or other reasons prevented me from doing so. Eventually, I enrolled in a diploma program. After that, I had the choice between working or pursuing engineering, so I came to Bengaluru. I spent about a year there figuring things out. During that time, I started posting my drawings on social media, where they received positive feedback and



encouragement. Perhaps this was a turning point for both me and my art. Afterward, I completed my engineering degree. Currently, I work professionally in the IT sector, where I am also a designer. In my free time, I am an artist. My profession and hobbies have merged, although the approach differs. When did your interest in art begin? How did you start learning?

I have been interested in art since a young age. Even in the government school, we were encouraged to draw pictures from the syllabus or make charts. That is where my learning began. I have never taken any formal art classes or training. I have learned by practicing, making mistakes, and correcting them up to this

day.

What is art, according to you?

Art has no single definition. Any piece of art that can capture someone's attention, even for a moment, can be considered art. Nature itself is a form of art that draws our attention. If a piece of art can make someone pause for a moment to appreciate it, I consider that art. For example, Picasso's line art might make us exclaim "Wow!" but if shown to someone unaware of Picasso, they might think it's just well-done by a child. In this way, art can stand on its own without the need for a famous name.

How has your life been with art?

I'm content. What started as just painting has now expanded to book covers and cinema posters. This journey has been truly fulfilling for me. There's still so much more to learn. Living every day immersed in art is a joy. Art helps in understanding reality, and how we portray it in our art is also important. -Sadhana A K

Understanding What Makes Us Truly Happy

Happiness is often seen as the ultimate goal in life. We all seek it, whether it's in the form of material success, personal achievements, or meaningful relationships. But what is happiness, and why does it sometimes seem so difficult to attain? The science of happiness, or positive psychology, has made significant strides in answering these questions, offering valuable insights into the factors that contribute to a joyful and fulfilled life.

At its most basic, happiness is a state of well-being where an individual experiences positive emotions such as joy, contentment, and gratitude. However, happiness is more than just a fleeting feeling or momentary pleasure; it is a combination of emotional states, life satisfaction, and the sense of purpose we feel in our day-to-day lives. Researchers have found that happiness is influenced by both genetic factors and environmental circumstances, with the biggest impact coming from our thoughts, behaviors, and mindset. One

of the most interesting findings in happiness research is the concept of the "happiness set point." This theory suggests that each individual has a baseline level of happiness, which is partly determined by genetics. However, this baseline is not fixed. Studies show that life events—whether positive or negative—can temporarily affect our happiness, but over time, people tend to return to their set point. This suggests that while we may not have complete control over our baseline happiness, we do have the power to improve it through intentional actions and mindsets.

One of the most significant factors in fostering happiness is our relationships. Human beings are social creatures, and the quality of our relationships plays a huge role in our overall well-being. Furthermore, acts of kindness and helping others have been linked to increased levels of happiness, as giving creates a sense of fulfillment and social bonding.

A Happy and Free Mind

A mind that's free, no worries near,
It lets the joy in, crystal clear.
With open skies and gentle breeze,
It dances through life, feeling at ease.

No chains to hold, no doubts to weigh,
It finds the light in every day.
It flows like rivers, calm and wide,
With peaceful thoughts it takes its stride.

It dreams with hope, it laughs with grace,
Finding beauty in every place.
A heart that's light, a soul that's bright,
It shines like stars in the quiet night.

In every moment, it finds its peace,
From all the stress, it finds release.
A happy mind is free to roam,
A place where joy can always come home.

It's not about wealth or worldly gain,
But simple pleasures that ease the strain.
A happy, free mind knows the key,
It's living life with harmony.

So let your mind be free and bright,
Let go of worries, step into the light.
For in this space, so full of cheer,
A happy heart will always appear.

Bad Boys Ride or Die: A Nostalgic but Uninspired Return



"Bad Boys Ride or Die," the latest installment in the long-running "Bad Boys" franchise, attempts to recapture the chemistry and action that made its predecessors successful, but ultimately falls short. Directed by a new face in the franchise, the film stars Will Smith and Martin Lawrence reprising their iconic roles as Miami detectives Mike Lowrey and Marcus Burnett. The plot centers around Mike and Marcus facing a new, formidable adversary linked to a shadowy criminal organization. While the premise has potential, it is weighed down by a convoluted storyline and an over-reliance on clichés. The film tries to balance high-octane action sequences with comedic moments, but the mix often

feels forced and disjointed. Will Smith's charisma and Martin Lawrence's comedic timing remain the highlights, providing glimpses of the dynamic duo's former glory. Their banter, though occasionally sharp, is overshadowed by a script that seems more interested in explosions than character development. The supporting cast delivers competent performances, but none stand out enough to leave a lasting impression. Visually, "Bad Boys Ride or Die" delivers the expected spectacle, with well-choreographed action scenes and impressive special effects. However, these set pieces lack the innovative edge that could have set the film apart from other action blockbusters. The direction and pacing are uneven, with some scenes dragging unnecessarily while others rush through crucial plot points. One of the film's major shortcomings is its inability to evolve the characters meaningfully. Both Mike and Marcus appear stuck in a time warp, with little growth or introspection despite their years on the force.

Reimagining the Devil

"Lucifer" by Glen Duncan is a bold and provocative novel that reimagines the devil's story, offering readers a darkly humorous and thought-provoking exploration of morality, free will, and the human condition. Known for his previous works such as "The Last Werewolf," Duncan brings his signature wit and literary flair to this tale, making it both intellectually engaging and wildly entertaining. The novel centers on Lucifer, who, after millennia of rebellion and punishment, decides to tell his side of the story. Narrated by the devil himself, the book delves into his fall from grace, his relationship with God, and his views on humanity. Duncan's Lucifer is not just a figure of pure evil but a complex, charismatic, and surprisingly relatable character. His narrative voice is sardonic, eloquent, and often darkly comedic, drawing readers into his perspective with a mix of charm and menace. Duncan's prose is rich and lyrical, filled with vivid descriptions and philosophical musings. The novel's structure, blending Lucifer's personal reflections with episodes from biblical and historical

events, allows for a multifaceted exploration of its themes. The author doesn't shy away from controversial topics, tackling religion, sin, and redemption with a fearless and often irreverent approach. One of the strengths of "Lucifer" is its ability to balance



deep philosophical inquiries with a compelling and entertaining storyline. The character of Lucifer is rendered with depth and nuance, making him both a sympathetic and morally ambiguous figure. His interactions with other characters, whether divine, demonic, or human, add layers of complexity and drive the narrative forward. However, the novel's provocative nature and its irreverent

take on religious themes may not be to everyone's taste. Some readers might find the book's tone and content challenging or unsettling. Nonetheless, for those who appreciate dark humor, literary sophistication, and a fresh take on familiar mythologies, "Lucifer" offers a rewarding reading experience. In conclusion, "Lucifer" by Glen Duncan is a daring and masterfully crafted novel that redefines one of the most infamous figures in literature. With its intelligent prose, complex characters, and thought-provoking themes, it is a standout work that will linger in the minds of readers long after the final page is turned. Fans of Duncan's previous works and those interested in a literary exploration of the devil will find much to admire in this audacious and compelling book. Glen Duncan's "Lucifer" is a literary tour de force that subverts traditional narratives about the devil, offering a fresh and provocative perspective on one of the most enigmatic figures in religious lore. Known for his deft handling of dark themes and complex characters, Duncan creates a novel that is as intellectually stimulating.

Achievement of UOM Yoga PG Diploma Students



Mysuru: The Mysuru Division of Physical Education, in collaboration with Yoga Asana Bharath, Karnataka Yoga Asana Sports Association, and Mysuru District Yoga Asana Sports Association, organized the State-Level Yoga Asana Competition for women at the Yoga Bhavana. The competition was held under the theme of "Asthi-ta Yoga Asana City League."

Students from schools, colleges, and yoga institutions across the city and district participated in the event. In the category for women above 18 years, the post-graduate diploma students of the Mysuru University's Yoga Science program

achieved remarkable success.

In the Traditional Yoga Asana competition, Latha secured the first position, while in the Creative Pair Yoga Asana competition, Bhavana and Rakshita earned the second position. Similarly, in the synchronized Yoga Asana competition, Bhavana and Rakshita also secured the second position. During the event, the college coordinator Prof. Madhiyalagan Ravanikar, guest lecturers M. Krishnakumar and Naveen, along with other faculty members, wished the students success.

These achievements highlight the significant contribution of the Mysuru University's Yoga Science students to the field of Yoga Asana in the region.

PHOTO GALLERY

