





# JSS INSTITUTE OF EDUCATION

(Recognized by the NCTE and Affiliated to University of Mysore, Mysuru)  
Sakleshpur - 573134, PB No 26, Hassan Dist.

Email: [jssioebedskp@gmail.com](mailto:jssioebedskp@gmail.com) website: <https://jssioebedskp.org.in>  
Phone No: 9740591647

**College Annual Magazine for the year 2022-23 -  
"MANTHANA" bags 2<sup>nd</sup> place cash prize by JSS  
Mahavidyapeetha, School Education Department, Mysore  
on the occasion of Dr. Sri Shivaratri Rajendra  
Mahaswamijis 109<sup>th</sup> Jayanti Celebration.**



**"Congratulations congratulations....."**

ಜೆಎಸ್‌ಎಸ್ ಮಹಾವಿದ್ಯಾಪೀಠದಿಂದ 2022-23ನೇ ಸಾಲಿನ ವಾರ್ಷಿಕ ಸಂಚಿಕೆಗಳ ಆಯ್ಕೆಯಲ್ಲಿ ಸಕಲೇಶಪುರ ಜೆಎಸ್‌ಎಸ್ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಯ "ಮಂಥನ" ವಾರ್ಷಿಕ ಸಂಚಿಕೆಯು ದ್ವಿತೀಯ ಬಹುಮಾನ ಪಡೆದುಕೊಂಡಿದೆ. ಸುತ್ತೂರು ಶ್ರೀಮಠದ ಡಾ. ಶ್ರೀ ಶಿವರಾತ್ರಿ ರಾಜೇಂದ್ರ ಮಹಾಸ್ವಾಮಿಗಳವರ 109ನೇ ಜಯಂತಿ ಮಹೋತ್ಸವದಲ್ಲಿ ಕಾಲೇಜಿನ ಪ್ರಾಂಶುಪಾಲರಾದ ಡಾ. ನಂಜುಂಡಪ್ಪ ಎಸ್ ಹಾಗೂ ವಾರ್ಷಿಕ ಸಂಚಿಕೆಯ 2022-23 ನೇ ಸಾಲಿನ ಸಂಪಾದಕರು ಹಾಗೂ ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರಾದ ಡಾ. ಸಿ.ಬಿ. ವಿಕ್ರಮ್ ರವರು ಸ್ವಾಮೀಜಿಗಳಿಂದ ಬಹುಮಾನ ಸ್ವೀಕರಿಸಿದರು.



ಜೆಎಸ್‌ಎಸ್ ಮಹಾವಿದ್ಯಾಲಯ  
ಜಗದ್ಗುರು ಡಾ. ಶ್ರೀ ಶಿವರಾತ್ರಿ ರಾಜೇಂದ್ರ ವ್ಯಕ್ತ, ಮೈಸೂರು



ಶ್ರೀಮನ್ಮಹಾರಾಜ 'ರಾಜಗುರುತಿಲಕ' ಪರಮಪೂಜ್ಯ ಜಗದ್ಗುರು  
ಡಾ. ಶ್ರೀ ಶಿವರಾತ್ರಿ ರಾಜೇಂದ್ರ ಮಹಾಸ್ವಾಮಿಗಳವರ  
109ನೆಯ ಜಯಂತಿ ಮಹೋತ್ಸವ  
ಶ್ರೀ ಸುತ್ತೂರು ಮಠ, ಮೈಸೂರು

ವಾರ್ಷಿಕ ಸಂಚಿಕೆಗಳ ಸ್ಪರ್ಧೆ 2023

ದ್ವಿತೀಯ ಬಹುಮಾನ

ಜೆಎಸ್‌ಎಸ್ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಗಳ 2023ನೆಯ ಸಾಲಿನ ವಾರ್ಷಿಕ  
ಸಂಚಿಕೆಗಳ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಭಾಗವಹಿಸಿದ ಸಕಲೇಶಪುರದ ಜೆಎಸ್‌ಎಸ್ ಶಿಕ್ಷಣ  
ಮಹಾವಿದ್ಯಾಲಯದ 'ಮಂಥನ' ಸಂಚಿಕೆಗೆ ದ್ವಿತೀಯ ಬಹುಮಾನ ನೀಡಿ  
ಅಭಿನಂದಿಸಲಾಗಿದೆ.



25 ಆಗಸ್ಟ್ 2024

ಜಯಂತಿ ಮಹೋತ್ಸವ ಸಮಿತಿ, ಮೈಸೂರು



PRINCIPAL  
J.S.S. Institute of Education  
P.B. 26, SAKALESHPUR-573 134  
Hassan Dist

बैंक लिमिटेड KARNATAKA BANK LTD.  
Regd. & Head Office: MANGALURU - 575 002

संक्रान्ति सर्कल शाखा, मैसूर - 570 016  
SANKRANTHI CIRCLE BRANCH  
MYSURU - 570016  
IFSC: KARB0000622 MMC OD/S  
"CBS BRANCH"

Valid for three months from the date of instrument

2024  
D D M M Y Y Y Y

Principal, J.S.S. Institute of Education, Sakaleshpur

या धारक को or Bearer

es Rupee thousand only

अदा करें ₹ 3000/-

6227000100000201

\*KSC\*

FOR JSS MAHAVIDYAPEETHA

at all branches

Director Finance  
MULTI - CITY CHEQUE OD

Joint Director (Finance)  
AUTHORISED SIGNATORY  
Please sign above

PRINCIPAL

⑈ 4 3 7 8 3 1 ⑈

5 7 0 0 5 2 0 9 6

J.S.S. Institute of Education  
P.B. 26, SAKALESHPUR-573134  
Hassan Dist.



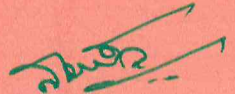
PRINCIPAL  
J.S.S. Institute of Education  
P.B. 26, SAKALESHPUR-573 134  
Hassan Dist



ಜೆಎಸ್‌ಎಸ್ ಮಹಾವಿದ್ಯಾಪೀಠ, ಮೈಸೂರು  
**ಜೆಎನ್‌ಎನ್ ಶಿಕ್ಷಣ ಮಹಾವಿದ್ಯಾಲಯ**  
ಸಕಲೇಶಪುರ - 573 134



EDUCATION  
**ಮಂಥನ**  
**MANTHANA**  
**2022**

  
PRINCIPAL  
J.S.S. Institute of Education  
P.B. 26, SAKALESHPUR-573 134  
Hassan Dist

JSS Mahavidyapeetha, Mysuru  
**JSS Institute of Education, Sakaleshpur - 573 134**

Dr. Dineshmk

ಮಂಥನ - 2022



ಜೆಎಸ್‌ಎಸ್ ಮಹಾವಿದ್ಯಾಪೀಠ, ಮೈಸೂರು

Head Professor

**ಜೆಎಸ್‌ಎಸ್ ಶಿಕ್ಷಣ ಮಹಾವಿದ್ಯಾಲಯ**

ಸಕಲೇಶಪುರ - 573 134



# ಮಂಥನ

ವಾರ್ಷಿಕ ಸಂಚಿಕೆ : 2022

## MANTHANA

Annual Magazine : 2022



Principal  
PRINCIPAL

J.S.S. Institute of Education  
P.B. 26, SAKALESHPUR-573 134  
Hassan Dist

JSS Mahavidyapeetha, Mysuru

### JSS INSTITUTE OF EDUCATION

Sakaleshpur - 573 134

## From the Editor's Desk.....

Firstly, my sincere pranams to the lotus feet of His Holiness Jagadguru Dr. Shri Shri Shivaratri Rajendra Mahaswamiji and Jagadguru Shri Shri Shivratri Deshikendra Mahaswamiji.

His Holiness Jagadguru Shri Shivaratri Deshikendra Mahaswamiji has blessed us all with a good message for **Manthana**. I am indebted to His Holiness Poojya Swamiji and offer my infinite thanks.

Also, Shri B. A. Rajashekar, Director of School Education Division, JSS Mahavidyapeetha, Mysuru, has wished us all with a good message for **Manthana**. I would also like to express my heartfelt thanks to him on this occasion.

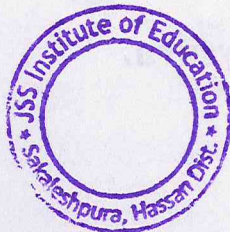
JSS Institute of Education located at Kowdally of Sakleshpur taluk, Hassan District, is producing competent teachers for the future by giving quality education. I am very happy to say that, like every year, the institution is bringing out college annual magazine, **Manthana** this year.

**Manthana** is definitely a platform to enhance some of the professional competencies such as writing of articles, story and poem, expression of perspectives, presentation, research articles etc. for our trainee teachers.

**Manthana** has given an opportunity for trainee teachers to acquire the above mentioned intellectual competencies practically.

The principal of the college has also wished us by giving a good message for our college magazine, **Manthana**. Heartfelt thanks to him too.

I would like to thank all those who have contributed individually and indirectly to bring out **Manthana**.



*Dr. Prabhushwamy M.*  
PRINCIPAL

J.S.S. Institute of Education  
P.B. 26, SAKALESHPUR-573 13  
Hassan Dist

## EDITORIAL BOARD

**Chief Editor**

**Dr. Nanjundappa S.**

**Principal**

**Editor**

**Dr. Prabhuswamy M.**

**Assistant Professor**

**Magazine committee members**

**Chandana B. M.**

**Chandana L. M.**

**Gowthami S.**

**Jnanitha S.**

**Mamatha**

**Manoj M. B.**

**Nishmitha H. C.**

**Preethu H. M.**

**Sangeetha M.**

**Shameena**

**Sneha K Gowda**

**Tharun Kumar M. K.**

**Vindya C.**

**Printers : Swathi Printing & Traders, Mysuru.**



### Jackson tried to challenge death but death challenged him back

Michael Jackson wanted to live for 150 years. He appointed 12 doctors at home who would daily examine him from hair to toenails. His food was always kept and tested in laboratory before serving. Another 15 people were appointed to look after his daily exercise and workout. His bed had the technology to regulate the oxygen level. Organ donors were kept ready so that whenever needed they could immediately donate their organ. The maintenance of these donors were taken care of by him.

He was proceeding with a dream of living for 150 years. But he failed. On 25th June 2009, at the age of 50, his heart stopped functioning. The constant effort of those 12 doctors didn't work. Even, the combined efforts of doctors from Los Angeles and California too couldn't save him. The person who would never put a step forward without the doctors suggestions for his last 25 years, couldn't fulfil his dream of living 150 years.

Jackson's final journey was watched live by 2.5 million people which is the longest live telecast till date. On the day he died, i.e, 25th June 2009 at 3:15pm, Wikipedia, Twitter and Facebook stopped working. Millions of people together searched Michael Jackson on the google.

Amrutha N. M.  
I B.Ed.

### Happiness

Every human being on the planet wants to be happy. Anything that anyone desires is because they think their desire will make them happy. Whether it is health, money, a loving relationship, material things, accomplishments, a job, or anything at all, the desires for happiness is the bottom line of all of them.

But remember that happiness is a state inside of us and something on the outside can only bring feeling happiness, because material things are impermanent. 'The happy things are the icing on the cake, but the cake is happiness'.

Reference : Rhonda Byrne - The Secret

Janaki B. A.  
I B.Ed.

### The grammar family

The grammar family lives in the house of speech. The head of the family is Mr. NOUN and his wife is Mrs. VERB. The couple has three children, a son and two daughters. The son is master PRONOUN. He has to do all his father's work in his absence. The two little daughters are miss ADJECTIVE and miss ADVERB. Miss ADJECTIVE stays with his father Mr. NOUN and her elder brother PRONOUN, she always helps their qualities. Miss ADVERB loves her mother very much and always modifies her when needed. There are two servants in the family. PREPOSITION and CONJUNCTION. PREPOSITION is an official servant and accompanies his master wherever he goes. CONJUNCTION is the family advisor showing each member his place. There is also a relative of the family, INTERJECTION. He shares their joys and sorrows. This is all about grammar family.

Deepa K. S.  
I B.Ed.

### Promotion of mental health

Follow the following 12 principles to promote your mental health.

M = Minimise your needs, lead a simple and contential life.

E = Expectation about others is to reduced

N = Negative thinking : Change it to positive thinking.

T = Today should get importance, not the past, not the future. Try to be happy with what you achieve and get today.

A = Accept reality, Adopt yourself to it.

L = Loneliness to be avoided, get support of others. Take part in religious and spiritual activities.

H = Hobbies to divert your attention. Relax through music, reading, creative activities, sports, yoga & meditation.

E = Enthusiasm

A = Be active, enjoy the work you do.

L = Learn skills, improve your knowledge to manage your problems.

### Ten golden rules of life

- The most damaging 'one' letter word - "I" - Avoid it
- The most satisfying 'two' letter word - "We" - Use it
- The most poisonous 'three' letter word - "Ego" - Kill it
- The most used 'four' letter word - "Love" - Value it
- The most pleasing 'five' letter word - "Smile" - Keep it
- The most fastest spreading 'Six' letter word - "Rumour" - Ignore it
- The most enviable 'seven' letter word - "Success" - Achieve it
- The most nefarious 'eight' letter word - "Jealousy" - Distance it.
- The most powerful 'nine' letter word - "Knowledge" - Acquire it
- The most essential 'ten' letter word - "Confidence" - Trust it.

Jyothi V.

II B.Ed.

### Value of time

Time is the most important factor for the progress of human beings. Time is running continuously. Time once gone is gone forever. It never comes back. Time gives equal opportunity to all. It doesn't say the poor or rich, young or old, healthy or sick etc.. It is equally important to all. Time and tide waits for no man. Time is precious. We can buy everything with our money but time can't be bought.

Time can be divided into present, past and future. Past is past. It has already gone. We should learn from the past experience. Present is important for us. If we utilize the present time properly, our future automatically becomes bright. So we should not waste our present time.

We should not waste our time by doing unnecessary things like playing cards, gossiping about others, watching films etc.... One should utilize time by doing creative work like reading books, helping family members, working hard etc.... We have to use our time wisely. Loss of time leads us to failure and grief. Some people are foolish, they don't realize the importance of time. They are wasting their valuable time. Waste of time is a great loss. We always should alone be active.

Time is more important for students. They should be active and utilize their valuable time properly. Those students who utilize their time wisely, will

become a great person in future. They should make the routine and spend their valuable time accordingly. Teachers should teach the students about the value of time. Our life is very short. We have to do a lot of things in a limited span of time. So we must utilize our time properly.

Chaithrashree K. A.

I B.Ed.

### The problem with women's cricket in India

Walk into any school in India and you will see a group of boys playing cricket, organized or not, in the playground. Have you ever seen girls playing instead? My guess is no. It's not played by school girls, so where will the talent feed for under-19 and state cricket come from?

Here lies the starting point for any story about Indian Women's Cricket.

Women's Cricket has travelled a long distance in the country from its beginning under women's cricket Association of India. The game is run by the BCCI these days and that has led to many benefits, but there are still areas in which the WCAI, women cricketers will tell you, did a better job.

For women's cricket to develop and grow, the BCCI and state associations must increase participation at the grassroots levels. I played state cricket for Karnataka and I can tell you that for women's cricket, the grassroots is tough terrain.

Most boys begin playing cricket, unofficially or officially, when they are ten or eleven years old. They have the opportunity to play for their school or district, and soon enough get the chance to represent the state. At the school level, girls in India have practically no opportunity to play cricket.

Women's Cricket in the country is simply divided into two categories. Under-19 and seniors. There are no school or club matches that help selectors pick at the Under-19 level, so a player only gets to play matches if she is considered good enough to be selected in the state team. Most girls who graduate from Under-19 make it to the senior team, but those who don't usually give up the game.

This lack of opportunity is the biggest concern for women's cricket. If girls aren't given the chance to play more matches, our standards will never rise. The truth is that many academics don't accommodate girls, and therefore there are very few places where girls can be coached.

Akshay J. R

I B.Ed.

- T = Take things as they come- tackle one problem at a time.  
Have achievable small targets.
- H = Healthy life style, food expertise, good living environment, treatment for health problems by a familiar doctor.

Deepa K. S.  
I B. Ed

### A short history of the Olympics

Athletes completed in the first olympic games in Greece almost three thousand years ago in 776 BC. Every four years, people from greek city states (and later the Roman empire) travelled to a place called olympia to watch the games, which continued until 393 AD. They lasted from between one and five days, and only men were allowed to compete in the games. Many of the sports events were similar to those found in today's modern games where athletes run, jump and throw.

The modern olympic games began with the creation of International Olympic Committee (IOC) in 1894 and Greece was the first country to hold the games, in the city of Athens, in 1896. Fourteen countries with 241 athletes competed in forty three events. Although some people wanted to have the games in Athens every four years, the IOC decided to have them in different countries and cities. In 1900, they were held in Paris and women were allowed to compete in the games for the first time. The first winter olympic games were held in 1924 and athletes competed in events such as skating and ice hockey. Over 200 countries now compete in the Summer Olympic Games. The number of events has increased to 300 events and instead of five days of competition, the games now last for seventeen days.

There are some problems, however, there were no olympic games held in 1916, 1940 and 1944 because of war. Also, some athletes use drugs to help them win. In addition, the games are very expensive. The 2014 winter games in Sochi, for example, cost \$US50 billion. Nevertheless, the olympic games continue to be extremely popular all over the world.

Sumitha  
I B. Ed

### Why is goal setting important?

You probably have a vision of how you would like your life to be. Perhaps you want to have a happy and thriving family, start your own business, eat healthier, run a half marathon, be financially independent, or travel the world.

Goal setting is important because it provides the steps you need to reach your goals. Especially when you have big goals — and you should dream big — the goal-setting process gives you a road map so you are headed in the right direction and know the individual steps along the way you should take to make things happen.

Setting goals gives you greater focus. It provides you with an action plan you can consult daily to make reaching goals part of your everyday schedule instead of something you will do "someday."

Goal setting helps you manage your time better. Instead of feeling like you are always too busy to give proper attention to your goals, you will find setting goals helps you use your time wisely. More of the important things get done, and distracting or less important things are no longer appealing.

When you set goals, it is easier to stay motivated and inspired. You create a habit of evaluating your goals before your sleep at night and thinking about your goals when you wake up in the morning. Achieving your goals becomes a way of life and gives you direction and purpose.

Identifying your life goals helps you make better decisions and gain more control over your future. When your goals are top of mind, you will make decisions that align with your goals and avoid time and energy wasters.

Pooja M. M.  
I B. Ed.

### Metaverse

Imagine a virtual world in which people live, work, shop and interact with others — all from the comfort of their couch in the physical world. This is known as the metaverse.

The Metaverse meaning in Greek word is 'meta' means 'beyond' and 'verse' means 'universe'. Metaverse means 'beyond universe'. 'Metaverse' didn't become a household term until Facebook changed its corporate name to Meta in October 2021. At that time, the company announced plans to spend \$10 billion over the next year on technologies to build out its vision of the metaverse.

The metaverse is considered a next evolution of the internet. It will take many forms, including gaming, online communities and business meetings where people collaborate via a digital facsimile or avatar of themselves

**Bats entering the house means death :**

It is considered to be bad omen. The real reason behind this superstition is that the bats bring a lot of deadly diseases along with them and when there was no medical facility available during those days, people would die due to Rabies, Ebola and other illness brought in by the bats.

**“Education is the only way to overcome superstition and promote science”**

Poorvika K. R.

I B.Ed.

**A smile can Change the World**

‘Making one person smile changes the world... May be not the entire world, but their world.’

Smiling is infectious, you can catch it like the flu; some one smiled at me today, and I started smiling too. Smiling is like a virus, it's contagious like other viruses, Spreading from person. It spreads in many forms, even reading, therefore this essay on smiling should improve your Mood.

Thinking of smiling releases endorphins in your brain, so your mood slightly improves people usually smile. When feeling pleasant. When experiencing positivity, the neuronal. Signals travel from your cortex to your brainstem. Then, the cranial muscle carries the signal towards the smiling muscles in your face. Sounds simple? However, that's only where it starts... Once smiling Muscles in your face contract there is a positive feedback loop that goes back to your brain and reinforces your good feeling.

To put it succinctly: Smiles occur when our brain feels good, it sends messages to our facial muscles telling us to smile, and use smile and tell our brain that we feel good, and so forth. Moreover, the chemicals cause you to be Healthier and therefore smiling might just be as good as Exercise.

Research also show that if you smile, even if you are in a bad mood, your mood will improve immediately, because the smile action of smiling is enough to trigger happy chemicals. Don't believe me? Try it.

The next time you are in a serious argument, smile and observe as the other person's mood change and lighten a bit.

The next time you trick your brain into time you are in tears, Smile smile and improve your mood.

Arpitha H. S.

I B. Ed.

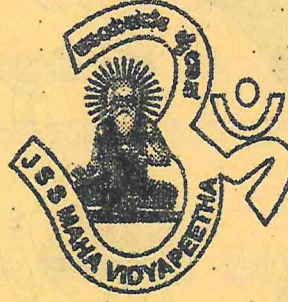
# ಮಂಥನ MANTHANA

ವಾರ್ಷಿಕ ನಂಜಿಕೆ 2022-23  
Annual Magazine 2022-23



ಜಿಎಸ್‌ಎಸ್ ಶಿಕ್ಷಣ ಮಹಾವಿದ್ಯಾಲಯ, ಸಕಲೇಶಪುರ  
JSS INSTITUTE OF EDUCATION, SAKALESHPUR

# ಮಂಥನ MANTHANA



ವಾರ್ಷಿಕ ಸಂಚಿಕೆ

Annual Magazine  
2022 - 23

ಜೆಎಸ್‌ಎಸ್ ಶಿಕ್ಷಣ ಮಹಾವಿದ್ಯಾಲಯ  
JSS INSTITUTE OF EDUCATION  
ಸಕಲೇಶಪುರ

website : [www.jssioebedskp.org](http://www.jssioebedskp.org) email : [jssioebedskp@gmail.com](mailto:jssioebedskp@gmail.com)  
Ph. : 9740591647 | 9448464413

PRINCIPAL

J.S.S. Institute of Education  
P.B. 26, SAKALESHPUR-578 121  
Hassan Dist

# ಸಂಪಾದಕ ಮಂಡಳಿ

ಪ್ರಧಾನ ಸಂಪಾದಕರು  
ಡಾ. ನಂಜುಂಡಪ್ಪ. ಎಸ್.  
ಪ್ರಾಂಶುಪಾಲರು

ಸಂಪಾದಕರು  
ಡಾ. ಸಿ. ಜಿ. ಬಿಕ್ರಮ್  
ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು

## ಸಂಪಾದಕ ಮಂಡಳಿ ಸದಸ್ಯರು

ಕವನ ಟಿ. ಎಂ.  
ಲಾವಣ್ಯ. ಜಿ. ಎಸ್.  
ಅನುಷ್. ಸಿ. ಎಸ್.  
ಮಾನಸ ಹೆಚ್. ಸಿ.  
ಚನ್ನಬಸಪ್ಪ ಗುಡದಿನ್ನಿ  
ಹರ್ಷಿತ ಜಿ. ಎಲ್.  
ಸ್ವಾತಿ ಎಸ್.  
ಭೂಮಿಕ ಎಂ. ಎಸ್.

ಶಮಂತ ಸಿ. ಎಸ್.  
ನಿಶ್ಚಿತ. ಹೆಚ್. ಸಿ.  
ಮಾಳಪ್ಪ  
ಗೌತಮಿ ಎಸ್  
ಪೂರ್ವಿಕ. ಕೆ. ಆರ್.  
ತೇಜಸ್ ವೈ. ಸಿ.  
ರಾಕೇಶ್. ಆರ್.  
ವಿಶಾಲ್ ಎನ್. ಟಿ.

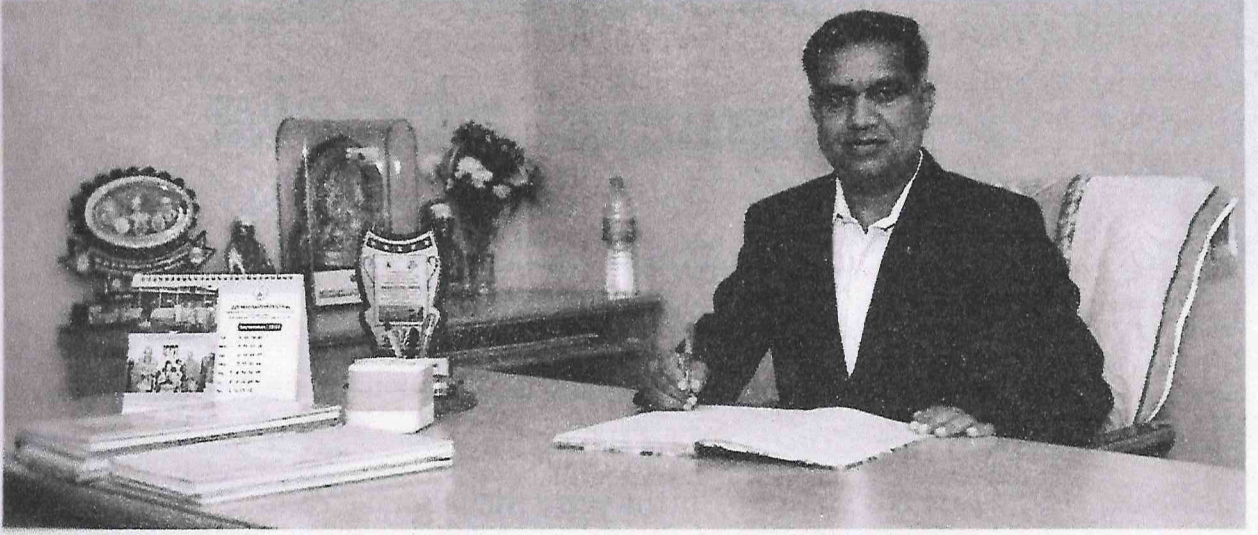
ಮುದ್ರಣ  
ಶ್ರೀನಿಧಿ ಎಂಟರ್ ಪ್ರೈವೇಟ್  
ಹಾಸನ - 573 201.  
ಫೋನ್ : 9844067588

  
PRINCIPAL

J.S.S. Institute of Education  
P.B. 26, SAKALESHPUR-573 134  
Hassan Dist

# ಮಂಥನ ೨೦೨೩

## ಪ್ರಾಂಶುಪಾಲರ ನುಡಿ

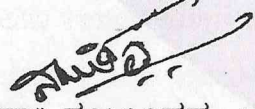


ಹುಟ್ಟುತ್ತಾ ಎಲ್ಲಾ ಮಕ್ಕಳು ವಿಶ್ವಮಾನವರಾಗಿಯೇ ಹುಟ್ಟುತ್ತಾರೆ, ಬೆಳೆಬೆಳೆಯುತ್ತಾ ಜಾತಿ, ಮತ, ಧರ್ಮ, ಭೇದ ಭಾವಗಳನ್ನು ಹೊಂದಿ ಅಲ್ಪ ಮಾನವರಾಗುತ್ತಾರೆ, ಮತ್ತೆ ಅವರಲ್ಲಿ ವಿಶ್ವಮಾನವತ್ವವನ್ನು ಕೆಲೆಗೊಳಿಸುವುದೇ ಶಿಕ್ಷಣದ ಧ್ಯೇಯವಾಗಿದೆ. ವ್ಯಕ್ತಿಯಲ್ಲಿನ ಮೃಗತ್ವವನ್ನು ತೊಡೆದು ಹಾಕಿ ಮಾನವತ್ವವನ್ನು ಸ್ಥಾಪಿಸಬೇಕು, ಅಲ್ಪತೆಯನ್ನು ಅಳಿಸಿಹಾಕಿ ಭವ್ಯತೆಯನ್ನು ಮೂಡಿಸಬೇಕು. ಸೃಜನಾತ್ಮಕ ಅಭಿವ್ಯಕ್ತಿಗೆ ಮುಕ್ತ ಅವಕಾಶ ನೀಡಬೇಕು, ವ್ಯಕ್ತಿಯ ಸರ್ವತೋಮುಖ ಅಭಿವೃದ್ಧಿಗೆ ಸಹಕಾರಿಯಾಗಬೇಕು. ಈ ನಿಟ್ಟಿನಲ್ಲಿ “ಮಂಥನ” ವಾರ್ಷಿಕ ಸಂಚಿಕೆಯು ಪ್ರಶಿಕ್ಷಣಾರ್ಥಿಗಳ ಸಾಹಿತ್ಯಾತ್ಮಕ ಪ್ರತಿಭೆಯನ್ನು ಅನಾವರಣಗೊಳಿಸುವ ವೇದಿಕೆಯಾಗಿದೆ.

ಹೇಮಾವತಿ ನದಿಯ ತಟದಲ್ಲಿ, ಪ್ರಕೃತಿ ಮಡಿಲಲ್ಲಿ, ನಿಸರ್ಗದ ಮಧ್ಯೆ ರಾರಾಜಿಸುತ್ತಿರುವ ಜೆಎಸ್‌ಎಸ್ ಶಿಕ್ಷಣ ಮಹಾವಿದ್ಯಾಲಯವು ಸುಮಾರು ಮೂವತ್ತಾರು ಸಂವತ್ಸರಗಳನ್ನು ಪೂರೈಸಿದ್ದು, ವಿದ್ಯಾದಾನದ ಕೈಂಕರ್ಯವನ್ನು ಅಚ್ಚುಕಟ್ಟಾಗಿ ನೀಡುತ್ತಿದೆ. ಭವಿಷ್ಯದ ಸಮಾಜಕ್ಕೆ ಆರೋಗ್ಯವಂತ ಸಜ್ಜನರನ್ನು ನಿರ್ಮಾಣ ಮಾಡುತ್ತಿದೆ.

ಪ್ರಶಿಕ್ಷಣಾರ್ಥಿಗಳಲ್ಲಿರುವ ಸೃಜನಶೀಲತೆ ಕೌಶಲ್ಯಗಳು ಮತ್ತು ಸಾಮರ್ಥ್ಯಗಳನ್ನು ಹೊರ ಸೆಳೆಯುವ ದಿವಸದಲ್ಲಿ “ಮಂಥನ” ವಾರ್ಷಿಕ ಸಂಚಿಕೆಯು ಪ್ರಮುಖ ಪಾತ್ರವನ್ನು ವಹಿಸುತ್ತದೆ. ಈ ಮುಖೇನ ಪ್ರಶಿಕ್ಷಣಾರ್ಥಿಗಳ ಸರ್ವಾಂಗೀಣ ಅಭಿವೃದ್ಧಿಗೆ ಸಹಕಾರವಾಗುತ್ತದೆ. ಈ ನಿಟ್ಟಿನಲ್ಲಿ ಪ್ರಶಿಕ್ಷಣಾರ್ಥಿಗಳಿಗೆ ಪೂರಕ ಪಠಸರವನ್ನು ಮತ್ತು ಅವಕಾಶಗಳನ್ನು ಒದಗಿಸಿ ಕೊಡುವ ಮಹತ್ತರವಾದ ಕೈಂಕರ್ಯವನ್ನು ಸಂಸ್ಥೆಯು ಮಾಡುತ್ತಿದೆ.

ಈ ಮಂಥನ ವಾರ್ಷಿಕ ಸಂಚಿಕೆಗೆ ದಿವ್ಯ ಆಶೀರ್ವಚನವನ್ನು ದಯಪಾಲಿಸಿರುವ ಪರಮಪೂಜ್ಯ ಹಿರಿಯರುಗಳ ಪಾದಕಮಲಗಳಿಗೆ ನಮಸ್ಕಾರಗಳು. ಜೆಎಸ್‌ಎಸ್ ಮಹಾಪೀಠದ ಶಾಲಾ ಶಿಕ್ಷಣ ವಿಭಾಗದ ನಿರ್ದೇಶಕರಾದ ಶ್ರೀ ರಾಜಶೇಖರ ಬಿ.ಎ.ರವರಿಗೆ ಕೃತಜ್ಞತೆಗಳನ್ನು ಸಲ್ಲಿಸುತ್ತೇನೆ. ಮಂಥನ ವಾರ್ಷಿಕ ಸಂಚಿಕೆಗೆ ಲೇಖನಗಳನ್ನು ಮತ್ತು ಕವನಗಳನ್ನು ನೀಡಿದ ಎಲ್ಲಾ ನೆಚ್ಚಿನ ಪ್ರಶಿಕ್ಷಣಾರ್ಥಿಗಳಿಗೆ ಅಭಿನಂದನೆಗಳು.

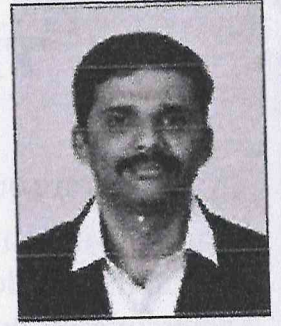
  
(ಡಾ|| ನಂಜುಂಡಪ್ಪ. ಎಸ್.)  
ಪ್ರಾಂಶುಪಾಲರು



## EDITOR DESK

**Dr.C.B.Vikram**

Assistant Professor in Education  
J.S.S. Institute of Education  
Sakleshpur



Firstly, I owe a deep sense of gratitude to the lotus feet of His Holiness Jagadguru Sri Shivarathri Rajendra Mahaswamiji. Under his untiring efforts, with a vision "Touching the lives of millions through sustainable human development", the Mahavidyapeeta has witnessed enormous growth in the field of Education.

Invoking blessings of His Holiness Suttur Veera Simhasanadheeshwara Jagadguru Sri Shivarathri Deshikendra Mahaswamiji, for his gracious spiritual inspiration with his auspicious message. The earnest efforts of His Holiness to address the challenges of society in the areas such as literacy, health care, employment generation and societal work have been lauded and recognized by all. His vision and inspirational and ethical guidance have prepared JSS institutions to meet the expectations and needs of 21st century.

JSS Institute of Education aspire to be one of the most prestigious teacher education institutions in the plateau state, providing students with high-quality, value-based education. Our constant goal is to provide underprivileged students from rural and semi-urban areas, especially girls, with a healthy, secure, and conducive learning environment. Imparting Quality teacher education is the prime motive through which the community attains self-reliability to meet the socio-economic challenges of the society. The college aims at creating the best human resources reservoir to produce world class professionals and citizens.

JSS Institution of Education, Sakleshpur is well known for its academic excellence and dedicated approach towards dissemination of knowledge in the academic world. The College mainly focuses on quality education among teacher trainees. In this pursuit, the College has taken the initiative to launch an annual magazine named "Manthana" every year. This Magazine encourages the students to pursue outstanding knowledge and broader outlook under the guidance of the faculty members of JSS Institute of Education.

## TEACHERS AS ROLE MODEL

“All noble deeds start with a small step.”

“Children are our most valuable natural resource”. - Herbert Hoover

'Builders of tomorrow' are shaped between the four walls to strive for greatness, live to their fullest potential and do their best for their carrier and the society is by a personality and he is called officially as a 'Teacher'. Most of the students life involves in the interaction with the teacher in different stage of learning situation but in the primary level teacher plays a vital role to shape the students life in a desirable way, in this stage students learn concepts, behavior, discipline, interaction, positive attitude, co-operation, obedience by observing others such as mainly a teacher, so a teacher is a trigger to bring out the hidden potentialities of students to shape their destiny.

“The art of teaching is the art of assisting discovery”-*Mark Van Doren*

“One good school master is worth a thousand priest”-*RG.Ingersoll.*

These words say the greatness of a teacher as a role model mainly to students and others. The responsibility of teacher for building the nation is enormous; on this point of view his role in the society is game changing one. Being a teacher having a clear goal of education is the starting point of our achievement to shape the future citizen. Teaching is a noble profession the teacher is a respected person because of his model nature to the students and the society. A noble teacher is different from an ordinary teacher because of the special quality he develops himself to drag the hidden talents of the students to bring them in to the main stream of the society by inspiring students in all aspects more than a teacher.

The model teacher creates democratic environment he will teach the subject matter acts as a care taker, moral mentor, good orator, reflect the sense of humor, thinks the classroom as a community and teaches the values through the curriculum, shows the discipline and outlook in dressing sense, creates the interests in learning, develops a discovery nature, facilitates students in divergent thinking, makes the students creative thinkers as well as active participants in the classroom.

As we know if a doctor makes mistake one patient will die if an engineer makes a mistake one building may collapse but a teacher makes mistakes continuously it mainly effects future of students and the society. Being a teacher as a role model let us build the nation by providing good education for 'builders of tomorrow'. In this way let us join the hands to build the nation by providing good education to the students for the better future of the country.

**Harshitha H L**  
**1<sup>st</sup> Year Trainee**

*Never let the fear of striking out keep you from playing the game.*

## SPACE TECHNOLOGY

The technology used for traveling or conducting activities beyond the atmosphere of the earth for space exploration or space craft. Space technology has revolutionized the way we live and work. It has made our lives easier and more comfortable. Space technology has also made us connected with each other and the world around us. Space technology has improved communication, transportation, weather forecasting and navigation. It has also allowed us to explore and understanding of our place in the universe and the interdependence of all life forms the use of space technology is not limited to the earth atmosphere it also extends to outer space through space exploration, we have been able to learn more about our solar system and the universe beyond. In terms of communication, space technology is essential for enabling long distance communication between different parts of the world. In terms of navigation space technology is used to help ensure the vehicles and vessels remain on course while traveling. This is done through the use of GPS satellites, which can provide accurate information about a vehicle's location. The future of space technology is very exciting. We are on the verge of making many new discoveries about our universe with continued research and development; we will be able to create even more amazing technology that will improve our life.

**Rekha H I**  
1<sup>st</sup> Year Trainee

## ARTIFICIAL INTELLIGENCE

Artificial intelligence is new technology in the field of computer science. It is a process of making computers, Robots or software that can think intellectually like a Human brain.

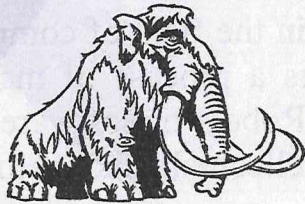
“Artificial” means man made that is not natural and “intelligence” refers to the ability to think and make decisions. The concept of AI was introduced back in 1950. Alan Turing, a Mathematician and computer scientist designed a machine named as “Turing Machine”. This Machine can test whether the computer can make a decision or not. John McCarthy, a computer scientist has introduced the word “Artificial Intelligence” in the world of computer science.

Through this computer system or robotic system is created, which is attempted to run on the basis of the same logic on which the human brain works. In today's time, the invention of computers of machines is growing at rapid pace.

Today, the ability of computers and machines to perform various tasks is also increasing rapidly. Man has over time developed the power of computer systems in term of their various working domains, their increasing speed and reducing size in relation to time.

**Latha H R**  
1<sup>st</sup> Year Trainee

## WOOLLY MAMMOTH

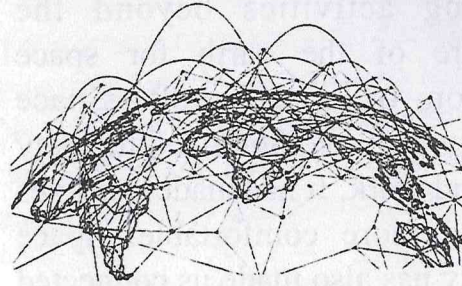


The woolly mammoth is an extinct species of mammoth that lived during the Pleistocene until its extinct in the Holocene. It was one of the last line of mammoth. Its closest extant relatives is the Asian elephants. They are found roamed the cold tundra of Europe, Asia, and North America. The woolly mammoth was roughly the same size as modern African elephants. The woolly mammoth was well adopted to the cold environment during the last ice age. The habitat of woolly mammoth is known as mammoth steppe or tundra steppe.

It was covered in fur, with an outer covering of long guard hairs and a shorter door undercoat. The color of the coat varies from dark to light. The ears and tails are short to minimize frostbite and heat loss. It had long, curved tusks and four molars. The diet of woolly mammoth was mainly grasses and sedges. Male weighed up to 8.2 metric tons and female weighed up to 4 metric tons .A new born weighed about 90 kg .The appearance and behavior of this species are among the best studied of any prehistoric animal because of the discovery of frozen carcasses in Siberia and North America, as well as skeleton, teeth, dung and depiction from cave paintings. Environmental DNA and climatic change data suggest that vegetation scarcity led to the mass extinction of species.

**Rashmi H I**  
1<sup>st</sup> Year Trainee

## Globalization



In the year 1990, our India has faces so many crisis in business environment. Our India has faces so many losses in business. They don't give any chance to private sector. People enjoy only public sector products. You know how the public sector products very less quantity and qualities were. People getting bore about the public sector products.

In the year 1991, a new economic policy was introduced that is globalization. Globalization means whole world. Anywhere you can do the business. Government give chance to private sector. Decreasing unnecessary rules and restrictions. Any foreign countries can set up business in India. Now at present we are all enjoying both Indian and foreign products. For example KFC, burger, pizza, Maggi etc. These are foreign countries products but now Indian people are liking this products. This is possible only through globalization.

**Shabreen Bhanu**  
1<sup>st</sup> Year Trainee

*"If life were predictable it would cease to be life and be without flavor."*

# BREAST CANCER

Breast cancer is an invasive cancer. The main cause of breast cancer is genetic mutation or damage to a person's DNA. Advances in screening and treatment for breast cancer have improved survival rates dramatically. Overall, the rate of breast cancer declined by about 40% trusted source between 1989 and 2017. A 2019 study showed, however, that the rate in the United states may no longer be declining in women aged 20-39 years.

## **Symptom:**

The first symptom of breast cancer is usually an area of thickened tissue in the breast or lump in the breast or an armpit.

Other symptoms include trusted source: Armpit or breast pain does not change with the monthly cycle pitting, like the surface of an orange, or color changes such as redness in the skin of the breast. A rash around or on one nipple. Discharge from a nipple, which may contain blood. A sunken or inverted nipple. A change in the size or shape of the breast peeling, flaking, or scalling of the skin breast or nipple. After puberty, a female's breasts are made up of fat, connective tissues, and thousands of lobules. These are tiny glands that can produce milk. Tiny tubes, or ducts, carry the milk towards the nipple. Breast cancer develops as a result of genetic mutations or damage to DNA. These can be associated with trusted source exposure to estrogen, inherited genetic defects, or inherited genes that can cause cancer, such as the BRCA1 and BRCA2 genes.

## **Stages:**

A doctor determines the stages of cancer according to the size of the tumor and whether it has spread to lymph nodes or other parts of the body.

**Stage 0:** This is also called ductal carcinoma in situ. The cancerous cells are only within the ducts and have not spread to surrounding tissues.

**Stage 1:** At the stage, the tumor measures up to 2 centimetres across. It has not affected any lymph nodes, or there are small groups of cancerous cells in lymph nodes.

**Stage 2:** The tumor is 2 cm across and has started to spread to nearby nodes, or the tumor is 2-5 cm across and has not spread to the lymph nodes.

**Stage 3:** The tumor is up to 5 cm across and has spread to several lymph nodes, or the tumor is larger than 5 cm and has spread to a few lymph nodes.

**Stage 4:** The cancer has spread to distant organs, most often the bones, liver, brain, or lungs.

**Treatment:** The main treatment options include: Radiation therapy, Surgery, Biological therapy, or targeted drug therapy, Hormone therapy, Chemotherapy.

Anusha P N

1<sup>st</sup> Year Trainee

*"In the end, it's not the years in your life that count. It's the life in your years."*

## CHANDRAYAAN

**Source:** With the launch of Chandrayaan -3, the Indian Space Research Organization (ISRO) is embarking to achieve a successful soft landing on the Moon. India aims to become the fourth country in the world to achieve this feat, joining the rank of the US, Russia and China.

**About:** Chandrayaan -3 is third lunar mission and second attempt at achieving a soft landing on the moon's surface. The mission took off from the Satish Dhawan Space Center (SDSC) in Srihari Kota. It consists of an objective of developing and demonstrating new technologies required for inter planetary missions.

**Mission objective of Chandrayaan -3:** To demonstrate Safe and Soft Landing on Lunar Surface, To demonstrate Rover roving on the moon and To conduct in-situ science experiments.

**Features :** The lander (Vikram) and rover payloads (Pragyan) of Chandrayaan -3 remain the same as the Chandrayaan -2 mission. The scientific payloads on the lander aim to study various aspects of the lunar environment. these payloads include study lunar quakes, thermal properties of the lunar surface, changes in plasma near the surface, and accurately measuring the distance between Earth and the Moon. The propulsion module of Chandrayaan -3 feature a new experiment called Spectro-polarimetry of habitable by analyzing reflected light.

**Launch and time line** Launch on July 14, 2023 14:35:17 at the lunar dawn. (42 days) time. The lander and the rover will have a mission life of one lunar day (about 14 earth days) as they work on solar energy. The landing site for Chandrayaan -3 is near the lunar south pole. Landing site was named has Shiva Shakti Point. ISRO chairman is S. Somanath, the mission cost was Rs 721 crore.

**Why on south pole** Historically, spacecraft mission to the moon have primarily targeted the equatorial region due to its favorable terrain and operating conditions. Sunlight is scarce in certain polar regions. Temperature can reach -230 degree Celsius. Extreme and contrasting conditions that pose challenges for humans and deep space exploration.

**Landing :** Prime Minister Sri Narendra Modi declared August 23, 18:03 the Vikram lander landed on the moon, as National "Space Day".

**Swathi S**  
**1<sup>st</sup> Year Trainee**

*"Life is a succession of lessons which must be lived to be understood."*

## How to Face Disappointment in Life

In life we have many expectations and dreams. This expectation may be realistic or unrealistic. Expectations usually lead to disappointment. In spite of a realistic expectation. We get disappointed. Look at the situation which led to the disappointment and rectify or overcome such situations in future.

Look for solutions and choose other means to reach the same goal. When one path is blocked, look for the other paths available or create a new path to reach the goal instead of getting rejected. One should not yield to despair and discouragement. Discouragement is the devil's most used tool.

Once, the only survivor of a shipwreck was washed upon a small uninhabited island. He prayed fervently to God to rescue him and everyday scanned the horizon for help, but none seemed to come. Exhausted he eventually managed to build a small hut out of drift wood. But then, one day after scavenging for food, he arrived home to find his little hut in flames, the smoke rolling up to the sky. The worst had happened. Everything was lost stunned with grief and anger he cried and said, "God, how could you do this time me?"

Early the next day, however he was awakened by the sound of a ship that was approaching the island. The people in the ship came to this man. "How did you know I was here?" asked the man to his rescuers. "We saw your smoke signal" they replied. It is easy to get discouraged when things appear to be going wrong. But we should not lose heart because God his at work in all our lives, even in the midst of pain and suffering. For all negative things we have to say to over selves, "God has a positive answer to it", you say, "it is impossible", you say, "Nobody really loves me". But God says that "all things are possible". The word 'impossible says that, 'I'm possible 'and God also says, "I Love you". If you say, "I can't forgive myself", God says "I forgive you". Some people think only money can lead them to success, which is not true. Money can buy books, but not brains; money can buy cosmetics but not beauty; money can buy amusement, but not happiness; money can buy medicine, but not health; money can buy beds, but not sleep; at last money can buy man, but not God.

So when you are in trouble don't say, "Oh God! I have trouble". Just say, "Hey trouble! I have God". So finally I conclude by saying "don't get discouraged. Never despair God his always with you!"

Latha  
2<sup>nd</sup> Year Trainee

*"You will face many defeats in life, but never let yourself be defeated."*

## LITERATURE

Literature refers to works of the creative imagination, including poetry, drama, fiction, nonfiction, and in some instances, journalism, and song. Simply put, literature represents the culture and tradition of a language or a people. Works of literature, at their best, provide a kind of blueprint of human society so we can call literature as reflection of Life. From the writings of ancient civilizations we can say that literature is more than just a historical or cultural fact; it can serve as an introduction to a new world of experience. Students who study literature and read for pleasure have a higher vocabulary, better reading comprehension, and better communication skills, such as writing ability. When students analyze literature, they learn to identify cause and effect and are applying critical thinking skills.

Studies say that people who read literature have more empathy for others, as literature puts the reader into another person's shoes. Having empathy for others leads people to socialize more effectively, solve conflicts peacefully, collaborate better in the workplace, behave morally, and possibly even become involved in making their community a better place. Along with empathy for others, readers can feel a greater connection to humanity and less isolated.

Students who read literature can find solace as they realize that others have gone through the same things that they are experiencing or have experienced. The first significant thing is the essentially artistic quality of all literature. All art is the expression of life in forms of truth and beauty; or rather, it is the reflection of some truth and beauty which are in the world, but which remain unnoticed until brought to our attention by some sensitive human soul, just as the delicate curves of the shell reflect sounds and harmonies too faint to be otherwise noticed. It is the written record of man's spirit, of his thoughts, emotions, aspirations; it is the history, and the only history, of the human soul. It is characterized by its artistic, its suggestive, and its permanent qualities. Its two tests are its universal interest and its personal style. Its object is to know the soul of man rather than his actions.

Sindhu S  
2<sup>nd</sup> Year Trainee

"Never let the fear of striking out keep you from playing the game."

PRINCIPAL  
J.S.S. Institute of Education  
P.B. 26, SAKALESHPUR-573 134  
Hassan Dist