CVV Connect

WHERE KNOWLEDGE MEETS WISDOM

VOL. 02
ISSUE 14
JANUARY 2025



Cheers to a New Year
and another chance
for us to get it right...

Happy New Year

MONTHLY NEWSLETTER FROM CHINMAYA VISHWA VIDYAPEETH DEEMED TO BE UNIVERSITY

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MESSAGE FROM VICE CHANCELLOR

Dear CVV Family Members,

As we embark on a new year and a fresh semester, I extend my warm wishes to the Chinmaya Vishwa Vidyapeeth family. This time of renewal is not just a beginning for our academic activities but also a moment to reflect on how we can contribute to the continued growth and excellence of our university.

With the new admission cycle underway, every individual's support is crucial. Together, let us strive to showcase the unique strengths of our institution, ensuring that our mission of integrating Indian Knowledge Systems with contemporary education reaches a wider audience. Your collective efforts in creating a welcoming and vibrant atmosphere will inspire prospective students to join our journey of holistic learning.

This year also brings with it the promise of a new environment within the University one filled with hope, collaboration, and shared purpose. Let us work towards building an even stronger sense of community and belonging, ensuring that CVV continues to be a beacon of knowledge, values, and innovation.

May Pujya Gurudev Swami Chinmayananda's teachings guide us in all our endeavours. I look forward to your active participation as we navigate this exciting chapter together. Wishing you all a fulfilling and impactful semester ahead!

Prof. Ajay Kapoor
Vice Chancellor
Chinmaya Vishwa Vidyapeeth

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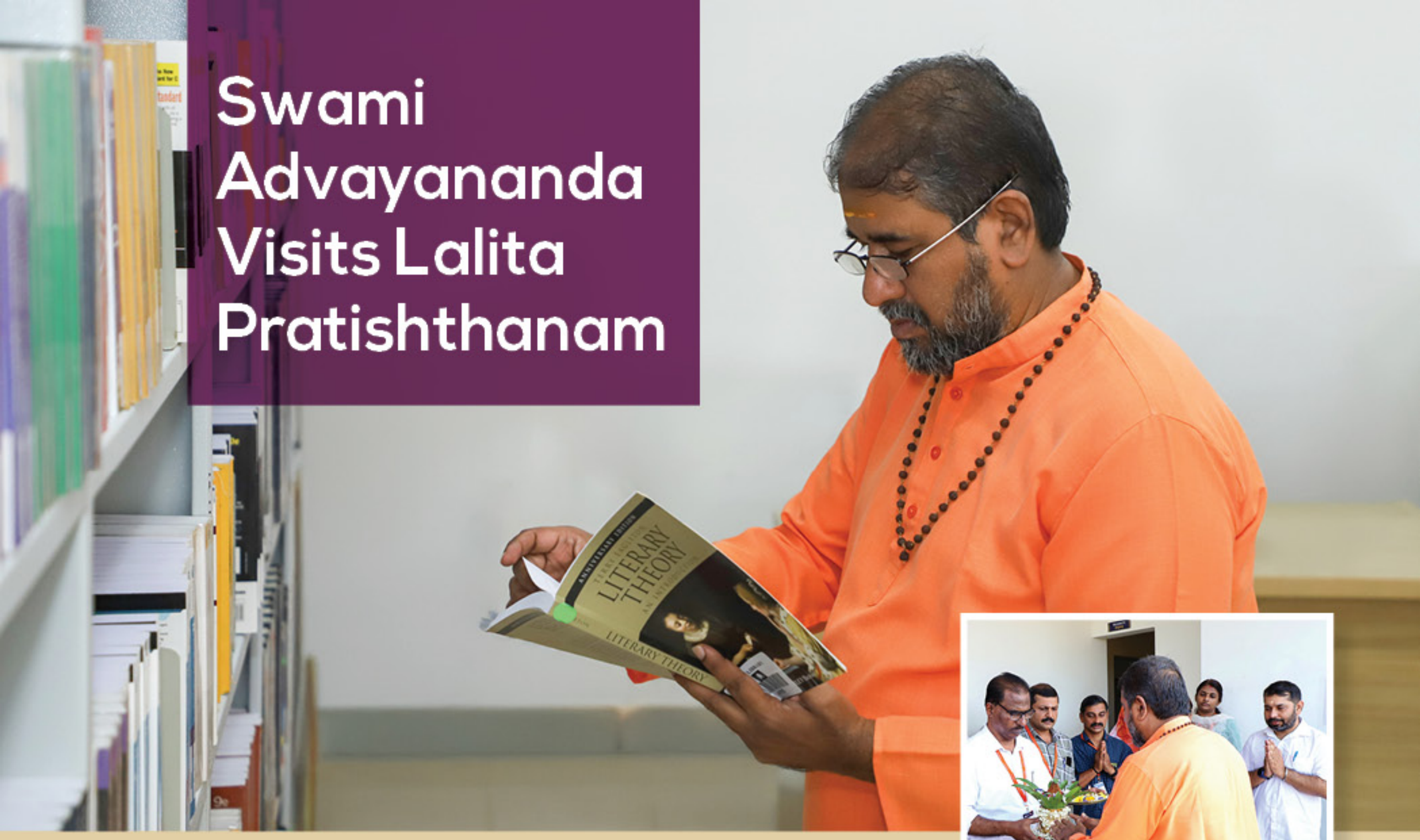




Trustee of the CVV Trust and President of Chinmaya International Foundation (CIF), Swami Advayananda, visited the Lalita Pratishthanam facility on 20 December 2024. He was warmly welcomed by Registrar Prof. T. Ashokan, Chief Coordinating Officer (CCO) Sri Ananthanarayanan Iyer and CVV Trust Executive Secretary Sri N. M. Sundar with a poornakumbha.

Swamiji engaged with students, faculty, and staff sharing his thoughts and inspiring everyone present. After performing Gurudev's aarti, Swamiji toured the academic block, where the project team provided a comprehensive update on the ongoing construction and upcoming projects. His interaction with the laboratory, library assistants and divisional heads underscored his keen interest in the institution's development.

Swamiji also visited the boys hostel, where resident student Koushik led him through the facility. He interacted with the hostel wardens and commended their efforts in maintaining a harmonious and supportive environment for the students.

At the Annakhetra (dining hall),



the hospitality manager provided a detailed briefing on its functions and daily operations.

His visit brought renewed energy and enthusiasm to the entire campus, impacting the University community. The students, faculty, and staff expressed their gratitude for his presence and blessings, which served as a source of inspiration for all.

















Workshop on 'Epic Leadership'

Sri Hariprasad Varma, a transformative coach and founder of Zensei, conducted a two-day workshop titled 'Epic Leadership' on 3rd and 4th December 2024, at the Warriam Road facility. The session was conducted for the students of the Schools of PPSH and CKS. The session explored leadership through storytelling, using narratives from the Mahabharata to illustrate various leadership archetypes. Through these stories, Hariprasad encouraged participants to reflect on their leadership styles and develop self-awareness, adaptability, and strategic thinking.

Interactive activities complemented the storytelling, allowing participants to embody the archetypes and engage in problem-solving exercises inspired by the epic's dilemmas. The workshop provided a unique blend of ancient wisdom and contemporary insights, offering practical tools for leadership development. Participants left with a deeper understanding of their potential and the inspiration to lead with resilience and vision, making the session both impactful and memorable.









Planting for a Greener Future

A 'World Soil Day' Initiative

On 5 December 2024, the first-year students from the Integrated B.Ed. programme participated in a tree-planting initiative to celebrate World Soil Day. The event was held from 3 PM to 4 PM near the college's academic building.

World Soil Day, observed annually on 5 December, aims to raise awareness of the importance of soil health for food security and sustainable agriculture. The tree-planting initiative aligned with this theme by promoting sustainable gardening practices and fostering a sense of environmental responsibility among students.

Dr. Bindu M. P., Assistant Professor, and Course Coordinator, for Environmental Studies in the School of EGCS, Mr. Shrikanth Menon, Assistant Registrar, CVV, and Mr. Prakash, a farmer from the locality, briefed the students on the importance of soil health, sustainable gardening practices, and the specific benefits of planting vegetable saplings.

Each student planted at least two saplings, including vegetable seedlings like ladyfingers and climbers. The saplings were planted in designated areas near the college building.

The activity provided a hands-on learning experience for the students. They learned about the importance of soil preparation, proper planting techniques, and the role of organic fertilisers in sustainable gardening.

This tree-planting initiative is expected to have a positive impact on the college environment and the community

- **Sustainable Food Source:** The vegetable saplings, once grown, will provide fresh, organic produce for the college community.
- **Enhanced Biodiversity:** The diverse range of plant species, including climbers, can attract pollinators and other beneficial insects, contributing to biodiversity.
- **Environmental Awareness:** The event raised awareness among students about the importance of sustainable gardening practices and the role of individuals in protecting the environment.

The students contributed to a greener campus while gaining valuable insights into sustainable gardening practices.



First Chinmaya Premier League Cricket Tournament & CHYK Camp







- Unleash Your Potential
- Service Above Self
- Teamwork

The **Chinmaya Premier League Cricket Tournament & CHYK Camp** provided a perfect platform for the holistic development of the students. The event nourished the physical, mental and emotional aspects of the students.

The inaugural Chinmaya Premier League Cricket Tournament & CHYK Camp, held at the Chinmaya Vidyalaya Kannur campus, from 29 November to 1 December 2024, was a resounding success, combining sportsmanship, personal development, and bonding over an engaging three-day experience. With an overall participation of 325 students, the camp focused on fun and transformation for every participant with inter-college and inter-school categories. The camp featured a perfect blend of cricket, life lessons, and teamwork, with activities designed to nurture physical and mental growth.

The camp also featured insightful sessions led by Swami Abhayananda, Brh. Ved Chaitanya, Brni. Taarini Chaitanya, Brni. Disha Chaitanya, and Yuva Veer Pradhyumna, who imparted wisdom on life and self-development.

The sessions were on:

- Game of Life: Vedanta through Cricket
- CHYK – CTC: Keep Smiling

32 students from CVV participated in the event. CVV's performance was remarkable, as the students won two cups during the camp's various competitions.

Key Achievements:

- CVV Women's Team: Champions
- CVV(A) Men's Team: First Runners-up
- CVV(B) Men's Team: Semi-finalists

This success highlighted the competitive spirit and dedication of CVV's teams, making

them one of the standout participants in the camp. The CVV contingent was led by coach Mr. Subhashchandhirabose S., whose expert guidance played a key role in the team's victories. The health and well-being of the participants were ensured by Ms. Dinta Muraleedharan (faculty) and Ms. Sethu Lakshmi (nurse), who supported the students throughout the camp.

Students from CVV demonstrated exceptional sportsmanship and achieved remarkable success by achieving two trophies. Under the effective mentorship of the coach and support from the faculty and staff, CVV's participants not only excelled in cricket but also embraced valuable life lessons. As the camp concluded, it left behind cherished memories of camaraderie, personal development, and achievements that will inspire the students for years to come.









PLAYERS

Cricket Team A (Men)

Jayadeep B (Captain)
(B.Com. II Year)
Sourav S (B.Com. II Year)
Adithya S Nair (B.Com. III Year)
Tushar Singh (BBA II Year)
Govind B (B.Com. II Year)
Ismail (B.Com. I Year)
Vineet Haridas (BBA I Year)
Lalith (B.Com. I Year)
Neelakantan (B.Com. I Year)
Shabaz Sha S.S (BBA I Year)

Cricket Team B (Men)

Aditya S Nair (Captain)
BBA I Year
Hariharan S
(B.Com. (ACCA) I Year)
P. Dharshan (BBA I Year)
Vishnu Vardhan Sai B
(B.Tech. AIML I Year)
G. Parthiv (B.Tech. CS I Year)
N. Shiva Sankar Reddy
(B.Tech. CSE I Year)
Pranay Kumar Reddy
(BBA I Year)
P.Pavan Kumar Reddy
(B.Tech. CS I Year)
T. B. Harshad Rao
(B.Tech. CSE I Year)
D. Vishnu Teja
(B.Com. I Year)

Cricket (Women)

Anagha Suresh (Captain)
(B.Tech. (CSE) II Year)
Pavithra Parirajan
(BBA I Year)
Amritavarshini
(B.Tech. (CSE) I Year)
Shreeyanshee Sinha
(BCA Cyber Security I Year)
Malavika Vinod
(B.C.A I Year)
Nandana Sankar
(B.Tech. I Year)
Nakshathra S Nair
(B.Tech. CSE I Year)
Fathima Riya
(BCA AI Robotics I Year)
Aarcha Praveen
(B.Tech. (AIML) I Year)
Niranjana Uday
(B.Tech. (AIML) I Year)
Jothika Shilu
(B.Tech. Cyber Security I Year)
Krishna Dev S
(B.Com. I Year)



CV Kasargod's Visit to CVV

Commencement of Construction for New Girls' Hostel







PTA Meeting











A Two-day Tabla Extravaganza with Pandit Sanju Sahai

Pandit Sanju Sahai, the present Khalifa and the doyen of Banaras Gharana, conducted a two-day workshop at Chinmaya Naada Bindu Gurukula on 7 and 8 December 2024. With his unmatched mastery and profound understanding of rhythm, Pandit Sahai took the enthusiastic participants on a journey through the intricate aesthetics of tabla performance. The workshop delved into the unique stylistic nuances that define the aesthetical Tabla playing, offering participants a rare opportunity to learn from a master who has devoted his life to the art of percussion. Through hands-on sessions, demonstrations, and personalised guidance, Pandit Sahai revealed the subtleties of tala (rhythm), the expressive power of varied strokes, and the melodic richness that the tabla can convey. the workshop was conducted in hybrid mode with Offline and Online participants.

The workshop commenced with an engaging introductory session wherein Pandit Sahai greeted the participants and took the time to listen to their individual performances. This initial interaction was invaluable in fostering a sense of connection and mutual respect, setting a collaborative tone for the workshop. The morning session focused on the profound aesthetic and technical aspects of Tihai. Participants were introduced to the intricate rhythmic patterns that define a Tihai, learning how to present them effectively to leave a lasting impact.





The next session was on Chalan—a specific rhythmic pathway in tabla playing. This included understanding its learning to improvise beautifully and chronologically. The session progressed to learning and playing a Rau based on the Chalan. This exercise was interspersed with the Tihais and Tukdas taught earlier, providing a comprehensive understanding of how these elements can be woven together to create a cohesive performance. The highlight of the session was to see the Master in action, demonstrating every aspect in the highest manner possible, enhancing and enriching the learning experience of the participants.

The afternoon session brought an unexpected but delightful surprise with the visit of Pandit Arvind Kumar Azad, another revered maestro of the Banaras Gharana. His presence was a source of inspiration for all participants, infusing the session with renewed enthusiasm. Inspired by Pandit Azad's visit, Pandit Sanju Sahai engaged the participants with captivating stories and insights about the legendary masters of the Banaras Gharana, including Pandit Samta Prasad, Pandit Kishan Maharaj, and Pandit Kanthe Maharaj. He highlighted their contributions to the art of tabla, sharing personal anecdotes and emphasising the unique qualities that each master brought to their music. This session provided a deep historical context and enriched the participants' appreciation of the gharana's legacy.

The second day of the workshop began with learning and understanding the exploration of a Banaras kaida. Despite its apparent simplicity, the kaida provided ample opportunities to explore the aesthetic capabilities of Dugga and other improvisational techniques. This exercise not only reinforced their new skills but also boosted their confidence, as each individual could sense the improvement in their playing through the aesthetic techniques imparted by Pandit Sahai.

The afternoon session delved into the characteristics of the renowned concept, 'Farad Gat', a speciality of the Banaras Gharana. Pandit Sanju Sahai taught the participants two exquisite Banaras Farad Gats, followed by individual practice sessions where he provided personalised corrections and guidance. This hands-on approach ensured that each participant could internalise and accurately perform the intricate patterns of the Farad Gat.

The session culminated with a Q&A session. Pandit Sahai narrated and explained the origin and development of the Banaras Gharana, sharing the story of Pandit Ram Sahai and his enduring legacy in great detail. His vivid story-telling transported participants to those historical times, emphasising the immense respect and gratitude he holds for the maestros of yesteryears and the ancestors of his lineage, who dedicated their lives to enriching this pristine art form. A key takeaway from this session was Pandit Sahai's message that 'To advance in any given field, we must look backward', meaning it's imperative to look back, remember and understand our roots and honour the sacrifices of our ancestors who elevated the art of tabla playing, to advance in one's journey of music. The session also highlighted the significance of practice—how to do it effectively and what to avoid. The workshop concluded with insights on being a good student, underlining the importance of maintaining a lifelong learning attitude. He said, "It's not enough just becoming a student but it is imperative to stay a student all through our life". This final note left every participant inspired to never stop learning in their lives.

The two-day workshop with Pandit Sanju Sahai was an enriching experience that combined technical skill, historical context, and philosophical insights. Participants left with a deeper understanding of the Banaras Gharana's aesthetics and a renewed passion for Tabla. The key takeaway from the workshop was the holistic approach to learning and appreciating the art of tabla. Participants were equipped with advanced technical skills and inspired with a deep respect for the tradition and history of the Banaras Gharana. The legacy of the Banaras Gharana, as imparted by Pandit Sanju Sahai, will continue to inspire and guide them in their musical journey.



Readers' Reunion- Rekindling Connections



The Grantha Club hosted a captivating meet-and-greet event titled 'Readers' Reunion: Rekindling Connections' on 10 December 2024. The event, which took place at the Prajna Pratishthanam Facility at Warriam Road, served as a dynamic platform for club members to reconnect, share their love for literature, and foster meaningful conversations around books.

The event began with an informal yet engaging discussion, where each participant shared insights into the book they were currently reading, as well as the personal reasons behind their choice. The diverse selection of books and genres sparked lively exchanges, allowing members to discover new titles and explore different literary perspectives.

Following the discussion, the group participated in a creative bookmark-making activity, which added a fun and artistic dimension to the gathering. With an open theme, participants were encouraged to draw inspiration from their favourite books, movies, or series, incorporating meaningful quotes or illustrations into their bookmarks. This hands-on activity fostered creativity and self-expression while sharing the inspiration behind each creation, which added a personal touch to the experience. The bookmarks were then distributed through a lucky draw, further strengthening the camaraderie among the attendees.



The session concluded with a renewed commitment among the participants to continue nurturing the club's vibrant reading culture, ensuring that such events remain an enriching experience for all involved.

Prof. Vijayan Speaks at Vignana Goshi



The Central Chinmaya Mission Trust Educational Cell organised a workshop on value-based education titled 'Vignana Goshi' CIRS, Coimbatore, from 2 to 6 December 2024 for 150 selected science teachers and principals from Chinmaya Vidyalayas and Chinmaya vision schools. Prof. C. Vijayan, IST, CVV, was invited to handle two sessions—one on 'Nurturing Research in the Classrooms' and another on 'Science in IKS'.

B.A. & M.A. Sanskrit Students Excel at Vakyartha Sadas

The annual Vakyartha Sadas, organised by Government Sanskrit College, Tripunithura, was held on 28 December 2024. In this prestigious event, participants have to elaborate on a specific topic from a shastra in Sanskrit. They are rigorously evaluated by scholars and judges, who pose questions during the discussion.

B.A. and M.A. Sanskrit students participated and secured four prizes across various shastras.

Winners

First Prize in Vedanta



Udaya Bhanu Aleti
MA, 2nd year

First Prize in Nyaya



Amrit Kumar Gujadhu
BA, 2nd year

Second Prize in Mimamsa



Alok Kumar
MA, 1st year

Consolation Prize in Sankhya



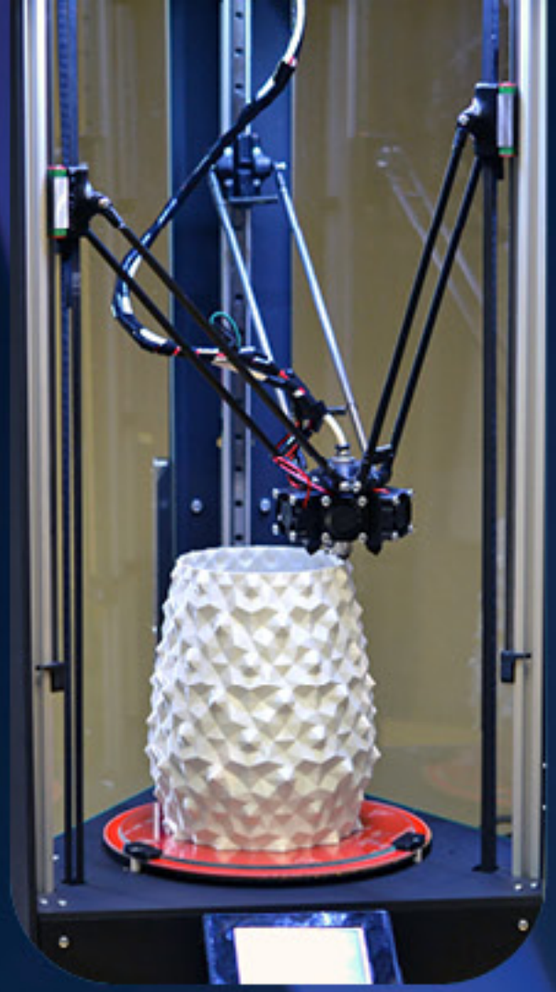
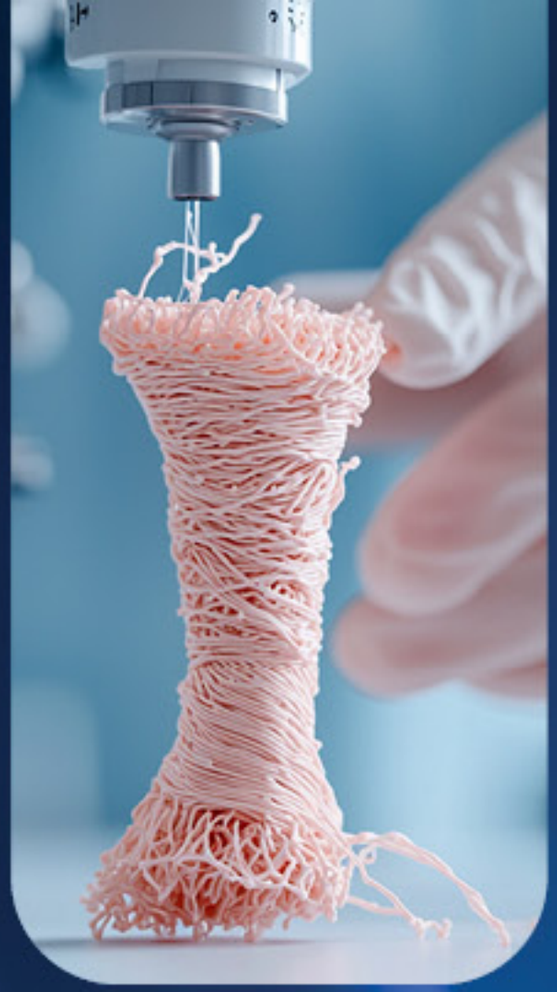
Sneha B Gomathy
BA, 3rd year

Invited Talk and Recitation at the Gathering of 100 Poets

Dr. Raisun Mathew, Assistant Professor of English at CVV delivered a talk on 'Poets and Poetry: Beyond Humanity and Close to Divinity' at the 'Ente Kavitha: 100 Kavikalude Kaviyarangu' organised by Vypin Folklore Fest 2024 on 15 December 2024.

He spoke about the relevance of insightful poetry and poets amidst the changing technologies of the 21st century. He emphasised the philosophy of 'Tat twam asi' from Sama Veda through his poem titled 'Thou art that; 'tis thee', and interpreted the thoughts on human interactions on earth with the audience.





ICRACM 2024

The International Conference on Recent Advances in Composite Materials

The International Conference on Recent Advances in Composite Materials 2024 (ICRACM 24), organised by the CVV Institute of Science and Technology (IST) from 12–14 December 2024, aimed at fostering a dynamic exchange of ideas, methodologies, and insights across diverse fields of study.

The theme of the conference focused on the role of composite materials and allied fields in addressing multifaceted global challenges. The three-day event featured eight tracks:

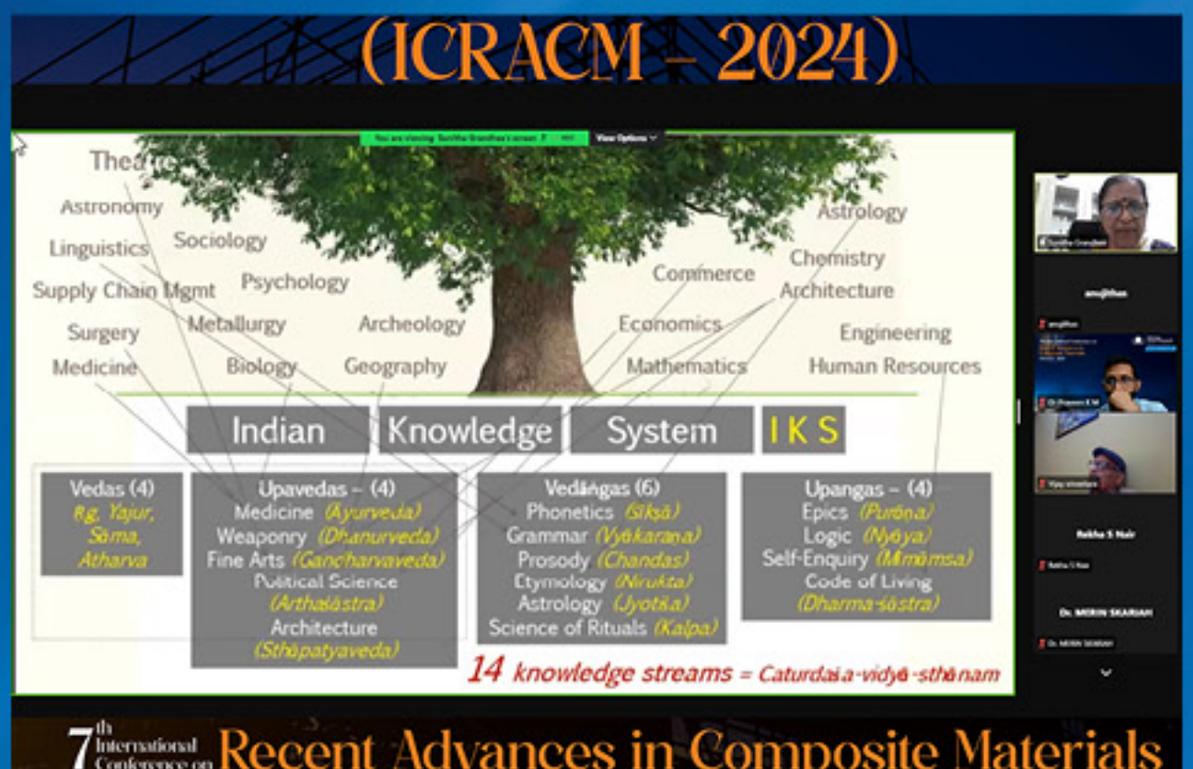
1. Advanced Composite Materials and Coatings
2. Sustainable and Bio-Inspired Composites
3. Nanocomposites and Nanotechnology Applications
4. Mechanical Behavior and Optimisation of Composite Materials
5. Engineering and Structural Applications
6. Emerging Applications and Technologies
7. High-temperature and High-performance Composites
8. Indian Knowledge Systems (IKS) in Composite Materials

The conference included keynote sessions, panel discussions, paper presentations, and opportunities for collaboration. Conducted online, ICRACM 24 received an impressive number of registrations and featured ten keynote speakers, several invited speakers, and numerous student presentations. Participation options included both free and paid access, with or without certification.









Day 1 Overview

Day 1 of ICRACM 2024 began with the inaugural session, which featured:

- **Welcome Address:** Prof. C. Vijayan, Professor and Head, Department of Physics, CVV-IST
- **Inaugural Address:** Prof. Ajay Kapoor, Hon. Vice Chancellor, CVV
- **Special Messages:**

  Dr. Apparao Mukkamala, Managing Trustee, CVV

  Dr. Sudheer Babu Yarlagadda, Conference Chairman and Provost of CVV

  Prof. T. Asokan, Registrar & Dean of Academics, CVV
- **Presidential Address:** Prof. Dr. Jozef T. Haponiuk, Professor and Head, Department of Polymer Technology, Gdansk University of Technology, Poland
- **International Chair's Message:** Dr. Robin Augustine, Basic Life Research Scientist, Stanford University, USA
- **Reflections on ICRACM:**

  Prof. Dr. Vijaya Kumar Srivastava, Founding Director, ICRACM Series

  Prof. Savitesh Madhulika Sharma, Director, R&D Cell, CVV

The session concluded with a vote of thanks by Dr. Praveen K M, Organising Secretary and Assistant Dean (Learning and Innovation), CVV.

Four keynote addresses by:

- Prof. Sunitha Grandhee, Dean, Lifelong Learning & Wellness, CVV
- Prof. Alessandro Pegoretti, Department of Industrial Engineering, Trento University, Italy
- Dr. Maya Jacob John, Principal Researcher, Council for Scientific and Industrial Research, South Africa
- Prof. Miran Mozetič, Department of Surface Engineering, Jožef Stefan Institute, Slovenia

Two technical sessions:

- Advanced Composite Materials and Coatings
- Sustainable and Bio-Inspired Composites



Day 2 Overview

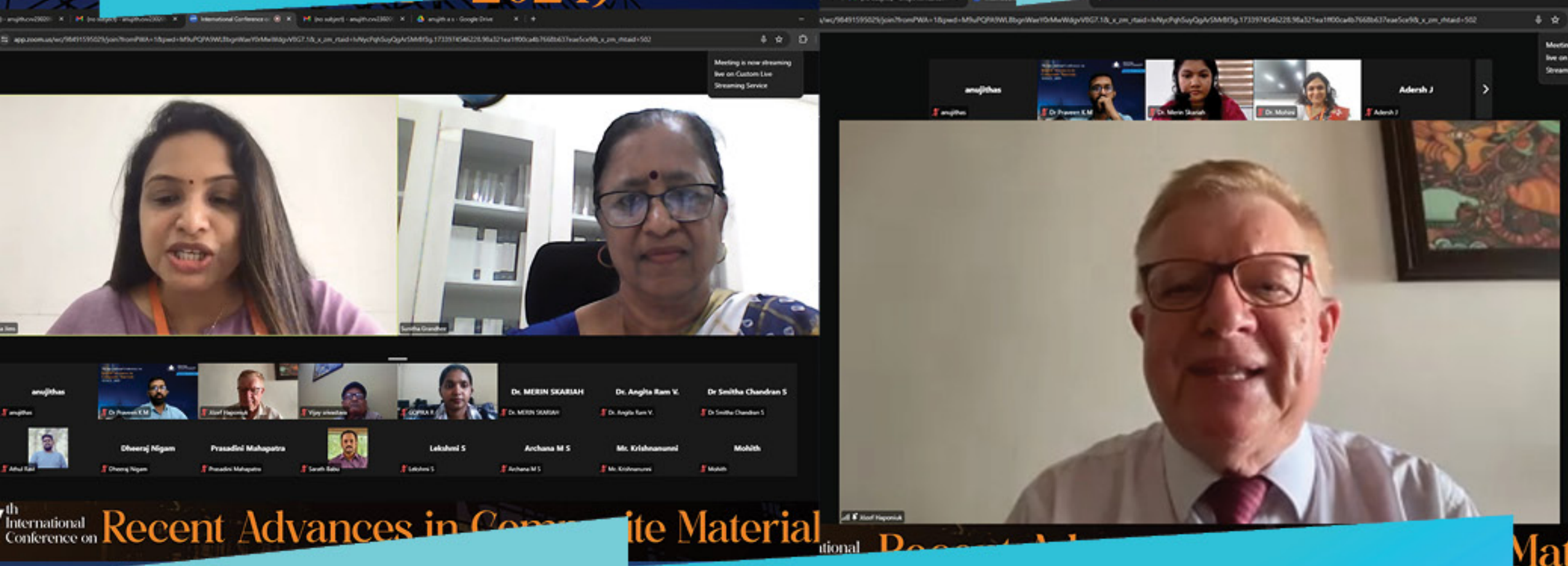
Day 2 began with a prayer, followed by:

- **Keynote Address 5:** Prof. Yuri Bazilevs, Brown University, USA
- **Technical Session III:** Nanocomposites and Nanotechnology Applications
- **Keynote Address 6:** Dr. Kalappa Prashantha, Adichunchanagiri University, India
- **Technical Session IV:** Mechanical Behavior and Optimization of Composite Materials
- **Keynote Addresses 7 & 8:**

  Prof. Valter Carvelli, Politecnico di Milano, Italy

  Dr. Binsi P. K., ICAR-Central Institute of Fisheries Technology, Kochi
- **Technical Session VIII:** Indian Knowledge Systems in Composite Materials

The day concluded with an open forum on collaboration and networking.



Day 3 Overview

Day 3 opened with a prayer, followed by:

Technical Session V: Engineering and Structural Applications

Keynote Address 9: Dr. Robin Augustine, Stanford University, USA

Technical Sessions VI & VII:

Emerging Applications and Technologies

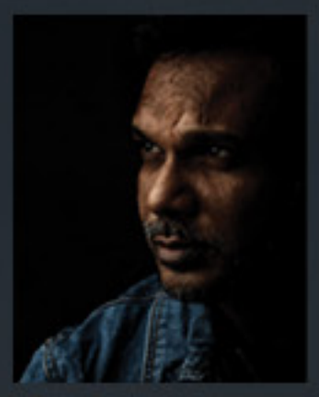
High-temperature and High-performance Composites

Final Keynote Address: Prof. B. Nageshwar Rao, K.L. University, India

- The conference ended with a valedictory session. Highlights included:
- A brief introduction by Ms. Anupama Jims, Assistant Professor, CVV
- Valedictory note by Prof. Vishweshwar P. Kallimani, Senior Professor, CVV
- Announcement of best presentations by Dr. Rajendran Perumal, Director-Accreditation & Quality Systems, CVV
- Closing remarks and vote of thanks by Dr. Praveen K M and Prof. Dr. Vijaya Kumar Srivastava

ICRACM 24 successfully showcased advancements in composite materials, inspiring future collaborations and innovations.

What's New in this New Year?



V.J. Renjith
Graphic Designer
Media Team, CVV

Another calendar flips away,
Another year begins its sway.
Yet here I stand, the same old me,
In the cycle of monotony.

Will life take a brighter turn?
Will my future's flame burn?
Will my struggles fade and cease?
I wonder—will I find some peace?

Still, I walk this winding road,
Carrying hope, a heavy load.
Change may come, from dark to light,
Or light to shadow in the night.

These hopeless hopes forever stay,
While life's stillness clouds the way.
But with each step, I seek anew,
Perhaps this year will hold the clue.

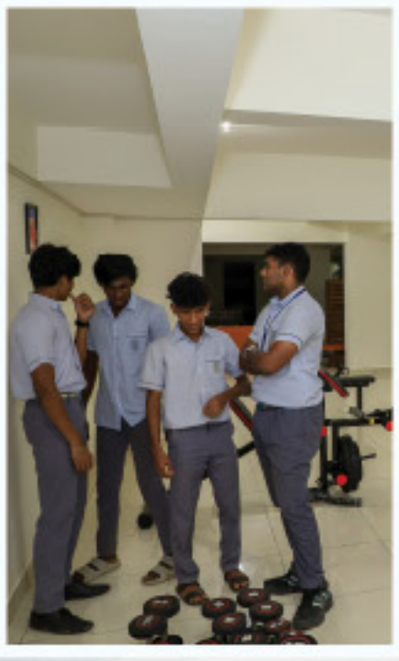
Students of Chinmaya Vidyalaya, Thrissur, Visit CVV

















GLPS Kakkoor Students Visit CVV

On 4 December 2024, CVV warmly welcomed 18 students from GLPS Kakkoor, accompanied by their teachers, for a delightful and engaging visit. The event was organised by the students of the integrated BEd programme. It was a wonderful opportunity for cultural exchange and interaction, leaving a lasting impression on the students of GLPS Kakkoor and the hosts.

Several games and cultural activities were organised for them such as sing-along, the traditional game Manikya Chempazuka, the Balloon Game, Thavala Chattam (Frog Jump) and so on. To engage the students, they were invited to sit in a circle and share songs and poems they knew. This interactive session was both fun and educational.

A group photo was taken with the faculty and students to commemorate the occasion. Before leaving the students were served snacks and juice in the Annakshetra.





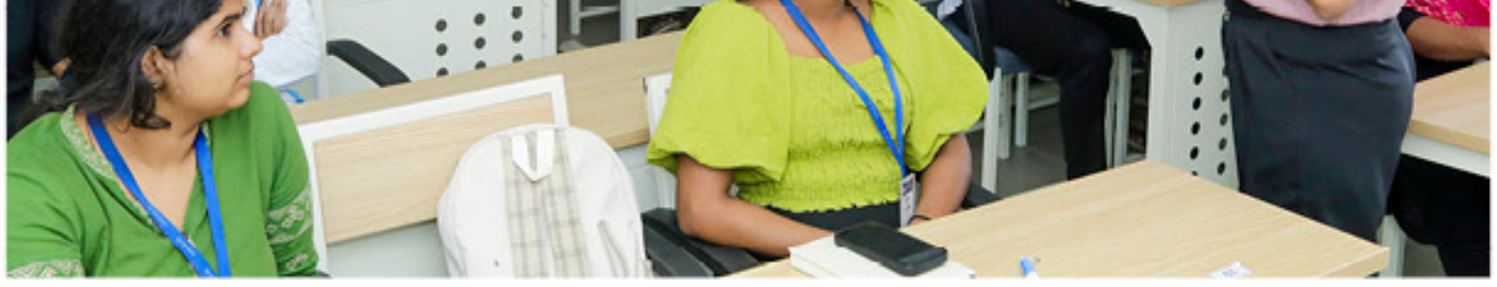




Placement Career Workshop Series No:5

The CVV Placement Cell organised the fifth in the Career Workshop Series in collaboration with HR Quadrant LLP, Kochi, on 6 December 2024 from 2 p.m. to 4 p.m. at the Warriam Road facility for the 2025 outgoing student batch on the topic 'Personal Interview'. The workshop was intended to supplement students' ongoing preparation for the placement drives.

The resource person, Ms. Dhanya R. Manager—Learning and Organisational Development at







HR Quadrant LLP, conducted detailed sessions, which included demonstrative classes and Q&A.

HR Quadrant LLP is a Talent Management firm that provides tailored business solutions for placements, staffing, skill assessments, and professional development.

Placement Career Workshop Series No:6

The CVV Placement Cell organised the Sixth in the Career Workshop Series on 12 December 2024.























Have you ever gone through a situation where you want to constantly validate that you are not a failure in front of family, teachers, friends and relatives?

I think most of us have gone through this instance at some point in our life and have had to speak up for ourselves without running away from people.

After completing our studies, we enter into a new realm of life, confident that we are going to take a big leap forward without looking back. But some inadvertently slip into the darker side of life due to circumstances. For such people, life may not be easy and it could take a lot of patience to make their dream life come true. This process of waiting, metamorphosis and evolving is a long and tough period, and it needs an unwavering mind of courage and determination to stay moving in the dark woods without security until you see a light ahead. Eventually, only a few pass this test, while most start quitting this loop without completing it, remaining helpless in front of the future. Sometimes, we can't blame them because if the pattern keeps repeating, they lose hope and quit the loop without hesitation. But how far can they run away from this loop and people?

WHAT AM I NOW?

In this context, the past starts haunting us as a nightmare and we start regretting and doubting ourselves for the decisions we have taken so far—about the programme we're pursuing, our marks, and performance—eventually leading to a loop of decisiveness. It's a weird feeling of existentialism and a feeling like we are somewhere lost in the woods knowingly. In such a situation, some choose to stay impatient and quit the race of life.

In addition, we must constantly validate and prove our self in front of people who don't care about our life, careers or feelings. And the answer decides the amount of love and respect we receive thereafter. The measures they use for this validation prove that they are the best critics for this generation. Further, this even decides how they treat our family. To avoid such cases, we avoid situations and circumstances where we would need to face them. Slowly, this can lead to questioning our identity and the purpose of our life, which grows as an inferiority in our mind. Unknowingly, such feelings start reflecting in our behaviour and patterns. Over time this could result in depression and loneliness.

While I was thinking about this topic of external validation and proving myself, I came across an Instragram reel on the Bhagavad Gita. It was a dialogue between Srikrishna and Arjuna, where Arjuna is also seeking some kind of validation from Krishna about his purpose, duties and inner strength. From that context, I realised that even as a great warrior, he too has gone through this phase and it's natural to have thoughts regarding our purposes, strengths and duties of life. At such points, we might also look for 'Krishna' among the people we trust for getting external validation and guidance for moving forward confidently.

We all have a specific goal in our life which lays the foundation of who we are in the present moment .So, If we start to doubt our abilities, then we won't be able to complete the assigned duties that have been imposed on us. Also, this journey of reaching the goal may not be easy for all people. Some may reach their destinations easily while for others it could take years. We have to be ready always by sharpening our skills and knowledge daily until we reach our place—where we are destined to be. I know, sometimes this process of achieving is tiring. But for this to be accomplished, we have to be patient and believe in the journey of life. Until then, wait and enjoy the process of evolving and growing patiently.



PARVATHY RAJ
Admissions Counsellor

PICTURE OF THE MONTH





Aerial Nightscape: A View from the Onakkoor facility

Published by : Media Team, Chinmaya Vishwa Vidyapeeth, Deemed to be University
Editor-in-Chief: Sarathchandran M. B. | Managing Editor: Rukma Sadekar
Photographs: Sreejith C. V., Harikrishnan M., Renjith V. J., Jayasankar V. V.
Design and Layout : Manikantan B.

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