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Amma's Message to the youth

Children, youth is the bindu—the center-point of life, a time when we are neither child nor adult. It is an ideal stage for training the mind. Younger generation possesses tremendous energy. If that energy is properly channeled, today's youth can perform wonders. If the youth change, the world will change.

Real change happens only when knowledge and discrimination go hand in hand. This results in an increase in one's awareness level. Awareness means wakefulness. You will always remain internally awake and alert in all circumstances of life, which will automatically put you on the path to success. So, rather than focusing on success, you should focus on channeling our energies in the right manner. Unfortunately today's society gives more importance to gathering information than to developing awareness. Hence, we have knowledge, but lack awareness. It is like becoming aware of our head only when we have a headache.

The definition of a soldier is not only those who attack their enemies with swords and cannons. Anyone who strives to reach the goal of life is, in a way, a soldier. A *kshatriya* is one who fights battles. Where? In every field of life we need the courage and vigour of action to focus all our attention on the goal of life and move ahead. To prevent selfishness, we need

the light of goodness in our heart. We also need the ability to express this goodness. The goal of all our actions should be the complete growth of society and the welfare of humanity. Growth of humanity, includes our own growth as well. This is true growth. For this understanding to become firmly rooted in our mind, we need discrimination.

The main indicator that true knowledge is growing is the blossoming of discriminative thinking—the ability to

differentiate that which uplifts us from that which pulls us down. Devoid of discriminative thinking, knowledge is incomplete, like a flower without fragrance, like a word without meaning, a flame and its light. Today when people say that knowledge is growing, it is like saying "The sun has risen, but it's still dark." Imagine a beautiful garden full of countless flowers of all colors, shapes and sizes. If

such a garden is pervaded by a foul smell, then obviously something has gone wrong.

As the future leaders and pillars of our society, it is important that you develop a deep connection with your culture and country. At the same time, you need an independent intellect and an open mind. You should find the courage to accept goodness wherever you see it, rejecting evil. Thus when you blend knowledge and discrimination in a balanced manner, your inner energies will attain a greater dimension, which will help you lead a life of love, peace, happiness and success.



No task is insurmountable if a hundred hands work with a single mind towards the goal. Amrita Sanjeevani, the Seva Association of the Amritapuri Campus, helps to develop in students a realistic knowledge and understanding of the society, their obligations to it and Mother Nature as a whole and thereby induce in them the attitude of selfless service. Through small yet significant efforts, Sanjeevanites are trying to make a positive transformation in the society. If your mind can conceive it and your heart can believe it, then you can achieve it! Read on...

Cover Story

Car free day

Imagine a day with no pollution, no traffic jams and fewer cars on the road. Impossible? Then come let's join hands and make it possible.

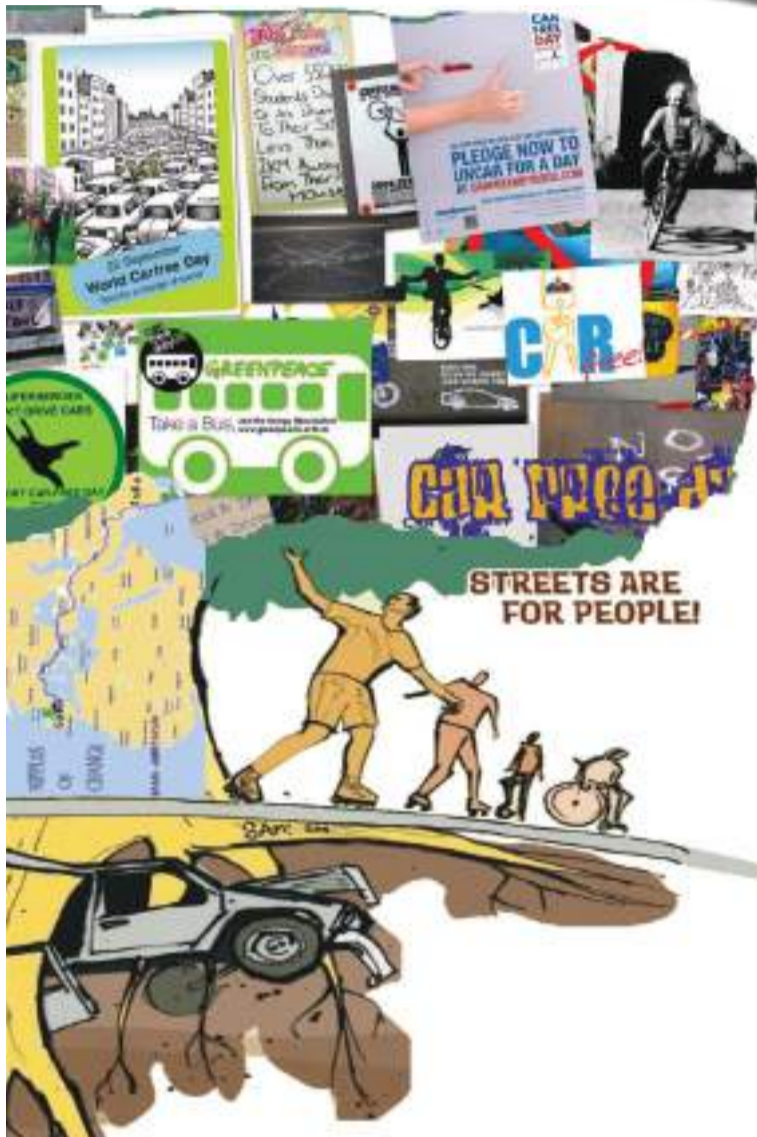
Every September 22nd, people from around the world get together in the streets, intersections, and neighborhood blocks to remind the world that we don't have to accept our car-dominated society. 'Car Free Day' is not an attempt to take cars off the street. It is about encouraging people to think about the impact of their transport choices and how cleaner, more effective forms of transportation can enhance our quality of life.

The birth of the movement..!!

It was in October 1994 that a structured call for a car free day was issued in a keynote speech by Eric

Britton at the International Conference held in Toledo (Spain); but the first national campaign was inaugurated in Britain by the Environmental Transport Association in 1997. World Car free Day was established in 2000 as a grassroots movement by the World Car free Network. It has grown to involve official, unofficial participants in over 1,000 cities in 40 countries. Currently Bogotá holds the world's largest car-free weekday event covering the entire city.

Let the message of Car-free Day not just get restricted to a single day, Grip your hands tightly on the message of 'Car Free Day' and enjoy the experience of cycling for a cleaner, greener and safer India.



September 22nd-The World Car-free day is a new dimension of creating awareness and conserving energy. The highlight of the day was that no one came to the campus by car or bike. Day scholars used public transport, college bus or bicycles to reach the campus.

For the first time in Amritapuri, Amrita Sanjeevani, the Seva association of Amritapuri campus organized a bicycle rally from Karunagapally to Amritapuri. The aim behind the rally was to emphasize the significance of depending less on cars and more on cycles and public transport. In this era of depleting fuel resources and increasing pollution, this rally is a praiseworthy initiative. Around 200 volunteers including students, staff from Amrita School of Engineering, Arts and Science, School of Business, Biotechnology, Ayurveda and members of the various project teams pedaled together from Karunagapally to Amritapuri in the early morning, covering over 11km.

The inauguration was done by Municipal Chairman Sri. Ansar and DYSP Sri. Rajendran in Karunagapally.

The response from students was encouraging. One of the students commented that the rally was a great source of inspiration for their future. All they did was fulfill their duty along with lots of fun. It was a joyful ride, combined with a sense of responsibility and boundless enthusiasm.

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"The Car free day plan sprouted as a small idea during the youth camp at Pala. When we went to Amma, she inspired us to spread the idea of using bicycles for short distances. She also suggested that we organize a bicycle rally to create awareness about various environmental issues. It was only because of Amma's grace that our idea transformed into a successful movement."

Eco friends, Team Amrita Sanjeevani



“Amrita Vishwa Vidyapeetham University is a fertile ground where young minds, fresh out of twelve years of schooling, blossom into fragrant and fruitful citizens of our motherland Bharat. For all the young minds here at Amrita, we have AMMA, who is also the

Chancellor of our University, as the best role model. Today, AMMA has, with Her Love and Compassion, conquered the world. May you all, on occasion of the launch of ‘Samved’ newsletter, invoke AMMA’s immense power, to transform each and every one of you from ordinary to extraordinary.

Dr Venkat Rangan
Vice-Chancellor, Amrita University



“Happiness is in giving, not in taking. May ‘Samved’, a part of Amma’s vision help in making this world a better place.”

Dr. Balakrishna Shankar
Associate Dean

“Amrita Sanjeevani has given the lead in this campus for many extra-curricular activities like invited talks; serve an hour and Amala Bharatam Campaign. Surely their activities go a long way in moulding the students in line with the vision of the university. I wish all success for their latest initiative, the newsletter.”

Dr. K. Sankaran
Principal, Amrita School of Engineering



“I hope Samved will help the students express their social and environmental concerns. Their sensitivity and writing skills would be developed adequately through the pages of the newsletter.”

Dr. C. Gopinathan Pillai
Principal
Amrita School of Arts and Sciences



Dear Students,

Youth is the best time to create your own meaning for life, right living. For that you need to have the right objectives, right attitude and right understanding. So, as you prepare externally, gathering information on various subjects, prepare internally as well, by training and refining your mind. Just as you strive for your physical existence in the world, strive to cultivate noble qualities such as love, patience, compassion and a selfless attitude. And here at Amritapuri, we have our most beloved Amma—a perfect role model, an embodiment of all divine qualities—to inspire and guide you along the right path. May Her light and love give you the inner strength and guidance as you pursue your dharma as a student, son/daughter and member of the society.

IN AMMA’S COMPASSION

Swami Amritaswaroopananda Puri
President, Amrita Vishwa Vidyapeetham



“Our Beloved AMMA repeatedly asserts that Love and Compassion for fellow beings and towards nature are the ultimate values every human being should develop. Let this Newsletter reflect and echo this essential message of AMMA.”

Br. Sudeep
Director

“Over the past few years, Amrita Sanjeevani has provided tremendous inspiration to students, faculty and all segments of the University as well as society with wide-ranging activities connected to Nature. I am very happy to extend my best wishes to Amrita Sanjeevani for the successful launch of the Newsletter, so that with AMMA’s bountiful blessings, the activities of Amrita Sanjeevani can bring about increased awareness for society in general and our youth in particular to benefit from the joy, peace and harmony in joining hands with Nature.”

Dr. Bipin Nair
Dean, Amrita School of Biotechnology

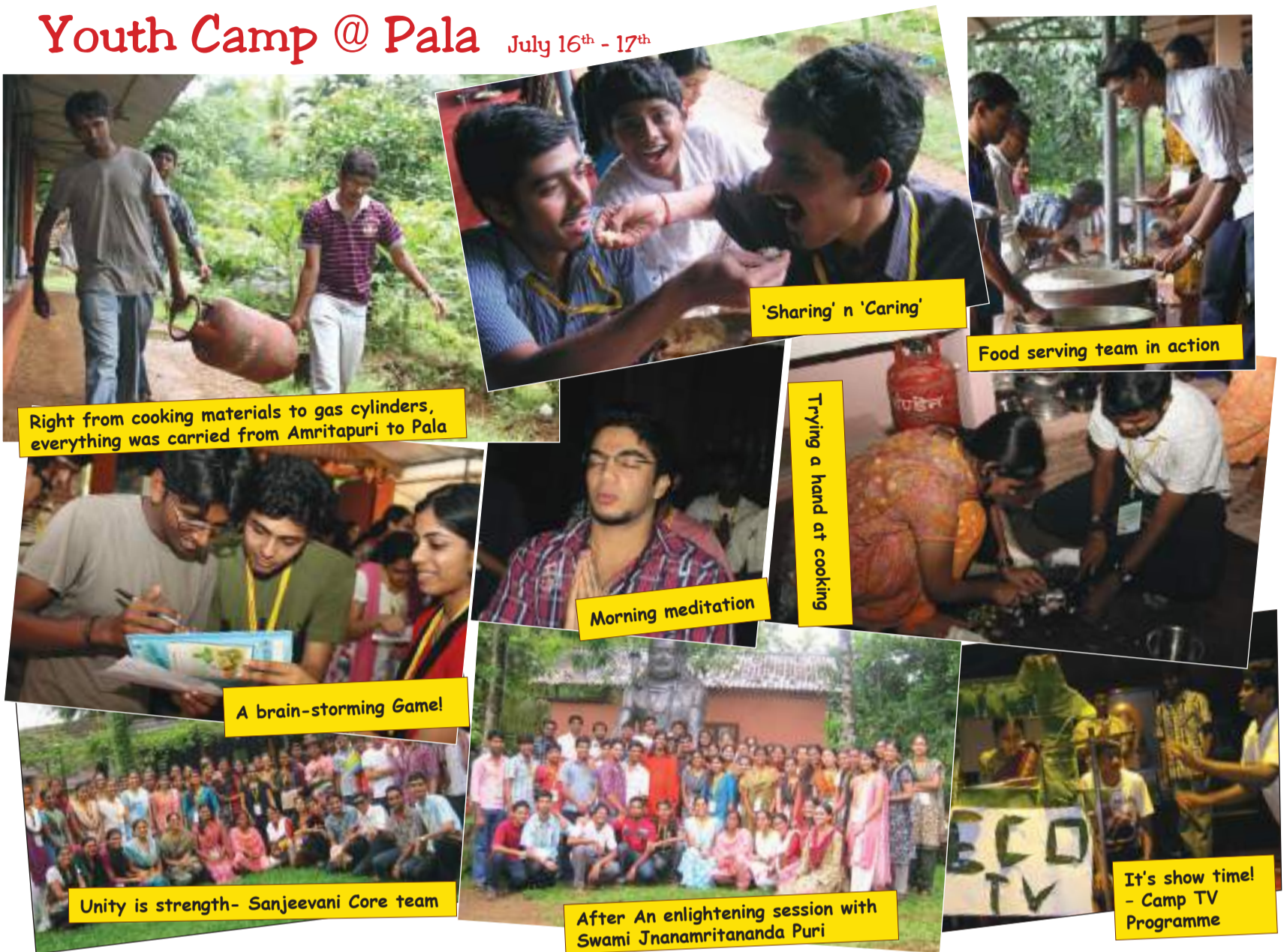


“Congratulations and Best Wishes to Amrita Sanjeevani Team for releasing a newsletter of our campus to create awareness about the social service carried out by the team members. I hope that it also becomes an eye opener towards problems faced by student community and expect that it could become a platform for presenting the talents of our students. Of course Amrita Sanjeevani is doing a great work by spreading the message of AMMA i.e.; “To live and Let others also live Happy and Healthy lives”, maintaining the moral values of Human Life.

I wish all success for the progress of your new Venture.”

Dr. B. Syamala
Principal, Amrita School of Ayurveda

Youth Camp @ Pala July 16th - 17th



'VandeMataram' 'AmalaBharatam'

Amritapuri Students Celebrate Independence Day in a different way!

I am fortunate to have got this wonderful opportunity to be a part of the ABC drive and serve Mother India. I am thankful to Amma who sowed the seeds of love and service in our hearts. Seeing the pathetic scenario at the cleaning spot, I felt guilty for what I had been doing all these years... I realized I had also contributed to this miserable plight of our country. Initially I was a bit hesitant to pick up the waste, but when I saw how enthusiastically the students around me worked, I got inspired and started enjoying my work. I was so glad that I could at least do something beneficial for my country, on Independence Day. It was then that I understood the true spirit of selfless service. I feel, being a part of this University, all students should experience this venture at least once and be a part of this universal campaign.



Aman. M
S1 B.Tech



Sarath P
S1 B. Tech

I am indeed very proud to be a member of this prestigious group. I see that it is being True to Myself. The day I served my country on its 64th Independence day gave me the happiest moments in my life. May this spirit of patriotism and Green India be like an inextinguishable flame in our hearts which we can proudly bear till our last breath...



Ravi Chandra. N
S1 B.Tech

Ever since I was a child I was always disturbed seeing how dirty and filthy our country is! When I heard there was a clean-up drive on the Independence Day, I realized it would be the apt way to show true spirit of patriotism and decided to be a part of it. Hope ABC gets going with its vibrant momentum, to grow with deeper roots in the society and to stand as an example of 'the best deed of the day'.

Lets do it.....

Sanjeevanites

Amrita Sanjeevani Innovations Bring Change

June 3-5, 2011

The Sanjeevanites saw beauty and value, where others saw trash. They created greeting cards, pen stands, bracelets and wall hangings from waste material. These items were exhibited at the International Conference on Society, Technology and Sustainable Development(ICSTSD) at AIMS, Kochi.



Schematic representations of the Amala Bharatam Campaign, along with snapshots of the activities, were also displayed. Many delegates and speakers singled out these student initiatives for praise. "I think we all must commend the Amrita students and support them enthusiastically. With Amala Bharatam, Amrita University has set a trend. If we are going to become a sustainable society, in fact, education is the key" remarked Dr. Ram Bhooj, Program Specialist, UNESCO. On the final day of the conference, June 5th, 2011 World Environment Day, the students found an innovative way to promote global cooperation to bring about a green world. They had the conference delegates demonstrate their commitment towards the cause by leaving green thumbprints on a world map with the theme, 'For Nature'.

Young Farmers

August 8 - 9, 2011

Sanjeevani has a dedicated team for 'Organic farming'. Every weekened, the students water the plants, do composting, and beautify the vegetable farm.

The current era, in which agriculture is on a decline, and food demand is high, organic farms can provide fresh fruits and vegetables. Amma says, "At least one day in a week, we must have food cooked from the vegetables that we have grown. The food waste and other kitchen waste can be used to make compost."

A 2-day workshop on Organic Farming and Composting was held on 8th and 9th August, 2011. The workshop was led by Mr. Peter Ash, a professional farmer & environmental activist, having over 40 years of experience in Agriculture & Horticulture in California. Around 50 students participated in the workshop. They were taught to convert food waste into compost.



A bunch of youngsters bubbling with energy dipped their brushes green, got to work and lo! – The recycling centre wore a new look!



Apne yaar keliye

5th August, 2011

Friendship Day is never complete without friendship bands. Those quaint, delicate marvels in thread interwoven



into intricate patterns symbolize the strength and bond of friendship. As a part of Friendship Day Celebrations, a friendship-band stall was put up in all the Schools of Amritapuri Campus. A variety of colourful bands made by the students themselves was on sale. This initiative was undertaken to raise funds for charity.

walk the talk

Ongoing Ventures

A Chit-Chat And A Sort

(A scene at the ABC Recycling Centre, Amritapuri Campus)



"Hey watch out! There is a piece of dirty plastic in the food waste. We can make a crochet stuff out of it", said Adita.

"What an idea Sirji!" exclaimed Lakshmi.

It was a Saturday evening and a group of students were sorting the waste that was collected from various public places.

"Hey how would you feel if a piece of plastic choked your throat?" asked Akash.

"I cannot imagine myself being in

such a situation." replied Aiswarya.

"Mother Earth endures the same suffocation when we carelessly throw plastic waste. I am happy that we are at least doing our bit to ease Her suffering. I have heard Amma saying that this is real yagna," explained Akash.

Karthik: "Guys hurry up! Our ABC team will soon return with a huge pile of waste from Puthiyakavu."

Thud!!! An unexpected guest entered the sorting area- a football kicked-off from the nearby playground. "Excuse me, can you pass the ball??" asked Mr. Babu, curiously looking around. He was stunned to find his own class-mates enthusiastically sorting the public waste. Love for nature was radiating from their faces. Feeling embarrassed, he thought to himself.

"Here is a dedicated team of students who are ready to devote their time to make the country clean, and in my 3-year college life, I have never initiated to clean my own room. How shameful! **I am going to be a part of ABC, and I will start with my room today itself.**"

This is just one success story. ABC team continues to inspire many more...

Sneak Peeks.....



"I still remember the day when I was returning after a football match...I saw a group of students planting vegetables in front of the recycling centre. Out of curiosity, I decided to join the 'young farmers'. Initially, I visited the site to water the plants and see if it was growing, but as weeks passed by, I completely

forgot about it. One fine day, I suddenly remembered about it, and I was overwhelmed with joy to find a bunch of lady's finger, gracefully dancing with the wind. In fact, I consider this as my most valuable farewell gift, for I was about to graduate within a few days."

Vivek Harshwardhan, B Tech Alumnus

- Since August 15th 2010, 17 clean-up drives have been organized. Every 4th Sunday is observed as Clean-Sunday.
- At every 2kms, bins are placed covering a total of 8kms. Regular waste collection is done by the students of Amrita Sanjeevani. It has been so far carried out from Valickavu to Puthiyakavu.
- Every week, students conduct door-to-door awareness campaign by distributing pamphlets, speaking about the importance of public cleanliness, waste management, composting and organic gardening.

Campus Highlights



World Environmental Day Celebrated with Paper bags!!

The World Environment Day (June 5th, 2011) was celebrated at the Ayurveda College with a difference. The students tirelessly made paper bags which were supplied to the college canteen to be used for packing. These students were initiated into paper bag making during the Serve an Hour (SaH) session conducted at the campus. Inspired by Amma words, the paper bags were also given for use at the Ashram book stall.

The students continue to spread the word "Go Green" by inspiring more people to replace plastic with paper.



An Inspection and Inspiration

18th August, 2011. The students and the faculty members of the Ayurveda College were preparing for the MD inspection to be held on the 18th and 19th of August, 2011. On the 18th morning, two inspectors from Central Council of Indian Medicine (CCIM) arrived. On the 19th morning, the inspectors visited the Amrita Sanjeevani room. The students very enthusiastically explained the activities. They also showed videos of the ABC Drive and the Vismaya Activities. They were mesmerized by the attractive products that were made from the waste. Also, they were impressed by our clean-up activities, that Dr. Kamini, Rishikul Govt. Ayurveda College, Uttaranchal said, "I am impressed seeing the culture of Amrita students. I invite you to coordinate and guide our students in cleaning river Ganga". She also promised to co-ordinate volunteers from 5 colleges in North-India. The Sanjeevanites left them a memorable impression.

Change starts from you !

"As I was preparing to leave after the day's work, I saw a student hurriedly approaching the Reception. It looked as if she was disturbed about something. She introduced herself as Ms Sreepriya C of 3rd Semester CSE and told me that a tap was broken in the ladies' toilet, and in spite of trying to contact many people, nothing was done. She was very determined that I must immediately respond and made sure I called the plumber and got it repaired. I have seen many students carelessly leaving taps open but the initiative taken by this student definitely moved and inspired me. How nice it would be if every youth got this awareness!"
Ms Rathi, Receptionist, Amritapuri Campus



Desh Ki Dhadkan...

If you feel riding bicycles no longer add a style quotient to your personality, you must definitely give it a second thought. While most college boys prefer bikes to cycles, here is a set of 3 students- Aslamsha, Rahul and Arjun of S1 BSc CS who think otherwise. These youngsters took pride in investing their money in buying cycles and using them to commute to college.

During the mega cleaning event on the 15th of August, 2011, the 3 students were a part of the Refreshment team. "Being a part of the refreshment team, we used cycles to supply refreshments to ABC volunteers. Out of curiosity, we asked our seniors - Why cycles? From them we knew how cycles were like MOBILE GYM; cycling saves fuel and is also a wonderful exercise. It is fun too! This inspired us... we pooled our money and bought cycles. Now we cycle around 8kms from Puthiyakavu to our college. It gives us immense pleasure and satisfaction that we are able to contribute at least in a small yet significant way", says Aslamsha.
Kudos to the trio for initiating the trend!



Hydroponics at School of Biotechnology

The students of Amrita School of Biotechnology were enlightened by the technique of hydroponics - growing of plants in nutrient solutions by Mr. Sanat and Mrs. Sarada. Hydroponics is a technique in which the plants are grown in pure nutrient solutions which are chemically formulated. Plants grow faster in nutrient solutions than in soil as nutrient absorption is faster from solution than from soil. Moreover in soil, the plants are prone to diseases caused by infectious microorganisms. Mr. Sanat helped the students to set up a small scale hydroponic vessel in which six saplings blessed by Amma now reside in comfort.



CONGRATULATIONS to Ms Anjali S Vijay of S5 EEE for creating a dynamic and vibrant page, 'ANTI-TOBACCO', in Facebook. The page openly discusses various hazards and issues pertaining to smoking and other narcotics through videos, striking facts, statistics, catchy photographs, and links to other anti-tobacco sites.

Student's Spectrum

Profile of a Youth

- Name: Bob
- Age: 22
- Job: Not working; I'm a student
- Details of Duties: I don't even consider learning as my duty. Then why should I bother about others?
- Aim in life: Should mug up something, pass the exams, get a job with high salary and get settled in life
- Hobbies: Chatting with friends, messaging, surfing, sleeping, eating fast foods (these are the actual ones; I might delete a few of these and would add up reading etc, when I appear for interviews)
- Outlook on life: Everyone says that it is full of troubles and hardships. Till now I haven't faced any of those troubles in life. I believe that these will not affect the wealthy class. So I need to earn money to be in safer zone.

This is not the caricature of a single person's mind, but it is the portrait of the largest section of youth of our nation. They live in the world of ecstasy providing maximum enjoyment to their senses. Frankly speaking, in the upcoming generation today, youth who use their abilities for a good cause, who are eager to realize and go by what their responsibilities are, and who are determined to turn out to be a helping hand for their parents; are a rare sight.

Youth is a time to collect this knowledge and to create an understanding about life. When we fail to do this, we would fail to love life truly and from live with our heart in it. Such a life is likely to turn out to be a tiresome process. That is why, unable to face the counter currents, and unable to drop off what they have started, many get directionless and finally go to the brim of it – and end up in suicide.

Have you ever seen any living being other than this social animal, bringing an end to its own life by its own decision and action? No! Because, they all love their lives and see it as precious.

When we say we love someone, it is not a feeling which is to be limited to the few letters that make up that word.

Real love is to fulfill one's duties towards those whom we love. Every person has to realize that he has duties towards his society, parents, to nature, and above all towards himself and should strive to complete these with total sincerity. Only such a person will be able to stand firm against the blows of adversities in life.



Thushara Joy, 2008 BAMS

Want Grey Cells of Einstein ?

T K. Reshma, S5 B Tech

It was a bad day for me. I had scored low as usual in my Physics exam. But since I had got used to it, I returned home, enjoyed playing a good cricket match with my friends. Three hours later, I was sitting on the sofa watching a movie 'Tinker Bell' in POGO. Suddenly the TV went off with all the lights in the room and the whole building. It was total darkness around me. I was frightened and called out to my parents. No one responded to me. Then all on a sudden, there was a bright light in the middle of the room. The sudden light hurt my eyes. Rubbing my eyes I tried to spot the source of the light. Then something strange happened. A beautiful angel with scintillating eyes clad in a white gown appeared before me and said, "Dear, I know your problem and I have got a solution for it. Don't you want to be intelligent like Einstein, Newton, Tesla and others..... ? I can show you the way. But you will have to do what I say. No pain, no gain. I assure you, if you do as I say, you will turn out to be another great scientist."

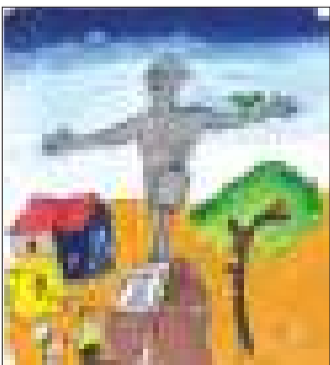
I was dumbfounded. Should I believe it or not? Tears started welling up my eyes. After a long wait, am I finally going to become intelligent? Yippee! My heart started pounding against my ribs with excitement. The Angel watched my expressions with an omniscient smile. I told her, "I will do whatever you tell me, I just want to be a brainy chap somehow. The Angel asked me to hold her hand which was softer than silk. Then for a second everything went blank. When the vision cleared I was standing before the most beautiful and biggest mansion I had ever seen. On top of it was, 'MUSEUM OF WISDOM' in bold golden letters, with its platinum-and-gold gates thrown wide open. I ran to the building only to find its main door locked with a huge golden lock. I looked enquiringly at the angel. She nodded her head and said, "Now comes your task. You have to find answers for the questions on the parchment which I give to you. You have a deadline of one month." She gave me the parchment which had a golden feather handle. There were fifty questions in that scroll. Together, all these fifty questions encompassed every nook and corner of physics, in-depth. I resolved in my heart of hearts that I would somehow tackle this. The angel then took me back to my house.

The very same day I started my work of finding answers to the questions given to me. I cut short all my leisure hours, worked harder than I knew I could and slept for less than

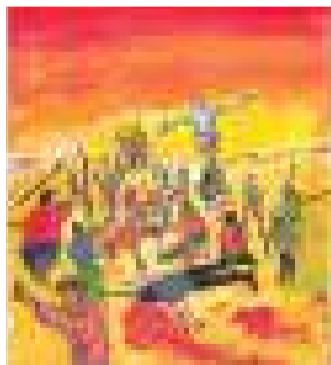
6 hours a day thereafter. There was only one aim that I had now: to get, somehow, the key of the golden lock to the museum. I referred many a huge text book, asked doubts to teachers and sat for hours studying. Finally the last day of the given deadline – the end of the month came. I eagerly waited for the angel to come. She did come, but not with a golden key for that lock but with a golden smile. When I enquired where the key was she said, "Now you don't need anybody else's brain, for you are intelligent enough by yourself. You now have a brilliant brain that could be an exhibit in any museum. You have made it sharp by the constant use of it!"

Saying this, She patted me on my shoulder but pop! My dream vanished and I woke up with a start! It was my mother who was waking me up at 8 in the morning! I suddenly understood the lesson the angel in my dream had taught me. How would I ever forget it in my entire life, that "Life grants no 'Free Lunch' to anyone. Any thing needs hard work to be earned (learnt?)." Here is a lesson for my friends too, who have a similar or same problem as mine!

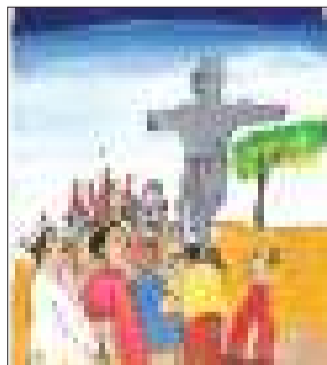
Amma tells a Story



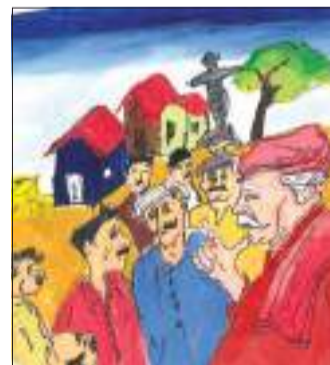
In a village there was a statue of a Mahatma with his arms outstretched. On a plaque beneath the statue these words were inscribed: "Come into My arms!"



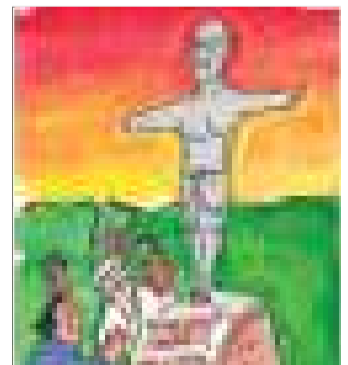
One day a terrible riot took place in the village, there was a lot of destruction everywhere, and the statue was damaged - the arms were broken off.



The villagers loved the statue and were upset about the damage. They gathered together and decided to make new arms for the statue.



But an old man stood up among them and said, "No, don't worry about making new arms for the statue. Let him be without arms."



The villagers wondered, "But what about the plaque underneath? It says, "Come into my arms!" The old man replied, "That is no problem. Just below the words, "Come into my arms", you should add, "But I have no other arms than yours."

This is what God is always telling us. God has no separate hands, legs, eyes, or body other than our own. He moves through our hands, He walks with our legs, he sees through our eyes, and it is He who beats within the heart of each one of us.

Voice of the Youth



Freedom is nowadays taken for granted by the youth. We have freedom but too much of it reduces the responsibility of the youth. So know your freedom, but also know your responsibility."

T.N. Krishnan, S5CSE

"Love, patience, compassion and selflessness alone will help the youth to reap REAL success. Amma is the living example of this. Though today's world is selfish, there are very few who keep the world thriving with their selfless gestures. So-called success can be found by other ways fast but true happiness and inner peace can be obtained only from handwork and selflessness."

Kshama.G.Kammath, S1 MSc MB



"The present generation has everything they need, thanks to our ancestors but tomorrow's generation are not sure of water, petrol etc. We should stop acting like childishly. We should open our eyes and face the truth. We should plant trees. We cannot survive without agriculture"

Athulya P.K., 2009 BAMS

"The youth identifies smoking as a means to gain acceptance into their peer group. Main factor is peer pressure. They can be enlightened upon the idea of breaking away from conventional norms and to quit smoking. Anti-smoking groups can be formed."

Ashwin S, S5BBM



"True patriotism means far beyond Bollywood or sports. It means respecting your motherland in each and every instance from small things like keeping your home and street clean to helping rooting out social evils like corruption."

Sangeeta, 2010 MBA

The 'Grace' Factor



During Amma's birthday, the previous year, we were assigned the duty of 'crowd control'. Our group had to control the crowd at the canteen and the food counter. A person named "RAJEEV" from Muvatupuzha had fallen unconscious at that time. We had the honour of helping him. After that incident, recently while travelling on "AMRITA EXPRESS" on a W/L ticket he came to my help - He was the TTR on duty!!

Arjun U, S3 B Tech

True Story

"Virtues of selflessness, love, compassion and patience give satisfaction, knowledge, true happiness and value-based life that money-mindedness cannot give."

Let me share a recent incident which directly connects its roots with this statement. It was the day of my maths board exam. I was writing the paper. Suddenly my teacher went to the podium and asked everybody to write down the answers dictated by him. I was shocked to the core of my heart!!! I had never seen such an immoral behavior from a teacher, because I have seen a great teacher (my own father) in my life. As I could not bear such a stark dishonesty, I stopped writing. No one noticed my helplessness. I did not attempt questions worth 30 marks, the answers of which were dictated. I secured 68% marks for that particular exam. I was perfectly satisfied with the result. My ma and pa whole heartedly stood by me. They were proud that I did the right thing ... and I was happy that I did not betray my conscience ... I had not acted like a shameless coward. The low marks did not discourage me ... I worked with all my heart for the entrance ... and I got selected in Amrita. So I feel honesty, patience, compassion, selfless service and dedicated hard work will always lead to success. But we must have the right idea to recognize true success as success."



**Tani Chaithanya
S1 B Tech**

A New Renaissance

Geethu B, 2009 BAMS

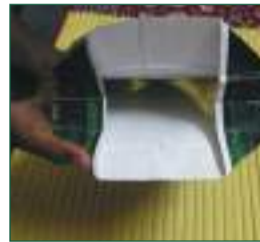


*Alas have we come to this?
Those sweet lullabies of the past
Have given way to these melancholy strains!
Cries of cuckoos, and all songbirds will
Soon be replaced by the rage to destroy!
Fallen are those fragrant flora
Which once decorated Mother Nature's citadel
Now filled with the rotting 'carcasses' of felled trees.
Will ever the weeping phoenix rise
From its own ashes, once again?
And see a novel dawn of a new renaissance?
Heart strings are breaking:
When will the bleeding stop?
Encroaching still.
When will we desire, wish and brood of
Ending the destruction we have set apace?
Have we not crossed every limit?
Buttressed the roots of life with blood?
Should we earn and reap our own end
Removing the remaining last grains of Mother Nature?
Our crippled wings still long for another spring,
For another lease of life and
To see a few more drops of life on Planet Earth
And for another renaissance.*

Reduce Plastic Make your own paper bag



1) Fold the poster so that the two ends meet at the center. Measure out two centimeters length of the poster from one side. Take the other end and stick that over the sticky area



4) At one end, measure out three centimeters of paper and fold that over. Open the folds once more to look like a container. Take one of the corners and fold it downwards. It should now look like two triangles that are parallel to each other. Do the same for the other side. This process is only done on one end of the poster.



2) Press the folds on both sides. Measure out two centimeters on both sides and fold that piece over the paper



5) When the triangles are formed, they will make two flaps, one facing another. Fold these two so that one flap comes over the other and stick it down.



3) Open the two big folds. It should now look like a container. Again, fold the two big folds inward. When this is done, it should look like you are closing a book. Press the folds.



6) On the other end, fold the edges downward 1.5cm. Take a piece of cardboard that is 6cm by 4cm long and stick it on the inside bottom end



7) Punch two holes on the two sides, 4cm apart. Thread one string through the holes on one side and tie the string. Repeat the same for the other side. Make sure the two strings are of equal length.

Do you know ?

Decomposition rates of things when they are not recycled:
 Glass bottle 1 million years
 Plastic beverage bottles: 450 years
 Disposable diapers: 450 years
 Tin can: 50 years
 Plastic bag: 10-20 years (???)
 Newspaper: 6 weeks
 Orange or banana peel: 2-5 weeks

Sudoku

3					e			
		5						f
				4				
	4				g			
			c				6	
1	9		h					
	a			b				d
		8						

- a - number of seasons in India.
 - b - number of pawns in a chess-set.
 - c - how many rings in Olympic flag?
 - d - smallest fortunate number.
 - e - sides of Mobius strip.
 - f - The number of fingers on each hand of Walt Disney's Mickey Mouse.
 - g - number of months in academic year.
 - h - first magic number.
- (see the next page for solution)

India - Then and Now



Cartoon Corner



Abhijith K
S1 B.Sc Biotechnology



Laugh Out Loud

There was once a young man who, in his youth, professed his desire become a great writer. When asked to define “great” he said, “I want to write stuff that the whole world will read, stuff that people will react to on a truly emotional level, stuff that will make them scream, cry, howl in pain and anger!” He now works for Microsoft, writing error messages.

Yoga teacher to a woman:
Has yoga any effect over your husband’s drinking habit?
Woman: Yes, Yes !! An amazing effect !!
Now he drinks the whole bottle standing upside down over his head.

Why You Shouldn’t Drink Too Much.. Before 6 beers



After 6 beers ...????? Invert the picture and see

Fiddle with riddles

1. What happened when the wheel was invented?
2. Why do people feel stronger on Saturdays and Sundays?
3. Where do you end up if you smoke too much?
4. What did the bookworm say to the librarian?
5. What is the state of the Bay of Bengal now?



Answers

2	4	7	3	6	1	8	5	9
3	5	1	4	8	9	2	6	7
8	9	6	7	5	2	1	3	4
5	7	3	6	2	4	9	8	1
9	6	4	8	1	5	3	7	2
1	2	8	9	3	7	6	4	5
6	1	2	5	4	3	7	9	8
4	3	9	2	7	8	5	1	6
7	8	5	1	9	6	4	2	3

1. It caused a revolution!
2. Since the rest of the days are weak (week) days.
3. Coffin (coughin)
4. May I burrow a book?
5. Liquid state!

From the Desk of the Editors ...

We take immense delight in releasing the first edition of 'SAMVED' – the Sanjeevani Newsletter. A campus newsletter for 'instilling awareness and responsibility among the youth' has been Amma's dream. We are happy to make Her vision our mission. We humbly offer all our efforts towards this at the Lotus Feet of Amma. SAMVED means 'True Knowledge'. We hope this initiative will be a torch-bearer to mould the youth into responsible citizens. The highlight of the debut edition is 'Car-free Day' – a green campaign to reduce carbon-footprints by 'refusing' to use cars and bikes, and encouraging the 'use' of bicycles instead, for short distances or wherever and whenever possible. TEAM SAMVED expresses its heartfelt gratitude to all those who have enthusiastically contributed articles, poems, drawings etc without which this newsletter would not have become complete. We expect sustained support and active contribution in the coming editions too. A special thanks to Mr. Ratheesh N R and the Multimedia Team who provided us technical back-up and the Amrita Press for helping us to literally materialise our dream. A word of thanks to the Sanjeevani Faculty Advisors who have inspired and supported us through this tirelessly. We are indebted to Dr. Ramanathan P V, Professor, Department of English for guiding the Editorial Board. Please send your feedback/suggestions to samved@am.amrita.edu. Last but not the least, a salute to Team Sanjeevani for their commendable effort and their flaming team spirit..



From left : Suryasree B, Aishwarya S, Jayashree M P, Anusri Parol, Pooja N, Disha Nair, Vineeth S, Rohith Prakash, Gautham E Unni, M. Surya Kiran, Reshma T K