



**K. S. SCHOOL OF ENGINEERING AND MANAGEMENT**  
Approved by AICTE, New Delhi; Affiliated to VTU, Belagavi, Karnataka;  
Accredited by NAAC  
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**DEPARTMENT OF MANAGEMENT STUDIES**

## **KNOWLEDGE BYTES REPORT**

**Date: 4th Jan. 2023**



**KAMMAVARI SANGHAM (R) 1952**  
**K. S. GROUP OF INSTITUTIONS**  
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**DEPARTMENT OF MANAGEMENT STUDIES**

**KNOWLEDGE BYTES**  
BY  
**TEAM MBA**

**ON 4 JANUARY 2023 AT 12-15 PM**

<b>PROF. ROOPA BALAVENU</b>	<b>DR. SHEKAR H S</b>	<b>DR. K RAMA NARASIMHA</b>
COORDINATOR	HOD-MBA	PRINCIPAL

## PROF. RAJA MOHAN



### Topic: Research Variables

The most important and essential task for every research scholar is to identify the variables connected to their research problem. Based on the selection of parametric test or non parametric test the variables have to be identified. There are dependent and independent Variables. (if possible check for intermediary variables). Number of variables depends on the research problem. Large number of literatures should be studied and reviewed, it enables to identify the research gap

The research scholar must publish at least two papers in recognised journals (UGC, SCOPUS) connected with the research title. Empirical study is preferred.

## PROF. SREEDHAR



### Topic: Rituals & Traditions

Rituals remind us of the spiritual dimension we possess. If rituals are not followed to some extent, then we may end up losing sight of the higher goals in life. Rituals and traditions also

help us to feel connected to our families and past. Tradition reinforces values such as freedom, faith, integrity, a good education, personal responsibility, strong work ethic, and the value of being selfless. Tradition provides a forum to showcase role models and celebrate the things that really matter in life. S. Chandrashekar - A Man behind the legend.. His story of value based success was an example to prove “Don’t try to be a person of success, but always be a person of value“

### **PROF. ARUNDHATHI K L**



### **Topic: Science behind Hindu Traditions**

Traditions in Hinduism were considered mainly as superstitions, but with the advent of science, it is becoming evident that these traditions are based on some scientific knowledge and moved from generations to generations as traditions. Though the common people did not know science in it, they were following it very faithfully over the years. The science involved in these traditions and rituals...

1. Throwing Coins into a River: The general reasoning given for this act is that it brings Good Luck. However, scientifically speaking, in the ancient times, most of the currency used was made of copper unlike the stainless steel coins of today. Copper is a vital metal very useful to the human body. Throwing coins in the river was one way our fore-fathers ensured we intake sufficient copper as part of the water as rivers were the only source of drinking water. Making it a custom ensured that all of us follow the practice.
2. Joining Both Palms together to Greet: In Hindu culture, people greet each other by joining their palms - termed as “Namaskar.” The general reason behind this tradition is that greeting by joining both the palms means respect.
3. Why do Indian Women wear Toe Ring: Wearing toe rings is not just the significance of married women but there is science behind it. Normally toe rings are worn on the second toe. A particular nerve from the second toe connects the uterus and passes to the heart. Wearing a toe ring on this finger strengthens the uterus. It will keep it healthy by regulating the blood flow to it and the menstrual cycle will be regularized.
4. Applying Tilak on the Forehead: On the forehead, between the two eyebrows, is a spot that has been considered as a major

nerve point in the human body since ancient times. The Tilak is believed to prevent the loss of "energy", the red 'kumkum' between the eyebrows is said to retain energy in the human body and control the various levels of concentration.

### **PROF. RUPA CHATTERJEE DAS**



#### **Topic: Challenges of Ph. D. under VTU**

Doing Ph. D. under VTU itself is a big challenge and task for all research scholars. Moreover if you have given your Coursework exams then positively you have the idea about the process. Still would love to share those all who are not doing Ph.D. under VTU and didn't have much knowledge about VTU policies. In coursework of Ph.D. under VTU we have a total of 6 subjects (For MBA & Basic Science) and for Engineering total 4 Subjects. Pass mark of each subject 60 from this year. It was 55 till last time. Not only that, you need to give your exam in a different research center and the university will provide the list of exam centers which you need to select from your research center accordingly. You will get your hall ticket as well. Till 2019 Research Methodology was the compulsory paper for all research scholars but 2020 onwards they started to give 150 marks questions of RM during entrance and mandatory subject they have selected RPE (Research Publications and Ethics). Apart from compulsory subject University will give you a total 6 groups and under each group specific subjects will be there from different streams. We need to select a total of 5 subjects from different 5 groups out of 6. After giving the exams we need to wait for 3-4 months for the result.

### **PROF. V. VIDYASHREE**

As newborns, we enter the world by inhaling. On leaving, we exhale. (In fact, in many languages the word "exhale" is synonymous with "dying.")

Breathing is so central to life that it is no wonder humankind long ago noted its value not only to survival but to the functioning of the body and mind and began controlling it to improve well-being.



### **Topic: Relaxation through breathing**

For the knowledge Bytes Session , Prof.V.Vidyashree took a session on Relaxation through Breathing .

The Technique :Using 5-5-5 Breathing to Calm Down

1. Inhale very slowly through your nose for 5 seconds: 1-2-3-4-5.
2. Exhale very slowly through your nose or mouth for 5 seconds: 1-2-3-4-5.
3. Wait for 5 seconds: 1-2-3-4-5
4. Repeat the process three more times (1 minute total).
5. Notice how you feel. (You should feel calmer.)

**Department Coordinator**  
**Prof.Roopa Balavenu**

**HOD-MBA**  
**Dr. Shekar H S**

**Principal/ Director**  
**Dr. K Rama Narasimha**