



K. S. SCHOOL OF ENGINEERING AND MANAGEMENT
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DEPARTMENT OF MANAGEMENT STUDIES & RESEARCH CENTRE
KNOWLEDGE BYTES REPORT
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K. S. GROUP OF INSTITUTIONS
K. S. SCHOOL OF ENGINEERING AND MANAGEMENT
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KNOWLEDGE BYTES

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PROF. ROOPA BALAVENU
COORDINATOR

DR. SHEKAR H S
HOD-MBA

DR. K RAMA NARASIMHA
PRINCIPAL/DIRECTOR



PROF. S. RAJA MOHAN Topic: YOGA

Most of us are familiar with the word Yoga and interpret it as a system of physical exercise. Our ancient sages have suggested eight stages of yoga to secure purity of body, mind and soul and final communion with God which is commonly known as Ashtangayoga. I'm not going to discuss these eight stages, but would like to focus on the deeper meaning of this word which is used in Bhagavad Gita. There are 18 chapters in Bhagavad Gita each named with 18 Yogas, starting from Arjuna Vishada Yoga and ending with Moksha sanyasa Yoga. The question I would like to raise here is , how vishada can be a yoga. Therefore the interpretation and definition of this term is very essential.

The word yoga is derived from the sanskrit root yuj meaning to bind the yoke. It is the true union of our will with the will of God. In Bhagavad Gita it is defined as -Yoga karmasu kausalam: dexterity in action is called yoga, by taking this definition we can say Arjuna Vishada is also a yoga, as he expressed his grief, despondency in such a way that no one would have expressed it, due to this we got 17 more chapters. So yoga can be interpreted as when equal opportunities are available to every one and one who accomplishes it in the best possible manner, that is

Skill in action is yoga. In the second chapter which is called yoga of knowledge, Bhagavan gives word-treatment with an appeal to Arjuna to “get up and act”- klaibyam ma smagaha partha naithtava upapadyathe kshudram hridya duarbalyam tyakvothistha paranthapa-Yield not to impotence, O partha, it does not befit thee, Cast off this mean weakness of heart, stand up, o paranthapa-His words landed like lightning on Arjuna to burn his wrong mental tendencies. I will continue on this in knowledge bytes if you are interested in Bhagavad Gita-Song of Divine. To conclude Adi Shankaracharya in his commentary on Bhagavad Gita defines two words Yoga and Kshema as power to gain and power to guard.

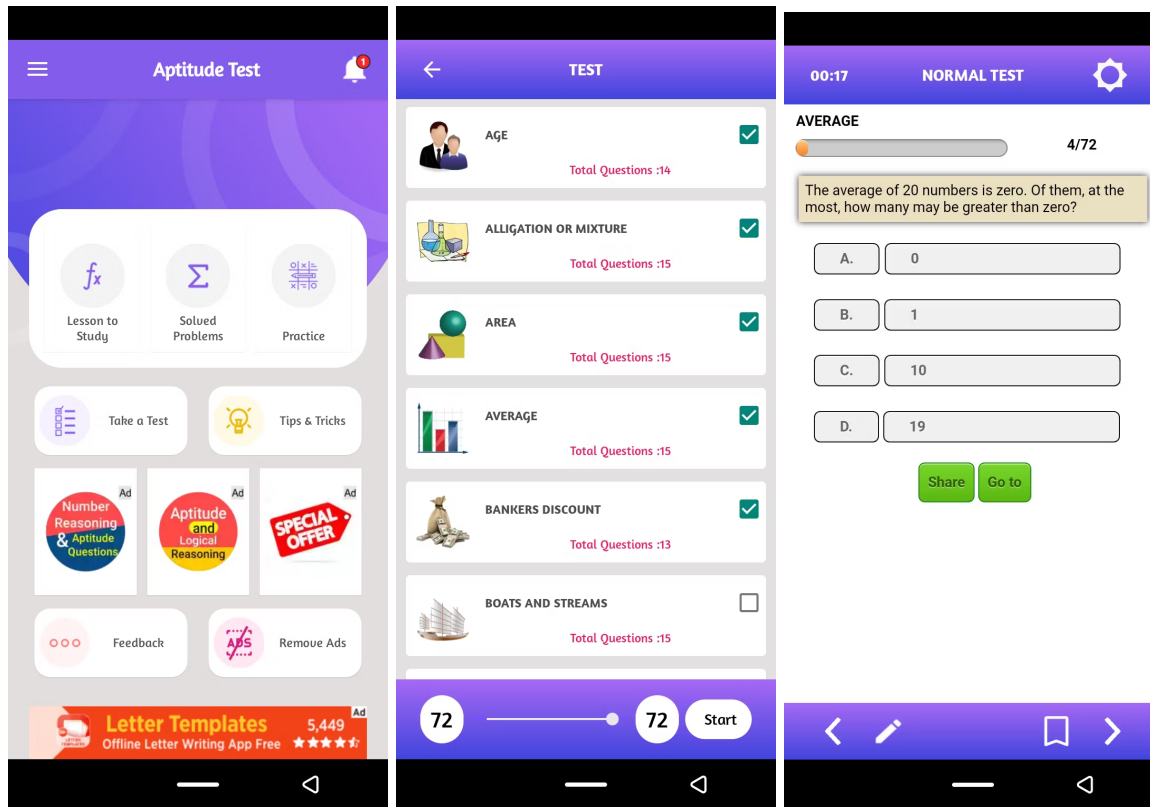
PROF.ROOPA BALAVENU

Topic: Aptitude Test App in Mobile

Aptitude Test and Preparation is an app that aims to help users improve their aptitude skills and excel in their careers, particularly in bank exams and is considered one of the best apps to learn Quantitative Aptitude. Aptitude Test and Preparation is an app that aims to help users improve their aptitude skills and excel in their careers, particularly in bank exams and is considered one of the best apps to learn Quantitative Aptitude.

To improve your arithmetic and general mathematics skill, then you might want to get a hold of this app. & helpful for student placement. The app features mathematics varieties, including solved problems, study lessons, practices, and mock tests. And if you want to learn the tricks to approaching difficult arithmetic questions, the Tips & Tricks section does an excellent job of that. The questions range from common business questions to other aspects of algebra, mensuration, and more. When you tap the Take a Test option on the homepage, you get the options to either take a Test, Daily Test, or an Online Test. However, the Test option lets you select multiple mathematics test categories and attempt them at the same time. With this unique feature, you can always test your knowledge across the board while increasing the number of practice questions you can work with.

Sharpen your IQ and increase your potential ability to excel in your passionate career, try out Aptitude Test and Preparation Android Link to download in Play store:
<https://play.google.com/store/apps/details?id=nithra.math.aptitude>



PROF. SREEDHAR. N

TOPIC : TIME MANAGEMENT TECHNIQUES

Time management skills help you reduce stress and prioritize your time. Effective time management clarifies your goals and priorities for your most important tasks. As a result, you have more time to achieve bigger and better results. When you manage your time, you can plan your day and increase your performance.

1. **The Pomodoro Technique** is a time management method based on 25-minute stretches of focused work broken by five-minute breaks. Longer breaks, typically 15 to 30 minutes, are taken after four consecutive work intervals.
2. **Eat That Frog : productivity Method** - "If it's your job to **eat** a **frog**, it's best to do it first thing in the morning. And If it's your job to **eat** two frogs, it's best to **eat** the biggest one .**Eat That Frog!** is the most accessible book on time management and personal productivity.
3. **Rocks, Pebbles, Sand Theory** : The big rocks symbolize the things that are the most important in your workload 🌟. The pebbles represent everything of medium importance 🎯. And, finally, the sand represents all of the smaller items that are less important in your work ✅.The lesson? if you don't put the big rocks in the jar first, they won't fit in later.When we fill our time with the little things that are not important, we leave little time to take care of the things that actually matter.Put differently, you need to schedule the big, important things first, then fill in the remaining time gaps with less important and less urgent

to-dos. The example has been used countless times and in slightly different context.

PROF. ARUNDHATHI K L

Topic: Health Tips to beat Summer

Avoiding the desserts which contain the Palm as an ingredient. Some brands of the Ice Cream are not milk based. It's essential to identify the ingredient on the pack before purchasing.

Try to avoid buying flavoured ice creams. Instead of such Ice Cream it is better to use Curds, Honey with Fresh Fruits.

Avoiding Packed fruit Juices, coffee or tea as they contain toxic elements, preservatives, artificial colours and flavours. In order to throw out these chemicals from our body, we need 2 to 3 times the water. This may lead to dehydration. Instead fresh fruits juices, Sugar cane juices, lemonade or Tender coconut water are the best easy options available. If nothing is available clean water is the best option.

Get plenty of rest and stay hydrated.

PROF. RUPA CHATTERJEE DAS

Topic: "Om"

Om or aum (pronounced ah-uu-mm) is a sacred sound considered by many ancient philosophical texts to be the sound of the universe, encompassing all other sounds within it. In Sanskrit, om is called Pranava, which means to hum, and is considered an unlimited or eternal sound.

Power of Om: Om is a great tool for manifesting positive things in your life. Chanting Om calms your mind and helps you bring in positive energy into your body. You can control your anger by chanting Om on a regular basis. Stress lies in your mind and chanting Om can release stress from your mind.

3 Symbols of Om: The 3-shaped imagery of Om is also representative of a holy trinity that links together many symbols of "threes" in Eastern philosophy: The three letters A U M: The sacred Om syllable is actually pronounced more like "a-u-m" during chants and mantras.

You can chant Om at any time of the day whenever you want to and this can be done by anybody. Om is a universal symbol and sound that belongs to everybody just like air and water.

On that day, firstly I requested everyone to closed their eyes and after taking 3 times breathe in and breathe out we all did "OM" chanting three to four times and after that only I shared the details of OM and how it is so effective in our life.

PROF. V. VIDYASHREE

Topic: ELI5 Software

A website that can take complex topics and simplify them to fun and engaging explanations. The mission is to simplify complex topics and make them easy to understand. ELI5 uses optimized AI to make everything simple for you, without technical jargon. We also keep a lighthearted and fun tone to make learning enjoyable. To use ELI5, select the prompt you want to understand and choose one of four options: pretty dumb, dumb, smart, or pretty smart. We'll tailor the response to your intelligence level.

Link : <https://explainlikeimfive.io/>

Department Coordinator
Prof.Roopa Balavenu

HOD-MBA
Dr. Shekar H S

Principal/ Director
Dr. K Rama Narasimha