



ARIHANT PULSE

DESIGN AT BENGALURU | PRINTED AT VV PURAM | PAGES 1-4 | LIVE CONTENT

EDITION
/ ISSUE
01

Admissions Open
for 2023-2024



Health &
Wellness



Some
Fun time & more

A Plethora of Activities : This Month at Arihant

1) Freshers Day



“The magic in the air tuned into the chords of pulsating rhythmic hearts and bonds (or the year that lay ahead.)”

Fresher's Day marks the start of a brand-new stage of life. It provides an informal introduction to the organisation, the institutions, faculty, and students. At Arihant Pre-University college students of 2nd PUC planned an event which featured entertainment, music, and socialising. The fresher's went through a series of elimination round by showcasing their capability of managing stress to emerge as Mr and Ms Fresher. To bring a memorable end to the event the seniors showcased their talent by performing cultural.

The event was very well designed and all the credit goes to second-

year students, faculty, and the non-teaching staff. Their efforts reflected in the success of the program. On the whole, the entire program can be summed up as amazingly astounding.



2) Industrial Visit



With a view to introduce students with the workplace practices necessary for employment in a company. Arihant Institute of Commerce and Management organised an industrial visit to Chellotte tea factory, Waynad,



Kerala. The unique production system adopted by Chellotte tea factory was briefly explained to the students. The other cleaning & manufacturing process of tea leaves was also explained to the students.

They also witnessed how the company's types of machinery & manpower were being used in the production unit of tea powder. And they also witnessed the quality checking team on the quality & quantity of the tea powder before delivering it into the market.

3) SYNOPSIS 2023-24

The students were given a very interesting task to pick a novel/book of their own choice and later on they must brief summary regarding it.



4) Elections II PU 2023-24

Election day for II PU was organized on 29th May.

Eight candidates were nominated and campaigned all around the campus proving their capabilities and gaining the trust of students and faculties.



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The K Factor : Celebrating the Vibrant Cultures of Kerala & Karnataka

Arihant Group of Institutions - Global Campus, June 30, 2023

Dear Students, Faculty, and Staff, We are thrilled to share the resounding success of the cultural event held at Arihant Group of Institutions - Global Campus, where students from the 2nd semester B.Com, 2nd semester BBA, 4th semester B.Com, and 4th semester BBA showcased the diverse cultures of India. The event, focused on the beautiful states of Kerala and Karnataka, brought together the essence of these regions and highlighted their unique traditions and customs.

The 2nd-semester students, representing Kerala, beautifully brought to life the state's rich cultural tapestry. They captivated the audience with their graceful

performance of classical dance. The air was filled with the melodious tunes of traditional folk songs, and the aroma of Kerala's delectable cuisine wafted through the air, enticing everyone to savor the authentic flavors.

Meanwhile, the 4th-semester students, representing Karnataka, showcased the grandeur of the state's cultural heritage. They enthralled the audience with vibrant folk dances. The stalls displayed exquisite handicrafts, intricate silk sarees, and the mouth-watering delicacies that Karnataka is renowned for. The classroom was adorned with colorful drapes, traditional motifs, and intricate rangoli designs.



Our sincere gratitude goes to the organizing committee, faculty members, and staff who worked tirelessly to ensure the success of the event.

Let us carry the spirit of celebrating diversity with us and continue to promote cultural understanding and harmony within our campus and beyond.

Prathibhankura : The Fest that ignites Talent & Creativity at Arihant



The vibrant atmosphere of Arihant Group of Institutions' Global College was filled with excitement and enthusiasm as students showcase their talent and creativity at the annual college fest, "Prathibhankura." The event witnessed a series of exhilarating competitions, and participants from various courses put their best foot forward to win accolades in an array of events.

The Business Quiz - Quiz Master event, conducted by Prof. Anup, was a thrilling intellectual challenge. The first place was claimed by the dynamic duo

Harshita and Jyothika from the 4th semester B.Com, showcasing their profound knowledge in business affairs. Securing the second position were the bright minds Harshith and Priyanka from the same semester, making it a tough competition.

Prof. Yeshaswini C B led the college event, where participants delivered compelling presentations on the topic "Election News." The winners, Priyanka, Rakshitha, and Tejaswini, left a lasting impression with their insightful analyses and eloquence.



Next in line was the Treasure Hunt coordinated by Prof. Bhargavi, testing participants' wit and teamwork. Team 1, comprising Sachin S, Shahid Ahmed Eshaan, Sharath, and Tejaswini, showcased exceptional problem-solving skills, cracking all the hints with ease to secure the first position. The second spot was grabbed by Kalavathi M, Neeraj Jayanna, Pavani M, and Priyanka, showcasing their tenacity and spirit.

Prof. Lavanya's event on Reels Making encouraged creativity and social awareness. Ullas, Neeraj, and Vinay from the 6th semester B.Com bagged the top position with their compelling reel promoting social awareness on "Go Electric" by using electric vehicles.

The Photography event, also coordinated by Prof. Lavanya, witnessed stunning visual

captures. Shahid Ahmed Eshaan's photography skills stood out, as he captured a mesmerizing shot of a thrilling game of table tennis, earning him the winner's title.

Speaking about the event's success, the college management praised the students' passion, dedication, and sportsmanship. The fest provided an excellent platform for students to explore their talents, learn from one another, and create cherished memories



NAMMA BENGALURU KNOW YOUR CITY

Bengaluru (also called Bangalore) is the capital of India's southern Karnataka state. The center of India's high-tech industry, the city is also known for its parks and nightlife. By Cubbon Park, Vidhana Soudha is a Neo-Dravidian legislative building. Former royal residences include 19th-century Bangalore Palace, modeled after England's Windsor Castle, and Tipu Sultan's Summer Palace, an 18th-century teak structure.

Know Bangalore: Bengaluru, also spelled Bengalooru, formerly Bangalore, city, capital (since 1830) of Karnataka state, southern India. Bengaluru is one of India's largest cities. It lies 3,113 feet (949 metres) above sea level

Victorious!!! Arihant Group of Institutions stand 1st in Cultural Janapada Dance at St Francis Inter-collegiate Fest

In a dazzling display of talent and enthusiasm, students from Arihant Group of Institution shone brightly at the highly anticipated St. Francis Inter College Fest, "Carnavalesque - Tantra." The event witnessed an array of competitions in both sports and cultural domains, drawing participants from various colleges. The students from Arihant Group of Institution emerged as proud winners, securing the 1st prize in the esteemed Cultural Janapada Dance competition. In addition to their triumph in cultural events, the college contingent also showcased their sporting prowess by participating with zeal and gusto in throw ball, treasure hunt, carrom, and table tennis events.

The students' exceptional performances can be attributed not only to their hard work and dedication but also to the



mentorship provided by Assistant Professor Lavanaya. Her guidance and encouragement played a pivotal role in honing their skills and preparing them to shine on the grand stage of "Carnavalesque - Tantra."

The Management of Arihant Group of Institution extended warm congratulations to the victorious team and all the participants who represented the college with zeal and determination.

The name of Arihant Group of Institution will resonate as a symbol of triumph, cultural celebration, and sportsmanship in the inter college fest arena.



STUDENTS' CORNER - Diya Jain

Kargil Vijay Diwas is a day to honor the Indian Army's victory in the Kargil War. It commemorates the sacrifices made by our brave soldiers. On this day, we remember their courage and dedication in protecting our nation. Let's pay tribute to the heroes who fought valiantly for our country's safety and security.

Here's a poetry for kargil vijay diwas:
They crushed our enemies and our sorrow
The gave up their today; for our tomorrow.
They wore a smile and laid down their lives,
A salute to these gallant soldiers and their sacrifice,
They have fallen but not forgotten.
Soldiers are not just persons, the are our pride,
army in our Glory, honour we earned!
JAI HIND

“The more that you read, the more things you will know, the more that you learn, the more places you'll go. - Dr. Seuss

Physical Education : Sports Day 2023 – Where Everyone is a Winner.

The Physical Education Department has organized the Annual Sports Day for the year 2022-23 on 16th June 23 at Arihant Global Campus. The events for boys were Tennis ball cricket, Volleyball, Kabaddi, Tug of war, shot put, Table Tennis, chess, carom, and Badminton. The events for girls were Throw ball, badminton, Tug of war, shot put, chess carom Badminton and lemon and spoon.

The inauguration was done by Dr. Girish.C Principal and in his speech motivated students to participate in sports and also explained the importance of sports activities. Then he inaugurated the event by playing cricket.

The events took part till 3.00 pm and the closing ceremony started at 3.30 pm. The chief guest was Mr. Hari Prasad (Indian Volleyball Player) and the guest of Honor was Ms. Yashaswi Nagori Director A.G.I, Dr.



Girish .C Principal, Dr. Uma Principal Arihant Global Campus, Ms. Shilpa (vice Principal) of Arihant P U College, Global Campus also presided.

Mr. Hari Prasad was felicitated by Ms. Yashaswi Nagori and Principal Dr. Girish.C. Then Mr. Hari Prasad in his speech motivated the students about the importance of sports and sports

activities. He also thanked A.G.I for inviting him as a chief guest. Then Ms. Yashaswi Nagori in her speech told both education and Sports are important for students' life, Dr. Girish C Principal congratulated the students for their active participation in sports day and by giving example of Chief guest Hari Prasad he briefed how sports helps the individual to lead a prestigious life. After this, the prize distribution started, Mr.Hari Prasad, Ms. Yashaswi Nagori, Dr Girish.C and Dr Uma distributed the prizes to the winners and Runners of sports activities.

Mr. Suresh.C Physical Education Director Thanked the management, Principals, teaching, and non-teaching staff for their cooperation and participants for their active participation in the events.

...This Month at Arihant

5) English Workshop 4th Sem B.COM & BBA

Mr. N.G. Narasimhan, Chair Person of Bengaluru City University had given a lecture about the question paper pattern according to NEP 2023 for the students of 4th semester B.COM and BBA.

The students were overwhelmed and were trained to face their Competitive Exams.



6) Best Manager 2023

Best Manager Event was held on 3rd June 2023 for the students of II PU.

Students were taught what makes a good manager is remembering that your team is made up of individuals who strive to reach their personal goals as well as the teams goals. There remained Six Finalists.

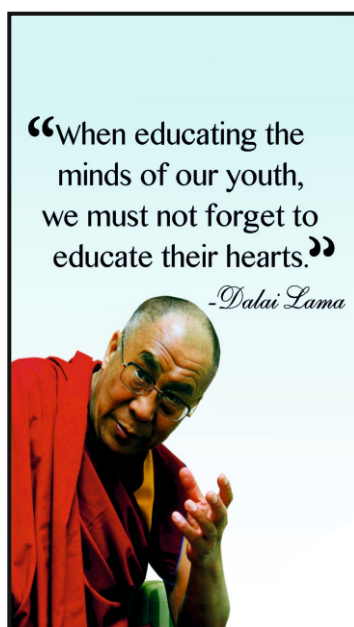


7) Liberal Arts

A liberal Arts Education offers an expansive intellectual grounding In all kinds of humanistic inquiry. By exploring issues, ideas, methods across The humanities, arts and think broadly.

Liberal Arts conducted:

- Ted Talks
- Elocution
- Debate - for UG students.



A Grand Spectacle : Celebrating Heartfelt Send-Off 'Druvan' for Final Year Students



Arihant Group of Institutions bid an emotional and memorable farewell to its esteemed final year students through a grand event named "Druvan." The event's unique name was derived from the names of the six final year students - Divyadarshan, Rahil, Ullas, Vinay, and Neeraj, who were the stars of the occasion. Organized with love and meticulous planning by their juniors, the send-off took place on 22nd July 2023, following a day of exciting events, including the "Prathibhankura" event conducted on 21st July 2023. The send-off was coordinated with utmost care and dedication by Prof. Kavya, who ensured that the day was nothing short of a grand spectacle.

The "Druvan" Send-Off was a celebration of cherished memories, deep bonds, and a bittersweet farewell. The senior students enjoyed their final day in college with exuberance, laughter, and camaraderie, as they danced, played games. The campus buzzed with an air of

festivity as the students embraced the joy of their last moments together.

The event was a vibrant blend of activities that brought joy and excitement to all. The energetic dance performances filled the atmosphere with enthusiasm, as the departing students reveled in their last dance on the college grounds, surrounded by their friends and well-wishers.

Engaging games added a dose of friendly competition, making the day even more memorable. Laughter echoed through the college as the students enthusiastically participated in various entertaining contests.

“You can teach a student a lesson for a day; but if you can teach him to learn by creating curiosity, he will continue the learning process as long as he lives.

- Clay P. Bedford

Well, no greater wealth than health and wellness



"A healthy outside starts from the inside." "A calm mind brings inner strength and self-confidence, so that's very important for good health."

People often use the terms health and wellness interchangeably. Although a person cannot have one and not the other, they are two different concepts that are quite variable, and their meanings are different.

World Health Organization (WHO) defines health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (illness)."

The primary difference between health and wellness is that health is the goal and wellness

is the active process of achieving it. You truly cannot have health without first achieving wellness. Wellness has a direct influence on overall health, which is essential for living a robust, happy, and fulfilled life.

Importance of Health and Wellness

Below points will help you to understand the importance of health and wellness in an individual's life:

1. Weight Management: Regular exercises and healthy eating will help you to avoid excess weight gain. Being physically active is necessary to reach your weight loss targets, boost immunity system and increase your energy level.

You should do at least 150 minutes exercise every week to stay active and fit. Along with exercise, take a balanced or calorie managed diet. Right balance of carbs, fats and proteins boosts your energy level and keeps it going through your day.

2. Improve Mood: A healthy lifestyle will lead a relaxed mind and make you energetic throughout the day. Exercise and healthy eating also help you to improve your mood and boost your self-confidence. It will also help you to overcome your stress.

3. Prevent Diseases: Following a healthy lifestyle will help you to prevent certain

diseases such as heart diseases, blood pressure, depression, body pain etc. Always start your day with a healthy breakfast. Regular exercise and balanced diet will not only increase your metabolic rate but also ultimately improved health condition.

4. Boost Energy: An unhealthy eating will cause a lethargic feeling. On the other hand, a balanced healthy diet will give fuel to your body to run all functions. A healthy diet includes whole grains, lean meats, low-fat dairy product, fruits and vegetables. A good combination of exercise and balanced diet gives you a good sleep and help you start a fresh and energetic day.

5. Improves longevity: The other benefits of adopting a healthy lifestyle in daily routine will give you longer life, healthier and younger skin, nourished hairs, and overall wellbeing.

Regular exercise and balanced diet is a key to healthy lifestyle and availing all above benefits. For a healthy body, start with a simple and short five-minute walk. Gradually increase it with daily 30 minutes.



3 DIMENSIONS OF HEALTH

Unfolding Millennial Shoppers' Behaviour towards Counterfeit Products in Bengaluru

Counterfeiting is considered as the wrongdoing of the 21st century. The luxury brand is the most affected market when it comes to counterfeit products. These products are purchased by customers who need to communicate their social class and having a place by being respected, perceived and acknowledged by others. The fakes extravagance marks

that twist available makes it feasible for anybody to be an extravagance brand client which is against the centre of extravagance brand, which takes a stab at a low circulation to keep the interest high to have the option to keep the shopper relationship of luxury brands.

To get a glimpse this study was carried out with an purpose to understand the

behavioural intention of millennial shoppers. This research employed a total of 180 sample and data was collected via questionnaire from millennial shoppers and with the help of statistical tools found that all the hypothesis were duly accepted.

Research paper by -
Dr. Sumeet Jain & Khyati Joshi



Photo of the month

Clicked by Sayam @ Team

Upcoming events

Sept 2023
19 Sept - Tue - Ganesh Chaturthi
19 Sept - Tue - Jain Paryushan
Oct 2023
24 Oct - Tue - Dussehra
Nov 2023
Carnival Festival

ಯುವಕರೇ ಎದ್ದೇಳಿ.

ಜಡವಾಗಿ ಬಿದ್ದಿರುವ ಕಲ್ಲುಬಂಡೆಯ ಶಕ್ತಿ
ಯುವಕರೇ ಎದ್ದೇಳಿ ನಿಡ್ಡೆಯಿಂದ
ಕಡೆದು ಶಿಲ್ಪವ ಮಾಡಿ ಬದಲಾಯಿಸಿ
ಜಗವೆಲ್ಲ ನಿಮ್ಮದೇ ಶಕ್ತಿಯಿಂದ

ಮರುಭೂಮಿ ಮನಸುಗಳ ಮಳೆ ಮೋಡವಾಗಿ
ಉತ್ಸಾಹ ನದಿಯಂತೆ ಸಿದ್ಧಗೊಂಡು
ಉದಯ ವಾಗುವ ಸೂರ್ಯ ಹೊಸ ಬೆಳಕು
ಚೆಲ್ಲುತಿರ ಅಜ್ಞಾನ ಕತ್ತಲೆಯ ಬಿಡಿಸಿಕೊಂಡು

ಮಾಲಿನ್ಯವಾದ ಕನಸುಗಳ ಬೆರ್ಪಡಿಸಿ ಶುದ್ಧ
ಚಿನ್ನದ ಹೊಳಪು ನಿಮ್ಮ ಒಲವು
ಸೋಲೆಯ ಭ್ರಮೆಗಳ ದಾಟಿ ಸಾಗರ ಅಲೆಗೆ
ಮುನ್ನುಗ್ಗಿ ಸಾಗಲೆ ನಿಮ್ಮ ಗೆಲುವು

- ಲಕ್ಷ್ಮೀನಾರಾಯಣ ವಿ.
ಕನ್ನಡ ಉಪನ್ಯಾಸಕರು ಅರಿಹಂತ್ ಕಾಲೇಜ್.



SOME FUN TIME

