



LIBRARY INFO

Remembering Shri. P.V. Narasimha Rao on his 100th Birth Anniversary



Son of Shri. P. Ranga Rao, Shri. P.V. Narasimha Rao was born on June 28, 1921 at Karimnagar. He studied in Osmania University, Hyderabad, Bombay University and the Nagpur University. Being an agriculturist and an advocate, he joined politics and held some important portfolios. He was the Minister of Law and Information (1962-64), Law and Endowments (1964-67), Health and Medicine (1967) and Education (1968-71), Government of Andhra Pradesh. He was the Chief Minister of Andhra Pradesh (1971-73), General Secretary of All India Congress Committee (1975-76) Chairman of Telugu Academy Andhra Pradesh (1968-74), Vice-President of Dakshin Bharat Hindi Prachar Sabha, Madras, from 1972. He was also a Member of Andhra Pradesh Legislative Assembly (1957-77), Member of Lok Sabha (1977-84) and was elected to Eighth Lok Sabha from Ramtek in December 1984. As Chairman of Public Accounts Committee (1978-79) he participated in a Conference on South Asia convened by the School of Asian and African Studies, London University. Shri. Rao also Chaired Bhartiya Vidya Bhavan's Andhra Centre; he was Minister for External Affairs from January 14, 1980 to July 18, 1984; Minister of Home Affairs from July 19, 1984 to December 31, 1984 and the Minister of Defence from December 31, 1984 to September 25, 1985. He then assumed charge as Minister of Human Resource Development on September 25, 1985.

A man of many interests, he liked music, cinema and theatre. His special interest lies in Indian philosophy and culture, writing fiction and political commentary, learning languages, writing poems in Telugu and Hindi and keeping abreast of literature in general. He has successfully published 'SahasraPhan', a Hindi translation of late Shri. Viswanatha Satyanarayana's famous Telegu Novel 'Veyi Padagalu' published by Jnanpith; 'Abala Jeevitam', Telugu translation of late Shri. Hari Narayan Apte's famous Marathi Novel, "Pan Lakshat Kon ghetu", published by Central Sahitya Academy. He translated other famous works from Marathi to Telugu and from Telugu to Hindi, and published many articles in different magazines mostly under a pen name. He lectured at Universities in the U.S.A. and West Germany on political matters and allied subjects. As Minister of External Affairs he travelled extensively to U.K., West Germany, Switzerland, Italy and Egypt in 1974.

During the period when he was Minister of External Affairs, Shri. Rao successfully brought to bear his scholarly background and rich political and administrative experience on the field of international diplomacy. He chaired the III Conference of UNIDO at New Delhi in January 1980, within a few days of assuming charge. He also chaired a meeting of the Group of 77 at New York in March 1980. More recently, his role at the Conference of Foreign Ministers of Non-aligned Countries in February 1981 earned him wide appreciation. Shri. Rao has shown keen personal interest in international economic issues and personally led the Indian delegation to the Conference of the Group of 77 on ECDC at Caracas, in May 1981.

1982 and 1983 were eventful years for India and its foreign policy. In the shadow of the Gulf war the Non-aligned Movement asked India to host the Seventh Summit. This also meant India assuming the Chair of the Movement and Smt. Indira Gandhi becoming its Chairperson. Shri. P.V. Narasimha Rao presided over meetings of Foreign Ministers of Non-aligned Nations on the eve of the New Delhi Summit and also at the United Nations both in 1982, when India was asked to host the Summit and the following year when, at the initiative of the Movement, informal consultations amongst Heads of State and Government from diverse nations across the world were held at New York. In his capacity as Minister of External Affairs, Shri. Narasimha Rao has chaired on behalf of India a number of Joint Commissions including those with the U.S.A., U.S.S.R., Pakistan, Bangladesh, Iran, Vietnam, Tanzania and Guyana.

Source of Information: [PM India Website](http://www.pmindia.org)

SPECIAL POINTS OF INTEREST

- ◆ Project Manager as Career
- ◆ Indian Journals Most Read Publication
- ◆ Know e-Resource
- ◆ Amazing Facts

INSIDE THIS ISSUE:

International Day of Yoga–Yog Asanas	2-3
International Day of Yoga–Yoga Portal	4-5
Post Discharge COVID Patient Information Book	6
Faculty Corner	6
Students Corner	7
Know Your e-Resources: JURN	8
Amazing Facts: Ocean	9
Upcoming Events and Important Links	10



INTERNATIONAL DAY OF YOGA JUNE 21

If you thought that yoga was all about bending and twisting your body in odd shapes, it's time to rethink. Yoga is much more. In very simple words, giving care to your body, mind and breath is yoga.

Derived from the Sankrit word 'yuj' which means 'to unite or integrate', yoga is a 5,000-year-old Indian body of knowledge. Yoga is all about harmonizing the body with the mind and breath through the means of various breathing exercises, yoga poses (asanas) and meditation. ([Art of Living Website](#))

**"YOGA IS A STUDY
OF LIFE — THE BODY,
BREATH, MIND,
INTELLECT, MEMORY,
AND EGO. IT'S A
STUDY OF YOUR
INNER FACULTIES".**

GURUDEV SRI SRI

RAVI SHANKAR

Yoga Asanas

USHTRASANA:

- ◆ Sit in vajrasana position
- ◆ Count 1- stand on knees, keep the knees slightly together
- ◆ Count 2- Rest your left palm on left leg heel
- ◆ Count 3- Rest your right palm on right leg heel
- ◆ Count 4- push your stomach in front and drop down your chin

BENEFITS

- ◆ Open the chest, improving respiration
- ◆ Stretches and strengthen shoulder and back
- ◆ Expand Rib case
- ◆ Elasticity of lung increases
- ◆ Strengthen shoulder joint, knee joint, ankle joint.
- ◆ Flexibility of spine and blood flow to brain increases and tones up abdominal and stretches ribs.
- ◆ Good for breathing problems, Arthritis, back aches.

BREATHING PATTERN:

Breath in whenever you bend backwards and breathe out while coming up normal, Normal breathing in the final position.

HASTA-PRASARASANA:

- ◆ Stand Erect
- ◆ Count 1- Raise arm Infront at shoulder level, palm facing each other
- ◆ Count 2- while inhale swing your both arms sideward at shoulder level, heel raises.
- ◆ Count 1- same as 1, heels down
- ◆ Repeat the same with slowly increase in speed

BENEFITS

- ◆ Thoracic muscles are stretched and blood supply increases
- ◆ Lungs capacity increases
- ◆ Good in treating Asthma
- ◆ Strengthen calves muscles



Source: Dr. Sushant Haldankar, College Director of Physical Education, Dnyanprassarak Mandal's College and Research Centre



Yoga Asanas

"YOGA IS LIKE MUSIC.
THE RHYTHM OF THE
BODY, THE MELODY OF
THE MIND, AND THE
HARMONY OF THE
SOUL CREATES THE
SYMPHONY OF LIFE".
B.K.S. IYENGAR



SURYA BHEDANA PRANAYAMA

- ◆ Sit comfortably in an erect spine position.
- ◆ Inhale through the right nostril by closing the left nostril.
- ◆ Exhale through the left nostril by closing the right nostril.
- ◆ Inhalation and exhalation should be as slow, deep and as long as possible.
- ◆ Repeat the same as above for 10 rounds.

BENEFITS:

- ◆ It helps to remove kafa.
- ◆ Increase physical energy.
- ◆ It boosts sympathetic nervous system.
- ◆ It helps to cure diseases like Asthma, T.B.
- ◆ Improves efficiency of respiratory system.

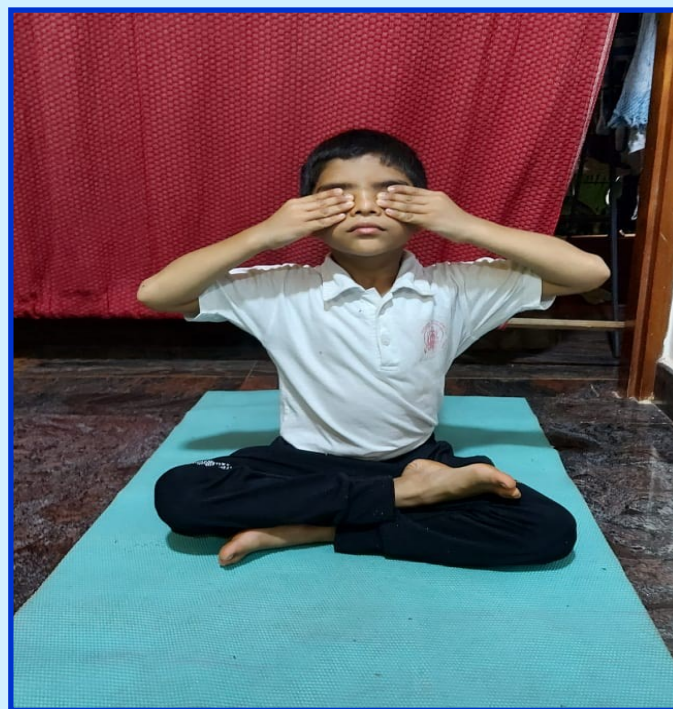
BHRAMARI PRANAYAMA

(Bee Sounding Pranayama)

- ◆ Sit erect in sukhasana.
- ◆ breathe in through both nostrils.
- ◆ Allow the breath to stop effortlessly.
- ◆ Slowly exhale while producing a sound from the mouth and nose, so as to produce a sweet musical humming sound like a female bee.
- ◆ Hold the breath slowly release.
- ◆ Repeat the cycle several time.

BENEFITS

- ◆ It is the best cure for stress.
- ◆ The Bhramari pranayama lowers one's blood pressure, thus relieving hypertension.
- ◆ It releases cerebral tension.



Source: Dr. Sushant Haldankar, College Director of Physical Education, Dnyanprassarak Mandal's College and Research Centre



INTERNATIONAL DAY OF YOGA — YOGA PORTAL

Yoga is a trend that has been flourishing from the years; rather this has become a trendsetter in maintaining both physical and mental well-being. Each Yogic activity is a key to improving flexibility, strength, balance and attaining harmony.

Yoga Portal is a platform to help people embrace, practice and enjoy yoga every day. It is a perfect gateway to search for the best yoga resources, common yoga protocol training videos and the latest yoga events to take part in.

[Common Yoga Protocol](#)



Common Yoga Protocol has been designed with the consensus of all the experts. CYP comprises day-to-day Yoga practice for the masses to reap all the benefits of Yoga. The protocol intends to create general awareness among the masses to attain peace, harmony and well-being through Yoga practices e.g. Yoga Nidra, Pranayama, Dhyana, etc. Enjoy the videos of the best Yoga sessions, keep learning and continue to reap the benefits of Yoga practices.

[Click Here for More Details](#)

[Guidelines for Physical and Psychological Well-being during COVID-19](#)



The present resurgence of the COVID-19 pandemic has added stress and anxiety among the people. The disease and isolation are not only affecting a patient's physical health but also taking a toll on the psychological or emotional health (and even that of his family members).

Against this backdrop, the Ayush Ministry have put together guidelines for physical and psychological well-being.

[Click Here for More Details](#)

[Year Long Yoga](#)



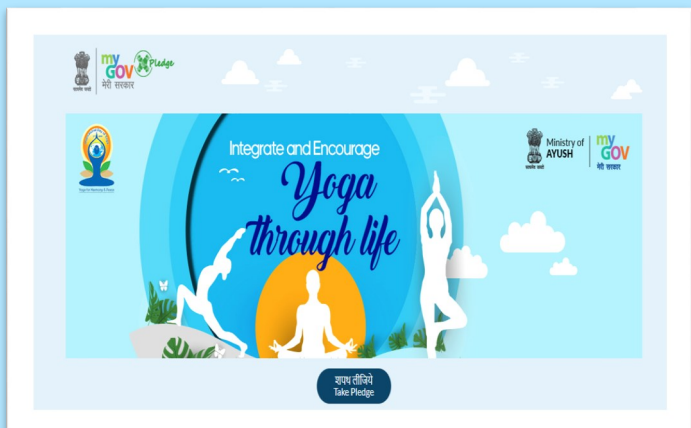
Year Long Yoga Calendar presents Yoga Events of different yoga institutions in one place. This Yoga-inspired calendar will help citizens to make yoga a part of their routine and keep their body healthy and mind calm. The Events Calendar lists both offline and online yoga and yoga-related events. The events are available on a daily, weekly, monthly and yearly basis.

[Click Here for More Details](#)

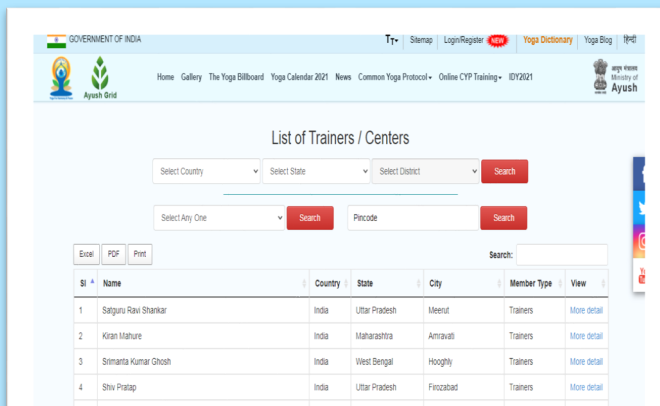
Source of Information: [Yoga Portal \(Ministry of Ayush, Government of India\) Website](#)



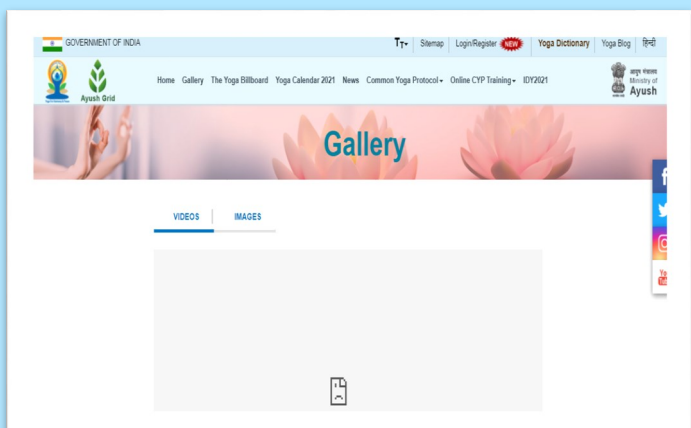
YOGA PORTAL — USEFUL LINKS



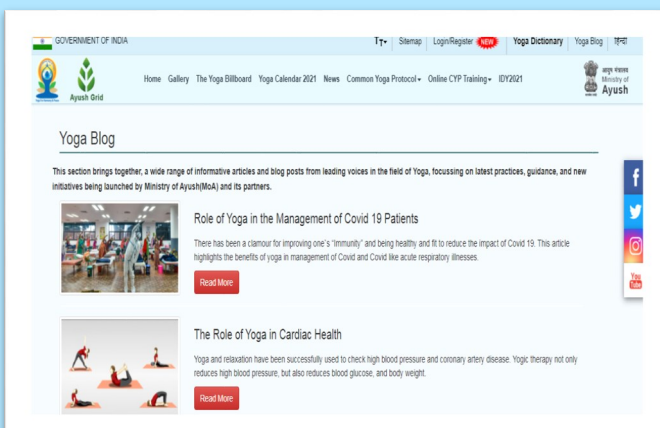
[Take a Pledge](#)



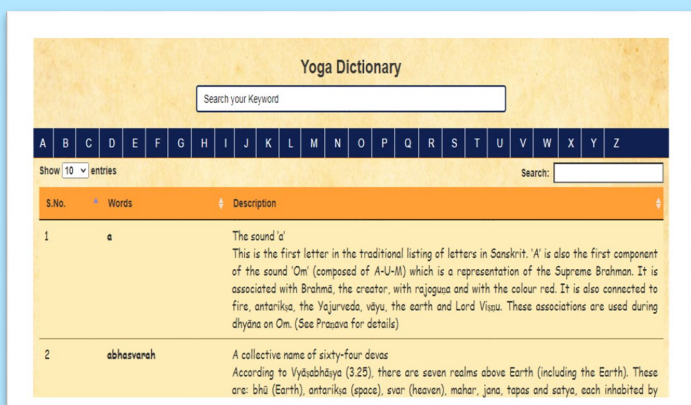
[List of Trainers/Centers](#)



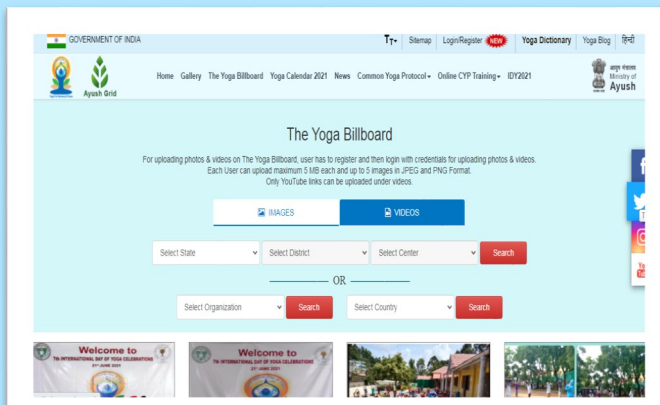
[Featured Videos](#)



[Yoga Blog](#)



[Yoga Dictionary](#)



[The Yoga Billboard](#)

Source of Information: [Yoga Portal \(Ministry of Ayush, Government of India\) Website](#)



POST DISCHARGE COVID PATIENTS: INFORMATION BOOK DO'S AND DON'Ts

Post Discharge COVID Patients: Information Book Do's and Don'ts is an information book for COVID patients discharged from hospital and is authored by Prof. Ravi Gupta MS (Orthopedics), DNB, FRCS, FACS, FAMS, FIMSA, Medical Superintendent, GMCH-32, Chandigarh; Prof. Jyoti Kathwal M.Sc. Nursing, PhD Scholar, Principal, College of Nursing, GMCH-32, Chandigarh and Dr. Sonali Shamdasani MBBS, DNB (Health & Hospital Administration), MNAMS Dy. Medical Superintendent-cum-Asst. Professor, Department of Hospital Administration, GMCH-32, Chandigarh.

The present book starts from the footstep of the patient just out of the hospital as they board a vehicle for transportation to their home. Then the way, the room is to be prepared where the patient should stay in at home, has been explained and the precautions regarding sanitization of the articles in room, handling of linen, food etc. have been discussed. The importance of continuing all general precautions for prevention and control of the COVID 19 disease and the use and disposal of masks has also been discussed.

To Read this Book: [Click Here](#)

"SUCCESS IS NEVER
ENDING, FAILURE IS
NEVER FINAL."

DR. ROBERT SCHULLER



FACULTY CORNER

INDIAN JOURNALS (Through N-LIST)

Most Read Publication (21-Jun-2021 to 27-Jun-2021)

Journal Title	Print ISSN	Online ISSN	Publisher	Downloads
Research Journal of Pharmacy and Technology	0974-3618	0974-360X	A & V Publications	3,460
Asian Journal of Research in Social Sciences and Humanities	—	2249-7315	Asian Research Consortium	3,014
Water and Energy Abstracts	0021-1672	0974-4703	Central Board of Irrigation and Power	2,599
Indian Journal of Horticulture	0972-8538	0974-0112	Indian Academy of Horticultural Sciences (IAHS)	2,552

Source of Information: [Indian Journals Website \(Access through N-LIST\)](#)



STUDENTS CORNER

What Does a Project Manager Do and How Do I Become One?

Written by Coursera

Project managers help companies deliver value by overseeing the planning, execution, and completion of specific projects. This exciting, flexible role is in demand in just about every industry.

Let's take a closer look at what project managers do, why you should consider a career in project management, and how you can get started.

What is project management?

Project management is the work of leading a team to the successful, on-time, and on-budget completion of a project. Whether running a marketing campaign, constructing a building, developing a computer system, or launching a new product, the project manager is responsible for the success or failure of the project.

Project manager qualifications

Project management is a diverse role, and you'll find that qualifications often vary by industry and company. When looking at what you need to build a career in project management, consider two main areas, education and certification.

Higher Education

Many project managers have a bachelor's degree in business, computer science, or an industry-related field. While not always a strict requirement, a degree can help you develop the leadership skills you'll need on the job. Some companies may look for candidates with a graduate degree such as a Master of Business Administration (MBA) or a Master of Science in Management (MSM).

Why pursue a career in project management

Just about every company has projects. That means just about every company could use a project manager. Whether you're interested in construction, architecture, fashion, design, computer science, robotics, or something else entirely, chances are you'll be able to use project management skills in your career. And since it's such a versatile career, you can leverage these transferable skills to enhance your resume, no matter where your career takes you.

Task and responsibilities: A project is typically divided into five different phases: initiation, planning, execution, monitoring or controlling, and closure. Throughout the lifecycle of a project, the project manager is tasked with:

- ◆ Defining the scope of the project
- ◆ Staying on schedule
- ◆ Planning a project's cost and sticking to a budget
- ◆ Managing project resources (including teams and workers)
- ◆ Documenting the progress of the project
- ◆ Communicating with stakeholders
- ◆ Assessing risks
- ◆ Troubleshooting
- ◆ Leading quality assurance

For detailed information about Project Management as a Career: [Click Here](#)

Source of Information: [Coursera Website](#)

"OBSTACLES ARE
THOSE FRIGHTFUL
THINGS YOU CAN SEE
WHEN YOU TAKE
YOUR EYES OFF
YOUR GOAL." -
HENRY FORD



KNOW YOUR E-RESOURCES

Who is JURN intended for?

- * Independent scholars and researchers.
- * Students and teachers in developing nations.
- * Students enrolled on free MOOC online courses
- * Recent university graduates
- * Unemployed or retired lecturers
- * Knowledge professionals outside of academia
- * Business owners and leaders
- * Public policy makers and planners
- * Journalists and editors
- * Bloggers and Wikipedians
- * Public intellectuals and ‘think tanks’
- * Evidence-based campaigners
- * Amateur historians and biographers
- * Teachers of students aged under 18
- * Advanced and ambitious students, age 14-18
- * Home schoolers and grassroots educators
- * Hourly-paid university lecturers, who may lack paywall access during holiday breaks or may have to wait many weeks for library admin to get them access passwords.
- * University lecturers and students, seeking a strong search tool for open access content

JURN as a Browser Addon: [Click Here](#)

JURN Directory of e-Journals: [Click Here](#)

JURN Main Search-Engine: [Click Here](#)

JURN openEco Directory: [Click Here](#)

JURN Repository Search: [Click Here](#)

Source of Information:

[JURN Website](#)

JURN



JURN is a unique search tool, helping you to find free academic articles and books. JURN harnesses all the power of Google, but focusses your search through a hand-crafted and curated index. Established in 2009 to comprehensively cover the arts and humanities, in 2014 JURN expanded in scope. JURN now also covers selected university full-text repositories and many additional ejournals in science, biomedical, business and law. In 2015/6 JURN expanded again, adding over 600 ejournals on aspects of the natural world.

Search millions of free academic articles, chapters and theses on following subject areas:

- | Arts
- | Humanities
- | Business
- | Law
- | Nature
- | Science
- | Medical

For Guide to academic search: [Click Here](#)

JURN can be accessed using following link:

<http://www.jurn.org/#gsc.tab=0>

“DEVELOP AN
ATTITUDE OF
GRATITUDE. SAY
THANK YOU TO
EVERYONE YOU MEET
FOR EVERYTHING
THEY DO FOR YOU”.

BRIAN TRACY



AMAZING FACTS



OCEAN FACTS!

Take a deep breath and join us as we dive to the depths of the sea...



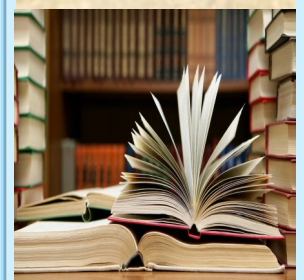
Bursting with wildlife and teeming with mysteries to be solved, our oceans are one of the most amazing habitats on Earth. Take a deep breath, gang, as we dive into our ocean facts...

Top ten ocean facts

1. Around 70% of the planet's surface is covered by oceans. In fact, the oceans hold about 96.5% of all water on Earth.
2. The largest ocean on Earth is the Pacific Ocean, covering around 30% of the Earth's surface.
3. The name "Pacific Ocean" comes from the Latin name *Tepre Pacificum*, "peaceful sea".
4. The deepest known area of the Earth's oceans is known as the Mariana Trench. It's deepest point measures 11km. That's a long dive down!
5. The world's oceans are home to incredible creatures that are masters of disguise! Take a look for yourself...
6. The longest mountain range in the world is found under water. Stretching over 56,000km, the Mid-Oceanic Ridge is a mountain chain that runs along the centre of the ocean basins.
7. About 70% of the oxygen we breathe is produced by the oceans.
8. The sea is home to the world's largest living structure – the Great Barrier Reef. Measuring around 2,600km, it can even be seen from the Moon!
9. We have only explored about 5% of the world's oceans. There's a lot more to be discovered!
10. The sea can be described as the planet's mega museum. There are more artefacts and remnants of history in the ocean than in all of the world's museums combined!

Source of Information and Image Source: [National Geographic Kids](#)

"THERE ARE NO
SECRETS TO
SUCCESS. IT IS THE
RESULT OF
PREPARATION, HARD
WORK, AND
LEARNING FROM
FAILURE."
COLIN POWELL



JULY 2021

Mon Tue Wed Thu Fri Sat Sun

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NATIONAL

1st July — Doctor's Day

26th July — Kargil Vijay Diwas

UPCOMING EVENTS

JULY 2021

INTERNATIONAL

1st Saturday of July — International Day of Cooperatives

2nd July — World UFO Day

4th July — American International Day

11th July — World Population Day

12th July — World Malala Day

15th July — World Youth Skill Day

17th July — World Day for International Justice

18th July — Mandela Day

28th July — World Hepatitis Day

"YOU WILL NEVER

FIND TIME FOR

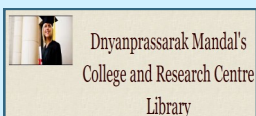
ANYTHING.

YOU MUST MAKE IT."

CHARLES BUXTON



IMPORTANT LINKS



[LIBRARY WEBSITE](#)



[LIBRARY ACTIVITIES](#)



[E-RESOURCES
\(COVID-19 PAGE\)](#)



[NEW SYLLABUS OF UG AND PG](#)



[LIBRARY
E-BROCHURE](#)



[GET IN TOUCH WITH US](#)

Reach out to us at:

<http://www.dmclibrary.yolasite.com/contact-us.php>

OR

dmclibrarian@rediffmail.com

Library Info E-Newsletter:

Created, Designed and Edited by: Library Team
Dnyanprassarak Mandal's College and Research Centre

Published by: Library and Information Centre
Dnyanprassarak Mandal's College and Research Centre
Assagao, Bardez, Goa.

