



A **SSP** Initiative.

 **HORIZON**

**C** **E** **A** Newsletter.

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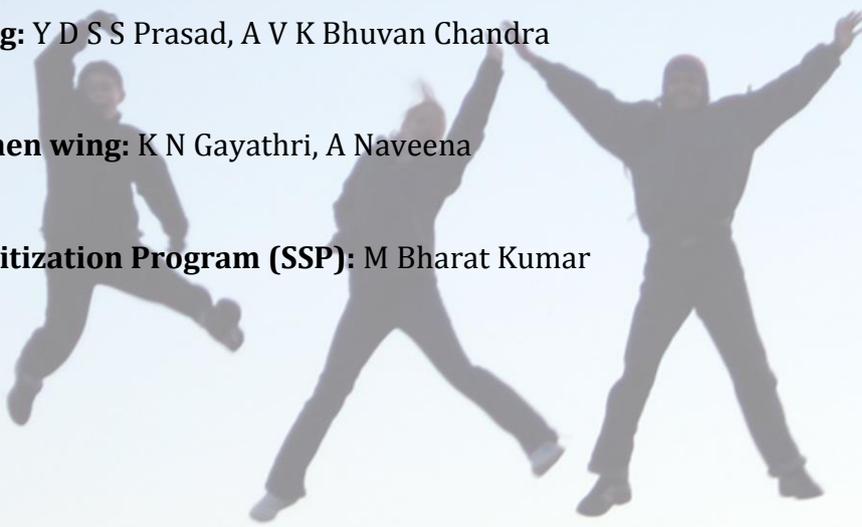
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## HOPE IS HUNGRY

...Penned by Snigdha

I once was at a hospital, when I heard an elderly man, walking out of the hospital say, “*Saab baat bade gaur se sunthe hain*”. Curious, I enquired him who he was talking about. He told me, that he is talking about the doctor whom, the people from many nearby villages worship. Asked about the reason, he said, “*saab* patiently hears to all the problems of the patients, not only about their physical ailments, but shares their pains as well.”

I wondered whether doctors do really have the time, to listen so much. I never enquired any doctor about that, but realized that, at least any ordinary human being has THAT time. Every Human being can be a doctor if he is ready to share. And what else does *sewa* mean, but sharing. Service, is sharing, sharing ones pain, sharing ones love, ones time, and importantly sharing a part of ourselves.

Service is not building a gracious relationship by some monetary help but strengthening emotional bonds, so that sharing takes place. It is all about using hearts along with the minds in all the endeavors of human kind.

In a student’s perspective, he does not commit suicide because he fails in X. It is out of his desperation that people would fail in understanding the cause behind. So is the case of a farmer, who is burdened with debts. He does not fear his financial status but the landlords cruelty in extending his time. Inability to understand one’s feelings and hurry in ignoring one’s word brings desperation.

But our care and compassion to that student, can build his morale to try again. Sharing our time with the farmer, would save a family from starving. Are we so busy to say Hi to a passerby, or are we in such a hurry that we can’t pass a smile to a child playing beside us.

Global grid as on date, when we look at it in a social perspective, is full of greed, commotion, distress and distrust. Besides becoming more civilized and learning about the intricacies of human race and development, we humans are mired by the new wave of modernization and outcomes of transformation due to technology innovations and cultural incursions. As a result, we are preoccupied with our laptops, ipods, mobile phones, etc., spending **less time with the fellow humans**. Yes this passerby and that innocent child are strangers to us. But, this simple gesture brings hope and life to the downtrodden and the disheartened. When mental peace and harmony becomes the main cause of every kind of service rendered to the nation and its people, it creates a more peaceful world.

***Giving our time and ourselves is what we can give any fellow human being as charity or service. Let us be unfogged by the mist of selfdevelopment, and walk towards a global family of Emotional Sharing.***

..... **“It is not the hope to find some food that is hungry, but the thirst to be heard”**

*Share your time, share yourself, coz the more you give of yourself, the more you get of the world*

# Directive for CEA-Center for Extension Activities

**CENTER FOR EXTENSION ACTIVITIES** abbreviated as **CEA**, is established to conduct extensional activities on behalf of the K L University. This document presents relevant guidance for members of CEA in planning different events and activities on behalf of CEA.

It has the **vision** to imbibe social consciousness into the student community and thus lay a foundation for a more selfless society.

The **mission is** to organize philanthropic activities with special concentration on the welfare of children, youth, women, rural and urban-slum populations. It also aims to save our environment with the help of techniques like awareness sessions, waste management, solar power generation etc. . Also, it focuses on provision of engineering solutions for persistent social problems and for profitability in agricultural sector. It works to induce the concept of inclusive growth among the student community by organizing fundraising activities that may include on-stage performances, video presentations, literature circles (newsletters) etc.

The activities involved in CEA are broadly classified into following categories:

## 1. Children:

There is a famous quote on children: 'Today's children are tomorrow's citizens'. Keeping the above point as CEA's main motive CEA works on:

- **Eradicating child labor:** Where CEA creates awareness in villages and in parents the need for sending their children to school rather than work.
- **Adopting schools:** Under this, CEA adopts some schools and provides the basic infrastructure required for the proper conduction of everyday activity.
- **In the field of sports:** Children are encouraged in the field of sports as to develop their physical ability apart from their class work and also to induce the winning spirit into them which is useful for them to fight all odds in life and become respectful citizens.
- **Encouragement activities:** Many encouragement activities like conducting science fairs, planting trees etc. are done by CEA for supporting them in their field of interest.

## 2. Youth:

As one of the famous author George Bernard Shaw said 'Youth is wasted on the young'. To rectify this we are taking an initiative and conduct many physical and mental development events like:

- **Career Guidance:** Events that can help them to plan their career, which includes personality development, communication skills such as soft skills, leadership skills, employability skills etc.
- **Workshops:** Conducting workshops/seminars which help them train and to evolve into better citizens. This includes placements preparations, awareness on AIDS, usage of electronic gadgets etc.

### 3. Women:

Harassments against women are increasing day by day. Not only in work places but also at homes. As the age of the mother earth is increasing the security of women on the earth is decreasing. Keeping this point in view the activities that will be done are:

- **Self Defense:** Self-defense is the main armor for women to protect themselves from any danger. This is done by conducting karate classes and teaching other self-defense techniques.
- **Awareness:** As we know that there are many different objectives in the society to help women and this awareness campaign will be organized in association with 'Mahila Police' and other such women empowerment organizations in the respective areas.
- **Financial independence:** Financial independence itself can become a permanent problem for in-home and marital harassments. To achieve this, training in professional skills like tailoring embroidery, handicrafts etc.. will be given to unemployed and uneducated women.

### 4. Rural Development:

A quote 'India lives in her village' clearly states that the development of India can't be achieved as long as there is no development in rural areas? For this CEA takes initiative in following areas:

- **Health:** health checkup campaign, awareness of contagious diseases, and classes on First aid etc.
- **Education:** As today education plays a major role in this busy world. Every citizen must be updated to the current world. So, for this, CEA conducts awareness camps, guidance seminars, education to adults, general and social education sessions, development of schools etc. to make rural masses understand the importance of education.
- **Engineering techniques in Agriculture:** As agriculture is the major occupation in India, we should strive to make it a profitable business. For this, we will organize activities that can bring emerging techniques in the field of agriculture to improve efficiency and productivity in low cost closer to riots.
- **Energy solutions:** Rural areas are the worst affected for any energy crises. Solar, wind energy harnessing techniques should be introduced to villagers leading to energy independence in rural areas.

### 5. Social Awareness:

"Knowledge is power" and this power can solve half of the problems in the society.

- **RTI/RTE:** Right to Information act is a golden wand against corruption and government inaction and suitable awareness and knowledge regarding such acts can empower people in solving problems by themselves. RTE stands for Right to Education.
- **Sustainable Energy solutions:** We are heading towards severe energy crises and we have to support the concerned governments in encouraging renewable energy sources like wind, solar etc. and their proper use. Not stopping with just awareness, CEA emphasizes on providing technical support in this regard.

## **6. On-campus activities:**

The vision of CEA emphasizes on increasing the social consciousness among students by involving them in different social service activities and such a vision can be accomplished only when more and more students involve in such activities. So, a good number of in-campus activities viz. fund raising activities, newsletter, eye opening onstage performances, seminars and presentations, guest talks, awareness drives, presentation of honors to social achievers etc., need to be organized.

**EVERY MONDAY IS DEDICATED FOR PLANNING NEW ACTIVITIES AND ENROLLING NEW MEMBERS INTO CEA. SO ALL INTERETSED STUDENTS CAN ACTIVELY INVOLVE IN CEA ACTIVITIES BY ATTENDING THE MEETS ORGAINISED ON 5:00PM @ CEA OFFICE ON MONDAYS OF EVERY WEEK.**



# PRAXIS HALLS OF IVY

## A PRACTICE SCHOOL REPORT

The enormous impact of technology on society has created a large requisition for engineering graduates in the professional practice of engineering and beyond. An engineering education from K L U provides students with exceptional opportunities to define and impact the future of their fields, and its related areas. The challenges and opportunities of engineering have never been more exciting or more censorious to the long-term well-being of society than today's scenario.

No doubt that today the world is which is highly influenced by scientific and technological innovation, where engineers provide important leadership to society by creating, developing, and managing complex technologies and products. They play a vital role in finding solutions to the most difficult challenges of our daily and makes engineering a tremendously rewarding endeavor.

The concept of practice school is one of the important tactics to expose students to real work life situations and to furnish them with the necessary skills that intensify their job discernment. It is a key element in an engineering curriculum. Not only it helps in potent growth and grooming of students, but also it helps in an easy transition of a fresh engineering graduate to a skilled engineer. Practice School helps in an allround development of a student by enhancing his interpersonal skills, leadership qualities etc. by providing an opportunity to apply some ideas and concepts learned during classical classroom studies, which increase the confidence of students and their marketability after graduation.

According to students who had attended the practice school, it is a platform to gain good experience of the industry which in turn will widen their learning, career aspects and skills. These students were exposed to the real career world. They are now accustomed to the business operations, administrative functions and organizational scenario. Also the guides were of great help. They introduced the students to industrial training policies and enabled them to get the maximum advantage from their industrial experience. They took care of each student personally and observed their relationship with the company.

The curriculum is designed in such a way that students are judged for their ability to work in teams, communication skills, decision making ability and leadership quality.

Some of our seniors who have already experienced this roller coaster adventure have shared their views on Practice School. They are,

**Name: Pravallika**

**Branch: CSE.**

**Company: Yalamanchili Software Exports Ltd., VIZAG**

PS gives you a lot of new experiences which you will never be able to get again. It is neither college life nor it is work life. It is a complete protected environment where our KLU Faculty will always be available for help and it gives us exposure which helps us to decide what we can do and where we can go in future.

You will have to take initiative and work in order to get real benefit of PS. Guides will be monitoring and will help the students but again it is the student who has to work. Also, 4-1

is a preferable choice as one can face interviews easily and since the numbers of companies coming for placements are more in 4-2, coming each and every time may be a little difficult.

**Name: Nivruth Nandigam**

**Branch: CSE**

**Company: Rapra Designing Solutions Pvt Ltd, Hyderabad.**

Practice School Program was a crucial step in carving our careers as engineers. I realized, that the best way to test the assimilation of the knowledge acquired in a classroom, is by putting it into practice. In theory, there is no difference between theory and practice but not in practice and hence, Practice School gave me the opportunity to experience practically what I had previously studied only in theory.

**Name: Alekhya Guttikonda**

**Branch: C.S.E**

**Company: Verona Informatics Pvt Ltd.,Hyderabad**

Practice School will be useful if you really want to learn something from there. Do not attend it to avoid college!! It will be better to choose Practice School in 4-1,because it helps you to face interviews easily due to beforehand experiences of an industry. Last but not the least it is better to choose the company which does not takes students in bulk.

**Name: Bala Krishna Katakam**

**Branch: Civil**

**Company: IVRCL Limited, Hyderabad.**

It is a great chance to view the working environment before joining any company. It can better, if it will be pre-planned and well organized.

**Name: Ch.Vasundhara**

**Branch: ELECTRONICS AND COMPUTER ENGINNERING (ECM)**

**Company: Globarena Technologies pvt Ltd,HYD.**

One can know the work environment and gain practical knowledge but grades can't be expected as it depends on technical guide. PS is the best option to experience something different or to learn while enjoying.

**Name: T.DINESH**

**Branch: EEE**

**Company: GESTAMP SUNGWOO, Chennai**

I got real time experience and became aware of how to handle a project in the company. I learnt how to work & perform in a team. PS made me aware of the workflow, functioning of the company, industrial attitude & how to communicate, with co-ordinate and co-employees. I learnt how to procure necessary requirements from the inter-departments of the company for the successful accomplishment of the targets. Before joining this company as an intern I was not aware of the usage of mechanical tools and machines but I was able to accomplish my projects only because of the practice school program. Practice also aided me to add one more language to my dictionary of languages. I also learnt how to work under

different work pressures and getting up early to go to the company punctually without fail which helped me to plan effectively and perfectly to reach the company.

**Name: Varanasi Vamsi Krishna**

**Branch: Civil Engineering**

**Company: L&T Urban Infrastructure Ltd, Chennai.**

PS mainly helps the students who are aspiring for job, and those who wish to become entrepreneurs but for students who are aspiring for higher studies, it doesn't help much. By going to PS we lose the touch with the subject as very few things or concepts are used and applied due to which all the other subject goes to vain.

**Name: Akasha**

**Branch: EEE**

**Company: Nanomindz , Vizag.**

The work we did in PS was entirely different from our subjects, but we learned something other than subjects. I have seen the problems faced by an employee in a company and with this experience one can be careful while joining any company after engineering. Also, you can improve your communication skills and contacts. Practice school will surely help you in your personal and career development.

**Name: Vadlamani Mydhili Devi**

**Branch: EEE. Regd No. 09101726**

**Company: Worthington Nitin Cylinders Pvt. Ltd., Vizag.**

Really an excellent platform provided by the university to link the theory with its roots of practical approach, even more than the theory we learn through books we can experience it lively in the industry. THANKS TO KLU FROM THE BOTTOM OF MY HEART FOR PROVIDING ME THIS OPPORTUNITY. I ALSO THANK THE INDUSTRY PEOPLE FOR WELCOMING US WHOLE-HEARTEDLY IN TO THEIR FAMILY OF THE INDUSTRY.

**Name: M. Satya Sri**

**Branch: Mechanical**

**Company: Autoliv India Pvt. Ltd, Bangalore.**

Although Practice School gave us an opportunity to understand the industrial frame of working, but it does not have properly framed evaluation criteria. This has been a blow for both the top percentile and average students. I have learnt to aim at product identified research and the highest level of perfection they crave for during the project executions. I personally suggest practice school should be opted, if you have been selected by the company through an interview, they have allotted a project for you before the semester starts and your area of interest and area of working coincides. But there are very few chances, that you fulfill all the above through random allocations of our University.

**Name: S. SAI VAMSI BHUSHAN**

**Branch: MECHANICAL**

**Company: M/s IVRCL Ltd.,Hyderabad.**

As this was the 1st time a program like this was conducted by the college, so, it took a little more time to adjust.

This Program Aims at Producing Engineers who are Industry Ready (it does serve that purpose for sure), and I am quite confident that in coming years this will be a Hallmark of K L University

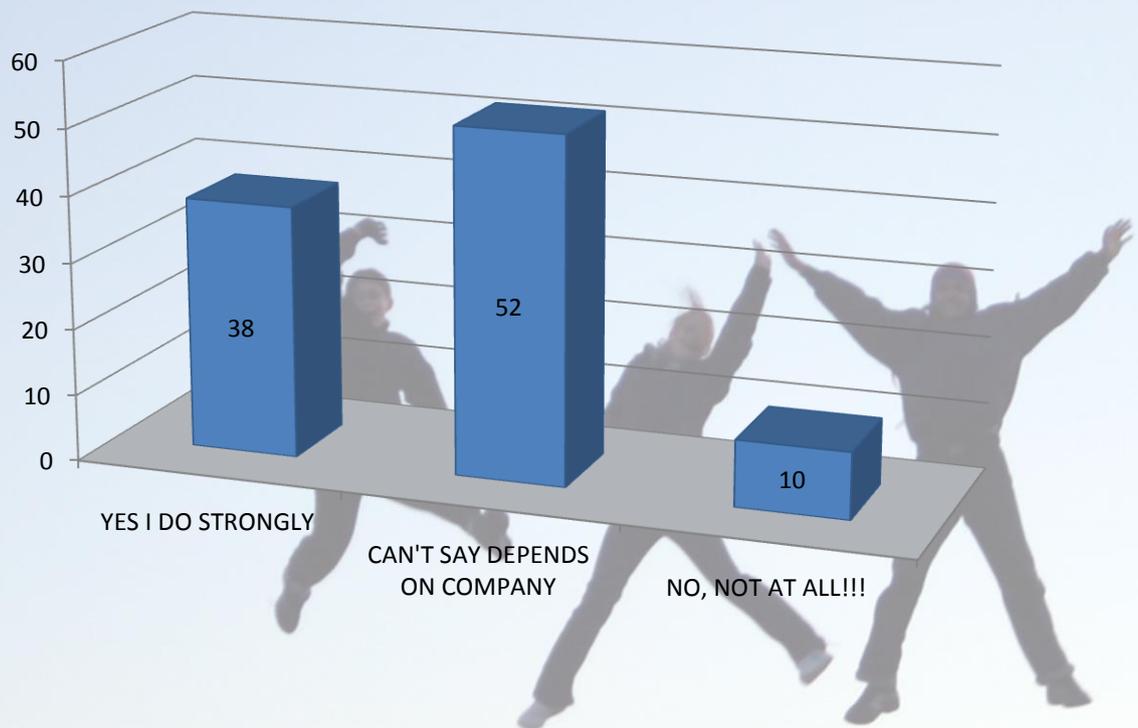
*"Success is a journey, not a destination"*

**Name: Vemu Sai Gayatri Sravya**

**Branch: Biotechnology**

**Company: Rashtriya Ispat Nigam Ltd (RINL) /Visakhapatnam steel plant**

Practice School really helped me a lot in my professional & personal development. It helped me to know the outside world and how your classmates will be once we are out of KLU!!! It helped in attaining discipline, time sense, behavioral skills & Presentation skills. No matter what the grade is, one should really experience what practice school is truly meant for!!



The above graph gives a pictorial representation of category of students who took up practice school in their 1<sup>st</sup> semester. The number of students vs. Category in which they fall gives an idea about seriousness of students regarding practice School. The X-axis represents the category of students which is divided in three parts, students who did their PS properly and fairly well, students who did as per the instructions given by company and last and least students who did not take Practice School seriously at all. The Y-axis represents the number of students falling in each category respectively.

## PSYCHOLOGY BLOG

By *Dr. G Sumati*

### ***1) Why do some students think too much of themselves and proclaim themselves heroes in a group. What are the effects of such students in future?***

→Students when they enter in the teenage are likely to cross the adolescent stage. In this stage all the teenagers will have a mentality of identity crisis which is to be recognized in the group or surroundings they are dwelling. Even all the people in this stage get bored of doing anything regularly. This is all because this stage is filled with confusion of various actions and behavior of the latter in the public. So people with such mentality would surely face problems in maintaining good relations in public in the future. They ought to be irresponsible towards family as well as society which lead to deterioration of oneself.

To overcome such affects one has to have a “goal oriented behavior” in life. All must have definitely fixed aims or goals in life towards which they need to go unhesitatingly.

### ***2) Many students think of studying every minute and work hard but don't even take a single step towards it. Why do this happen?***

→The main reason behind such behavior among students is laziness. Immediately it may not have any effect on the student but gradually as the days pass and the laziness continues in all sorts of matters, it surely creates some loss in the students' life. It causes great damage in the academic performance of the student whose capability is more than what he/she is performing in the examination. In this laziness apart from what we lose in academics we also move away from our family relations, friends and society around us.

The main remedy for such laziness is to wake up yourself and just think that why should you break the own rule or goal you have set some time ago. It's you who can change yourself and get rid of your laziness and come out of it.

### ***3) And sometimes even we take a great step towards education, sit and start studying; the concentration would not remain more than few minutes. Why?***

→This is a common problem for most of the students. The main reason for such problems is that their mind is not stabilized properly on one thing rather they swing it onto the world which would surely get matters which are more interesting and important than the education.

So we need to control our mind completely during the time we set for studying and completely concentrate only in our academics. Once we get caught in a thought it would surely take us around and into many unwanted things which is a great disturbance for us. So as long you study please do it with keen determination and concentration.

### ***4) Most of the students who are able to score good marks in schooling and intermediate stages find themselves difficult in scoring equivalent percentages in the engineering. Why?***

→Schooling is a place where the students are just told something about the outer world and so they just see things rather than experience. In intermediate stage although students can experience things they are locked up mostly in the educational institutions failing them to

provide exposure to the world again. So by the time they reach engineering or they come out of such kind of hazy world into a surrounding which gives enough freedom to a student to explore, some of them may get into interventions, false prestige's and at last lead themselves into a wrong track of misleading themselves.

So it is rather suggested to gradually expose ourselves to the world and put ourselves with good ethics and morals to lead a principled and happy life.

**5) Many students feel much tensed before the examinations. How to overcome such stress by students?**

→ Students usually are of two types. One is who study regularly revises again and again but still are not confident enough that they have prepared well. So for such kind of students because you have prepared for enough times try to put what all you have learnt into the minds of students who haven't learnt any. Such practice makes you more confident and ready for exam without any tension.

The second category of students includes students who study overnights of from a week before the examinations. So such students rather than preparing all alone for the examination can form a group and divide the subject into several parts, each student in the group can learn perfectly one of the several parts and explain to all at the end. Doing such group discussions not only gives perfection in that part but also indulges the same perfection in the remaining students of the group.

**6) Everybody wants uniqueness in a group he/she is present. How far is it good?**

→ Wanting uniqueness in a group again tends to be an adolescent problem. But in cases it might not be completely a problem because man is a social animal so he needs his identity in his own clan. Coming to a team activity or a group work one should never hope, think and want an individual creditability or identity. So he/she should work for the success of team rather than for his own recognition within the team which may withdraw the team strength. But when a person who is really talented and skillful in a clan out of whom such person is needed, he/she can surely prove his/her talents and strive to be the lead of the clan rather than staying within it. So in this way, uniqueness should be selected belonging to situation he/she is present.

**7) Is it necessary that a student should participate in co-curricular activities along with academics?**

→ Student activities are like, if they are present in a college are a boon to the students because they are very useful in many productive and constructive ways. Student activities help in opening up talents inbuilt and unknown creativities within us. Apart from this, it is the best platform to nurture your confidence and individuality from grass root level to a big tree. Participating in student activities probably develop a lot of satisfaction of doing something useful. Organizing such activities help in extending your personal and social relations during the work. The guidance for such activities should be given perfectly in the constructive manner for the best results. All the interested students and similarly interested faculty with prior experience of such activities and who can guide the students in the enriched manner should be clubbed under one roof for the best performance. But destruction is always followed after construction, so everyone should be always working for

best results avoiding all the destructive ideology and eliminating/ counseling the people with such intensions and make the activity successful. So as putting in, you into any kind of activity along with academics is suggested for a better future.

**8) Parents enquire a lot from their wards about day to day life; but students end up with irritation. Why does this happen?**

→ Parents are the foremost guardians of any student. They will always try to suggest a right path or correct their ward in all means. So enquiring about day to day life is also a part of their guiding program because unless the parents know what are your daily activities and your behavior they cannot suggest you anything and they will even be unaware of your position in character. Many students have personal issues of their life which may include quarrels among friends, backlogs in the subjects, etc which most of you may not be sharing with our parents. But the right thing to do is to sit with our parents, open up your problems and see if they have a good solution for the mental stress you are under due to any of the problems. So it is good if parents enquire about your day to day life and suggest you the right path. From the part of students he/she should have their own goals, individuality and self-characterization with culture and ethics. So then you can convince your parents that you are in the right path and walking towards it. This not only helps in opening up of problems between parents and their wards but also develops family relations and creates a harmonious solemnity within the home atmosphere and their social relativity.

**9) Indifference between friends becomes a major problem in the mental behavior of students. How to avoid this?**

→ Indifference between friends is mostly because of internal problems of down trodden feeling within oneself. So just think about your capabilities and act accordingly. Never agree any kind of defamation in a group. Always follow the saying "Give respect and take respect". Treat everyone in your group equally and provide enough respect to everyone you are speaking to as long as they reflect the same to you. People should develop individuality and self-respect to come out of such mental indifference stresses. If you feel to be defamed in a group then try to move away from it and place yourself in a group where you get enough respect you need or with like-minded people for better peaceful life. Never lose your Self-respect in the society.

**10) When two people of opposite gender speak with each other, they feel excited and overwhelmed. Even the students watching them also interpret the excitement. How far is this controllable?**

→ Such situations mostly occur only during the engineering stage because of the adolescent stage of the students. In this age they are mostly attracted towards the opposite gender with all intentions. So they want to spend time or share feelings with the latter and they start speaking with an intention. But according to the actual situation our culture prohibits such behavior of students in the society. So when students do something which is basically prohibited externally but is wanted internally, they undergo such kind of excitation within themselves. So to avoid such intentional behavior and be safe from it we should always keep our ethics high and look only into the face and speak rather than gazing around and speaking. In this way we can overcome such feelings and disturbances.

# WOMEN EMPOWERMENT

Empowerment refers to increasing the spiritual, political, social, educational, gender, or economic strength of individuals and communities.

India is a male-dominated country and here women have always been a part of harassment and domination. But still after all the hurdles in their way they have come up with lighting and bright powers in today's scenario.

Women are the powerful entities and they are always being a brave fighter in the battle of life. Women have proved that they are no longer at loss in any of the fields and they are versatile.

Indian women are playing active part in strengthening the country's democratic institutions. "Increasing representation for women in Parliament and other legislative bodies and their active participation in election is an example of women empowerment in the country.

I think that special powers and stringent laws should be implemented to save women from increasing day by day crimes.. No doubt women enjoy equal status with men but still there is a question of women safety. Till this day parents don't prefer that their girls should work at night but still a lot of women work which is a good thing but still are apprehending.. Hope that one day this fear of safety will overcome.

India today is at the cusp of a paradigm change in its growth and its position in the world. We need to think big and scale up rapidly in each and every area, be it education, infrastructure, industry, financial services or equality of both genders. For around two centuries, social reformers and missionaries in India have endeavored to bring women out of confines in which centuries of traditions had kept them. According to the 2001 Census, the percentage of female literacy in the country is 54% up from 9% 1951.

In Shakespeare's works, many female characters are portrayed as being manipulated, if not controlled outright by the men in their lives as fathers, uncles, suitors, husbands. Therefore, Shakespeare's works appear to send mixed signals regarding the notion of female empowerment. Empowerment has multiple, interrelated and interdependent dimensions economic, social, cultural and political. It can be understood in relation to resources, perceptions.

But what does women empowerment mean? Women empowerment generally has five components : firstly, women's sense of self worth; secondly, their right to have the power of control their own lives, both within and outside home; and lastly, their ability to influence the direction of social change to create a just social and economic order nationally, internationally and universally.

Educational attainment and economic participation are they key constituents in ensuring the empowerment of women. Educational attainment is essential for empowering women in all spheres of society, for without education of comparable quality and content given to boys and men, updated with existing knowledge and relevant to current needs, women will be able to have access to well-paid formal sector jobs and advance with men. The economic empowerment of women is a vital element of strong economic growth in any country.

Empowering women enhances their ability to influence changes and to create a better society.

Some qualities to be acquired by women to become truly empowered are awareness about risk prevailing at home, in work place, in traveling and staying outside home. They should have political, legal, economic and health awareness. They should have knowledge about support groups and positive attitudes towards life. They should get goals for future and strive to achieve them with courage. The best gift parents today can give to their daughters is education. If women choose to be ignorant then all the efforts taken by the Government and women activists will go in vain. Even in twenty-fifth century, they will remain backward and will be paying a heavy price for their dependence, So, it is a wake-up call for women to awake from their deep slumber and understand the true meaning of their empowerment. In the end I would like to conclude with the following words, "Women as the motherhood of the nation should be strong, aware and alert".

#### QUOTES:

- A woman is like a tea bag: you cannot tell how strong she is until you put her in hot water. ~Eleanor Roosevelt
- Women are never stronger than when they arm themselves with their weaknesses. ~Marie de Vichy-Chamrond
- Whatever women do they must do twice as well as men to be thought half as good. Luckily, this is not difficult. ~Charlotte Whitton
- Feminism's agenda is basic: It asks that women not be forced to 'choose' between public justice and private happiness. ~Susan Faludi
- A woman can say more in a sigh than a man can say in a sermon. ~Arnold Haultain
- Being a woman is a terribly difficult task, since it consists principally of dealing with men. ~Joseph Conrad
- Women really do rule the world. They just haven't figured it out yet. When they do, and they will, we're all in big trouble. ~Doctor Leon
- A woman is the full circle. Within her is the power to create, nurture and transform. ~Diane Mariechild
- Woman must not accept; she must challenge. She must not be awed by that which has been built up around her; she must reverence that woman in her
- which struggles for expression. ~Margaret Sanger
- Women speak two languages - one of which is verbal. ~William Shakespeare
- I would rather trust a woman's instinct than a man's reason. ~Stanley Baldwin

One is not born a woman, one becomes one. ~Simone de Beauvoir

- The supply of good women far exceeds that of the men who deserve them. ~Robert Graves
- Women are afraid of mice and of murder, and of very little in between. ~Mignon McLaughlin
- A woman who cannot be ugly is not beautiful. ~Karl Kraus



- Sushma Vallamkonda  
- ECM (11005063)

## K L UNIVERSITY ON FASTTRACK.

Wikipedia defines construction as a process that consists of the building or assembling of infrastructure. But K L University defines it as a path to continuous progress. As per the information collected from our vice-president of the K L University, Mr. Koneru Raja Harin, we will see our university in a whole new form. No doubt we will have the one of the best infrastructures in India.

The following are the budding buildings in the garden of K L U:

**1) MANIOR DE LIVRES:** It's in French to state that "MANSION OF BOOKS", our library. K L U proudly presents to you an energy saver ecofriendly building, which will be completed by March 2014. It is equipped with a radiant cooling system and materials used in construction are recycled steel, recycled cement, fly ash bricks. DJ windows will be used, which have 2layers of glasses & vacuum in between them ,which will allow light only. Sensors will be arranged such that all power saving measures are taken. 50% of the building is allotted to the library and the rest is for research labs especially 8<sup>th</sup> and 7<sup>th</sup> floors. All the Wi-Fi facility will be redone.

Super computer will also be included in the building which is worth 7crores. We will be having 6 lifts of high capacity installed in the library. Lifts will be having energy regeneration capability (i.e when brakes are applied to lift the energy which is lost is again regenerated).

So be ready for the evolution!!!!!!!!!!!!

**2) LABS TO ACADAMIC PLANNINGS:** Every beginning has an end. And every end is a new beginning. It's a relentless cycle seen in every aspect of our lives. The construction is no exception. A new academic block will be built in place of demolished 2 mechanical labs (thermal and manufacturing) and Remaining two labs i.e. FM lab and soil mechanics lab will also be removed. This building will be constructed in 2-phases and plans are ready. In the academic block along with staff rooms and classrooms, demolished labs will also be there. This building will be connected to mechanical block. It will be bigger than the library, capturing 3lakh sq ft area.

**3) STAFF NESTS:** One building is ready with 32 flats and second phase of building will be a 10 storied apartment; each floor will be having 6 flats, that means a total of 144flats. Each apartment will have a unique interior design. And flats will be provided to the professors who are doing research in college.

**4) CANTEENS TO CAFFETERIA:** A proposal for demolishing the present canteen and constructing a 3 floor building is on, in which 2 floors will be allotted to canteen and cafeteria and 3<sup>rd</sup> floor to SAC. Another building which is between Mechanical block and C-block will be allotted to "Chocolate room" and "Naturals" (a diet restaurant). On the ground floor "Amul Cafe" and a "Bakery" will attract students with their lip smacking products. A

“Pizza Place” and an “Ice cream parlor” , opposite to the canteen in FED and “Rice Bowl” restaurant in EEE block will be ready to increase your appetite! Each one is placed at different places for students to save their time.

**5) NOT JUST A HOSTEL, A RICH WORLD FOR GRILS:** Girls hostel mess is already renovated. A saloon will be arranged and a gym will be shifted to girl’s hostel, consisting of all cardio and muscular equipment’s. It will be opened in 10 days. A departmental store is going to be installed in campus and east block of girl’s hostel, is allotted to “Maintenance dept.”, “Electrical dept.” and Deluxe guest houses.

**6) OTHER PROPOSALS:** Proposal for a big seminar hall which will accommodate 3000-4000 people, Swimming pool, Olympic size field and renovation of all sports and game facilities is next on to do list. New campuses in Hyderabad on 200 acres near the ring road and new IIT campus will be opened in next 2 years. In Bangalore it will be starting in next 5-7 years. The 1MW solar power plant is going to be installed in the newly acquired land to our university exclusively. Centralized air-conditioning is under process. And of course, boys hostel in land adjacent to football court is proposed. Mechanical block will be renovated in this summer.

So, all of you get ready for a new campus in the coming days!!!!



## CEA EVENTS REPORT

### Inauguration of Reverse Osmosis Plant at Gundimedda Village:

Mr.Srihari Prasad, Mr.K.Rama Krishna and the HOD's of all departments attended this event. The chief guests were Mr.Koneru Satyanarayana, Mrs.Koneru Kanchana and Mr.Koneru Raja Harin. The ribbon was cut by Mr.K.Satyanarayana and the machine was switched on by Mr. Harin. Mr.Satyanarayana and Mrs.Kanchana filled the water into the canisters.



Speaking at the event the village head said that 80% of the diseases are caused due to polluted water and she thanked the University for providing them an RO plant worth Rs. 6 lakhs. She also praised the chairman Mr.K.Satyanarayana for his kindness. She did mention a few incidents in which the University has helped them such as – free homeopathy services for the past one and half year, construction of toilets and sanctioning Rs.3, 40,000 for this purpose, donation of computers to the Mandal offices and primary schools. She expressed her gratitude to the chairman for the donation of 140 computers to the village due to which all departments in the mandal are computerized and this is the first mandal to be computerised completely in all departments.

Mr.Koneru Satyanarayana gave a very inspiring speech at the event. Firstly he felt sad about the fact that everyone is self-centered. In his words- “All the students and faculty think about is 9a.m and 5p.m , but they should think about spreading happiness to the society- by spending money or time, whatever they have. When I

could be able to impart and imprint this simple fact in the minds of the people, then I would be really happy. The professors of CSE department can give computer training to the students at least 1hour a week. We can even put up an Electrical course by the EEE department for free, so that the villagers can be benefitted. The biotechnology department can help to do disease free agriculture in this village. Villages are the basic building blocks of nature and without serving nature , we can't really achieve development. In the Rural development ministry, thousands of crores are stinking in the treasury. I sincerely request you to form a team and bring that money from government, which this village deserves. Whatever else is required I will provide it to you. People in this village shouldn't fight on castes and religions. I personally don't believe in castes and religions but in humans and humanity. With your help we could make this Mandal the best in A.P. I hope that this will bring a change in at least 10% of students and professors. Thank you.”

Mr.Koneru Satyanarayana specially thanked Mr. Srihari Prasad for liasoning and wished that he had 300 more members like Mr. Srihari Prasad.



Mr. Raja Harin said, that providing clean water is our responsibility but keeping the water clean is the villagers' responsibility by using clean vessels to store them. He also requested the villagers to constantly make checks and maintain the toilets and smokeless gas stoves. He also promised to solarise the surrounding villages in the mandal and to improve rural lifestyle in all aspects.

Mr. Srihari Prasad said that he received complete support from Mr.Satyanarayana and heads up from Mr.Harin in every aspect. He hoped and sincerely requested that the villagers should make complete and efficient use of the toilets provided.

### Donation of computer systems:

The Children wing of CEA has donated 12 computer systems to Siddhartha Creative School in Rajarajeswari pet of Vijayawada to make the school children get well acquainted with Computers right from schooling.

The event was held on 21 Feb, 2013. The Student volunteers have interacted with the school children and have done a brief survey to assess the knowledge of students on computers.



### The Guide:



The Guide is a career orientation Program conducted by the Youth wing of CEA at the government schools of Vaddeswaram and Nutakki. The student volunteers had an interactive session with the students of 10<sup>th</sup> standard of those schools regarding the numerous opportunities they have after the completion of schooling. The event was attended by nearly 100 students from both the schools and was a grand success.

**Survey at Gundimeda:**

The student volunteers of CEA had conducted a survey on various issues at Gundimeda village of Tadepalli Mandal on 12 March, 2013. Nearly 15 students had participated in the survey and had recorded all the problems the people of the village are facing.



**A Step into Computer Education:**

The Children wing of CEA had conducted this event at Siddhartha Creative School, Vijayawada. The event aims at making the students well acquainted to computer basics like MS Office, paint, etc... The event was attended by nearly 25 students of Class IX of the school. The principal congratulated the student volunteers for conducting such extra-curricular activities and extended his support in organizing such events. The students gave an overwhelming response.

## THINK DIFFERENT MAKE A DIFFERENCE

**“An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.”**

**Martin Luther King, Jr.**

Every human does have a benign heart, but he does not know about the kindness that he can show to others unless he experiences a chance. . All of us want to help the people who are needy but due to our own constraint circumstances like dependence upon parents and less financial resources, it is very difficult to manage. To do social work like helping others you do not need much money rather there is need of dedication to help the destitute. Well if you do have a zeal and compassion to make your human life serviceable, MAD (Make a Difference) is one such way to express your concern towards the necessitous part of the society.

Make a Difference, currently focus on India’s urban underprivileged, particularly children in street shelters, orphanages, and poor homes. These children are street smart, intelligent and mature. Yet hardly any of them get the opportunity to continue their education after 10th. This is primarily due to two reasons:

First is the lack of financial support. Most children are taken care of only till the age of 15, after which they are on their own. The education they receive till then is very generic and provides them with no specific skills, which forces them into doing menial jobs for a living.



Second and most important reason why even the children who are sponsored cannot cope up is the lack of quality education. These children go to schools where the medium of instruction is in the vernacular language till 10th. But after 10th, the medium is

compulsorily in English and most jobs have English language proficiency as one of its basic requirement. Hence, even if the children are being sponsored with good scores for higher education, they are unable to cope. The bridge here is the English language.

The aim is to ensure that the underprivileged children are brought into the main stream so they can chose their careers based on their potential and interests.



MAD, is a youth volunteer network, which imparts English communication skills to children in orphanages, street shelters and poor homes. From 2010 onward it is using the Cambridge University Press material in its classrooms, the English project takes learners from starter to intermediate level.

Currently, around 1300 Make A Difference volunteers teach close to 5400 children in the Indian cities of Cochin, Mangalore, Coimbatore, Thiruvananthapuram, Chennai, Vellore, Bangalore, Vijayawada, Visakhapatnam, Hyderabad, Kolkata, Mumbai, Pune, Nagpur, Lucknow, Chandigarh, Bhopal, Gwalior, Guntur, Delhi, Mysore and Ahmedabad.

The three principal working areas of MAD are:

□ **English project:** Volunteers who work with MAD's English project take class at an assigned center for two hours a week. Each Centre usually has two MAD classes a week. Hence, in total, one child from a center goes through four hours of classes per week.

MAD's English course is a five level program of 100 hours each. Every year the children go through 56 interactive classes of two hour duration. By the end of the 5th level the child's communication skills will be at par with a private school student. Classes happen while the school academic session is in progress, and usually lasts seven months across the year. MAD

volunteers undergo training from professionally qualified teacher trainers before going to their respective orphanages and providing English communication skills to the kids.

**Placements:** An active placements program that runs side by side to keep the children aware of their career options and keep them motivated to study harder. The Placements wing of Make a Difference focuses on both career specific and general exposure. The basic aim is to place the target group in the same footing as children from regular homes, with regards to experiences and interaction with various walks of life. A wide range of instructive and informative sessions including visits to hotels, factories, professional colleges as well as enriching experiences such as camps, arts and crafts workshops etc. are conducted.

**Computer volunteer:** Computers are as important as anything else in today's world. MAD's Computer volunteers spend two hours a week teaching children the basics of computer usage, and help them to use Language Learning Software. They have initiated a computer program in Cochin where there are computers in the ratio 6:1 installed in every centre which means every child will get half an hour of computer class every day.

For more information and to be a part of such active organisation, you can log on to <http://makeadiff.in/>



# THE YARDSTICK

K.Chandush Dutt

Public Relation Manager

SPIRIT

While going through the editorial of a well renowned newspaper an argument was going on

## **How to rate the top universities?**

There was a fight between several renowned personalities who gave various opinions about their own perspective for criteria for ranking. Then a student gave out a statement “**service should be the yardstick**” in order to justify he gave out that each and every organization should be categorized based on how the students of that particular organization contribute to the welfare and fulfillment of the society. To validate his statement today 60 % of the students who complete their under graduation fly to other nations and get graduated there and become citizens of that particular country .If we could just inculcate a speck of service to students that will motivate them to return and serve their mother land and the needy. As an Indian, each and every student should feel it is my duty to serve my country and its people irrespective of their caste, color and creed to uplift the status of everyone at least to a level of having two square meals a day for self and dependent family, a place to rest and a source of living, that is an employment.

It is the duty of each and every individual to help other in need. With this intention CEA (center for extension activities) and SPIRIT (Student Promoted Innovative Research in Technology 199/2009), non-government organization which is striving hard to create social responsibility in the students thereby driving them towards service. IN Young India (1924) Gandhi wrote,

***“I want to identify myself with everything that lives.”*** It should be the same motto of each and every student. SPIRIT has a mission “To establish a self-sustained social research organization cratering the needs of young minds towards research in environmental protection, healthcare and social service. Spirit has always considered youth as a resource of the nation and their potential represent the future of the nation. CEA along with SPIRIT has taken up various projects and have implemented them successfully.

## **Disease Profiling:**

“Healthy assets are the grates asset any county can have”

With this as motto CEA collaborated with SPIRIT to come up with disease profiling project coordinated with ISFIT of Norway which was organized in two phases. The first phase is organized two days 21<sup>st</sup> and 22<sup>nd</sup> January 2012 whereas second phase happened on 19<sup>th</sup> February 2012.

**Phase 1:** in which about 40 students of K.L.University have actively participated in gathering extensive data comprising the whereabouts of the health and metabolic conditions of about 600 homes in village vaddeswaram near tadepalli the questionnaire consisted of various aspects of daily life activities by which one can trace out health issues of individuals.

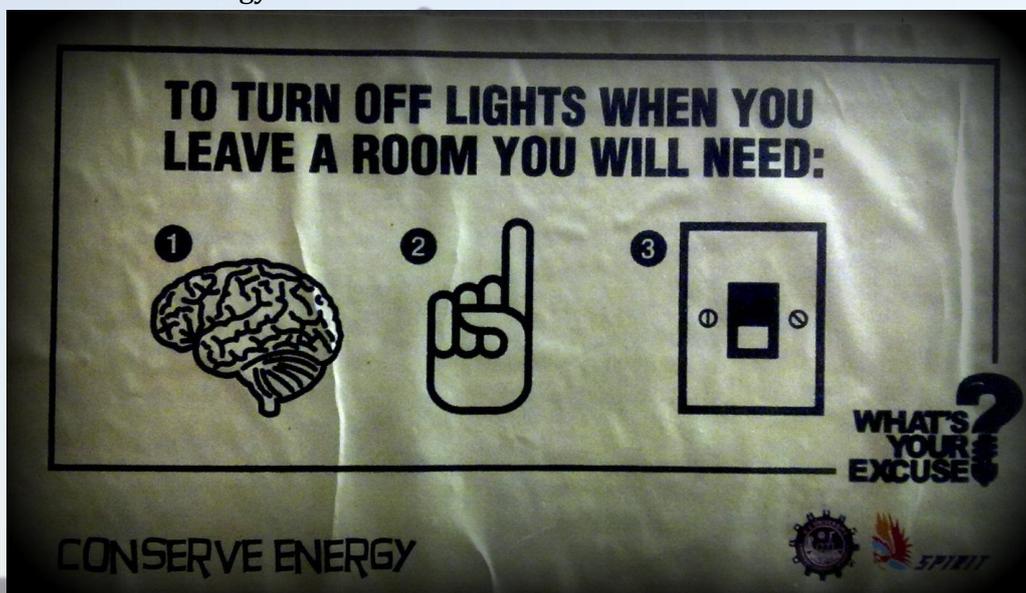


**Phase 2:** based on the survey the information was analyzed in such a way keeping the locality and the way of water resources I mind so that estimation can be made regarding the causes of ill health and epidemic diseases. Localities received the volunteers very warmly and well cooperated .there was a very positive feedback to the organization. The data collected was helpful in organizing the mega health camp at the same village in first week of February thus several doctors analyzed the data of patients were distributed for free, And a report was sent to district medical officers and collector so that some sort Of measures can be taken to resolve health.



**Conserve energy:**

The student volunteers of both the organizations showed their sense of social responsibility spreading the word to conserve energy by switching off lights and fans when leaving the room. They came up with stickers to stick them just above the switch boards in every class room of local collages they succeeded in promoting their motto as every student had to come across that sticker before leaving the room which led to awakening them regarding the conversation of energy.



These projects and collaborations reflect strongly how students are self-driven towards social service. Hope there will come a day when all the collages blow up with students who are more responsible towards the society and their nation. There by the yardstick's measure of the top college go perfect. Gandhi's words often linger in my ears "**be the change you wish to see in the world**" I have started the change what about u?????

## Health Tips

### STAY HEALTHY..... STAY HAPPY

#### Sip Oolong Tea

Research suggests that people with mild eczema who drink Oolong tea three times a day may show improvement in itching and other symptoms. Compounds in the tea called polyphenols appear to be responsible.

#### Go Herbal

For varicose veins, try horse chestnut, an herbal extract that's been shown in studies to strengthen veins and reduce swelling. The herb is also available in topical creams, though there's not as much evidence for this.

#### Rub Your Temples

Tame tension headaches by rubbing peppermint oil, Tiger Balm, or white flower oil into your temples. All three remedies contain menthol, which has analgesic properties.

#### Enjoy Ginger

The volatile oils in ginger have long made it a useful herbal remedy for nasal and chest congestion. Pour 2 cups of boiling water over a 1-inch piece of peeled, grated ginger; steep for 10 minutes; and strain. Add a pinch or two of cayenne pepper to the water and drink as needed.

#### Get a Good Pair of Sneakers

Is your energy lagging? Though it may be the last thing you feel like doing when you're tired, exercise -- even a brisk walk -- can be more effective than a nap or a cup of coffee at fighting fatigue.

#### Embrace Bitters

Combat a yen for sugar by following a Chinese medical approach: Eat foods such as endive, radicchio, cooked greens, and olives.

#### Go Fish

If you suffer from dry eyes, up your seafood intake. Salmon, sardines, and mackerel contain omega-3 fatty acids, which the body uses to produce tears, among other things. Research suggests that people who consume higher amounts of these fats are less likely to have dry eyes.

#### Pop a Probiotic

To keep yeast infections at bay, head for the vitamin aisle. Supplementing with "good" bacteria (for example, Lactobacillus or Bifidobacterium) may help restore the balance of bacteria living in the female genital tract and inhibit the growth of yeast in women with recurrent infections. Foods such as naturally fermented sauerkraut, kimchi, and kefir, as well as yogurt with active cultures, also contain these bacteria.

## **Eat Bananas**

People whose diets are rich in potassium may be less prone to high blood pressure. Besides reducing sodium and taking other heart-healthy steps, eat potassium-packed picks such as bananas, cantaloupe, and oranges

## **Love Lavender**

To ease stress and prepare for bed, soak in a hot bath spiked with a few drops of lavender essential oil. Play soothing music while you bathe to unwind further.

## **Keep Capsaicin Cream on Hand**

For sore muscles and joints, apply a cream or ointment that contains capsaicin, the active ingredient in chile peppers, two or three times a day. The heat from the peppers has been shown to help relieve pain.

## **Get a Massage**

Certain trigger points -- spots of tension in muscle tissue -- can cause back pain. Ask a massage therapist or other body worker who specializes in myofascial release or neuromuscular therapy to focus on these points during a massage.

## **Go for Garlic**

Adding raw or lightly cooked garlic and onions to your meals may help keep you healthy this winter. Both foods appear to possess antiviral and antibacterial properties and are believed to boost immunity.

## **Try Tea Tree Oil**

For athlete's foot, reach for tea tree oil, an extract of the leaves of an Australian tree. It appears to have antiseptic properties and may work as well as or better than over-the-counter antifungal products. Apply a light coating of the oil to affected areas two to three times a day; continue for a week or two after symptoms disappear.

## **Take Tulsi**

Research suggests that this Ayurvedic herb, also called holy basil, may help manage levels of the stress hormone cortisol, helping to boost your mood. Look for teas and supplements in health-food stores and follow package directions.

## **Eat Japanese Food**

In addition to following good dental hygiene, you can help prevent cavities by adding more shiitake mushrooms and wasabi to your diet. Both foods contain compounds that help fight the bacteria that cause plaque and cavities.

## **Consider Black Cohosh**

Evidence is mixed, but several studies have found that women who take the herb black cohosh during menopause may experience fewer and milder hot flashes. Talk to your doctor about whether it's right for you; if so, choose a well-studied brand such as Remifemin.

## **Hydrate**

To treat an acute migraine, drink a full glass of water -- dehydration can trigger headaches. Even if you need to take a medication for the pain, try wrapping your head with

an Ace bandage so that it covers your eyes, then lie down and breathe deeply. This often helps the pain pass more quickly.

## **Watch Your Carbs**

Trying to reduce belly fat? Pay attention to your carbohydrate intake and avoid artificial sweeteners. Sugary snacks and other refined carbs spike blood sugar and cause pounds to settle in your midsection. Choose whole grains, beans, and vegetables instead.

## **Drink Cranberry Juice**

Cranberries contain a substance that appears to keep bacteria from sticking to the walls of the urinary tract and has been shown to help prevent UTIs. Because cranberry cocktail is high in sugar, drink unsweetened juice diluted with water or take capsules of powdered cranberry extract.

## **Drink Mint Tea**

Ease occasional indigestion by sipping a cup of peppermint tea after your meal. Peppermint improves the flow of bile, which moves food through the digestive tract more quickly. Use peppermint with caution if you have acid reflux; it can make that problem worse.

## **Have Some Honey**

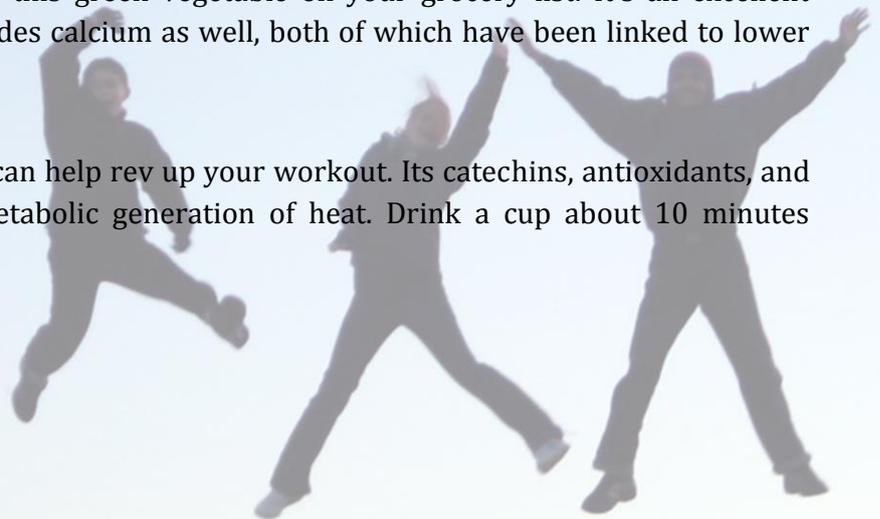
Research suggests that honey may be more effective than over-the-counter cough syrup at quelling nighttime coughing. Use a medicinal-grade variety such as manuka honey and take up to 2 teaspoonful at bedtime.

## **Eat Broccoli**

For healthy gums, put this green vegetable on your grocery list. It's an excellent source of vitamin C and provides calcium as well, both of which have been linked to lower rates of periodontal disease.

## **Drink Green Tea**

Hot or iced, green tea can help rev up your workout. Its catechins, antioxidants, and caffeine help increase the metabolic generation of heat. Drink a cup about 10 minutes before exercising.



## A REAL SOCIAL 'SERVICE MAN'

### A. RAVI KRISHNA I.P.S (Superintendent of Police –Guntur Dist.)

It is said that all the great men are born and brought up in very hard times. The trend repeats in each era. A. Ravi Krishna IPS, S.P Guntur Urban, was born in a very poor family. His father was a small business maker. Due their poverty no one in their family pursued their education to graduation level. Being the youngest in the family, he somehow with the support of their family, completed his graduation. With the merit and scholarship he entered AU to do masters in Geo studies.

During his masters he developed an interest towards civil services to serve people. When he proposed his interest to his father, he turned Ravi's mindset towards bank or any other job due to their financial status. Ravi Krishna cleared the bank PO exam and entered into the bank. Though he had a handsome job, he did not stop his preparations for civil services. He attempted the exam and cleared the written test, but disqualified in the interview round. Time passed and suddenly his father expired due to ill health, at the same year he had to take his 2<sup>nd</sup> attempt but this time he could not even clear the prelims.

After some time RBI exams were conducted and he had cleared through it, and was selected to work in Reserve Bank Of India, which no doubt was a very prestigious achievement. In the same year he accomplished his dream by qualifying civil service examination in his 4<sup>th</sup> attempt.

His track record as an IPS is more interesting and inspirational. His social sense is very adaptable and honorable. His main focus is women security, who are the primary target in today's society.

While he was working in remote areas, he started a program named 'TALLI PILUPU' for the Maoists who fled to deep forest areas. He called them back, had a discussion with them and counseled them as how a mother wants her child to be. He gave them a chance to reform without punishing them. All around 40 Maoists were called back and they started a new life with their families.

During his charge in Guntur district, he adopted many roadside kids who were working in different areas. He identified 34 such children all over Guntur by riding on a bicycle and adopted them providing food, shelter, and education.



Also, he started a program named 'Chellella Kosam' which targets the problems faced by women in society. For an example, if someone smokes in public, the first person who gets affected by it, is a woman. He wants to give the outmost security to all the sisters and mothers in society through this program.



He has received many awards for his contribution to the society apart from his job. He is very compassionate towards the youth as well. He believes that, "students are tomorrow's future". His message to all the students, is to avoid habits such as cigarettes and alcoholic drinks which subside their young minds as well as their career. He says, "This is my call to all of you people to join hands and to remove all the anti-social elements and to make our future by our own hands not by the influence of some other element in society".



He is the real hero in today's society. I salute him, do you??

# Intresting Facts

## **KINGDOM ANIMALIA.....DO YOU THINK YOU KNOW THEM???????**

- A goldfish has a memory span of three seconds.
- A hippo can open its mouth wide enough to fit a 4 foot tall child inside.
- An ostrich's eye is bigger than its brain.
- Emus and kangaroos cannot walk backwards, and are on the Australian coat of arms for that reason.
- Most cows give more milk when they listen to music.
- New Zealand is home to 70 million sheep and only 40million people.
- Paris, France has more dogs than people.
- Pigs are the fourth most intelligent animal in the world.
- Snails can sleep for up to 3 years.
- There are more tigers held privately as pets than there are in the wild.

## **THE WORLD AROUND YOU!!!!!!!!!!!!**

- A man, who lived 9000 years ago, was the first person to have had blue eyes and all blue-eyed people are related to him.
- Alexander Graham Bell's wife and mother were both deaf.
- Apple Seeds Contain Cyanide.
- Bone is five times stronger than steel.
- Circumcision is the world's oldest planned surgical procedure (over 15000 years old).
- Intelligent people have more zinc and copper in their hair.
- It Costs More Than Double What Pennies And Nickels Are Worth To Produce Them.
- It is impossible to sneeze with your eyes open.
- Lighters Were Invented Before Match Sticks.
- Most Streets In Japan Do Not Have Names.
- The names of the continents all end with the same letter with which they start.
- The number 4 is the only number in which the number of the letters used to spell the number FOUR is the same as the meaning of its name.
- We Can Produce Laser Light A Million Times Brighter Than Sunshine.
- You can't kill yourself by holding your breath.

## **SNEAK A PEAK.....IN SPACE!!!!!!!!!!!!!!**

- A new space suit, as of 2009, costs between 13 and 16 million each, to include maintenance. They do not make a new one for every astronaut. There are several sizes and each crew member is fitted. Upon return they are maintained and inspected, very meticulously, before being used again.
- Confirming what the Beatles always knew, astronomers have actually found a diamond in the sky - directly above Australia. It is the biggest known diamond in the universe, in fact it weighs 2.27 thousand trillion trillion tonnes - that's 10 billion trillion carats, or a 1 followed by 34 zeroes. The biggest earthly jewel is one of the British crown jewels, the 530-carat Star

of Africa. However, this cosmic jewel is hidden beneath a layer of hydrogen and helium gases, with the diamond core making up between 50 and 90 per cent of its mass. "It's the mother of all diamonds," said astronomer Travis Metcalfe, who led the team of researchers that studied the star.

□ In 1999 a violent outburst at V4641 Sgr revealed it to be the closest known black hole to Earth. Originally thought to be positioned approximately 1,600 light-years from Earth, later observations showed it to be at least 15 times farther away. Its radius in 25 km mass is nearly 10 times that of the sun.

□ Jupiter is the solar system's vacuum cleaner, pulling in meteors and comets.

□ NASA scientists announced that after scouring reams of data from the Hubble Space Telescope they can say with certainty that our Milky Way is destined to eventually collide with our neighbor the Andromeda galaxy. Of course, it won't happen for about 4 billion years. Andromeda is currently 2.5 million light-years from Earth, but moving at a pretty swift 250,000 miles per hour. At that speed, the collision won't be happening until about 4 billion years from now. NASA says that their data suggests that Andromeda's tangential — or "sideways" — motion is such that the Milky Way will experience a head-on collision from the neighboring galaxy.

□ Olympus Mons is a giant mound of red dirt and rock. This volcanic behemoth is 2,400 meters, or 80,000 feet tall, which makes it almost 15 miles high. Everest is a mere dwarf in comparison. This giant Martian volcano is either a mountain climber's wildest dream, or worst nightmare.

□ Saturn floats!!!! As big as the planet Saturn is, if you were to put it in the universe's biggest glass of water, it would float. This is because its density is .687 grams per cubed while water is .998 g per cubed. Unfortunately, you need a glass that is over 120,000 km in diameter to witness this.

□ Scientists estimate that if it was not for this amazing fact, the number of these objects hitting earth would be about ten thousand times greater.

□ The greatest chance so far, according to astronomers, of a large asteroid colliding with the earth and wiping life out is in 2029. Asteroids have hit the planet before, and caused mass extinctions, so there is some precedent for it happening again. The culprit this time is the Apophis Asteroid (99942 Apophis), which is headed our way in 2029. There's a little less than a 3% chance that this bad boy will crash into terra firma. Let's hope Apophis gives the planet a miss, otherwise you can stop paying into your retirement account right now.

□ Upon leaving the Moon, astronauts on the Apollo missions described moon dust as smelling like gunpowder and feeling extremely soft. Scientists, however, are still not exactly sure why this is because the two have extremely different compositions with Moon dust consisting mostly of small shards of silicone dioxide glass.

# BAJA

**-not just a car race, it's a passion.**

SAEINDIA is India's leading resource for mobility technology. As an individual member driven society of mobility practitioners the ownership of SAEINDIA wrests with its members who are Individuals from the mobility community, which includes Engineers Executives from Industry, Government Officials, Academics and Students  
SAEINDIA is an affiliate society of SAE International registered in India as an Indian nonprofit engineering and scientific society dedicated to the advancement of mobility industry in India.

Society of Automotive Engineers (SAE) is an annual competition held in INDIA, for which approximately 120 colleges from around the country to compete to design and manufacture a single seat, open wheel car and prepare it for all aspects of competition.

## **Team registration process:-**

For registering in BAJA club we collaborated ourselves with the pre-existing 3<sup>rd</sup> year Industrial Production students (Y8 Batch) and formed a team for BAJA SAE.

## **Marketing Presentation:**

The Presentation *Event* is a 15 minute presentation intended to prove that the car can be manufactured, marketed, and sold as a real product in the automotive industry or other customers. The judges are supposed to be executives from engineering, production, and marketing and finance, so the presentation must be tailored to be informative to all of these types of people. In this business case the quality of the prototype car will not be considered, only the quality of the presentation and its content. At the end of a ten minute PowerPoint presentation, five minutes are allotted for questions, so it is crucial for backup material to be available for answering the expected questions from the board of judges.

## **Schedule:**

In order to maximize efficiency and assure that the final presentation was ready for competition, a schedule was created and followed throughout the year. team designing and building the car was not far along enough at this point to allow much work to be done on the marketing presentation.

Most of the research was done, culminating with a visiting various work stations and factories and the production of a rough draft was done. During this term the plan was revised based on input from experienced people, and a logo for the team shirts was developed. The shirts were ordered, leaving enough time for them to be delivered for project presentation day, the car show, and finally competition on cost report, as previously an older version had been used to create a template Excel file to save time we focused mainly on preparing our PowerPoint presentation. This featured a short commercial, which we filmed at automotive industry. A survey was also taken at this time which helped support several ideas which are integral to the business plan itself. This plan proved to be overall successful, leaving the most time for the critical

## **Logo Development**

In order to convey a professional appearance at competition, we decided to design team shirts. The shirts needed a logo to make them stand out. To develop the logo, a picture of the car exported from SolidWorks was used as a starting point. This image could not be used as is for several reasons. First, the picture is far too complex to be used as a logo for a shirt. It would require an unreasonable number of stitches which would make the price incredibly high, if it could even be done. Secondly, there are several bugs in the rendering of the image in SolidWorks, which caused a decrease in opacity in the body of the car. The decreased opacity caused parts of the frame to appear through the body, making the picture unusable as a logo. We ultimately decided on a final logo. It is our logo after being digitized to a stitch file.

### **PowerPoint Presentation:**

#### Analysis of Previous Years

The PowerPoint presentation is the most important **aspect** because it will be the main deliverable at competition. For this reason significant time was spent on its 1) development, and it will be discussed here in detail. *Virtual BAJA*: In virtual BAJA we need to present our car before many high officials and reputed companies. They will consider all the parameters and also check the design of our car. Our presentation should be of 20 slides and a maximum of 5 members can participate in presenting our car. We will be given a rule book and design of our car should satisfy all the rules after virtual baja 100 colleges will be selected for main competition

Our engine will be supplied and same engine should be used for atleast two years.

The cost of the engine is RS.18000/-including all the subsidiaries. we are having three months of time for fabrication but in our case collection of material has delay, so we started our fabrication on 22<sup>nd</sup> of December. there will be technical inspection after three months.

### **Survey**

Initially, we had planned to make use of the surveys procured by similar cars manufactured in the past, as there were several adequate examples available. However, when we went to the previous team experiences, that we found it very easy to take our own. This has the advantage of being most up to date, which the judges will likely find important. We decided to make the survey as informal as possible, with only four simple questions delivered orally. We recorded the answers ourselves on a clipboard, which encouraged conversation. This allowed us to collect qualitative in addition to the usual quantitative data from the typical survey, and we actually found the former to be most helpful.

### **Conclusion, Recommendations for Future Work:**

Overall we are very pleased with the outcome of this project. When compared to past this project has taken a more thorough approach. The achievement in the year 2012 is our university got best designing award and in 2013 our car has come down from 380kg to 295kgs and in addition to that the pole position of our car is 13. In addition to the usual survey, logo development, and PowerPoint presentation. As a note to future teams, we think it is very important to do two things- **start early**, and speak to as many knowledgeable people as you can. The most useful information for us came from speaking to Prof.

Shamprasad and to people at the races which we attended. We did read several books on our work, but real world knowledge specific to the automotive industry is far more important on a project like this. As for starting early, we feel that this allowed the entire project to move at a consistent and manageable pace. Our original timeline was used up to the writing of the final paper, and it was nice to have this guiding us during each term. In retrospect, the main area for improvement on this project is derived from the fact that our team work and hard work have given the result custom manufactured pieces for the vehicle can be sourced cheaply from various machine shops, but we do not have a strong confidence about this being true and labor around the world, and real life examples of typical prices and organization from such situations would help our case. We also have several faculty who are experts in Lean

Manufacturing, and while we did consider these principles and factory layout, we could have given specific examples of how this would work for each part. We have enjoyed our work on this project, and we look forward to competing in next year. .,

### **OUR EXPERIENCE**

Couple of years ago, we were surfing through the IIT Bombay website. Going through the achievements page we happened to come across an interesting column about BAJA SAE. That grabbed our attention.

We were very interested in participating in that competition. We wanted to have our own team, wanted to make our own car. One day, we all sat together and thought of making an efficient team which could represent our University . So we worked out and formed a team of 25 members which initially comprised of 2<sup>nd</sup> years students only. But we lacked knowledge about a few concepts like Designing, so we joined hands with our Seniors (3<sup>rd</sup> Years) and formed a strong team of 25 members to represent K L University in BAJA SAE. Then we approached the respective faculty members and took their advice.

Baja was started in KLU with lots of enthusiasm and nothing more i.e. no initial or financial support was given to the team at the beginning. Still the team BAJA started their journey with a great courage. They were first guided by Mr. G. R. K. Sastry , everything was going smoothly and was about to stabilize but all of a sudden SASTRY sir ended his journey with the K L University, which increased the worries as all the accounts were in the name of G R K Sastry . But as they say “where there is a will, there is a way” and then Prof. Shyam Prasad took over and everything was settled.

In case of fabrication, the first problem raised was about the disk brake. There was no brake setting to the dimensions of the tyre of Baja car. The team tried from pillar to post and finally the brakes of Maruthi 800 were set but again it was too heavy for the car, but soon the trouble was solved by replacing the brakes with the disk brake of the unicorn Dazzler bike.

The engine provided by BAJA team, was a new model engine, which was different from traditional model given. The transmission system was not able to attach to the engine easily. Then students fitted it at an angle inclined position. This solved a problem but gave birth to the other, a problem of lubrication of the transmission. But, soon it was dealt by passing the lubrication pipe to the top of transmission box and this unique idea, made the team proud owner of the BEST DESIGN AWARD. By this time team thought everything was set, and then during the trial in the campus, the car started to go reverse..... which made

them realize that they fixed the engine in reverse direction. They fixed it for the last time and left.

In the race, they started and kept moving, passing all the tests extraordinarily. But during one test where they had to complete 13 laps, at the time of 13<sup>th</sup> lap there was a failure of some supporting nut, which was a very disappointing situation, as before that accident team BAJA was leading the other teams and was in 1<sup>st</sup> position. The team returned back with nothing in materialistic but a lot of experience. By looking at all their achievements, and great teamwork our organization awarded them Rs.1Lakh.

Coming to 2013 BAJA car , the team has the funds, sponsored by the university. People in the team did well without many hurdles as compared to the last batch, due to the experience and guidance given by BAJA'12 team. A lot of modifications were made in the new car with the expectation to drive the challenge this time, but unexpectedly there was a failure of CVT (continuously variable transmission i.e.Gear Less transmission) at the time of the race due to failure of joints with ceramics, which lead to making the team helpless and they came back.

In 2012 our college got best designing award.In 2013 our car has come down from 380kg to 295kgs and the pole position of our car is 13 and unfortunately our car CVT has failed,so as if we are failed in cvt we are not allowed to participate in the race.

### **The specifications of our BAJA 2013 SAE car are the following:**

Engine: Briggs and straton

305 CC, horse power: 10hp, RPM:3600

TRASMITION: CVT(ADVANCED PIECE FROM CANADA)

STEERING: RACK AND PINNION

BRAKES: ALL FOUR DISK BRAKES

SUSPENSION: DOUBLE-WISHBONE SUSPENSION

CHASSIS: 4:30 CHROMOLOG CHASSIS.



The team thanks Dr. Y V Hanumantha Rao, Prof. A Srihari Prasad, Dr. A Srinath, Dr. K R K Prasad, Prof. Shyam Prasad, Dr. K Rama Kotaiah and all the dignitaries of our department for the warm support during all the peak and good times they faced.

# Way to Show Your Best Resource to Human Resourcer “HR”

Gaining acumen into a candidate's skills and expertise often begins with an interview. Savvy recruiting specialists start the process with focused questions designed to determine relevant background information along with accessing the applicant's interest level and organizational fit. Key requirements of the position are a major topic of discussion. No doubt, interviews are helpful in narrowing down the talent pool to a manageable size. HR specialists save the company time and money by taking this step in the recruitment process.

An experienced HR dabster knows it is important to control the interview process to get the desired information within a given time-cadre. Hence, preparation is vital. HR personnel spend time reviewing resumes in advance and designing questions created to explore various areas in depth. Typically an interviewer spends 80 percent of the time listening and 20 percent posing legally compliant questions and explaining the position

Questions are open-ended and intended to draw the applicant into revealing relevant data about how they work.

**K. Venkata Subrahmanyam** is a business and life coach with more than **fourteen years** of experience in human resources. P.Deva Harsha interviewed him and KLU HORIZON proudly presents key factors to be remembered before attending HR interviews.....

***Q) What parameters do companies follow for recruiting a candidate? And what is the role of certificates, which students get for attending workshops, organizing events or by taking part in them? Are they considered by companies?***

**KVS:** The factors change from company to company, also the demand of the market matters a lot. One of the major hurdles for students is to clear the written exam whose toughness varies between off campus and on campus placement. Some companies, in addition, to written test conduct group discussion rounds to see if the resource is talking to the point or not and how effectively they can express themselves with lucid message.

The factors which are customarily observed during an interview are:

- Attitude
- Confidence
- Analytical skills and problem solving approach- during this exercise the approach and ability to explain the solution is evaluated. Other basic requirement to excel in this particular arena is fundamental programming skills, considering the fact these are known to every student who has undergone four years of engineering irrespective of branch.
- Communication skills- it is a check for clear and fluent expression of language. Resource should not divert from the main point of conversation or actual point. High verbal language is not required but whatever one speaks should be perspicuous.
- Body language
- Learning curve –it is to check interest of the interviewee to learn under guidance.

The interview takes place for 15 to 20 minute and all these key points are observed keenly by the interviewer in same time window.

No doubt the certificates are important but certifications are majorly of two types, one technical/paper presentation and the other general participation. Technical certification/paper presentation will always carry value. Although, general participation like attending seminar or workshops will indicate the interviewee's interest in knowing new methods, which will also add value, but not as greatly as technical/paper presentation.

***Q) What are the criteria for placements and on what basis companies select colleges for placements?***

**KVS:** Majorly companies are divided into foreign established ones like Microsoft, Indian MNC's and Indian mid cap companies.

Foreign established companies majorly pick undergraduates from IIT's and top B Schools. Indian Multinational companies like TCS, Wipro etc. has a process in selecting colleges and Mid Cap companies like Alliance, etc. has different process. But there is one golden rule, always intake of ELT's depends on Business projection of company and its forecast. If the demand is more, then selection process will be easy and if the demand is low it will be tough.

***Q) What do companies expect from students?***

**KVS:** If student is very energetic and has a lot of enthusiasm then he/she will add an appreciable value to the company and this is what companies expect from a candidate.

***Q) Some companies recruit students from all branches. Why do they choose them and what type of work is usually allotted to them?***

**KVS:** There is no specific logic in selection criteria, once the resource joins the company, all are treated as same and same type work is provided.

***Q) How do companies decide the salary that should be given to a candidate? Is it fixed according to the college or differs based on the ability of candidate?***

**KVS:** As I had already stated that, there are two types of intake processes one is on campus and the other is off campus, certainly on campus students are paid more than off campus, but there will not be much difference (at the max it would be around 20K Rs per year). Apart from this, companies have their yearly growth forecast and they cross check with other companies' payment status, which also serves as crucial factor in pay grades.

***Q) What are the probable questions that would be asked in a technical interview from the students belonging to other branches?***

**KVS:** when an interview is conducted, it solely depends on the Interviewer's knowledge. For instance, if a Sr. Manger like me who has mechanical back ground, will ask questions related to mechanical engineering.

## Can you listen please once??

By Ananya Sharma

**“The most basic of all human needs is the need to understand and be understood. The best way to understand people is to listen to them.” ~Ralph Nichols**

How often we ignore to listen and misinterpret others feelings and more importantly we hurt them to a deeper extent. As they say, wounds by arms can be healed with the help of time but wounds made by words can never ever be healed. It only worsens. In today's technological or modern world, everything has modernized, even feelings and emotions too! People hardly think about others before uttering a word, which stabs deeper than a dagger.

Being human it is very natural to have different opinions about the same thing and each one of us should respect that difference of thoughts. The universe has its own way of working things out in life; things appear and show up for a reason and we perceive them in our own way. For eg. a person expects his friend to show up at a certain place in dire need of company, but his friend could not make up to that place due to some unavoidable circumstances. He even sends an apology via text but the person on the other side took it in an offensive manner and reacted harshly, this breaks the first person who could not make up that day. He even wanted to talk about the situation but the other fellow never listened to him. This not only shattered his feelings and trust but also made him helpless. On the other hand if his friend could have talked and listened to his problem, that would have been the biggest help.

In today's era talking and listening are two key elements which can save a relation or break it completely. Of course, understanding is another. Not only with friends, but also in family, workplace we should learn to talk and listen. How many times in a day or I should ask how many hours a week we sit with our parents and talk to them or listen them?? We do not get time from our busy schedule of texting, tweeting, fb-ing, biking, etc. And then we complain they do not understand us. If anyone of us even once has listened to them, then we know what they think, decide and do is for our betterment, nothing else. Young generation complains of generation gap, but place your hand on your heart and ask yourself how many times we have talked to our parents about our problems and they did not understand.... the fault lies within us, and as per human tendency we shift it to external factors.

In colleges and schools again people stop listening, if a teacher says something that's because he or she is paid to do so, but trust me it is not like that, they say because they care for their students, listen to them and help them to make this society a better place to live.

A powerful listener is the best thing one can have, a different connection establishes between two when they listen and talk. When people listened so patiently and intently to your words and feelings—both expressed and unexpressed—it feels so incredible that you do not want to stop sharing. You emptied my entire heart, all your fears, disappointments, and pain, and it makes you a stronger person as well.

Similarly, the poor and the distress part of the society need these two elements as well. It is not always you can help them with money or means. Sometimes a mere listening

and talking relieves them from great pain. It is this powerful listening that provided immeasurable healing. They feel important and visible again.

“Effective listeners remember that ‘words have no meaning—people have meaning.’ The assignment of meaning to a term is an internal process; meaning comes from inside us. And although our experiences, knowledge and attitudes differ, we often misinterpret each other’s messages while under the illusion that a common understanding has been achieved”, as said by Larry Barker. For this it is very important to understand other’s feelings also. The process is very simple, just place yourself in their shoes and think for a while, about all the possibilities, listen to them, talk to them and I bet that you will get to know them better. It is very easy to hurt but it takes lots of strength to understand and help others. Make your life worth living by creating an aura of happiness around you as well as others.

Take the time to really listen today, and see how it changes other people’s lives—and yours.

**Happy listening and talking!!**



## FORREST GUMP (1994)

**CAST:** Tom Hanks, Robin Wright, Sally Field, Gary Sinise

**DIRECTOR:** Robert Zemeckis

Forrest Gump is based on the 1986 novel of the same name written by Winston Groom. Forrest Gump is not just a movie review; it's an art which bounces around in comedy, romance, lessons in history, anti-drug messages and friendship.

The film opens with a pure white feather descending gently from the dark grey sky. The pure whiteness of the feather symbolizes innocence and the way the feather descends reminds us about the gentle soul.

The feather is used to characterize the mainstay of the movie- "Forrest Gump". By now you could have got a picture of what type of guy Forrest was. His character typifies innocence and purity of his soul. He is a Simple minded, good hearted, straight talking Alabama guy. The character of Forrest was portrayed excellently by academy award winner Tom Hanks.

Briefly looking at the vast plot we get to know that, Forrest is an autistic child with an IQ of just 70. He wears braces on his legs as he got some problem with the anatomy of his back. He meets a kind girl called Jenny at school and they become good friends like peas and carrots. One day Forrest shatters his leg braces while eschewing from bullies and discovers his adroitness to run at fulminating speed. This comes into the cognizance of the football coach and he immediately recruits Forrest for the football team. He harvests victory for the team in each and every match, without any assistance from other members. This helps him to get into a good college and is also selected for the All American football team. The distance between him and Jenny begins to increase as they go to separate colleges. After completing his graduation he enrolls in the U. S. Army. In the army he becomes good friends with a man called Bubba Blue. Forrest was a kind of guy who did exactly as he is told to do and for that reason he fits aptly into the army. He is then posted to Vietnam to participate in the war. Forrest and Bubba get assigned to Lieutenant Dan Taylor. While in Vietnam Forrest and Bubba decide to do shrimp business once they are out of the war. On a good day, Forrest's platoon gets ambushed and Forrest saves many people- thanks to his wind speed running. He even rescues Lieutenant Dan, but fails to save Bubba's life. Lieutenant Dan loses his two legs.

In the army hospital of Vietnam Forrest learns to play Ping-Pong just as a pastime but he becomes adept in ping pong. He gains immense fame as he wins many international ping pong tournaments. After his ping pong success, he is relieved of his military services and he returns home. He meets Jenny at a meeting against the war and he asks her to come with him but she refuses and goes away with her drug-addicted friends. Then Forrest inadvertently meets Dan and they both start a shrimping business. During a shrimping tour they get hit by hurricane Carmen but they survive. After the hurricane they become successful as theirs was the only shrimping boat standing. They expand their business and name it Bubba-Gump Shrimp Corporation. Gump keeps sending money to Bubbas house as promised to his friend. When Forrest's mother dies he leaves the shrimping business to Dan and he stays at home. He invests in the so called "Fruit Company"- Apple Computers, and he becomes very wealthy. He spends this money to build hospitals and he does service to people. One day Jenny visits him and stays with him. When he asks her to marry him she

just says she loves him and goes away again. Feeling depressed Forrest begins to run and he keeps on running across America for 3 years continuously to clear his head of the depression. He gets tired after 3 years and returns home. He inspires many people during his run and becomes the cause of many innovative and game changing ideas. One fine day he gets a letter from Jenny requesting him to visit her. When he visits, he is surprised and dumbstruck as she shows him their son. He is happy to find out that his son is very smart unlike him. He also comes to know that Jenny is going to die soon, but still he marries her. After she dies, Forrest takes his son to his town. The film closes with Forrest sending his son to school. Before the closing credits, a feather floating in the air is shown again.

Forrest Gump is one of the most inspirational movie characters of all time. Forrest is set apart from others in mainly 3 ways: Honesty, Integrity and Compassion.

Jenny was exactly the opposite of Forrest. She starts out with high aspirations, to be like Joan Baez and fight for world peace. Instead she winds up disillusioned, drug addicted and in a near suicide situation. She doesn't have Forrest's childlike innocence and acceptance, which leads her to self-doubt and ultimately failure. Jenny's character is the perfect example of what not to do in life. Contrary to her Forrest was honest, we can see this when he keeps sending money to Bubba's family to support them. He does this as he promises Bubba to take care of his family.

Forrest has more integrity than most people could have. He used this integrity to pull himself together in tough situations.

By far the most important characteristic of Forrest is Compassion. Though Jenny abandoned him in numerous situations, he always wished for her happiness. He encouraged her during her lows. Finally he accepted her when she asked him to marry her, even though she is going to die soon. His compassion is also revealed when he saves a good number of soldiers during the war.

In my opinion if you have all the above said qualities along with acceptance, life will just start to work out for the best. Then you can experience true happiness.

Tom Hanks did exceptionally well in the role of Forrest Gump. One will be left tear drenched after watching his performance during the denouement. Robin Wright was amazing as Jenny but the unexpected was from Gary Sinise as Lieutenant Dan. He delineated different emotions and played with them. His despair when he lost his legs, his optimism while doing business with Forrest are some of the magnificent scenes where he showed his forte of acting skills. He had complete control over his character.

The director is exclusively responsible for the awe-inspiring metaphors and symbolisms. The whole white feather thing was absolutely wondrous. It evinces that life takes us in whatever direction it likes and we should never let our guard down and keep on floating like the feather (i.e. living our life).

The movie is crafty in taking Forrest on a tour of the American history. Robert Zemeckis who has quite the hand in the field of visual effects, used computerized visual legerdemain to place Forrest in historic situations with actual people. Some of the situations include- meeting Elvis Presley and teaching him his famous hip swivel move, Visiting the White House 3 times and meeting 3 different Presidents (Kennedy, Johnson and Nixon) , Awarded medal of honor for fighting the Vietnam war and saving a lot of soldiers, Forrest played a key role in bringing to light the Watergate scandal, participates in Black Panther gathering, meets John Lennon on a T.V. show, surviving hurricane Carmen, investing in

Apple computers, running across America for 3years.- This is in short the life of Forrest Gump.

Finally- Who is Forrest Gump? He is what a lot of us strive to become- wealthy, successful and a good person. He is the set of all traits that we need to become better human beings.

There is no greater example of a great human being other than Forrest Gump himself- The epitome of inspiration for years to come.



## LIFE IS WHAT YOU MAKE IT

**Author:** Preeti Shenoy

When someone said that “Books are man’s best friend” they weren’t lying. Books just like our best friends help us mold our life. They help us explore the better (or worse) side of ourselves. Books which can communicate with everyone and administer a good message surely are worthy to be your good friends.

One such book I read in recent times is “Life is what you make it” by Preeti Shenoy. If you were expecting a story, some romance. Some tears hearty laughs, some naughty and heart touching moments and a tinge of suspense, you should definitely try this book. I am clueless what made me read this book in a single sitting, but I am sure I thoroughly enjoyed each and every minute.

Set in the late 80’s and early 90’s, this is a tale of love, hope and how determination can even overcome destiny. Preeti has chosen a very bizarre topic, which is mostly misconstrued by the Indian society, but must say what a terrific way to describe and make the people aware about mental health issues.

The tempo of the story is very fast, but it has a very good plot. The only downside in the book is the characters in the plotline seem like acquaintances to us. We do not get to know much about each of them. There is very little character development for other characters.

The protagonist of the story Ankita is a girl from a very orthodox family in Kerala. Her parents being very austere in nature, do not even allow phone calls from boys. But Ankita loves a boy Vaibhav in her school. Ankita fulfills every dream of her, works hard and gets into a good college in Kerala. She continues her contact with Vaibhav by writing letters. While pursuing her graduate degree she becomes romantically involved with Abhishek, while still maintaining contact with Vaibhav. After completing her degree, Abhishek confronts her about their relationship but she refuses to go into a serious relationship with him as she has other plans in life. She wants to go for higher studies in Bombay. Dismayed by her words Abhishek commits suicide. Ankita becomes completely broken by this incident. After moving to Bombay she gets admission into a premier management school, but is still haunted by the visions and memories of Abhishek. To cope with it she becomes reckless and impulsive while doing her M.B.A course. Being academically talented and then most beautiful girl in the college, she begins to get her own way in every little thing she does.

But life has other plans for her. The letters written by Abhishek and Vaibhav get caught by her parents. Then the whole lot of events emerge one after the other which take her into deep depression. She begins to face several panic attacks and ends up crying hours together, for reasons she doesn’t even know. She even tries to kill herself. When admitted into a mental hospital she gets diagnosed with bi polar disorder. Then she realizes that she can only come out of it with her will and dedication. Over there a paradigm shift occurs in her approach to life. Finally after few weeks of treatment, she recovers completely. She starts realizing the importance of life, begins to cherish each and every moment of her life.

There are two things that make this book a worthy read. One is the unusual but very sensitive topic that Preeti has chosen to write about. Almost all books now a days are about life in IIT's, management institutions or about the corporate jungle. Preeti has dared to go to the far side of the road to write about a topic which is a taboo in most Indian families. The second thing that makes this book to stand out in a unique way is the way Preeti has written it. This topic could have been dealt in a cold and clinical manner or in an over emotional rambling way that would just make the reader pity Ankita and shed tears. But Preeti however, has dealt with the issue in a very sensitive and perceptive manner without being overdramatic.

In the first half of the book she takes us through college life of Ankita which gives us the feeling of 'Been there, done that' and brings smile to our lips. The second half of the book substantiates that Preeti indeed is a very good write, who can even explore the deepest and darkest human emotions.

The reader can clearly feel the impact the author is trying to make in the second half of the book where Preeti takes us through an emotional rollercoaster ride of Ankita's life, thanks to bipolar disorder. The author describes the agony, frustration, fear and pain that Ankita goes through. Preeti did it in a very touching yet realistic manner that leaves you totally numb.

"Life is what you make it" is an exceptional interfusion of emotions, sensitivity and incomparable writing which makes Preeti Shenoy conspicuous from other writers that we see today. A book that moves and inspires you immensely and makes you realize that within the happy, carefree people you see every day a mental illness can slash its tail at any time.

This book tells us that life is indeed unpredictable and it is true that it could take a sudden unexpected turn but Faith is a strange and powerful thing that can work miracles. This book is not just about bipolar disorder. It is a story of courage, determination and growing up. It is about how one can make success out of the unexpected turns in our life with the help of faith, belief and perseverance.

After reading this book which is a tribute to the indomitable spirit within each and every one of us, what I learned is that "I am the master of my Fate and I am the Captain of my soul".

