



KL
(DEEMED TO BE UNIVERSITY)



KLU HORIZON

April- May 2020

STUDENT MAGAZINE



Vachas

MENTAL HEALTH

Think. Hope. Happify



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Collated by



Vachas



Messages



ER. KONERU SATYANARAYANA
President,
KL (Deemed to be University)

“The best way to prepare for tomorrow is to do your best today.”

It gives me immense pleasure to see another edition of Horizon being put together. Envisioned as a platform to showcase student talent, it has taken huge effort to make it possible. This magazine is a confirmation that alongside academic and curricular inputs, co-curricular & extra-curricular activities help shape the overall personality of the student. I'm glad that this edition deals with the most important theme- **“Mental Health”**, an underrated yet crucial topic.

To all the students who have spread their thoughts & ideas through the “HORIZON”, I hope you continue utilizing this platform which is provided by Vachas club. Congratulations to the editorial team for their determined efforts in bringing out this magazine.



“ Face your fears and the excuses fall behind you.”

Dr. L. S. S. REDDY
Vice-Chancellor,
KL (Deemed to be University)

Horizon has always been a platform for the students to express their creative abilities and aspirations for writing. The spectacular sixth edition is a congregation of articles, poems, quizzes, stories, artwork and experiences and this year's edition has proved to be a commendable effort put forth by the team. The editorial team deserves recognition for their successful completion of the tedious yet daunting task of putting together the myriad of thoughts and dreams of the students into meaningful and delightful visual manifestation.

Vachas club has paved a way for writers and readers & I wish Horizon a continuous success in all future endeavours.

“A magazine is a testimony to the world we live in.”



DR. A. RAMA KUMAR
Pro-Vice Chancellor,
KL (Deemed to be University)

It gives me immense pleasure to pen a few words as a prologue to the KLEF magazine “HORIZON” exclusively meant for bringing out the latent skill which bears the immense potential of sharpening writing skills, creativity and artistic skills. This magazine is special because of its theme “Mental Health” and the editorial team have put their utmost effort to present it for what it is.

Wish you all grand success and hope that “HORIZON” paves a way for the students to come forward and publish their works.



“Live out of anticipation, not retrospection.”

Dr. Y.V.S.S.V. Prasada Rao
Registrar,
KL (Deemed to be University)

Welcome to the new edition of Horizon, K L University’s student magazine. This magazine is an effort to showcase the various talents that our students possess. While they continue to excel in academics, unlocking their creative streak is just as important for their growth & development as a person, this magazine’s main focus is to increase student participation in walks of life, other than studies. I’m proud to delve into a magazine that emphasizes the importance of Mental Health.

I appreciate the Vachas club for taking up the mission to ensure the overall development of their students and this magazine is the first of many steps in that direction. I hope this opportunity is utilised to its full extent. I congratulate the entire magazine team for their hard work and dedication in making this excellent work.

“It is never too late to be what you might have been.”



DR. HABIBULLA KHAN
Dean Student Affairs,
KL (Deemed to be University)

Welcome to Horizon Edition 6 which sheds light on an important topic- “**Mental Health**”. I’m proud to witness the talents of students through another edition of the Student magazine. Horizon has been continually striving towards excellence & it is noticeable in the brimming inventiveness & zeal to spread their ideas. I acknowledge the efforts of Vachas club, which played a primary role in the working of this magazine.

My best wishes to you all and I know that the forthcoming issues will be even better. I hope the editorial team keeps working to achieve greater things and helps the students flex their creative muscle.



“The more you show up for creativity, the more your inner charm glows.”

Dr. M. KAMESWARA RAO
Assoc. Dean, Publishing

It gives me inexplicable joy to see the students work together for ‘Horizon’. This opens a new platform for all the students to showcase their talents by expressing their thoughts in the form of words and captivate others by their art. This has been possible by the tedious efforts of the students working to publish the pride of this university as the magazine. Horizon Edition 6 shines light upon mental health and this theme stands out more than any other themes because of its importance.

I wish them all the very best and hope that the magazine would continue to shine as the unique platform where the students can come out with flying colours.



“Just like a wizard uses his wand, a thinker uses his pen”

DR. SHUBHAKAR RAJU
Hobby clubs In-Charge,
KL (Deemed to be University)

Since its inception, the magazine and the students have challenged themselves to achieve more than is expected. The magazine has been setting benchmarks of unparalleled success without compromising on quality and value based issues in scientific, commercial, professional vocational, industrial and technical streams. It gives me great satisfaction that the magazine is progressing in all its endeavours towards the overall development and personality of the students. 'HORIZON' is a platform for the students to express their creative pursuit which develops in them, originality of thought and perception.

FROM THE EDITORS

The human mind is the most extraordinary and least understood part of the body, the source of joy and creativity. However, we often overlook the overall health and maintenance of the most important part of the body. Literally the part which regulates your body. And yet we somehow forget to take enough care of our mental health do not give the attention it deserves. Mental health when left unnoticed during its rough days can lead to invisible illnesses

While the public has become more conscious about mental health issues, there is still much more progress to be made both in terms of the stigma mental health illnesses carry and the tangible benefits needed to treat them.

Mental health illnesses plague all demographics. They leave people feeling alone, defeated and even helpless. Regardless of this, people still do not get the treatment they need, whether it is because of the stereotypes surrounding these ailments or a lack of resources preventing someone from getting necessary help.

It is important to remember supporting those with mental illnesses emotionally is essential but fighting for fundamental priorities that have tangible results is also an equally vital element to aiding those in need.

A report by the World Health Organisation (WHO) revealed that 7.5 per cent of the Indian population suffers from some form of mental disorder. Mental illnesses constitute one-sixth of all health-related disorders and India accounted for nearly 15% of the global mental, neurological and substance abuse disorder burden. WHO also predicts that by 2020, roughly 20 per cent of India will suffer from mental illnesses. And to cater to this demographic, we have less than 4,000 mental health professionals.

When it comes to physical health, people are so conscious and aware these days. They know everything there is to know: what super-foods eat and what not to eat, what the latest diet fads are, what the most cutting-edge workouts to stay fit are, and how to monitor every aspect of their health with state-of-the-art fitness bands

But when it comes to mental health, the awareness just is not there. Many people are not even aware that they may be suffering from a mental health concern. Educating people about mental wellbeing, however, is a battle in itself.

Supporting individuals to talk openly and without inhibitions about their mental health issues is the crucial first step. Family and friends helping the individuals seek professional help is the next one. At times, if we see red flags of mental health issues in someone close to us, we must think of it as our responsibility to affect an intervention with the help of others.

In this edition of Horizon we talk exactly about that. We, at Horizon, have taken a step to bring these issues of mental health into the student community where its need is at the highest exigency. We have put maximum efforts to portray that lies behind a subject of such a major concern, and shatter the taboos related to it. The team has worked hard to collect important data and compile them from various sources. We also appreciate the effort put by the students at the University for the articles and we are at loss of words to describe how beautiful the submissions are. We also thank management without whom this would not have been possible.

As our tagline says:

Think. Hope. Happify.



Kartik Neti
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YOU ARE MORE THAN A LABEL < 3

Depression is more than being sad, anxiety is more than worrying, OCD is more than being tidy, PTSD is more than just flashbacks, bipolar is more than mood-swings, Schizophrenia is more than seeing things, EDs are more than being underweight, borderline is more than instability, addiction is not just “A CHOICE”.

The irony of our times is that-we speak out and take a stand for others all the time like we mourned and demanded justice when our beloved Bollywood star committed suicide, on police brutal force overseas, the COVID-19 pandemic crisis awakening immigrants issues and serial deaths, LG polymers gas leak in Vizag, Pregnant elephant fed pineapple bomb, and also the immaterial tik-tok bans. It seems incredibly beautiful to have people empathize with others but why are we constantly affected by the misfortune of not forgiving our selves? Why do people quite so much as they're cursed neglect their psychological well-being? Why is mental health taboo like that anyway?

We live in an era where gyms are overcrowded and libraries are deserted. Passing criticism, body-shaming, meme culture, stud dude trend might be high in fads but at the end of the day, we have to treat the root of this epidemic efficiently. Emotional and demeanor adjustments are not as easy as it is said. Many people are unable to cope with hearing that their loved one has a mental disorder. It can be trying physically and emotionally and can make us feel vulnerable to other people's opinions and judgments.

If you think you may have a mental or emotional problem or someone you know, it is important to note that there is hope. Mental illnesses can be caused by a reaction to, or a combination of, environmental stimuli, genetic causes, metabolic imbalances. Most people learn to deal with or recover from a psychiatric condition or an emotional disability with proper diagnosis and treatment. However, after deep contemplation, some do drugs, others go for a run, but in the end, we are all just searching for that tiny space, perhaps a hole, that shelters us from the terrible reality of the world. I feel all of us just want to be happy. We don't want to be in such a world, do we?

Hence, paying attention to sudden changes in thoughts and behaviors is particularly important. Also bear in mind that the onset of several of the symptoms like Confused thinking, sadness or irritability, Feelings of extreme highs and lows, Excessive fears, worries and anxieties, social withdrawal, Dramatic changes in eating or sleeping habits, Strong feelings of anger, Strange thoughts, Seeing or hearing things that aren't there, Growing inability to cope with daily problems and activities, Suicidal thoughts and not just one change, indicates an issue to be assessed. The foregoing signs may not be attributed to the previous use of the drug or any medical problem. If you get any of those warning signs please don't neglect but make it easy for them by asking and insisting them the following ways-

According to Mental Health America, here are the scientifically proven 24 ways to make you feel better-

- 1. Track gratitude and achievement with a journal.** Include 3 things you were grateful for and 3 things you were able to accomplish each day.
- 2. Start your day with a cup of coffee.** Coffee consumption is linked to lower rates depression. If you can't drink coffee because of the caffeine, try another good-for-you drink like green tea.
- 3. Set up a getaway.** It could be camping with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!
- 4. Work your strengths.** Do something you're good at to build self-confidence, then tackle a tougher task.
- 5. Keep it cool for a good night's sleep.** The optimal temperature for sleep is between 60 and 67 degrees Fahrenheit.
- 6. "You don't have to see the whole staircase, just take the first step."** - Martin Luther King, Jr. Think of something in your life you want to improve and figure out what you can do to take a step in the right direction.
- 7. Experiment** with a new recipe, write a poem, paint, or try a Pinterest project. Creative expression and overall well-being are linked.
- 8. Show some love to someone in your life.** Close, quality, relationships are key for a happy, healthy life.
- 9. Boost brainpower by treating yourself to a couple of pieces of dark chocolate every few days.** The flavanoids, caffeine, and theobromine in chocolate are thought to work together to improve alertness and mental skills.
- 10. "There is no greater agony than bearing an untold story inside of you."** -Maya Angelou. If you have personal experience with mental illness or recovery, share on Twitter, Instagram, and Tumblr with #mentalillnessfeelslike.
- 11. Sometimes, we don't need to add new activities to get more pleasure.** We just need to soak up the joy in the ones we've already got. Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible.
- 12. Take time to laugh.** Hang out with a funny friend, watch a comedy, or check out cute videos online. Laughter helps reduce anxiety.
- 13. Go off the grid.** Leave your smartphone at home for a day and disconnect from constant emails, alerts, and other interruptions. Spend time doing something fun with someone face-to-face.
- 14. Dance around while you do your housework.** Not only will you get chores done, but dancing reduces levels of cortisol (the stress hormone), and increases endorphins (the body's "feel-good" chemicals).

- 15. Go ahead and yawn.** Studies suggest that yawning helps cool the brain and improves alertness and mental efficiency.
- 16. Relax in a warm bath once a week.** Try adding Epsom salts to soothe aches and pains and help boost magnesium levels, which can be depleted by stress.
- 17. Has something been bothering you? Let it all out...on paper.** Writing about upsetting experiences can reduce symptoms of depression.
- 18. Spend some time with a furry friend.** Time with animals lowers the stress hormone -cortisol and boosts oxytocin - which stimulates feelings of happiness. If you don't have a pet, hang out with a friend who does or volunteer at a shelter.
- 19. "What lies before us and what lies behind us are small matters compared to what lies within us. And when you bring what is within out into the world, miracles happen."** - Henry David Thoreau. Practice mindfulness by staying "in the present."
- 20. Be a tourist in your town.** Often people only explore attractions on trips, but you may be surprised what cool things are in your backyard.
- 21. Try prepping your lunches or picking out your clothes for the work week.** You'll save some time in the mornings and have a sense of control about the week ahead.
- 22. Work some omega-3 fatty acids into your diet**—they are linked to decreased rates of depression and schizophrenia among their many benefits. Fish oil supplements work, but eating your omega-3s in foods like wild salmon, flaxseeds or walnuts also helps build healthy gut bacteria.
- 23. Practice forgiveness** - even if it's just forgiving that person who cut you off during your commute. People who forgive have better mental health and report being more satisfied with their lives.
- 24. "What appears to be calamities are often the sources of fortune."** - Disraeli. Try to find the silver lining in something kind of cruddy that happened recently.

We the vachasians understand the need of the hour and have tried our level best to bring up and talk about the elephant in the room. As an editor, I am blessed to have a flawless Horizon team who would go to any extents to make this work. I also take this golden opportunity to thank my management without whom our magazine would be impossible. Let us break the stereotypes. Let the universe love you.

Think.Hope.Happify.

Hiranmayee P
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A word from **Vachas**

Dear Reader,

Which is More Important—Content or Delivery?

Vachas, the Literary Club of (KL Deemed to be University) has been conceived by Hobby Clubs for the love of the language exhibited by students. Vachas is one of the most active clubs on campus.

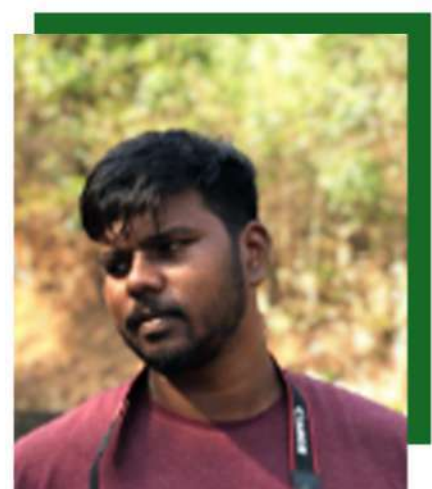
Vachas helps you in Meeting new individuals. Regardless of whether you get a club together with a companion, you are continually going to meet new individuals. Learning new abilities. All individuals from Vachas add to the gathering, showing signs of improvement at time management, gaining experience that could help you in the future and improving confidence.

Being a literary club, vachas is responsible for the Student magazine "Horizon". We are able to assemble this magazine because of Vachas individuals and the management. I would like to thank the management for their kind support & encouragement.

Along Student Magazine Vachas also inculcates among students a flair for the language and enhance their literary skills, induce reading habit in students, encourage students to become orators and display their intellectual, independent thinking skills and imbibe a sense of confidence and encourage creative writing.



Duggireddy Sai Pralekhyaa
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Yedla Bavitesh
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Hobby Clubs

The mission of Hobby Clubs:

The hobby clubs of KL (Deemed to be University) aim to fulfil the following:

- To help members of the club pursue and explore their interests on a deeper level.
- To help exhibit exemplary teamwork while doing what they do best and to gain skills while doing so.
- To develop the student's personalities and to perform better during their future endeavors.
- To introduce them to a plethora of benefits in all-round personality development.

1. Vachas Club:

The Vachas Club is a perfect panorama to develop and inculcate leadership qualities through speaking and writing. The main motto is to train every member to take a stand on several challenges, be it social, political or ethical. This Club conducts activities and events in such a way that each member develops their speaking, reading, writing skills and by that, hone them in various aspects.

2. Aastha Club:

The Aastha club is an organization initiated by students, which aims to change the society. Its main motto is to help the needy - like students studying in government schools, orphans, physically challenged people, & those affected by natural disasters.

3. Aarohana Club:

Aarohana club is a trekking club which helps in building up self-confidence and teamwork in students. This club crafts a situation which helps the students understand the importance of assisting each other in intricate situations and aids students in managing the ups and downs in their lives by making them indulge in tasks where they keep learning.

4. Abhinaya Club:

The club devotes itself in working for restoring the cultural heritage. Abhinaya aims at leading the world to the new and improved cultural society again into the days, back when Abhinayam was the most vital mode of expression, and when Abhinayam was the language of communication.

5. Narthana Club:

Narthana, the dance club of KLUSO, is a platform that imbibes the intricate movements of classical dance with the narrative theatrical elements of drama. It is a stage where individuals can develop their dancing skills. It promotes culture with entertainment and lets people showcase their talents on a grand platform. Augments the ability to appeal to large audiences by adapting to the new and fast-changing world we live in, without changing the basic essence of dance.

6. Prakruthi Club:

This is an environmental club completely dedicated to the protection of the environment and to create awareness among people about the importance of the environment. PRAKRUTHI club tries to project the threats to the environment because of human activities which are endangering the species and disturbing biodiversity. To create awareness among people & students about environmental protection and how to live eco-friendly. This helps us to protect our future generations to have a healthy living.

7. Samskruthi Club:

“A civilization is a heritage of beliefs, customs, and knowledge slowly accumulated in the course of centuries, elements difficult at times to justify by logic, but justifying themselves as paths when they lead somewhere since they open up for man his inner distance.” This club spreads the greatness of heritage and social values of our country among the people. This club strives to promote Indian culture and heritage among the students and enhances the sense of religious tolerance and harmony.

8. Swara Club:

Technically referring to notes in an octave, Swara is the foundation of music. Cleverly choosing it as our label we, the Swara club profoundly put our efforts to lay the foundation for all the music lovers to showcase their talent. Being one of the many cultural clubs, Swara club has gained its own substance by being a platform for all the music enthusiasts to improve their vocal and instrumental abilities in music. Being offered all the requisite equipment we have appreciably expanded our club to nearly 50 members of all genres.

9. Yantrana Club:

Necessity is the mother Invention and Invention is the mother of Innovation. Every innovative idea led to an impossible invention which proved impossible was not really that hard to achieve. These have now become the part and parcel of our kith and kin. This technical club is a yonder destiny in the quest of perfection where we leave no stone unturned and no second unspent.



Rohith Godavarthi
190030507

National Service Scheme (NSS)

The National Service Scheme gives the students a chance to comprehend the network, recognize its needs and issues just as the arrangements in which they can be included by accepting social and city duties. NSS additionally gives students a chance to apply their instruction in finding reasonable answers for the issues looked at by the people and the network on the loose. NSS targets stirring social awareness of the adolescent with a general goal of character advancement through network administration. NSS empowers students to take an interest in different projects of social assistance and national turn of events, and to support the network.



Our University has 12 units for various offices. Every unit will embrace a lacking town & help on various occasions with respect to town advancement.

The National Service Scheme has been working with the proverb "NOT ME, BUT YOU" taking into account making the young enlivened in administration of the individuals and henceforth NSS Aims Education through Community Service and Community Service through Education.

Nrithya: A National Level Dance Competition

NARTHANA, the move club, is one of the most dynamic & energetic clubs of the University. Its individuals grandstand adaptable move structures like traditional, hip-jump, society move, western under the abundant move ace Mr. Kanka Prasad. The Dance club takes a shot at the standard of learn, educate & perform. These energetic artists, the individuals from the club come up together at each event held in the college to build up an exceptional compatibility with the crowd.

The club has accomplished numerous accolades as- Semi-finalist of "KAUN BANEGA SUPERSTAR 2019" and third prize champs of "Move INDIA DANCE 2020". NRITHYA is the National Level Dance Competition facilitated by Narthana consistently. Different Dance Crews depict variation move shapes in this opposition. Persistent artists tap their feet on this opposition to excite the group with their musical moves and fantastic elegance by their abilities and flexibility.

STARGAZERS is a team of some enthusiastic artists from the club, the group began to be dynamic from August 29, 2018 by Mr. Debajit Dutta. From being the best move gathering of "MOHAN MANTRA 2018", champs of "Youthful TARANG 2020" sorted out by Tana ,victors of "VITOPIA 2019", qualifiers to finals of "Disposition INDIGO 2020" composed by IIT Mumbai, they accomplished, yet with their every single presentation and each spending year, the group has consistently developed greater, better and more grounded, uniting individuals so unique in any case to the most well-known articulation called DANCE.





DECISIONS



Someone once said that life is just one decision after another.

Some decisions are small, like what to wear but some are so big they'll affect us for decades to come, like choosing a career.

When facing a big decision, make sure you do three things.

Free up your brain's bandwidth, give it the fuel it needs & get honest advice from a friend. By eliminating the small choices in life you save the best of your brain's ability for the really important things.

When he was in office, Barack Obama removed one decision from his daily life - what to wear. It was always a grey or blue suit and a white shirt because he knew the science behind decision-making and that by wearing a kind of uniform he'd save bandwidth for the really important choices.

Scientists studying the brain have seen that all decisions, big or small, consume the same amount of energy. A small decision takes the same amount of energy as a big one. So when you need to make really important decisions, like which university to apply to or which job offer to accept, be vigilant about not wasting energy on decisions that aren't going to make a massive difference to your life. Save your brain's bandwidth for

things that matter.

Your brain needs fuel to think just as much as your body does to move. Thanks to advanced imaging we can watch the brain working away more clearly than ever before. It's the most complex and energy-demanding organ we have.

If you are very hungry, neurotransmitters can't be produced which results in communication between the brain's 86 billion neurons breaking down, compromising your ability to think and make good decisions. So when you need to make an important decision make sure you're not hungry.

And that doesn't mean reaching for the biscuit tin.

Research shows that drinking plenty of water & having a slow-release carbohydrate breakfast like porridge will help you think clearly. Omega-3 is also brilliant brain food. You can find it in oily fish, pumpkin & sunflower seeds. It doesn't mean you can't treat yourself but do try to give your brain this kind of fuel too.





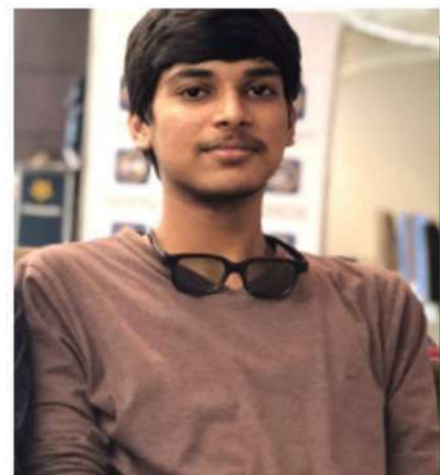
The final step is to stop the fear of loss dominating your decision-making.

Nobel laureate Daniel Kahneman spent a decade studying human decision-making and found that in big decisions we are generally more afraid of loss than we are motivated by gain. According to his research, this means we often pick the safest option rather than the one that will have the most positive impact on our lives.

Kahneman's got a great tip for getting over this fear of loss.

Ask the advice of a friend who's not afraid to drop some truth bombs even if it means your feelings get a bit roughed-up. An objective friend can help you identify the best decision because they're not weighed down by the fear of what could be lost.

In the end, the decision is always yours but it helps to seek this kind of advice. So the next time you're facing a big decision, free your brain from small decisions, give it really good fuel and seek out a friend who cares more about your future than your feelings.



Kartik Neti
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SHORT SNIPPET

Every bud has its turn to bloom into a color of its strength and choice. Every bud has its color and it enjoys its path before it turns out into bloom. Ironically, it appreciates a glimpse of its life. Adolescence is a juncture of bud to be waited patiently and work on ourselves and accept the way we are, to flourish each day with the new beginnings and gleam of light to paint a casanova of our life.

Adolescence is a tender age but Not tinder! It is the age where people don't believe evolution has happened, or we are a speck of dust in this cosmos! Instead, we all run for the battles of the same theme. Ironically, we all have a different paper to write our own story of life!

As the most evolved apes at present, the buds in adolescence should have a telescope view of their life. There should be no comparisons with others, and one shouldn't bother about what others think of them.

You should simply start working on your strength and skills! Most of us have a strength and a weakness. Instead of squandering against all our odds, let's run contentedly on our roads! The road which you choose should be a road not taken.

Do not be in the erroneous house of darkness because it is worse than a black hole where light cannot escape. Explore and work on yourselves. Do not be a black hole now because there are many more light-years to go!

A bud to blossom and a neuron to store memories!

Binge-watching 13 REASONS WHY to entertain ourselves is not the only thing we should do, tonight before you sleep think what is the actual reason why Hannah baker died...!!!

Not until we are lost, we all begin to understand ourselves.

Mental health, depression, anxiety, panic, bipolar disorder, autism etc, these all seem as very minute things in a stereotypical Indian culture, but hey its 21st century, let's think outside the box or at least try to make someone feel calm and better about themselves. We do not know what's going on with other people's lives, like the one kid in your class who gets bullied for not having social interactions with anyone, and he might be fed up with people calling him names because he does not react to anything, pause for a second and think..!!

He might be going through a lot of things you could not even imagine yourself being there, so when you get a chance to interact with someone like that, be nice, talk about how wonderful the weather is or even about how that topper student pissed that faculty out with lots of question, talk about how beautiful nature is, and ask how his family is doing.

I have a story like this I would like to share with you guys say AJ,

Basic intro about this guy: he looks like he is malnourished, procrastinator, people call him names that offend him, he usually spends his time sitting in the library all by him

self with no social interactions, like the one lonely kid who no one cares about, faculties have no idea who he is, he is just invisible to people, he is not that nerd either, he is just afraid to take the first step in conversations. he is just like us people wondering about his future as he took computer science engineering but he is not doing well in the coding challenges neither he doesn't know any software application. He kind of underrated himself.

So, there is our AJ, sitting all by himself one whole year. After his winter break, he noticed a guy using the library systems sitting alone, he used to see him every day but was afraid to talk to him. But AJ noticed that this senior fellow used to do designing work for the college purpose. AJ not being a champ in coding made him sometimes question himself about his future, then this senior guy looked like a knight in shining armor to him. So, our lead goes in, piling up all his courage to ask this senior to teach him designing. But when our senior noticed AJ coming towards him he said "HEY" smiling, a simple word that took to build a lifelong friendship and a guy out of depression, AJ learned designing and is now working under his senior. Guess where the key lies "focusing on what's important", Max would have the chance to just give up and be the abnormal kid again but instead, he put his efforts on something different, something that consumes his time, so he would be totally busy not to have time thinking about his current situation again.

We all have the potential to develop mental health problems no matter how old we are. So finally, all it takes is a simple smile & a "hey" to flip someone's life upside down.

As a wise man once said

**" IT'S DURING OUR DARKEST MOMENTS THAT WE MUST
FOCUS ON LIGHT"**

**V.I.Manasa
190010069**



THINK & THOUGHT?

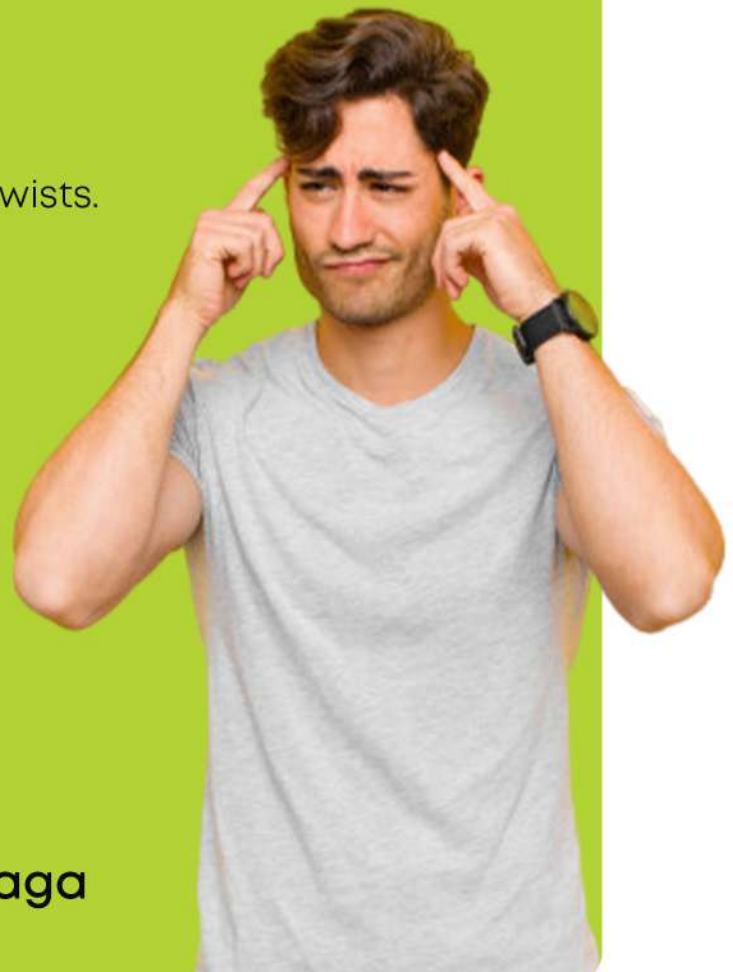
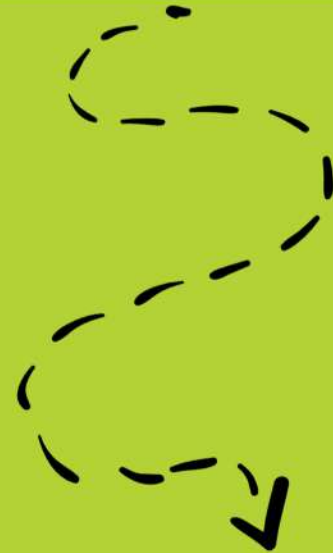
I am with everyone.
I am about me, you, or someone.
I make the whole world.
You consider me before uttering a word.

I am the cause of the best.
I can make things the worst.
I deserve precious praise.
I am upset with lots of curses.

I, a powerful weapon.
Whatever I do has a reason.
I can be shared.
But can't be snatched.

I am invisible.
I'm proud to be invincible.
I am glad u made me exist.
I mould your lives with many twists.

I guess you are baffled.
Don't get stressed.
I always haunt.
I'm your THOUGHT.



Valentina Velaga
190031720

THEN AND NOW

Although there is a definite difference between past and present lifestyles, the difference between these two definitions may vary according to employment, access to modern facilities, equipment, education, and lifestyle. On the planet, there are some societies that don't get access to many modern facilities and technical innovations. The disparity between past and present lifestyles. The subject matter and the variations here could vary in the context of different people.

The key difference between past and present lifestyles is that a simple, traditional, home-based lifestyle with a self-sufficient economy and simple tools can be defined as a past lifestyle. On the other hand, the present lifestyle is dynamic, effective, comfortable, and modern, highly technological, and based on a profit that maximizes the economy of production. The nature or delicacy of the lifestyle can rely on the level of income, geographic location, and culture.

We may compare and contrast past and present behaviors in many different areas such as behavior, people's feelings, and people's thought ability, food habits, clothing, accommodation, transportation, use of equipment and machinery, education system, culture, and so on.

Difference Between Past and Present Lifestyles in terms of Attitudes, Feelings, and Thinking Capacity

Attitudes and Feelings:

Past: People's attitudes in the past would have been more positive, as they had no complex economic, social, or political problems. And their perceptions and emotions have been much simpler than they are today.

Present: Nowadays people are more educated, open & free to express their opinions

Thinking capacity:

Past: Our ancestors were clever & had a great ability to think, despite the lack of technology and resources like calculators, computers, and so on. The technology that we have used today is the result of their inventions. On top of that, we were still unable to sort out some of their research. Ex: Pyramid constructions, ancient irrigation schemes.

Present: People's potential for learning has grown. Even a person with limited capacity for thinking has the ability to improve it through schooling, access to books, magazines, and the internet.

Modern technology could also have a negative impact on intelligence. Many people, for instance, use internet to look for answers to their problem, without critical thinking.

Difference Between Past and Present Lifestyles in terms of Food Habits

Changes in Food Habits:

Past: In the Stone Age, people used to eat fruit, leaves and anything from the forest they found. However, this habit changed to hunting animals, preserving food and planting and growing vegetables, which eventually led to the cultivation of various crops such as maize, corn and rice. People were healthy, rarely suffering from diseases and never needed extra exercise because their daily work kept their bodies going.

Present: They have now converted farming into mass production, including equipment, technology, pesticides and weedicides, all of which came in with the green revolution. As for now, farmers who can cope with the multinational collaboration and its large-scale, expensive products, pesticides and high-yielding seed varieties continue to produce crops for the market. Yet even today, the conventional, low-income farmers, especially in Asian countries, are in a dire state.

Fast food is another major factor in modern food habits. Although many people find it convenient, it leads to many health conditions. Today people are unhealthy, need medicine and functions on diets and exercise machines.

Past lifestyle was based on agriculture.

Difference Between Past and Present Lifestyles in terms of Economy

Past: People were bartering commodities with the agriculture-based economy.

Present: Today we are moving towards an industrial economy that cooperates with the service sector as a survival factor agriculture keeps these two sectors going efficiently by providing the supply required for their daily food demand.

Difference Between Past and Present Lifestyles and Clothing

Past: People used to wear simple clothes made from dry leaves in the past later, they moved slowly into various types of clothes. This situation changed with the Industrial revolution. People who had to work in industry had to cover up to make sure they weren't exposed to the chemicals or any other dangerous stuff. Long dresses, full body covered clothing thus joined society. Early on, clothes changed with respect to where you lived, your race, ethnicity and religion. Indians used to cover themselves with salwar, sarees, etc., for example, whereas the people of Western Europe prefer to cover themselves up depending on the climate shorts in warm areas and jeans in cold regions.

Present: Factors such as comfort, trend, and style are what matters in clothing instead of the environment or area in which you live. Indians, for example, occasionally wear their traditional clothes, but they're more into western fashions like jeans, shorts, blouses, and t-shirts.

Difference Between Past and Present Lifestyles in terms of Education

Past: In the past, people rarely got the opportunity to know themselves in terms of education. Farmers ensured their kids know how to plan a farm and do their everyday work. However, with time people went to religious institutions such as the church, the temple, and the mosque to know. Even the children of the farming families were sent to the town to learn how to work with machinery later with the industrial revolution and the factories and equipment coming into practice. And later with conquest, with the advancement of education, people began to learn languages and sciences. The most important fact is that all these improvements in education happened only in the males' lives as the females were kept at home to do the day-to-day jobs including sweeping, sewing, painting, embroidery, washing, and child care.

Present: With the revolutions and acts of democracy taking place throughout the world, women began to fight for their rights in terms of voting, education, and politics. After several sacrifices, those freedom fights were granted. Today, given their faith, ethnicity, and age, women have the opportunity to get a good education.

Students now have access to books, magazines, and the internet, and students are progressing tremendously in terms of education and information access.

Difference Between Past and Present Lifestyles in Using Equipment and Machinery

Past: In the past our ancestors used to use small tools made from animal bones or wood. Animals have also been used for ploughing, load carrying etc.

Present: People began using metals with evolution to produce devices such as knives and other tools. Now equipment is made of several materials, such as carbon, fiber, and particularly plastic, to make things that are used for daily use.

We are using computers today to do the same tasks with less energy and less time. In terms of efficiency, automation has made life easier on earth. Guns, however, can be called a negative consequence of the development of equipment.

Difference Between Past and Present Lifestyles in terms of Transport

Animals vs Vehicles:

Past: People have used animals such as horses, donkeys and camels in the past to travel from one location to another.

Present: Transportation has become much broader, simpler, and quicker with advancements in technology there are several automobiles to fly on land, air, & water.

When talking about transportation on shore, traveling by ships took a long time during ancient times and many people died because of the ships' weather and bad conditions. But there are luxury cruisers today bearing malls, tennis courts, swimming pools, houses and so on. Many people travel between countries by airplanes.

Difference Between Past and Present Lifestyles in terms of Housing

Past: People used to live in caves, water, and wood huts, and so forth. Their houses were built using natural ingredients

Present: Housing has changed in terms of form, mode of development, scale, position, and purpose, and so on over the last few decades. Materials like bricks, cement, plastic, and anything and anything are used in the housing today. Advancement of technology has given man the ability to go beyond nature & build human dwellings.

People used to rely on nature to collect food. Agriculture was traditional and basic.

People have turned farming into mass production including machinery, technology, chemicals, etc. An industrial economy based on agriculture. People used simple clothes made from natural products. Clothing production is getting more complex. Style, the pattern became significant factors.

Not everyone has had the chance to educate themselves.

There are equal opportunities in education. Technology has made education services more accessible.

People used wood, rock, or animal-bone tools. Later on, sheer metals were also used. Complex equipment and instruments are constructed from various metals and alloys. Most computers run by electricity.

People used horses for transport and basic vehicles such as carts.

Transportation has become much wider and simpler with advances in technology there are a number of vehicles to fly on land, air, and water.

People lived in caves, plain mud, wood, and stone huts.

Specific materials are used in different places to build homes with different structures and shapes.

As explained in the section above, the disparity between the present and past lifestyles can be addressed under various sub-topics such as behavior, people's intellect, food, clothing, schooling, technology, religion and beliefs, housing, etc. The current lifestyle, as seen from all of these subtopics, is more complex, sophisticated, and technologically advanced than past lifestyles.

Srujan Kumar
190040631



An Adventurous tour to



The Day I had started at Hogwarts I felt scared. My heart was filled with cheer when I was near the school. Prof. McGonagal royally welcomed us. McGonagal royally welcomed us. Later I met my companions Hermoine and Ron. Grand feast had begun, all our mighty faces had been filled up with smiles. Prof. Albus Dumbeldore inaugurated our lives to be lit up with full glee and blossoms. Prof. Severus Snape placed the beautiful hat on us, which decided us to be in the house of Gryffindor, Slytherin, Ravenclaw, and Hufflepuff. Eventually, I along with my companions were Placed in Gryffindor. The doors of the feast have opened then. We started exploring Hogwarts here and there. Malfoy, who was the son of Lucius, always focussed on us to abuse us all the time. Many demons were killed by us. Days had passed, Soccer game had started. I was one of the players under the Gryffindor house. Voldemort tried to oppose and kill me under many circumstances but I was secured under Prof. Snape. Prof. Dumbeldore was one of my crusaders, who helped me to kill Lord Voldemort. Hagrid took me to 9 3/4 platform, a memorable platform that was invisible to muggles.

Later I went back to Mr Weasley's Home. Who had been working as an advisor under the MINISTRY OF MAGIC-BRITAIN. They had shown a lot of love and care and the days had passed on in their home until Hedwig returned with a letter.



Sai Anurag.N
Dept of ECE



Jagadish Kumar.P
Dept of ECE



Article that changed perspectives!

Every night before bed, I asked my dad for a story, as most kids do. My dad, being my dad, used to get overjoyed to tell me stories. As it became a habit for me and he started running out of stories he decided to make up a few stories. Eventually, that option got boring as well then he decided to read stories and articles just because I would ask him to tell me one. Sometimes he modified a few facts just to keep me interested. This was 8-9 years ago. There's one story fresh in my memory. He started the story with the lines "Being mentally strong is very hard. You don't have the right to take away the life God has given you." Since he figured that I was already zoning out. He got right into the story. So here is what he told me:

"There was once a photojournalist who was famous for his conflict photography. This was way back in the 1990s. He was extremely humble and he never felt proud. He was driven to take good pictures. He once visited Sudan to report the famine in South Sudan. He wanted to be able to click pictures to depict the brutal fate of the citizens. After a lot of struggle, he found a little girl, laying on the ground. She looked extremely weak. He also noticed a vulture in a distance that was waiting for the girl to take her last breath so it would have her as its meal.

That picture won the prestigious 'Pulitzer prize'. He instantly rose to fame with that one picture. With fame comes criticism. One day he read an article in the newspaper. The article said, "The man adjusting his lens to take just the right frame of her suffering, might just as well be a predator, another vulture on the scene." Those words shattered him. He was devastated. It was as if all these words got to his conscience. He felt like a monster. He started regretting what he did. Eventually, he slipped into depression. This incident ate up his mind."

My dad then went on to tell me how he had committed suicide after a few months. The original story states that the child was actually a boy who was initially mistaken for being a girl. He survived, but 9 years later died of Pneumonia. Carter had reportedly been advised not to touch the victims because of the disease, so instead of helping, he spent 20 minutes waiting in the hope that the stalking bird would open its wings. Maybe he did what was right in the moment, maybe he didn't.



In his suicide note, he talked about financial troubles. He wrote: "...depressed ... without phone ... money for rent ... money for child support ... money for debts ... money!!! ... I am haunted by the vivid memories of killings & corpses & anger & pain ...

of starving or wounded children, of trigger-happy madmen, often police, of killer executioners ... I have gone to join Ken if I am that lucky." Ken was one of Carter's closest friends. He had died of a bullet wound covering violence in South Africa's Tokoza in 1994, close to a month before Carter committed suicide. He told people that he should've been the one to take the bullet and not his friend, Ken. His work assignments covering violence and misery took a toll on his mental health. He told his friends that every photographer involved in these



kinds of stories has been affected. They become mentally disturbed and that it's really hard to continue. It changes the person completely and that it devastates them.

My dad casually told me a story that night. I remembered it for a very long time. I made a mental note that day, "If times get hard, talk to somebody. Confide in them. Tell them what's going on. Don't hurt on your own. Don't let the voices in your head, take you."

Read the original story of the Pulitzer winning photographer, Kevin Carter. This QR code will redirect you to the story and the award-winning picture.

Just like one article changed Carter's perspective, the one my dad told me changed mine.



K Goutami
190020030



Frosty

- The Blue Mojito

The sweet aroma of mom's home food, the family gathered around the breakfast table, & spirited conversations by a warm fire are all quintessential moments of any holiday gathering. So, what better way to toast the season and create new memories than with Mama Walker's line of breakfast-inspired liquor? The perfect ingredient for any holiday cocktail, Mama Walker's offers a new way to experience all your favourite holiday traditions in one delicious glass.

Ingredients:

- 2 parts - Mama Walker's Blueberry Pancake
- 10 fresh mint leaves
- 1 part - simple syrup
- ½ lime, sliced into wedges
- Club soda
- 6-8 blueberries

Hands-on :

- 1.** Muddle the mint, blueberries, lime wedges and simple syrup in a shaker.
- 2.** Add Mama Walker's Blueberry Pancakes with some ice & shake mixture.
- 3.** Strain into a highball glass with fresh ice.
- 4.** Top with club soda.
- 5.** Garnish with blueberries on a skewer if preferred.
- 6.** Savour this lovely freshener!

Ravipati Sri Visnu
170031116





MY TRIP TO DUBAI



Dubai is one of my dream places. Dubai is known as the business hub of western Asia and is one of the emirates in the UAE. I visited Dubai at the time of the shopping festival season. On the day we landed, we went to the Dubai Miracle Garden which is known as the world's largest natural flower garden. That place is so incredible with so many different flowers and flower decorations of Daisy Duck, Donald Duck, Airbus A380 and Minnie Mouse. That vertical garden was declared as the world's largest vertical garden. The garden there uses re-treated wastewater from the city's municipality. I was overwhelmed by looking at the beauty of that garden.

The next day we went to Dubai Mall, which is the second-largest mall in the world and includes over 1,200 shops. The main attractions are the Dubai aquarium & underwater zoo. That aquarium and zoo contained more than 300 species of marine animals including sharks. The same day, we went to Burj Khalifa, which is the world's tallest building since 2008. We visited the 124th floor of Burj Khalifa, which is the top observatory floor. The top view from there was just amazing. The Burj Khalifa set several world records including the tallest structure ever built, the tallest existing structure, the world's highest restaurant and the world's highest elevator installation. The fountain show at the Dubai mall, which was set on the manmade island and Burj Khalifa Lake was an eye fiesta. It shot water up to 500ft into the air and it was animated with light and music. It was stunning.

The next day we went to Palm Jumeirah

Island which is known for posh apartments and lavish hotels. We travelled through a tunnel which connects the land and the island and reached the luxurious five-star hotel “Atlantis” located at the tip of the Palm Jumeirah. The movie named “Happy New Year” was shot there. When the architecture in that hotel was spellbound. Thereafter we travelled the total Palm Jumeirah by monorail and saw its real beauty.

The next day we visited Abu Dhabi which is the capital of the UAE. There we visited Ferrari World which is an indoor amusement park where we can enjoy roller coaster rides, see the historic Ferrari factory, and go for many thrill rides. Firstly, I went to “Formula Rossa”, which is the world’s fastest roller coaster. I was a bit nervous about the ride but later it turned out to be the most memorable ride in my whole life. Then I went to another ride called “Flying Aces”, which is the world’s tallest non-inverting loop. This time, I was not so nervous since I was too excited after Formula Rossa. Next, I tried “Turbo Track”, which passed through the roof of Ferrari World. That train had both forward seats and backward seats. The real fun comes when we sit in the forwarding seat. Since I am a very big fan of Go-Karting, I couldn't stop myself when I saw the Go-karting section. The race was held between seven people which was a lovely ride. Then I went to see the historic Ferrari factory where we can see the evaluation of Ferrari. Ferrari cars were displayed over there and on the way, we can find people dancing and entertaining the audience.

The next day we went to desert safari. A desert safari is something beyond words and phrases. It was the most memorable day of my trip. When I first reached the desert, I found some people riding bikes in the desert and I wished I could do that too. I was very excited to ride a bike in the desert that made me fight with my dad and finally I got a chance to do that. In the beginning, it was difficult for me to ride, but later on I started to enjoy it. I loved 30 minutes of awesome dune bashing with a powerful SUV. Then, we headed back to the camp area. That was an indelible day for me.

The next day was the final day of my trip. On that day, we visited the Dubai Frame, which is known as the largest frame in the world. It is framed in such a way that from one side we can view modern Dubai and from another side, we can view older parts of the city. The Dubai Frame is 150m height and 95 m wide. We have to travel 150m height by elevator, after reaching the top, we will see the old Dubai gallery, then we will reach a 95m wide glass floor at the top where we can see the old and new Dubai. While walking on the glass floor, I was so thrilled. The experience of walking on the luminous glass was awesome. Later we went shopping to buy gold and stuff that can recall the memories that we had in Dubai.

One thing I noticed was, every place I visited there had unique architecture and its record. Also, one must try Turkish ice cream available there, as the way they offer the ice cream was so unique. To have wonderful experiences, memories and fun, do visit Dubai.

V.Bhavya Sri Kanthi
170031338



When the clouds of sorrow came over
When the shadows of pain took over

When the tears dripped down the lashes
When this heart burned into ashes

I tried to soothe my heart by asking
Oh heart, why do you even fret?
Isn't this what in here you get?

All these haunting silence and fear
Time has shared it with everyone here

A little pain is everyone's story
A little sun is everyone's glory

Your eyes are teary for no reason
Every moment is a fresh season

Why lose these moments and regret?
Oh, heart why do you even fret?



MOHAMMED ABDUL RAHMAN
190031066

I, IN THE FIRE OF LEADERSHIP

"Sergeant T. Mohan Kumar"

I would like to share the beautiful experience of my first national NCC camp. Over 300 cadets from 17 directorates all over the country- Northern states of Punjab and Himachal Pradesh to the Southern tip of Tamil Nadu and from the far corners of North Eastern States to Gujarat in the West participated in the 12-day Advance Leadership Camp organized by the NCC Directorate of GUJARAT, DADRA NAGAR HAVELI, DIU & DAMAN. Our camp was designed with the theme "SSB Screening Capsule" with a dose of SSB Interview pattern in Indian Armed Forces.



Leadership camps improve not only your manners and behavior, but your morale, appearance, and confidence. Since attending Advance Leadership Camp in January, I have noticed a change in my attitude, If I am about to do something I don't want to do, I try to make the best out of it and stay positive.

The journey started on 14th Jan 2020 and, we, the cadets from AP & Telangana directorate gathered at Vijayawada and boarded the Navjeevan Express and headed towards Gujarat. I was quite nervous and curious about how the camp would go. We reached Anand District and were taken to the camp which was at Thamna Educational Trust area at Thamna Village. It was very cool in the north-west decreasing up to 7 degrees but we adjusted for two days to adapt to the climate and used to sit in the sunlight during classes.

Our day started with a roll call in the morning followed by Physical Training. Then lectures were given by GTO, Psychologist, and interview officer on SSB Interview Pattern and Leadership qualities. Many competitions such as Group discussion, Debate and Lecturette between cadets of different NCC directorates of the country were conducted. I participated in many, one being the literature competition. The topic I chose was "why can't we say India is a developed country". In front of me were 300 cadets, the ADG Major General Roy Joseph, Group Commandeer Brigadier R K Gaikwad, the Commanding Officer Colonel Bharath Dabral, Subedar Major Thapa Para Special force Commando, A.N.Os, and other PI staff. And yes! I gave the lecture confidently without any fear. A big round of applause in that huge hall still echoes in my ear. I was proud of myself.

lecture confidently without any fear. A big round of applause in that huge hall still echoes in my ear. I was proud of myself.

We were taken for sight-seeing to Thamna Village (Best Village of India). We interacted with farmers, what are the crops they use to cultivate, no. of crops per year & how the govt supports the farmers. I enjoyed explaining our culture and rituals to cadets of other states. Since we were in NCC uniform, as we walked through the streets, the local people looked at us curi-

ously and tiny kids came running to say “hi!” and shake hands and greeted us. It felt like... we were kind of celebrities.



On the last day of the camp “Bada Khana ” (variety of dishes) was arranged. I was happy that the camp went successfully at the same time, sad because we lived together like a family all those days and maybe we would part soon. We took many selfies and the night before we left, there was a disco night. And everyone there, regardless of culture, religion, or region they came from were holding hands together and screaming with joy at the sight of beautiful light patterns in the dark sky. It was the moment to say Goodbye! I loved the camp life and I will miss it and the people.

This camp taught me discipline, to accept people the way they are, infused courage and strength, motivated me to do something for my motherland, and respect her and ultimately it made me a better person. I saw a Mini India in a short span. As I returned, I took a very big suitcase of memories, lessons, new friends, and the challenge to develop myself. Recently my 3 years of NCC turn (2017–2020) was completed. I'm very proud of myself. But I'm missing those days.

**“But once a Cadet will always be a cadet,
I am a cadet.”**



TELUKUTI MOHAN KUMAR
170050125 – III

I request all the readers to bear in mind that the following articles are a take on life from two completely different perspectives. If one of them states the brighter side of life, the other is completely different. When you read through them, you might find that every line in one of them has a perfectly contradictory statement in the other. Not everyone has analogous thoughts. If one is really optimistic then the other is completely pessimistic. I hope the articles make you think.

GIVE LIFE A SECOND CHANCE



To all the people who think that suicide is the only solution, to solve all problems, I strongly say it's not! It just means that you aren't strong enough to fight and simply choose to quit, without knowing the purpose of your life. Even I had once kept the knife on my wrist just to escape from all my problems. But you know what, life is a god's gift. Let us enjoy that to the fullest. It was like a treasure hunt; if you have the urge to have it, whatever route you choose, you will end up with your treasure. Simply, where there is good, there is bad and where there are hardships, there is happiness beyond. But it just needs some time and patience to handle the hardships and that defines a man. Truly, isn't there anyone in this world who doesn't have problems? Who doesn't want to live anymore? who lost hope in life? But everyone chooses to live rather than die naively. Because everyone believes that maybe something good was waiting for them. Life is just a piece of poetry, if you don't like a line, you can erase and rewrite again. Life is simple but isn't easy. Whatever obstacles occur, just fight on! It makes life easier. The level of hardship just depends on the level to which a person can bear; I'm not saying that you deserve it, but I'm saying that you can handle it. I know you aren't that weak to end it this way, I know you are much stronger than me, I know you can fight for what you want, I know you won't give up that easily; because you are a HUMAN. Life is like a journey in which we ourselves choose the path which we cherish, so we must choose wisely. This life, just RECREATE it! Before ending up like this, just rethink about your well-wishers, your friends, your parents; they gave birth to you to see you grow, see you happy. At this second, REBORN. Forget everything that made you worry. Forget everything that made you cry. Forget everything that has caused you to take this decision. Forget the pain you had. I know this isn't easy, yet it isn't impossible too. You can if you want to.

JUST GIVE LIFE A SECOND CHANCE....!

LET'S MEET AGAIN!

To all the people who say suicide is not the answer, then what is? You say that we are not strong enough to fight, you label us as quitters. But do you know how much courage it takes to stand at the edge of the cliff? We muster up the courage to cover the pain, the fear, the confusion. You say, "Yeah, I've been there, wanting to end my life but then I've found purpose"; well, I didn't. Life is god's gift, right! Then why did he put it inside a million boxes covered by thousands of layers of wrapping paper and hung it by an iron chain on an endlessly moving cloud? Living doesn't just mean being alive. Living means feeling, expressing, having emotion. Just because you are alive doesn't mean you are living. Life is like a treasure hunt? Whatever route you take, you will end up having your treasure? Can't you see I'm lost? All the paths covered by fog, not able to intimate where they even start. It is true that where there is bad, there is good. But it's not that simple. Bad always suppresses the good; forcing it deep into the corner of the dark basement where light couldn't reach. "With time, everything will get better" is what people say, but how much time? Time waits for no man and even patience has its limits. Does this define a man? Murderous And Notorious- that's the definition of MAN. True, Everyone in this world has problems; who doesn't want to live? Who said we lost hope? We lost hope in ourselves but not in you... we wait on the tip of the bridge for someone to pull us down. We stand at the bathroom sink with a half-filled pill bottle rather than full. Placing knife an inch lower on our wrists and standing on a chair with a rope around our neck and door unlocked and a smidge open waiting, just waiting for someone to save us. Yeah, life is a poem that we can erase and rewrite. But as time passes, the the pencil in our hand becomes a pen. As I said, time waits for none. When life is a piece of paper and when we started to write carefully, then...that one person, they come with a red pen and scribble, what can I do? I only have one paper...only one life. You knew I wasn't that weak to end it this way, and I knew you would expect; expect me to do these things but I couldn't reach your expectations. Why? Because I'm only a human. No one chooses their own path. Good or bad, everyone is influenced by someone somehow. This isn't just a piece of paper. As I stepped up onto the ledge, I think of my life, my parents, my friends, my well-wishers, but where are they now? Where are they when I'm down telling me that it's nothing but a phase that goes off? You ask me to forget, so I will, I'll forget myself, I'll forget the love I once had, I'll forget how to feel, to love, to live. Suffocated by my two hands, I want to be protected, I don't want to die, I want to live. But this decision, it was definitely not easy. Just give life a second chance? Delete and start a new page? Instead of forgetting the past, burn it & begin again. Let's meet again,

ANOTHER TIME, ANOTHER LIFE.

Hema Sanga
190030593





Diary Entry

Dear diary,

I don't know where to start but this might be my last entry. It's been really stressful and depressing for a couple of months now. It's not only about stress and the huge workload that's been put upon me at my workplace, but my social life has been miserable too. It's like no one wants to be with me. I wish I had someone to talk to, someone who would listen to my problems and give me a proper solution for my bleakness. There were times when I thought I could maybe use a proper counseling session to talk to an expert. But every time I think of this another thought hits me, "WHAT WILL THE SOCIETY THINK ????" I am not mad or some kind of psycho, but I only wish I had someone to talk to in this difficult situation. But I cannot get over the fact that people will judge me if I start taking help. I honestly might've lost hope in life. But there is no one I could share this with in such a difficult time. Now I feel like my life can never be better and I lost the last bit of HOPE that I ever had...

Dear diary,

Something extraordinary had happened to me since my last entry. LIFE IS NOT ALWAYS AS BAD AS YOU THINK IT IS. Yes, I had a lot of stress at my workplace but maybe that's because my manager thinks that I can do better than the rest of the employees. And I have spoken to my manager about this. He agreed to reduce my workload. My social life has been great as well. All my friends are just busy with their own lives and I had just been overthinking about them not being there for me. I eventually spoke to them and everything is normal now. I know there has been a lot of difference since I last wrote about my life. All the credits go to my counselor. If I had thought about society back then, I would've been depressed for the rest of my life. At the end of the day, it's my life and I need to take things into my own hands. Society can say a million different things, every time I do something so I need to stop caring about the society and take proper help whenever I think it's necessary. And yes, a few visits to the counselor did not change the way I live but it gave me immense confidence to take problems into my own hands. Now I live my life exactly the way I had imagined to live. THERE IS ALWAYS HOPE.

Biggest lessons I've learned after going to the counselor:-

Pain is temporary, it may last for a minute or a year but eventually, it will subside. If I stay silent, however, it will last forever. Depression is not always crying endlessly in dark rooms, depression can be getting up, going to work with a smiling face and doing all the things you're supposed to do all the while feeling empty inside. And if you're feeling any of this, don't step back to take HELP from your loved ones. I've learned my lesson, "**Never lose HOPE**".

Hari Krishnan
190030591



Regenerate Your

Mental Health

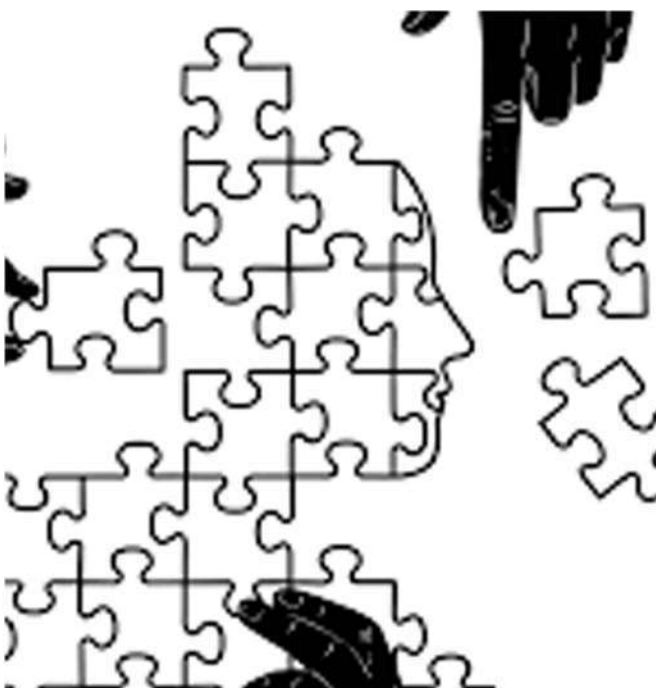
The most important asset for a human-being is to have good mental health. It neither depends upon the common sense of the person nor on his age. It is those uncontrollable emotions and thoughts that keep running in the mind all through the day and night. All of us have one or the other problems coming up at every phase of life, but cheerful are those who face them with strength & self-confidence.

Mental health might seem like a deficiency in most people nowadays. Most of the teenagers feel low about themselves in one or the other situations. There may be various reasons like responsibilities, relationships, expectations, and more. But if we are not mentally strong enough, we could end up gaining nothing for ourselves or our beloved ones. Losing love, doing an unsatisfied job, not getting attention from others, all these hurt. But it hurts more when it slowly leads to mental illness and losing self-confi-

dence. It eventually makes a person lose interest in their life which is great for no one.

Speaking of mental health, I want to share with you a story of a life warrior.

I came across this inspirational story on the Instagram page of "Official Humans of Bombay". Harsha Vardhan, a 21-year-old, was diagnosed with lymphatic cancer. He was an extremely active guy. Just as he returned from his Goa trip with his friends, he was diagnosed with the disease. His mom and dad were devastated when they found out, and he was hospitalized immediately. The fear of missing college, bunking classes with friends, not having his favourite food and lots of other fun happening around him, hit him hard. However, his friends and family were extremely supportive and showed him the utmost attention and care. Besides, Harsha had to be strong for them. Without losing hope, he fought with the disease. Talking to his friends over the phone and watching web series gave him happiness. He discovered his skills at baking. He even found out new ways to keep himself occupied and happy. When he was in the hospital for his chemotherapy sessions, he made his fellow patients feel a little happier with his positive words. He is still fighting his battle with cancer and these were his words, "I see this just as the world's worst gap year, but there's a lot of life to look forward to and I can't wait to bang a party and have a drink once I am clear". He is a real inspiration.





I just wanted to say one thing, there are medicines and treatments for physical health and fitness. But your mental health depends on how you choose to be. Stay positive and be happy for any reason. Life has its positive sides too, you just need to give it some time to show up!

You can be doing well in your academics or job or you may be jobless or a slow learner. You might be earning a handful of money or insufficient money, but still crying at night helplessly. This is serious and we need to take our mental health into our control, keep our body and mind healthy. The most effective solution is to talk to people, socialize, and feel free to ask for help. After all, life is about dealing with and living with people. Spend time with people as well as yourself. Explore yourself and build your strengths. Live for you, my friend!



Ravinuthala Sai Nikhila
160031175

Sample Counselling Session



Background: Committing to attendance at personal therapy sessions is frequently either mandated or encouraged in many different types of therapeutic training across allied health, psychotherapy, social work and counselling. The small number of published accounts have indicated that student experiences of personal therapy can be mixed.

Methods: The project examined contemporary interview-based research about the student experience of personal therapy during training using Critical Interpretive Synthesis method. Ten papers were found which met the search criteria. The papers included a total of 89 participants (75 F).

Results: The results comprised 12 themes derived from 89 meaning units gleaned from student experiences presented in the research studies. These were used to inform a synthesizing statement here truncated as follows:

Conclusions: Attending personal therapy during training is not a straightforward process for all students. Course leaders and trainers need to be mindful of the possibility that students will struggle with the personal therapy requirement. Course and professional bodies should regularly review personal therapy requirements, being clear about the aims remaining attuned to the student experience.

Keywords: Meta-analysis, trainee therapy student experience, critical interpretive synthesis, personal therapy, counselling training and education

Here is an example of a problem that requires counselling: A teacher has asked a community health worker to talk to one of his students. The teacher tells the community health worker several things about the student. He is seventeen years old. He is intelligent but lately has missed a lot of time from school. He always seems tired. This is the student's final year, and the teacher is worried that he may not pass his exams.

The discussion that follows shows what the community health worker might do in this situation. Pay careful attention to what he says. Note that he asks general questions to start the boy talking freely. He greets the boy & tries to build up a good relationship. He listens carefully to all that the boy says. No advice is given until the community health worker has heard the whole story behind the boy's problem.

Also, the community health worker encourages the boy to think carefully about the problem so that he can understand the cause better and come up with some possible solutions for himself. Remember that people are more committed to solving their problems if they participate in developing the solutions.

Health worker: Good morning. I hope everything is going well with you & your parents.

Boy: Thank you. Everyone is all right except that Mother has some back trouble.

Health worker: I believe that this is your last year at school. How are your studies coming along?

Boy: Well, I usually do fine at school, but you know the last year is always difficult.

Health worker: Have you been healthy so far this year?

Boy: Actually, I've been feeling a bit weak and get these headaches. I thought it was probably malaria, but I am not sure.

Health worker: Malaria is bad at this time of year. Did you take any medicine for it?

Boy: I've taken the full course of chloroquine tablets about three times so far, but I never seem to get completely well.

Health worker: The tablets are necessary, but medicine alone cannot solve all our problems. Are you eating well?

Boy: I think so.

Health worker: Tell me, what have you been taking for your meals the past few days?

Boy: My mother always tells us to have a good breakfast, so I make big bowls of cereal for myself and my brothers. Then, too, I always try to buy fruit.

Health worker: You are saying that you do some cooking and shopping?

Boy: These jobs are necessary. A few years ago my mother hurt her back. Now it is giving her a lot of trouble. The doctor says she is getting older and there is not much more that can be done. They give her pain-relievers, but the doctor told all of us children to try to help our mother in any way possible. Since I am the oldest, most of the responsibility falls on me.

Health worker: What other chores do you have?

Boy: I help prepare the evening meal too. I get the smaller children to clean the house, but I have to watch them to see that they do it well.

Health worker: With all this work, when do you find time to study?

Boy: That is a problem. It is really hard to do any serious studying until the chores are done and the younger children have settled down for the night. Then I read for as many hours as possible, or until I just fall asleep at the table.

Health worker: Where do you actually study?

Boy: As you know, we only have two rooms to live in. One is my parents' bedroom. The other is used for sitting and eating in, and as the children's bedroom. That's why I can't concentrate on my studies until the younger ones are asleep. I even try not to turn the lamp up too bright so they won't wake and disturb me.

Health worker: I can see that things are difficult for you just now. From what you have said, you are under a lot of stress. I realize that you have duties you must carry out for your family, but I think all this extra work and reading late at night in a poor light have contributed to your feeling of weakness and your headaches. Does this sound reasonable to you?

Boy: I guess I never thought about it like that before, but it does make sense. I am worried, however. As you said, I do have to do my chores at home. How can I deal with this problem?

Health worker: First, what do you really want to achieve?

Boy: I want to pass my exams this year, so I probably need to study more.

Health worker: And to be able to study more you have to be strong and rested.

Boy: That's true, so I also have to figure out how to get more rest.

Health worker: Let us think about when you might find more time to study. You say you prepare the evening meal and do some shopping. What do you do between the time you leave school and the time you start preparing the meal?

Boy: Usually, after school I walk to the market to pick up the few things I may need for the evening meal. There I meet some friends and we talk and play games for a while. Then when I see the sun is going down, I go home to start the meal.

Health worker: Playing is necessary to keep your body fit, but do you think it might be possible to spare some time after school a couple of days a week to do a little reading? Reading in daylight would be better on your eyes than reading by a dim lamp at night.



Boy: That makes sense. I really like playing with my friends, though.

Health worker: I am not saying that you should stop playing, because playing helps keep you fit. But you do have to think about what is most important to you. You do seem worried about your schoolwork. You must decide for yourself what sacrifice you are ready to ma-

-ke for the sake of your studies. Right now you are sacrificing your health.

Boy: I never thought of it that way, but you are right, I do value my studies and, if I am not in good health, I cannot do well in school. I am sure I could stay after school an extra hour and read at my desk there. No one would disturb me then, and even the teachers might still be around. They could help me with any questions I had. My friends would not miss me for only one hour, so I could join them later. I hope they will not make fun of me for wanting to remain at school.

Health worker: Do your friends understand the problems you have at home?

Boy: Of course, they always stop by the house at the weekend to say "hello" to my mother & ask how she is. I guess they would understand and not make fun of me.

Health worker: Now about weekends. Can you arrange a time to study then?

Boy: Saturday morning is usually taken up with chores. And after that, the house is never quiet. The younger children are always running in and out and then there are visitors.

Health worker: Do you have to stay at home to study?

Boy: Maybe I could see if some of the classrooms at the school are open, or I could even go out to my father's farm. It is always quiet there. I could take some snacks and sit under those big shady trees.

Health worker: It's good that you are able to think of so many solutions to this problem. The teacher was right. You are a bright boy. Now I'm interested to know about your younger brothers. How old are they?

Boy: The next younger is thirteen, and then there are the twins aged nine.

Health worker: The one who is thirteen -is he also doing well at school?

Boy: He tries very hard. His grades have been almost as good as mine. He could probably do better.

Health worker: How old were you when your mother's back trouble began?

Boy: About fourteen.

Health worker: And you had to start doing all those chores from that age?

Boy: Yes.

Health worker: I was just thinking that if your brother is also a bright boy, and since he is nearly fourteen, maybe he could also start taking on more responsibility in the home. What do you think about this?

Boy: I have always thought of him as being very young, but, if I could handle the chores at his age, I am sure he could manage too. Maybe we could take turns with the cooking and other jobs. That would be another way for me to get more rest and more time to study.

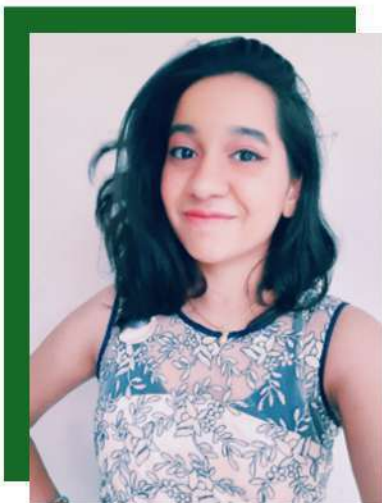
Health worker: With all the ideas you have mentioned, I am sure you will have no more trouble with your studies, but please feel free to come to me again if you or any other member of your family has problems. Now,

before you leave, please remind me of the things you are going to do to solve your problems. It will help us to make sure that we have forgotten nothing and that we are satisfied with what we have decided.

Boy: First I need to get more rest and find better times for study. I will stay after school for about an hour so I can read in the daylight. Then on weekends, I will go to the farm to read. At home, I will get my younger brother to take turns with me in doing the cooking and other chores.

Health worker: Thank you. That's very good. Now give my regards to your parents.

Boy: I will. Thank you for your help. Goodbye.



MANASWINI C
170010014



ANAND S
170040031

ASK, LISTEN & CARE

Ali

Ali, 21, was ready to take on the world. This was his first big audition with a famous music production company. His hands shook as he walked with his guitar case through the unfamiliar streets of Boston. He was beyond thrilled but at the same time nervous about what might possibly be "his big break". He went into the recording studio, stood before the top-notch music producers and did his best even though he knew that he had pretty good competition. He was glad it all went according to plan but his hands began to sweat again in nervousness. What if he didn't do his best? What if his best wasn't enough? He was told that they would inform him about whether he was selected or not later that week. He was walking out of the room when he felt the noise of the city getting louder. "Not now", he muttered under his breath. There was a rush of color to his face he could feel his breath shorten. "Please", he pleaded himself softly as fear crept into his heart. He fell onto his knees and felt the cold streets of Boston. Feeling breathless and dizzy he started sobbing helplessly in the middle of the street, his guitar case forgotten. Taste of metal on his tongue, ringing ears, he felt as though he was slowly sinking into depths of darkness. People were giving him looks, as he wrapped his arms around his body and sobbed trying to catch his breath. These things happened to him. But why today of all the days? Why now? Why him? Why at all?

If you ever experience this, please do the following: (might prove to be useful)

1. Breathe for 4 seconds Hold your breath for 7 seconds
2. Exhale for 8 seconds
3. Repeat once or twice or more, until you feel better.

Aurelia

Aurelia, 16, was excited about the summer dance program. She was on pins and needles waiting for the SDP to begin. In a day, Aurelia and her friend Shiya would be off to the dance program in New York and she would be in her world and do what she does best- Dancing her heart off.

One week into the dance program, Aurelia couldn't help but notice that everyone attending the program had such creative moves and were flexible too with an excellent sense of balance. She felt clumsy, untalented and unattractive. She thought she knew how to dance but perhaps she was wrong? Miss Mary said she should do more fitness exercises to gain more stamina, but Shiya said pointed out to her,

"She didn't want to directly say you were fat, that's why she says "Stamina" &"fitness"instead."

"Oh."



That night she thought it would be best if she stayed off food, she thought there would be no harm in losing a couple of pounds. The next few days the dance program proved to be intense as they learned new techniques but day after day Aurelia faded away, her mind constantly kept saying, "Just not thin enough." And she agreed.



Some days people made fun of her, but she couldn't explain why she didn't want to eat, so she ate, but she went to the washroom stall and puked until she felt lighter. Again & Again. The voice in her head kept getting stronger as she grew weaker.

Telling someone to "Just eat" or "Stop eating" seems easy enough. But do you think they haven't thought of it? Do you think that they want their bones to show instead of their happiness? Do you think they don't want to be full of life?

Arya

Arya, 29, is a photographer, many people close to him have told him on multiple occasions how amazing his photography is. But many people also laughed at Arya and called him "Obsessive" or "Germophobe" or some other colorful word. He just let them believe whatever they wanted because it was just simpler that way. But the truth was that he was scared to go out every day because he was afraid that the air outside would have "poisonous fumes". After getting back from his daily sessions of photography, he washed his hands with boiling water and used about 10L of soap a day. His friend, Ayesha, who came to visit him straight up laughed at him when he opened up about his thoughts on poisonous fumes. Every day before leaving his apartment he checked his cupboard handles thrice and opened and closed his door thrice. Arya felt as though he was at war with himself, one saying- "You should pick up that piece of rock." And the other saying "No, that's not necessary" "Better pick it up or something terrible might happen." He was leading a life lost in his thoughts and photography was his only solace. Sometimes he just wished that someone would stop him and say, "It's okay. Stop. It's all right now."

Don't assume even for a second that Ali, Aurelia or Arya are weak in any way because it takes courage to wake up every day knowing that they are different and the world has labelled them "Crazy" or "Insane" and still withstand what they are going through.

Noticed any similarities in any of these stories? No, Not that their names start with A, or that their professions are Arts or they are all relatively young but that they are normal people living their lives and facing mental issues. But what we all tend to forget is that we all are more than our illness. We are people. Stereotypes and stigmas are preventing us from opening up and finding help. It might be your story, or yours friends, or anyone you know. Remember not to judge. It's time to not only talk about mental health but also ask, listen and care about it too.



A.Manogna
170031532

SOCIAL MEDIA

SHOULD WE TAKE IT SERIOUSLY?

Social Envy and our Mental health

“Don’t compare your behind the scenes with somebody else’s highlight reel”

We have all experienced it. The day has started great. You wake up with a good 8 hours of sleep, your hair feels perfect, had a delicious and heavy breakfast, you are in your best mood, and then, you pick up your phone, log in to your Social media, and BOOM! You come across people sharing their #vacaymode, #foodstagram, #couplegoals, #ootd, #nofilter and all. Suddenly, your good hair day is no more good, that delicious breakfast, those blissful 8 long hours of sleep is all lost in envy. And now, the only thing you do is pity yourself and sob your heart out saying, “My Life Sucks!”.

Relatable? Yeah.

I am sure, even your DM is filled with “Damn!! She has such clear skin...wish I had such skin”, “Her body dude, look at that shape... so perfect!..wish I had it”, “She is always traveling. What a wonderful life she has...Wish I lived the same”. In this whole process, we often ignore the beauty of our life, the good happening to us. We burn our blood envying someone’s luck, life, possessions, qualities, and stuff, that someone who doesn’t even bother our existence. Getting stuck in a cycle of envy is just the best way of ruining your life and happiness.

The other day, I was aimlessly scrolling my feed wondering why I was not served my breakfast in a swimming pool. Sounds foolish, but yeah! I spent hours comparing my boring Poha as breakfast to those of the unrealistic posts by those so-called influencers. They show you what they want you to see—a highly edited, polished up version of their life.

“Mantra of an Instagram Influencer: **FAKE IT TILL YOU MAKE IT**”



Let’s come to reality. The things that no one tells you. Behind that one perfect Instagram photo, there are hundreds of photos in the recycle bin. That perfect skin has layers of makeup. That #nofilter picture has countless edits. His one step towards success probably had ten steps of failures that he climbed, and you need to



accept the fact that no one posts their faults on Instagram. Ask them if that appetizing food was as delicious as it looked. Most probably, Not. It's in our nature to compare ourselves with others. The ability to weigh one situation up against another helps us make decisions and live our lives productively. So, the next time you are about to spoil your day, just ask yourself, "Do you need to have what they have?" In my case, NO! I would never really need to have my breakfast in a pool.

"Don't let the internet rush you, No one is posting their failures"

Social Media is wonderful. But when you start questioning your ambitions and goals and comparing your life choices to others based on something as silly as a photo upload or status update, it's time for you to realize that you are ruining your mental peace. Now, what you have to do is, put your phone down, take a deep breath, and live your life for yourself. Do what makes you happy. Dance, eat, hang out with your friends, spend some quality time with your family, learn something new every day. At the end of the day, what matters is your happiness in living your life to the fullest. If you aren't satisfied with it, work for it. Make it happen.



Ananya Mehta
190520002

Oops, I Didn't know



- ✔ One in five Americans have had some form of mental illness, and one in 25 have had a serious mental illness, such as bipolar disorder or schizophrenia.
- ✔ Suicide accounts for over 800,000 deaths worldwide each year, with over 41,000 in the United States alone. It is the second leading cause of death in the world among young people between the ages of 15 and 29.
- ✔ Vitamin B6 can increase your dream recall and intensity.
- ✔ People between ages of 18 and 33 are most stressed in the world. After the age of 33 stress levels tend to reduce.
- ✔ People who oversleep tend to crave more sleep.
- ✔ Feeling ignored causes the same chemical effect as that of an injury.
- ✔ When you try to remember a past event, you're actually remembering the last time you remembered it rather than of an injury.
- ✔ 70% of the time your brain only replays memories and creates scenarios of perfect moments.
- ✔ The average high school brain school kid today shows the same level of anxiety as the average psychiatric patient in the 1950s.
- ✔ Around 80% of people use music as an escape from all the negative things in life.

- ☑ No one born blind has ever developed Schizophrenia.
- ☑ Your brain generates about 12-25 watts of electricity. This is enough to power a low wattage LED light bulb.
- ☑ It's scientifically proven that even a small dose of power changes how a person's brain operates and diminishes empathy.
- ☑ Brain surgery can be performed while the patient is awake with no pain or discomfort. The brain has no pain receptors and feels no pain.
- ☑ There are about 100 billion neurons in a human brain, which is about the same as the number of stars in the Milky Way galaxy.
- ☑ Feeling tired? : Go ahead and yawn. Yawning cools down the brain, research suggests. Sleep deprivation raises brain temperature.
- ☑ Our brain usually chooses the first option on lists. Studies show when people are presented with a list of options they are most likely to pick whatever is first. The same is shown to hold true for voting.
- ☑ There is 2,500,000 gigabytes of storage space in your brain. The top-of-the-line iPhone 7 has 256.
- ☑ The most common mental illnesses are anxiety and depression.
- ☑ Your head contains 22 bones.
- ☑ Military dogs have been known to suffer from PTSD.
- ☑ Animals living in a wide variety of environments, including the wild, have lost sleep due to anxiety, distress, pain, or other kinds of uneasiness. To deal with their insomnia, these animals often pace, cry or whimper, or even hide in tight places.
- ☑ Sleep deprivation will kill you more quickly than food deprivation.
- ☑ Those who are born blind experience dreams involving things such as emotion, sound and smell rather than sight.



G .Sai Chinmayi
190030468

MENTAL HEALTH

The Earth has Sun and Moon, likewise, we have two major parts of our life which are 'Expectations' and 'Reality'. No one is going to disturb our mental health except us, & it's only 'us'. It happens when we mentally declare a war between our expectations and reality. We wish expectations to win & reality ruins our thoughts. Our expectations and imagination take us to that extent that we get confused about whether we are in real-world or another realm. It's ok if you think the world betrayed you but remember it is behind you, cause a king or a queen is never born, he or she is made. And always remember that our past self is our toughest competition and not others. Our life is based on how we conquer the gap between expectations and reality. Changing the perspective and bringing the positive vibes in our thoughts is like providing a proper diet and regular exercise to our body. Mental depression is one of the most common things these days, as real things are getting eliminated and fake things are getting postulated.

Emotional breakdown is one of the biggest aspects which is interlinked with expectations and reality, but still, it's another chapter again. This is the dark phase where we lose all our superpowers and hope. This is the time we struggle to live. Confused thoughts and puzzled minds kill us. We get bullied, get ignored. People take wrong decisions out of pain. Now all we have in front of us is our failure and here we feel like we are behind the world, we underestimate ourselves and ruin our passion, dreams and goals. This causes immense damage to our health, sometimes it even goes to the extent of a mental disorder. Not only mentally but we hurt ourselves physically too and finally we suffer from depression. Sometimes it takes years to get out of this and this is the phase where our love turns into hate and our heart turns into a stone.

We are never going to know the real magic of sweet until we taste sour. It's ok, turn all your depression and failures into lessons and build your own library. Let's learn the alphabet of life again, let's build our sentences and create a new vocabulary of the world, the struggle we face today will be the strength to the success we gain tomorrow. Never give up, if we survive all this depression alone, mentally we are going to be the strongest being ever. Be bold enough to face problems cause we have a library of our own to refer for a solution. Let the pain flow out of your heart, take a break from this world and bounce back with dynamic energy again.

All we can do is stay calm and let the world judge us as it doesn't bother us a lot cause we were born to our parents but not to society. We can live free in this world cause we need not buy freedom and it's all ours. At last, who can get us out of this is ourselves again. All we have to do is just look at the things in the right way and be honest and kind to ourselves and then just wait for the world to respect us.

K Sai Siva
190030766



stay physically strong, mental strength requires ongoing exercise & practice.

6

Myth:

Young people just go through ups & downs as a part of puberty- its nothing.

Fact:

1 in 8 people will experience a mental health problem.

7

Myth:

Therapy and self help are a waste of time. Why bother when you can just take a pill?

Fact:

Treatment for mental health problems varies depending on the individual and could include medication, therapy or both. Many individuals work with a support system during the healing and the recovery process.

8

Myth:

If I have a mental illness, it is a sign of weakness- it's my fault.

Fact:

Mental illness is not anyone's fault, anymore than heart disease or diabetes is a person's fault.

9

Myth:

Mentally tough people never fail.

Fact:

Failure is essential to building mental toughness. If you never experience failure, you may never have the chance to learn and grow from it. Mentally tough people fail as well but they're just not afraid of failure.

10

Myth:

Having a mental illness means you're "Crazy".

Fact:

It's plain and simple, having a mental illness doesn't mean you're "Crazy". It means you are vulnerable. It means you have an illness with challenging symptoms- the same as someone with an illness like diabetes.



K.Goutami
190020030



Vishnu Makham
170040505

STAY FIRM

Today, the life we are leading in this way is mainly because of two reasons. One is our great freedom FIGHTERS who fought for INDIA and the other is our SOLDIERS who are in the army, fighting and struggling for us. Without these two valiant entities, we would not have been in a way as this.



The freedom we are enjoying, the smiles on our faces and the happiness that we are sharing is all because of them. The freedom fighters of those days stayed firm and did not give up, no matter what kind of situation that has been...! One should always be bold to face the problem and be brave to handle the situation.

Today, many soldiers are staying far from their family and staying firm in the border of our country INDIA, only because they need all the citizens of India to be safe and secure. They fight the enemies who try to attack our country and they also stay like a pillar which has a strong base. Though they are far from family, they always stay STRONG.

One should always be strong and firm as these are the days which are unpredictable. Anything can happen at any time. No person is that ready to be with you when you need help. In order to save yourselves from things that lead you to harm, just make sure you can protect yourselves. Also, make sure you always have the safety precautionary material with you wherever you go. Just be physically fit and mentally healthy, so as to make things run in a way better.

HAPPY JOURNEY...!!!

Madhavi Chatragadda
170040138



Throughout my life, I was trapped by boundaries...
But now I've decided, I won't be bound by them any more...

This is my strong desire.

Half of the words disappeared on their way to my lips because inside, I was dead silent.

Why was I hiding behind this centuries-old scarf of shame and hopelessness?

I'm not a deity, don't ask me who I am.

I too am bundled with imperfections.

I have fought with the world to tear down all boundaries and now..

I'm free and I'm here, without any fear.

I was stifling inside a closed space, with an exhale surviving just in the throats of my breath.

For centuries the door to my wishes was closed.

Throw them open wide, & you'll hear echoes of all my voices.

My voices! My voices!

We all have our own voices!!!

And this is mine! And it is mine!

CH.ANUHYA
160040171.



Let's Break the Programming Myths!

Hey readers! I am N Vignan Uday Chand Chowdary and I am very passionate about programming. Today I am here to break some of the myths about programming that I have seen in many of the students that I have helped in learning. Let's dive into the topic. Many programming myths lead someone not even to put a try in it.

Let's break them today and make programming fun.

Myth 1: Good Coders work Long Hours.

Working for longer hours doesn't always make a good programmer. Coders have a habit of thinking about an Algorithm to solve a problem even when they are not on that work. Ideas can be framed at any point in time. Some may get them late nights, very next moment they encounter a problem and may take days. This just projects that they are working for longer hours but it's a myth. They do spend time to play, entertain themselves, spend time with family but all they do is just remember that they had a problem to solve which may get the solution at any point of time in their works.

Myth 2: Great Coders write code without bugs.

This according to me is the biggest myth. Good Programmers also write codes with many bugs in it, they make mistakes, they get errors. But debugging is the skill that differs good programmers from others. When these people encounter some bugs or errors in the code they go through the errors, figure out why such errors occur, trace their algorithm to find which part of their algorithm is giving such errors. So, they put the time in learning to resolve the errors also. That learning adds them a skill of debugging.

Myth 3: Great Coders write the fastest code

Fastest code can be written by any man having a good typing skill. That doesn't require a man to be a good Programmer. But one can be called a Good Programmer where he can build an algorithm faster for a problem. A good Programmer comes out when he can differentiate between a naïve solution, an average solution, and the optimized solution. He doesn't always know how to make an algo-



-rithm can be modified to make his algorithm a better version of itself. So, Great Coders build algorithms faster but not always write code faster.

Myth 4: Good Code is always "Simpler".

This myth always reminds me of 2 programming techniques that can prove that this statement is a myth. 'Recursion' and 'Dynamic Programming' are the 2 techniques that help us understand this. Any algorithm that needs to do a repetitive task can be done using recursion, but this makes an algorithm go exponential in its run time. Whereas the same problem when we find some relation between different parts of the work can be solved using Dynamic Programming. To implement this, we need to have observational skills and implementational skills as well as the knowledge of Data Structures sometimes. All together this takes a complicated program, but that complicated program helps in solving the program in polynomial time instead of being exponential.

Myth 5: Programmers are god Gifted.

There may be people who are god gifted but it is not just them who can become good programmers. A real-life story of our INDIAN resident from ANDHRA PRADESH named ANUDEEP NEKKANTI. His story of programming is a huge inspiration to all the people who believe in this myth.

How to Become a Good Programmer?

To become a good programmer, you need

- 1.** To accept the errors in your program and learn how to solve it rather than fear about them.
- 2.** Even the worst code that you write will let you learn, which can be applied to any problem that you may encounter in the future.
- 3.** Don't get tensed seeing huge codes when learning online. They are written to make some work easier. Try to find the core learning of it rather than thinking of the size.
- 4.** Don't be in a rush, manage yourself to have some confidence, time and effort to learn.
- 5.** Don't neglect 'Data Structures' and 'Algorithms' as they may look difficult but once you learn them you find them much interesting.

Finally, Life is not - all easy, struggle sometime and it shows the real taste of success.

Code more – Struggle more - Learn more

**NARISSETTY VIGNAN UDAY
CHAND CHOWDARY
170030900**



TEAM AVIDRUTH

A MEMORY THAT LASTS FOREVER

Have you ever thought of being part of a team filled with all novel things and a convivial atmosphere? Then you should know about our team. We design & fabricate safe, substantial and efficient human-powered vehicles that can serve every day to travel to near destinations. You may start as a new team member at the beginning, but as the time goes on you'll feel a familial bond with the te-



-am. Enhancement of technical knowledge along with being an active team player is one of the best things you'll experience. When you feel like your work is a pleasure, you'll not feel the pressure and work more efficiently.

Our team participated in an event called **“HUMAN POWERED VEHICLE CHALLENGE”** conducted by **“AMERICAN SOCIETY OF MECHANICAL ENGINEERS (ASME)”** in the Asia-Pacific region. This event was conducted for 3 days where you can catch sight of different types of bicycles and trikes of 39 different teams from various colleges.

During the first day of the event, a presentation had to be given about the vehicle which had to be technically sound followed by static and dynamic testing of the vehicle. On the second day, a drag event was conducted in which the vehicles competed one-on-one to be the fastest of all.

The third day of the event was about endurance in which the vehicle's durability was tested in a closed course. Each team will be given a time of 2.5 hrs to make as many laps as possible and the team which makes the most will be on top. We have secured the 10th position in HPVC-Asia Pacific 2018 & 5th position in HPVC-Asia Pacific 2019.

We worked hard for a few months and gave our best to the event. Win or lose, we must learn from our mistakes and become stronger for the next. Every time after the event, we visit the tourist spots in & around the venue of the competition.



DO YOU KNOW?



1. Have you ever heard that our brains weigh 3 pounds!!! which is nothing but 1.3 kg!
2. Have you ever noticed? The things which we want to remember, but sometimes we won't be able to never recall. Simultaneously the things we forcefully want to forget are always in our hearts and mind.
3. Your Imagination Can Physically Affect You. But how???
Here is the reason: The nervous system does not know the difference between imagination or reality unless the brain tells it. When I ask you to imagine someone right now running their nails down a chalkboard, you might shiver. This is your imagination telling your nervous system that it's happening right now.
4. When we are intoxicated memories aren't created.
Nasha mein yaad nahi bante! omg
5. Are you a perfectionist? Then take an honest look at what you are saying to yourself. You will undoubtedly find a repetitive loop playing in your mind that is harsher than you might imagine. Don't kid yourself – this is anger. If you don't want to be a slave to your perfectionist tendencies, then go to the root of the problem and learn to meet your anger with love.
6. Your entire brain is used when you listen to music. It's one of the few activities that does this. Mind Mingling Music.
7. Stress can have negative effects on the body and brain. Research has found that stress can produce a wide range of negative effects on the brain ranging from contributing to mental illness to actually shrinking the volume of the brain. People don't take stress and are happy.
8. Oh! no, we start to forget childhood memories while we're in childhood. Everyone's childhood was amazing!
9. Simulating a genuine smile can boost your mood: Psychologists have found that even if you're in a bad mood, you can instantly lift your spirits by simulating (not fake, but choose to engage in) a genuine smile. Keep smiling.
10. Point to ponder: on average we take 66 days to form a habit (2 months 6 day).



M. Krishna Vamsi
190031084

UNSENT LETTERS



Dear,

If there's any springing thought that plunges my world into abysmal gloom, it's your perpetual urge to search your soul. But unfortunately, it's the time that puts you on this train of reluctant poring, an obvious trait going by its lineage of destroying finely-held fortresses with feathery blows. I suppose this journey to the heaven of sky-high and starry ideals was seemingly planned only to your foolishly sparkling self, but hardly to the signs on your forehead. You were aimful, burning with zeal at times, but were rotten in this wild aura of baffling entropy only to see the writing on the wall. For all this you've had, now you're ridiculously tired.

You were righteous by will and kind by heart. But not that sharp and persistent to break the dark clouds looming your sight and hiding your lovely destiny. Just that mattered the most when life wished you hello, showing all the low-spirited complexion on your pale face. A sin, as it turned out to be, has etched a note of venom into your skin, turning you malign on yourself. It has lent you a perspective, of failure, of descent and of life as a whole. But it had already made you a man with eyes, and eyes alone, abating you to the pleasure of spectating and speculating, but not acting.

You might have wanted to peer into the light again, looking through the holes, as I am seeing the old one in you in some shades at dawn. Putting aside the blight, the plight, and all the fright, you might have wished to bring yourself back to life, we've seen you out! But what still rings in my mind is a question, which you might never want to answer. I want to know if you're having the same courage to look into yourself and talk to your heart now, as you had a while ago. I want to know if you're still that nice to yourself as you were back then, bruising any rumbling fire. I want to know the truth behind that silence inside when the sun reminds you of glory and the moon, love.

The pen-pusher in me stayed no more dormant, knowing you finally wanted to take time for yourself. I wish you the best and hope you'd finally embrace yourself, with a beautiful smile. No matter how painful things would now get, I want you to triumph. Even if I get no answers to the questions asked, I wouldn't care. For I care for you, hence this unsent letter, sealed with red glue, enveloped with an unconditional warmth. If there's one person who can always take anything from you without a concern, nor remorse later, it has to be me. Because we're me and we're you, after all!

Sai Manoj Tekumalla
190031595



Dear Yaari!

I know we haven't spoken for ages but I hope everything is going well with you. I am writing this letter as a reminder that I haven't forgotten you and it's just that we have taken different paths and got busy with our lives.

I want to remind you that I am here for you. Whatever may be the reason, in your happiness and sorrow, loneliness or any situation am here for you. Don't ever step back to reach out to me. If there is something you want to talk about, call me. Something you don't want to speak out with your parents or too embarrassed to speak, reach out to me and pour your heart out. I will try my best to help you.

As a friend, I may be physically far but remember am always there for you. Wishing you all health, mental and physical. Take care mate!

Yours,
A friend.

Vijay Sai Josyula
KL-Alumni



Dear Anonymous,

It was a total blackout. All I remembered when I woke up on the hospital bed, was your voice & your touch. "Hey, are you alright? Oh my god, there's so much blood!"

These sentences played in my head, on repeat. I've been trying to find you, ever since. I asked the staff in the hospital. No one has a clue how you vanished into thin air. The only answer I got was, "He was such a gentleman, he got here right on time. We couldn't have saved you otherwise." That accident changed my life. Oh, how I wish I could send you this letter. I wish I could tell you how thankful I am.

I wonder how you are. You were just like an angel in my life. Someone who had saved me from death itself and just disappeared. I hope you're doing okay.

From
The girl you saved.

K. Goutami
190020030





KL

ESPORTS

After the formation of KL eSports, Students in the club are actively participating in activities, making friends, learning incredibly valuable skills that helped them in and out of the classroom, and are having fun while doing it. It increased the overall participation of students in the university, also gave publicity to the wannabe gamers and university students, Got the University an eSports team to represent themselves in tournaments around the globe. We have already won titles across local tournaments which have led to more publicity of KL University among the gaming community as an esports community-friendly University. Also by inculcating new technologies like Discord, we are also making our students technically sound and implement these technologies in their day to day activities.

KL RADIO

KL Radio is the only digital radio in the whole of India. It is beyond just music because music by itself can be found anywhere. Our main motto is to reach out and interact with thousands of students. We bring them together and encourage them to share experiences and narratives through sound— something you can only get on air.



It enhances various skills of students through various fields like - Radio Jockey, Audio editing, Creative, Public Relations, Broadcasting, Drafting, Graphic designing Technical, E-Publicity, Schedule Management & Marketing.

We provide an opportunity to channelize the voice into something productive and entertaining through being a Radio Jockey, an RJ. It is known that an attractive appearance can command attention only in the vicinity but an impactful voice can cast its spell on thousands and more.

Mesmerising all their adorable voices. KL Radio has more than 40+ RJ's going on air every day.

KL Radio is also a place for social change and activism. When right words touch right cords the sound simply stupefy us. Writing is an incredible skill. It is often underestimated, as a source of power to influence people.

Our Drafting team of fifteen open doors to those who want to choose words as their weapons to bring a change or create awareness about a social cause or a piece of current news. Astounding the people with their amazing writings.

Students here are also bestowed with a



wonderful opportunity to be creative. Being creative means mapping out a thousand different routes to reach one destination. It helps build their confidence and improves brainstorming. Nearly 15 students implement those ideas that are worth acting upon. A team of 20 who belong to the Schedule management plan & schedule the time table for RJ's. This field adds the skill of incorporating & following a routine without a miss.

Audio editing and Technical team fit perfectly into the category of "learning something is not by memorizing as we are taught since elementary school but by diving into it". They are about ten students in the radio who enjoy the facility of implementing the subject they learned. Audio editing in nutshell is editing and manipulating the audio recorded making us move with their groove. And Technical team resolves the technical issues faced by the radio.

More than half a dozen students belonging to the Graphic Designing group work on the posters to create the necessary buzz required for the event. One cannot possibly ignore the bold combination of image and text, making the first impression the best one. Picturising the whole content in a single pic. Everyone does take a double glance automatically at something extraordinary. There are more than a dozen students working every time to take us into the public to make public relations.

The Broadcasting team manages -Radio Learning, an attempt to motivate students through video lectures; and YouTube videos which concentrate majorly on the welfare of the university and the society where the student can relive the moments listening to the lectures.

All our social media accounts are managed collectively by the E-Publicity department, taking us deep into the public socially. They run the marketing campaigns on social media and other digital platforms. Posting catchy contents and engaging the audience with amazing questionnaires. They develop the brand awareness and online reputation.

We also work for many other branch fests by officially supporting them as media partners. We with our exceptional workstyle of teamwork carry out the festive mood into the people 24/7. Not just a single department, we the whole family of radio work together to cross any obstacle.

We not only work to entertain people, we standing on this huge platform even take the responsibility to socially educate people with special programs like "IMPORTANCE OF USING HELMET WHILE DRIVING"; "PRESENT EDUCATION SYSTEM"; "ARTICLE 370"; "PADMAN CHALLENGE" and many more. While socially educating people on the other hand we entertain them with unique concepts and ideologies like "ATTENDANCE KA AATYACHAR"; "TIK-TOK THIKAMAK"; "SUMMER KASTALU"; "THE PUBG SHOW" and many more.

After 2 successful years of KL Radio, A Singapore based company YOUNIFY has collaborated with KL Radio. Younify is a developing social networking site exclusively for the students We, the Radio, work together day & night as a family to give our best to educate, entertain and enjoy with the listeners.



Hello there, Navadheer (170040632) and Jai(170040870) here. This is all about our journey into the field of UI/UX. We are from the dept. of ECE. It all started way back in 2019 Even Sem. Wait, before directly going into our journey, let us give you a sneak-peek of what UI/UX is?

JOURNEY INTO



Explaining in a very simplest form UI, which is short for User Interface, is what makes a visual design look good and attractive. The user interface is any software/hardware than an end-user interacts with, like a mobile app, a website, or any other digital product. It incorporates elements such as graphic design, branding, and interactivity. Whereas UX, short for User Experience,

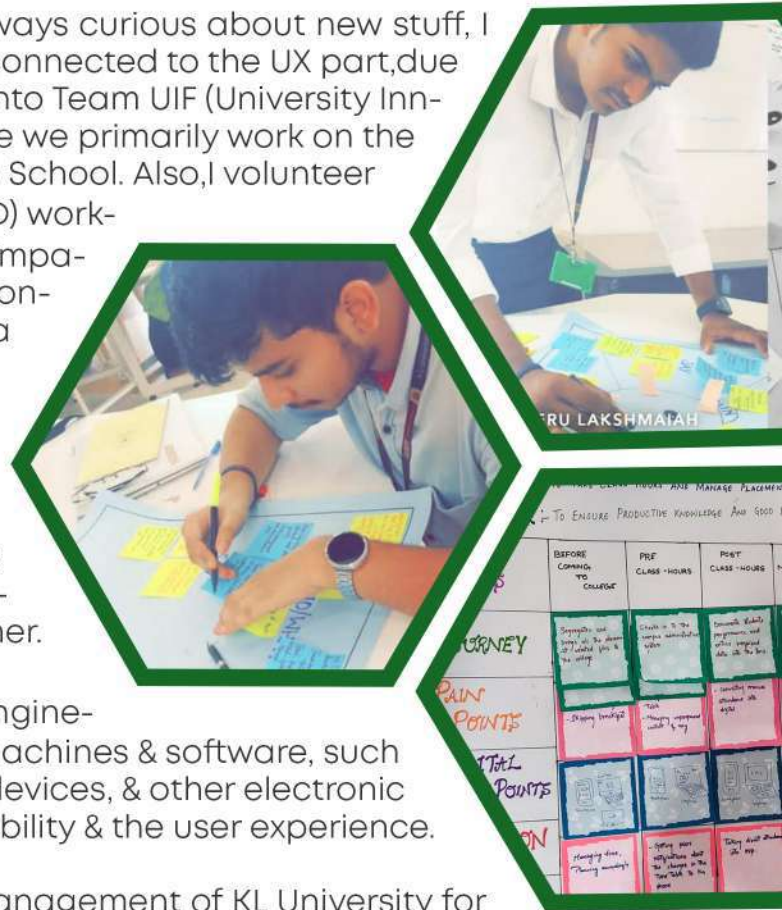
is what makes UI easy to use. It is the experience of the user with a brand/company and its products and services. It can be applied to anything from a casual conversation to all the digital experience in today's market. The most effective UX design is built on research, development, and testing.

Now coming back to the initial days of our journey into UI/UX...

Navadheer: I'm highly fond of and into graphic design since my first year. I took part in many designing works parallel to my regular academics. Once I came across a notification in our university regarding UI/UX Course and firstly I was amazed to know that design exists in engineering too. That's how I registered and got into the UI/UX Course. I'm a UI person, which I'm interested at. The visual design matters a lot for any user. Each perspective varies on a single visual component. Let me tell you this way, for example, let's all assume a tree. Different people think of different outcomes looking at a tree. Looking at a tree, a paper producer thinks of paper, a furniture shop owner thinks of wood, a bird thinks of a nest, a walker in blazing sun thinks of a place to rest, and many more perspectives. Similarly, there are different users with different needs, connecting them to their needs by a single visual design is an exciting and interesting task to do. That's how now I became a UI/UX Designer.

Jai: I've always wanted to explore new content all the time. I took part in many clubs, events, teams parallel to my regular academics. My major consideration is a wide range of experience in different areas. Once Navadheer told me that a new course called UI/UX is being started and asked me to register for it. The term UI/UX

a completely new one for me & as I'm always curious about new stuff, I searched & came to know about it. I felt connected to the UX part, due to a few of my previous experiences. I'm into Team UIF (University Innovation Fellows) in our college then, where we primarily work on the concept of Design Thinking by Stanford D School. Also, I volunteer for an NGO called Make A Difference (MAD) working for children in shelter homes, where Empathy Care are our primary concerns. The concepts of Design Thinking & Empathy play a major role in UX (User Experience) Design. Empathy, not to be confused with Sympathy is about understanding others in their perspective. Design Thinking is a problem-solving process, which is also an understanding process. These interests & experience made me register for this course & that's how I became a UI/UX Designer.



In our final words, UI/UX design or UI/UX engineering is the design of user interfaces for machines & software, such as computers, home appliances, mobile devices, & other electronic devices, with the focus on maximizing usability & the user experience.

We both are extremely thankful for the management of KL University for initiating such a trending and innovative course which connects the personal interests of every student. We are especially thankful to Hari Kiran Vege sir for organizing and providing an opportunity to this UI/UX Course. We are also thankful to Harika Lakshmi mam and all the faculty from IMAGINXP for guiding and mentoring us.

Special thanks to our HOD Dr. Suman Maloji sir and the dept. of ECE for providing us feasible opportunities to get into UI/UX Course.

Finally thanks to all our friends and well-wishers who have been our good support in this journey into UI/UX of ours.



T. Jai Surya Sandeep
170040870



N.V.S. Navadheer
170040632

FESTS

CYNOSURE 2.0
EXPATICA
RAAGA
MAYUKH
MOVIE MAGIC
ARTHOB
ZROTRIYA
YANTRIK
SAMAYAK
#INCLUDE

Cynosure 2.0 is a District level entomb college of Commerce Fest directed by Department of Commerce, KL University. It was conducted on 1st and 2nd November 2019. Cynosure 2.0- a thought, which encapsulates & instills the motto "PLAN-PRE-PARE-PERFORM" in each part of a student's life & arrives at an incredible stature of accomplishment.

It is furnished with a plethora of competitions, both formal and casual to show and unfurl their abilities and aptitudes.

Cynosure is a two-day program both for intermediate UG and PG students. It is worth making a reference to



that there were more than 750 students who effectively took an interest from different universities to participate in various events that were conducted. Generally speaking, it is a fest loaded up with excitement, learning & entertainment.

Some of the formal events include discovery, one-minute please, big fight etc. Informal events were: Mr and Mrs Cynosure 2.0, brainstorm, curiosity, etc.



EXPATICA

Expatica is a National Level Management fest conducted by KL Business School. It is a blend of a wide spectrum of technical and Non-technical events. It is a platform for vibrant young minds to exhibit their skills. motto The motto is **“Lead Explore Adapt Decide”** and it was conducted on 7th and 8th February 2020.



The motive of National level fest Expatica is to encourage talents and skills by providing students a platform for healthy competition among budding managers of our country. Expatica aims to emphasise on everything from creativity to Innovation, planning to strategy and fun to learning through various management activities and competitions.

RAAGA



RAAGA is a National Level Music Competition sorted out by Swara club on 20th February 2020 with the subject, **“THE VOICE OF OUR SOUL... !”** It is a stage for some music wannabes to exhibit their ability in different classifications of music, like Classical (solo), western (solo), bunch singing and band exhibitions. Raaga is empowering vocalists as

well as instrumentalists by leading different percussion and non-percussion instrumental competitions.

The enthusiastic vocalists made one more imprint in the brains of numerous by performing and winning various prizes in various classes of music at different Inter College Music Competitions held in VVIT, RVR and JC college.



MAYUKH-2020

Mayukh-2020 is a forum for similar minds to interact. It was conducted on 2nd and 3rd March 2020 with a goal to provide students a rich, scholastic platform through Teach-Back sessions, Workshops, Guest Lectures, Group Discussions, Technical, Non- Technical and Online Submission events.



And this was the first college fest in collaboration with the BCA(Bachelor of computer applications)& BBA LLB (Bachelor of Law) departments, where both the departments took part to make sure that the events (technical and non-technical) were designed to benefit the departments equally. The motto of the fest was “where ambitions fly” with some of the technical workshops being Interior designing, CIM Laser engraving & 3D printing, Placement Decoded 2.0, etc. Few non-technical events were Spoken word poetry, tie and dye, make-up and skincare, etc.

MOVIE MAGIC -CHALANA CHITRA CLUB

Movie magic is a National Level short film contest in association with the Chalana Chitra club, which was conducted on 25th February 2020. It was an open competition for all students, where short films should be based on 2 domains: Open category, Women protection or environmental protection. The main aim was to generate creative heads who excel in making (create/direct/edit) media (short films, documentaries, posters and publicize) which can enlighten the world as to what is happening or what has to happen. This contest gives opportunity to those who can creatively improvise movie making skills in interested students technically and also their extra-curricular strengths by conducting events, activities and providing chances to apply their knowledge practically in the real world.

NAME OF THE EVENT:
CHIEF GUEST:
EVENT CONDUCTED BY:
CONDUCTED ON:
VENUE:

MOVIE MAGIC
VISWAK SEN NAIDU
CHALANA CHITRA CLUB
25TH FEBRUARY 2020
PEACOCK HALL



HIGHLIGHTS OF THE EVENT

- ✓ Chief guests' motivational speech.
- ✓ Prize distribution for the best short film.
- ✓ Habibullah Khan sir attended and distributed prizes.



ARTHOB

ArthroB is a National Level Youth Fest conducted by the Students of Department of Arts, KLEF, conducted on the 10th & 11th of March 2020. With this fest, we aimed to highlight the theme

“Reclaim and rejuvenate the diversity”, and also engage them in some challenging events that put their knowledge, creativity, spontaneity and literary skills to test. We also aimed to bring awareness to the significance of reviving the environment, art and culture.

Students who registered for this fest have enjoyed each & every event and also acquired significant knowledge about the happenings that concern humanity. All in all, the fiesta was a success of students of the Department of Arts, who immersed their soulful efforts in every activity, from creative crafts to conducting events such as Fashion Show and Spot events such as Get Out, Shoot the Basket. Amazing performances were given by the students and the fest ended with a Musical Night.

ZROTRIYA

It is a national level technical fest methodized by the student body of ECE (PULSE). This is the third edition of this national level technical fest, which is the most awaited event of the year. Zrotriya has a widespread publicity campaign through which colleges across the country are being reached, through the assistance of the team PULSE. The previous versions of Zrotriya have been a mind-blowing success with 3000+ participants spread over various colleges and has always been the grandest event. Consisting of various technical events, workshops, non-technical events and technical talks from people of various industries. This spectacular, knowledge-filled revelry, Zrotriya, was conducted for two days, on the 6th and 7th January 2020.



A NATIONAL LEVEL TECHNICAL FEST

Yantrik

DEPARTMENT OF MECHANICAL ENGINEERING



Yantrik is a National-level Technical Fest conducted annually by the Department of Mechanical Engineering, KLEF (Deemed to be University). Yantrik is derived from the Sanskrit word “यन्त्र (Yantra)”, which translates to Machine in English.

YANTRIK-2020 was conducted from 27th February 2020 to 29th February 2020 parallelly in association with Champion of Champions - a vehicle design/racing competition which was conducted from 27th February 2020 to 1st March 2020 at the KL (Deemed to be University).

Yantrik primarily aims to nurture students to excel in learning and practice advanced technologies in the field of Mechanical Engineering through various Workshops, Technical Talks, and Technical events. The event is hosted for 3 days comprising various student skill development workshops and events conducted during the day followed by an evening of Cultural Activities. Yantrik not only enhances the Technical knowledge but also helps the participants to enhance their creative skills through various Non-Technical activities as well.

Students from any part of the country can register and participate to improve their skills and learn about various latest technological trends.'

SAMYAK

A National Level Techno Management Fest

Samyak'19-20 has been an incredible and indelible ride through the marvels of the universe that were brought to life by KL University's Team Samyak. The theme **"Ananta Vishwa"** emphasizes the necessity for every student to acquire noesis, pertaining to the myriad phenomena that make or break life in this infinite universe. It was an enjoyable fiesta of science, management and humanity as a



whole, taking all the students for an exciting tour of knowledge and merriment. For such a compelling theme to get into the groove, humongous efforts are bound to be put in. And Team Samyak, with a fabulous determination to take this year's event to the next level, did exactly that. For there was that concrete support to hold their efforts, in the form of the Convener of Samyak, Prof. Hari Kiran Vege sir and Chairman KL Narayana sir, in every step.

With this being a National-level Techno-Management fest, & one of the biggest across the country, around 25000 people from all over the state have witnessed this two-day long fair on 18th & 19th October 2019. Samyak'19-20 endeared all the students & participants with many Technical & Non-technical events for both the days. A grand inauguration ceremony was held on the first day to kindle this fantastic celebration of knowledge. 67 Technical and 22 Non-technical events were organized by Team Samyak and there were all chimes of joy and enthusiasm among the student bands, who have glittered the fete with their excellent participation. The 32 workshops conducted proved to be highly effec-



-tive in creating a spark in the students to be more zealous in their pursuit of true knowledge, through joyous learning. The cultural showpieces put forth by the proud indigenous talent of the university's fireballs treated all eyes to unprecedented wonders.

Prof. K. Hemachandra Reddy sir, Chairman, AP State Council of Higher Education and Mr Ashok

sir, President, Corporate Affairs and Infrastructure, Cyient Ltd. were the eminent Chief guests, who have inspired the students & the aspirants to keep up the paramount zeal to torch their way to zeniths. DJ Zaeden, a chart-topping music Mozart, has taken the air on the day of the Pro-Show to cloud nine. The audience were kept on their feet throughout, with the riveting thrill they were after that evening, which also has led them to cheer their star with waving



hands. And he paid every penny back in entertaining them all the dusk.

These events proved to be highly triumphant in gratifying the burning zeal of every student to seek knowledge and at the same time, gave them all the fun they had expected to have. Students have experienced an exuberant fete, racked up with loads of entertainment and ceaseless merry, by being an integral part of an extraordinary reckoning, which took everyone by storm. It was a story of greatness in every step. Diligence in planning, top-class execution, and all with the sheer determination to make Samyak a success showed up in great style as one of the most cherished evenings came to an end.



All talent needs is the right mind space and energizing opportunities to show its lustre. Recognizing the requirement to fabricate an extensive learning environment for the enthusiastic students with the threads of ardent commitment and ceaseless hunger to delve deep into technical expertise, Department of Computer Science and Engineering has given life to HASH INCLUDE, a two-day Technical Fiesta that celebrates true technical grandeur in KL University. The exceptionally prodigious talents of the University find the perfect gallery



to showcase their skills and also to learn many more. The delightful sight of students enthusiastically participating to rise to the lofty skies, painting the campus with sheer bliss of knowledge and fun, is one to cherish forever. 5th & 6th February were the dates that brought out the innate zeal of students that propels them towards their forthcoming achievements.

For an effort to be successful, the motto should be brilliant, so is the theme for this fiesta. At this time when technology is powering our lives and re-defining the bounds, the theme **“TECH-TACK-TOOL”** aptly personifies the invaluable import of Technology in everyday life. This essentially emphasizes the need for one to tackle the problems using technology, with their scale not a matter.



Receiving esteemed guidance and support from Convener of HASH INCLUDE Prof. Dr. T. Pavan Kumar and Chairman of HASH INCLUDE Prof. Hari Kiran Vege, Team HASH INCLUDE'S sincere efforts have been successful in creating an extraordinary learning environment for the students. The philosophy instilled by them, reverberated through all the halls celebrating the genius of students. The celebrations were nothing short of glittering grandeur with mesmerizing performances by the students and excellent presentations of Technical talent that have taken the campus on an ecstatic tour. Inspirational personalities have graced the fiesta with their presence and delivered their enlightening words to drive the students towards success.

Mr. A. Lakshmi Narayana Rao, DSP, Guntur, Mr. Lokesh, CEO of Aqua Solutions, Mr. Santosh, Founder of School of Computer Graphics and Mr. A. Indrajith, CEO of Inventiz and Chairman of ITAAP, Amaravathi Chapter were the Chief Guests who have inspired and encouraged the students, making them aware of the intrepidity and efforts needed to be put in, to accomplish the incredible. Their note motivated the aspiring with their energizing essence. Amazing entertainment performances displayed on the days of the gala sent the audience to a rhapsodic reality, exuding boundless exuberance.



On the days of the fiesta, students have rediscovered the ways to have fun through learning and participating, gratifying the motive behind this fete's inception. The underlying notions of Technical Empowerment and spreading enthusiasm to learn more were reflected in every image of this two-day long fest. Team HASH INCLUDE garnered acclaim for all their sincere efforts in making this fiesta an exemplary epitome of knowledge and diligence.

International Students Testimonial

Vachas: Hello, it is a great pleasure for us to interact with you. What is your name?

A: My name is Christabel Beni.

Vachas: Where are you from?

A: I'm from Zimbabwe.

Vachas: Why have you joined KLU?

A: Two reasons propelled me to join this institution:

(a) There are very few institutes that offer internationally recognized certificates & this place is one of them. I can have my work for that certificate recognized anywhere in the world, which boosts my career.

(b) The diversity in terms of the education that is offered, attracted me. The uniqueness of the programs given here and the thoughtful design of curriculum benefits the students. In particular, the concept of getting an integrated degree intrigued me and I chose BBA, LLB.

Vachas: What are your most memorable moments in KL?

A: One definitely was when the Women's Summit was conducted. The variety of the events conducted and the motives behind organizing such a confluence inspired me a lot. The same can be said of Samyak, where we have not only learned, but also had a wonderful time.

Vachas: Have you faced any difficulties getting used to KLU?

A: Not as such except that it was challenging initially to adjust from my culture to Indian culture (especially food) but I now feel very welcome and the reception I always get from my peers from diverse backgrounds makes me feel so comfortable.

Vachas: What is the importance of mental health in your view?

A: In my view, mental health is important in every stage of our life from childhood, adolescence throughout adulthood and affects how we handle stress, relate and associate with others and make choices since mental health includes psychology, emotions and social well-being.

Vachas: What's the most important part of your life?

A: The most important part of my life is social well-being. My daily interaction with people shows me who I'm becoming, who I'm going to be in the future and how I will reach the goals I have.

Vachas: What's the moment in life which shook you ?

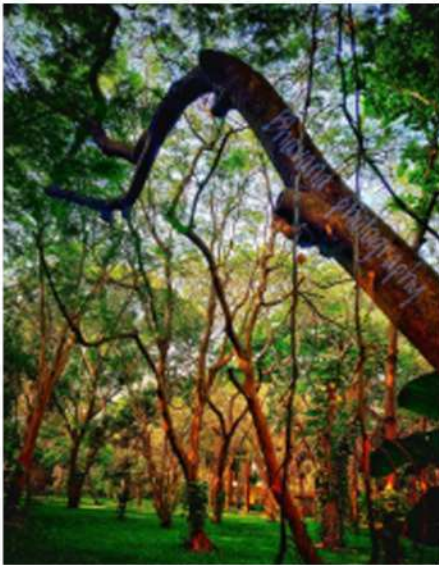
A: This is quite a broad question because during the course of life a lot of new things and changes in the world prove to be quite shocking. And also the time in which we experience them definitely has an impact on our response to what is happening around us.

K. Gopika Manvitha
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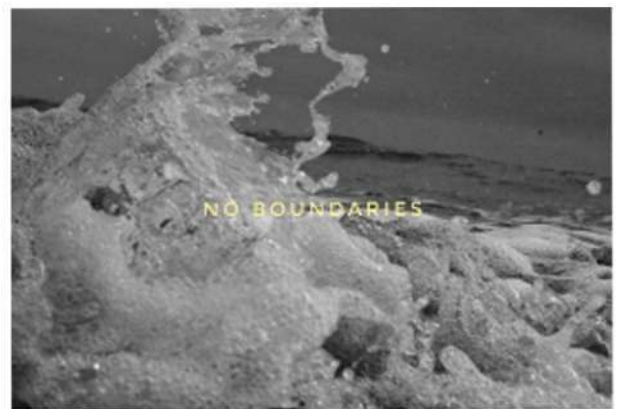
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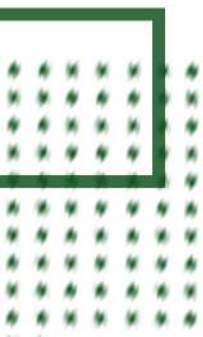
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Maha Lakshmi
BBA-2nd year



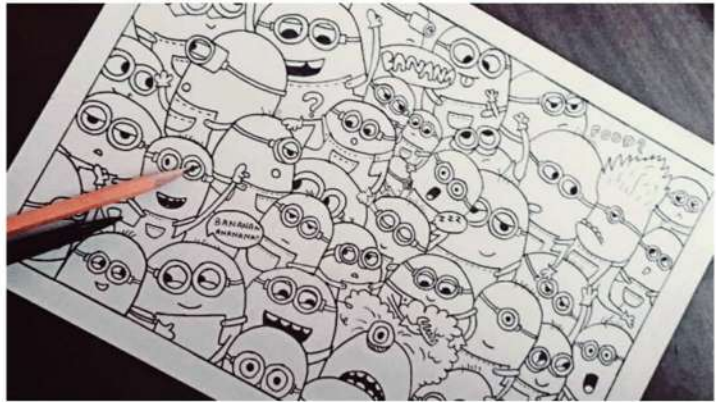
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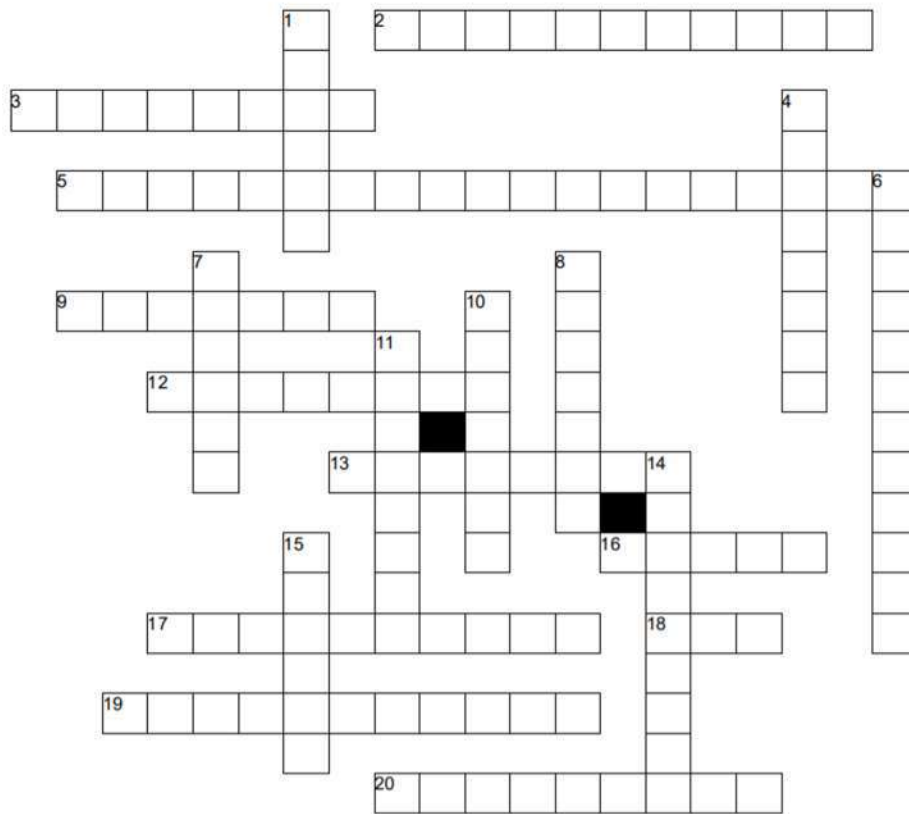


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CROSSWORD

Mental Health



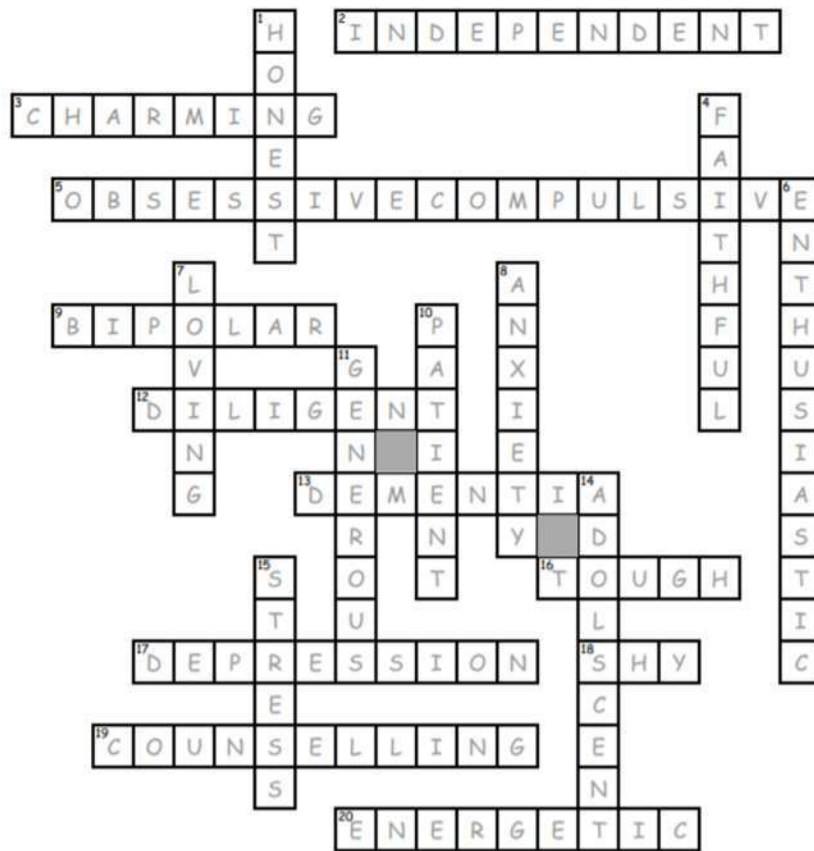
Across:

2. free from outside control
3. very pleasant or attractive
5. Having a tendency to dwell on unwanted thoughts or perform certain repetitious rituals, especially as a defense against anxiety from unconscious conflicts
9. a mental health problem characterized by an alternation between extreme euphoria and deep depression
12. having or showing care and conscientiousness
13. a state of serious emotional and mental deterioration, of organic or functional origin
16. strong enough to withstand adverse conditions or rough handling
17. sadness; gloom; dejection
18. nervous or timid in the company of other people
19. to give advice to; advise
20. showing or involving great activity or vitality

Down:

1. free of deceit; truthful and sincere
4. loyal, constant, staunch and steadfast
6. having or showing intense and eager enjoyment
7. feeling or showing great care.
8. a state of apprehension and psychic tension occurring in some forms of mental disorder
10. Able to accept or tolerate delays
11. showing a readiness to give more of something
14. growing to manhood or womanhood; youthful
15. a specific response by the body to a stimulus, as fear or pain, that disturbs or interferes with the normal psychological equilibrium of an organism

SOLUTION



Across:

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S. Pavan Sai
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Dear Quarantine



You taught me numerous things,
You taught me to love my family extraordinarily,
You taught me to enjoy the solitude to the brim,
You taught me to cook my favourite chilli paneer,
You taught me that it is not wrong to change decisions multiple times, at least I would not regret that I didn't think about the journey if I went one way,
You taught me to love stray dogs, to love my Brownie and Bittu,
You made me realise the gravity of internet,
You prepared me to surrender myself to things I can't control,
You edified me to embrace change,
And lastly,
You won in proving that you are not so bad & that you are happening for a reason.
And that you will be a remarkable history.



Himani Agarwal
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Creative Bloggers of Vachas



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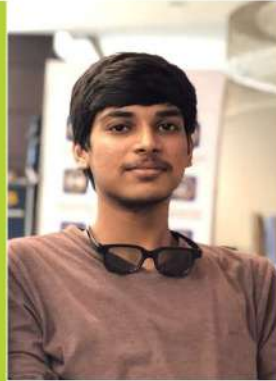
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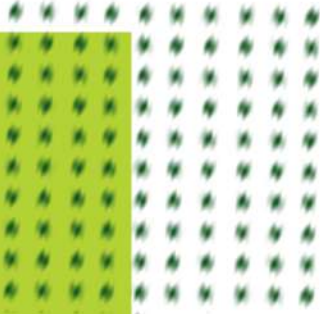
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