



ANNUAL COLLEGE MAGAZINE

Inked solace

*"Be who you are
not who the world wants to be"*

ENGLISH SECTION

SECTION CO-ORDINATORS



Afreen Shaikh
B.E. (CSE)



Aishwarya Molankal
B.E. (CSE)



Abhishek Kshirsagar
B.E. (MECH)



Akanksha Bhandari
B.E. (E&TC)



Shankar Patil
B.E. (E&TC)



Hafsa Dafedar
S.E. (CIVIL)



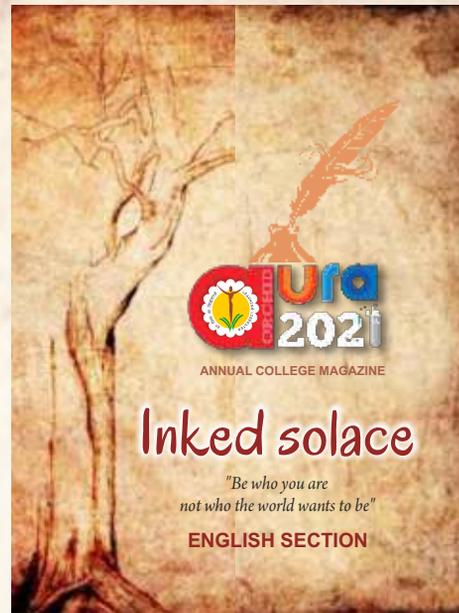
Tooba Ansari
S.E. (CIVIL)



Asma Sayyed
F.E. (ELECTRICAL)



Dr. Mumtaz S. Shaikh
Asst. Professor



This section will disclose the certainty that every discrete in this establishment has a multifaceted approach and point of view. This segment will lay hold of you to a roller coaster ride of intense warmth, emotions, jovial, dejectedness and dramatization. The journey will acquaint you to the actuality and fantasy contemporaneously.

It is said that a writer is not contented when their write-ups is issued but are the happiest when the readers understand through their words, hear their voice and acknowledge it. These articles will bring you solace and will justify the time you spend on it.

So, open up your minds and hearts to unleash an extraordinary experience of poems and articles going directly through your souls
"The true alchemists do not change lead into gold, they change the world into words"

INDEX

Click on Title Button
to listen the article on



You Tube

- 1 The Plight of the Unheard 1
- 2 Impact of Pandemic Covid-19 on Education of India 4
- 3 Unpredictable Dreams Come True 6
- 4 Think and Grow Rich-A book review 8
- 5 Lessons We Can Learn from coronavirus and the way forward 10
- 6 Try to be Calm 12
- 7 Journey Towards Healthy Skin 14
- 8 Reservation - A Broader Perspective 18
- 9 The Truth About Vaccines ! 20
- 10 The Programmer Behind the Technology 22
- 11 Power of Inner Spirit 24
- 12 Fasting - A Blessing in Disguise 26
- 13 Are We Preparing Future at the Cost of present ? 29
- 14 Ruk Janna Nahi Tu Kahi Har k 32
- 15 History of Measurement of Time in India 34
- 16 Why Make A Good Friend ? 38

The Plight of the Unheard



Tooba Ansari
S.E. (CIVIL)

The exodus of migrant workers from the cities following the announcement of 21- day lockdown (0.1), threw spotlight on the vast number of laborer's who lived outside their home states. Mr. Satyavan Yadav was one of them so this interview will clear the concept of "Jispe beeti wahi bata sakta hai"

Scan / Click on QR Code
to listen the article on

YouTube



1. When did you migrated from Sirajganj to Jaipur? Why?

Ans: I migrated 3 years back because as I got married and my family was growing and providing them basic necessities were getting difficult with the job that had in Sirajganj

2. How did you get a job in Jaipur?

Ans: My maternal uncle was working in the same factory and with his appeal I got the job

3. Tell me something about your job and the life in Jaipur?

Ans: It was pretty good we had to work for 9 hours a day and get paid on monthly basis. I used to live with my uncle we both used to divide the rent of 1BK room.

4. What did you think about the coronavirus when you first heard about it?

Ans: I thought that it is just another virus as swine flu and bird flu. Although the news channels were broadcasting about it since February, but I had no idea that the

consequences will turn out to be this

5. What scenario were developed for you after the lock down were imposed ?

Ans: Initially I thought that things will be normal after 21 days but people and situations around me were telling a different story. Things would be taking longer to get better.

6. What made you to go back to your home?

About

Name : Satyavan Manoj Yadav
Hometown : Sirajganj near Kanpur
Work town : Jaipur
Working as : A carpenter
Family consists of 2 siblings, wife, mother and a baby boy

Ans: Firstly, the factory in which I worked was shut down. "Malik" had paid us a month's salary but the only question that was hammering my mind was "Aage ka Ky?". The landlord also was not letting us

... The Plight of the Unheard

stay without paying the rent. Going back was the only option I was left with.

7. What preparations you had to do for going back?

Ans: Making the decision of going back was easy but actually initiating it was literally giving me goosebumps. As we all know that the transport facilities were stranded many people near my room were left so helpless that they opted walking back home each's hometown being no less than 200km far. Luckily my friend had some source. His cousin brother's friends was a truck driver he agreed to drive us till Agra.

8. What was the journey like?

Ans: We were told that only bag per person would be allowed as there were 13 more people along with some bags of "gehu". So, I packed my one bag with the important papers and some clothes and left my other stuff at my friend's place as the landlord was not even agreeing to keep that. On the day we had to move the driver told us to pay him 3000 rupees. The only thought of going back home was frightening me. So, I paid him and I left only 1000 rupees. The truck was so congested the bags of gehu were making it even more difficult to adjust my legs had fallen numb. There was no proper ventilation to but somehow, we reached Agra

9. What did you see outside as your truck passed by?

Ans: As long and wide my eyes could see I saw people like me walking fast in the scorching heat their eyes only wanting to reach home safe and sound. In these hard times there were some people that were distributing food and water to the labourers it almost looked like "tirth yatra" but "afsoos" it was no will of the person to walk. We also stopped at some places to get nourished. Standing by a stall there was a man who was not eating much I asked him why are you doing so he said "zayada khalunga toh neend aane lagegi jaldi ghar pauchna hai mobile ki battery bhi khatam hogai hai maa pareshan karahi hogi"

10. What happened after you reached Agra what was your final journey to home back?

Ans: I tried very hard that I could find any help somehow to drive back home but I was only left with regret. After sitting for a while I decided to walk back home which was 84 kms from Agra. Walking a bit more and resting a lot less with the only motivation in mind of seeing my family I walked and walked. I reached my village after 10 hours of walking which usually takes only two hours with train

11. What happened when you reached home?

The Plight of the Unheard

Ans: There also I had to face some problem the villagers were not ready to take me in as they were frightened of me having the virus. After argument and convincing they agreed to let me in with a rule of home quarantine. As I reached home in my 'ANGAN' my mother and wife came rushing and hugged me and started crying. I then freshened up had my food and slept I slept for a whole 24 hours, my legs were swollen and had boils all over. But the satisfaction of reaching home made it less painful

12. What do you have to say about these times of your life?

Ans: I did this long journey and didn't get corona "shayad corona ko bhi gareeb pai taras aagaya hoga". If they would have

informed us beforehand, we would have opted for some better means. After talking to my friends in the village I learned that their journey was even harder.

13. What are you doing now for a living? Will you be going back to Jaipur?

Ans: I do 'kheti' and my wife does 'silai' and that is only option I am left with. Yes, I will surely go once the situation is in control "chalti ka naam hi zindagi hai ky kare?"

14. What message would you like to give to the common people out there?

Ans: These times taught me many good and bad things and also the importance of health and family. I would just like to say that be thankful to god that you have to just sit back at home and watch stories of people like us on TV. I pray to god to keep everyone in good health.

Namaste!

The Perfect Son.

A: I have the perfect son.

B: Does he smoke?

A: No, he doesn't.

B: Does he drink whiskey?

A: No, he doesn't.

B: Does he ever come home late?

A: No, he doesn't.

B: I guess you really do have the perfect son. How old is he?

A: He will be six months old next Wednesday.

What did
one hat say to
the other?

You stay here.
I'll go on ahead.

Impact of Pandemic Covid-19 on Education of India



Abhishek Dyavershetti
T.E. (CIVIL)

As we have a tendency to enter the COVID-19 recovery part, it's going to be crucial to reflect on the role of academic systems. Ensuring that all youngsters have the possibility to succeed at school and develop the values that will enable them to contribute to society. Their role in increasing the competencies and skills needed for tomorrow's society, education systems can would like to be at the guts of this designing

Scan / Click on QR Code
to listen the article on

YouTube



As of 28 June 2020 the data of UNESCO has revealed that there have been nationwide closure of schools and colleges in more than 114 countries all across the world 1 billion students get affected. In context of India, more than 32 crore students have been affected by this pandemic.

Education sector has suffered a lot of Crisis due to outbreak of covid-19 pandemic, there is huge gap between the online learning and offline learning. there were many negative impact faced by students, teachers, parents and Education department. No access of internet in rural areas: Now, you might wonder how many people in India do not have internet, according to the report says that there are only two States have least 40% ruler households with internet facility. In the rest of the state only 10 to 20% rural households have internet so what these people do? Online education has also been a problem to poor or lower middle class students who do not have

any internet facilities & many students have limited or no internet access & many students may not be able to afford the computer, laptop or supporting mobile phones in their homes, online learning may create a digital divide among students. The problem further exacerbates when you realize that several families out of these ran their lives through day to day earning they have lost the livelihood after the lockdown so many people have been pushed into



poverty due to economic issue due to COVID-19. According to 2017-18 NSSO Data shows that the villages drop out of school or college due to financial or economic crisis. Can you imagine after

... Impact of Pandemic Covid-19 on Education of India

reopening of all schools and colleges!! what will be situation of poor students will go into poverty & do child labour work for livelihood. Fees Hike in Schools: Some private schools are not attending any online classes but they're still charging fees from the parents and in some place fees are being hike which is issue for the parents, because you already know that what economical situation in their entire country is facing due to outbreak of COVID-19??

Stress for students: From the perspective of students, the last few months have been extremely stressful due to repeatedly postpone & cancellation of exams. No clarity about the cancellation of exams or when the exams held, what grading would be used and whether it would be beneficial for the students or not, constant online class for 5-6 days. Prolonged exposure to the screens with headphone is not was an ideal scenario. It is extremely stressful & leads to increase in Anxiety and depression, and in some extreme cases, students have also committed suicide.

Lagging behind in Physical Education and Sports : Furthermore the absence of any kind of physical education and exercise exert every negative impact on the health of students, eating habits & sleep cycle deteriorate and the constant online

classes require them to see it all the time. Impact on Children: Online classes are not even short time solution for the primary school kids because the social emotional bonding and contact with people and teachers in necessary for such young children for the development of students. Children are continuously facing health issues like headache, irritation in eyes, disturb the sleeping pattern etc. ,and there are many behavioural issues seen in children like increased anxiety, aggressive behaviour frustration and short attention span. Children are losing their interesting in education as there's a lot of chaos inside the classroom making the students miss half of what the teacher is saying. Teachers are not able to pay attention on all the children and it resulting in weakening student teacher bond.

A man goes to the doctor and says, "Doctor, wherever I touch, it hurts."

The doctor asks, "What do you mean?"

The man says, "When I touch my shoulder, it really hurts. If I touch my knee - OUCH! When I touch my forehead, it really, really hurts."

The doctor says, "I know what's wrong with you - you've broken your finger!"

Unpredictable Dreams Come True



Omkar Pawar
T.E. (MECH)

In this topic author has shown two faces of coin one is dark another is bright. Covid-19 has shown us both sides of coins, now it is individuals decision to align the focus. In this pandemic we have faced huge economical loss. Personal grooming to stops preading the disease. By staying at home.

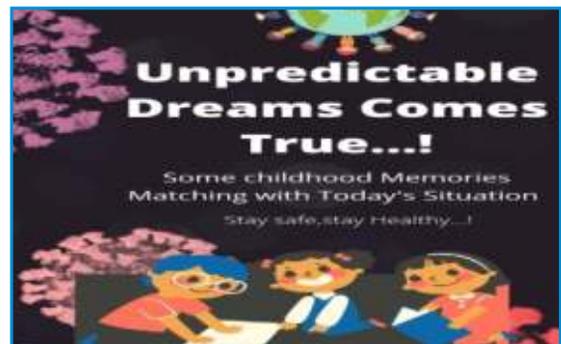
I am Omkar Pawar I'm from machine world that is from mechanical. I just came with some comical thoughts that "our childhood with predictable dreams" that are obviously, "what happen if schools are closed for undefined time" and "what happen if exams are cancelled" we all had some dreams from our childhood to adult age.. We want holidays for undefined time periods and its like coincidence for all our dreams comes true in 2019 of March. Where we are all thought from school life and there are some writing stuff like 'essay' and 'What happen if....?' these topics are also interesting from our school life and we all wrote minimum one essay related to this topic and the topic is "what happen if schools are closed" "what happen if exams are cancelled" literally this topics are my best topics till now and this all is happening now and the reason is "corona virus" which is very dangerous and dreadful. We all know that what happened from last year and the total

Scan / Click on QR Code
to listen the article on

YouTube



country and other continental's had to do total shut down to get safe from this virus. We are all stuck in this situation results education system, financial system getting weak and schools colleges closed from last year, need to do lock down every aspect of our society cycle. What I feel is from my bottom of my heart. I feel very atrocious and appealing for those who lost their loved ones in this pandemic and in this crisis so many things happened increased in poverty and



situation getting worse, unconditional settlements. How difficult is to earn money to feed our family, poor or indigent people. I'm just saying the childhood essays were good based on

.... Unpredictable Dreams Come True

their topics, but now they are totally different from current situation which is extremely adverse. We wrote only good things while writing the essays but no one was knowing that this is going to happening in 2020 but in such ugly manner. Apart from this, every coin have a two faces one is good and another one is bad and this condition also have two faces whereas this virus spreading all over the world and taking away our loved ones from us which is totally heart-breaking and other one is positive side the world is getting serious about the situation and protecting health and taking precautions from this virus. Lastly on the positive side this pandemic holidays helped us to develop our skills and healthy lifestyle, entire lifestyle

changes to practical better hygiene, healing nature and environment, air quality and water quality became fresh and results less pollution, etc. Furthermore, the essays of our childhood comes true but just we should take this positively and we need to be ready for every situation, just trust yourself. Give your best to develop your life and our country, our medical system our Doctors are taking lots of efforts to save us form this virus. Our soilders Fighting for us to protect us. Our family members taking risks and efforts to feed us. Our College System, staff, management also taking efforts for us. Now it's our turn to Respect all the system and support them to break the chain. STAY SAFE AND STAY HEALTHY

Teacher: Why are you late?

Student: There was a man who lost a hundred dollar bill.

Teacher: That's nice.

Were you helping him look for it?

Student: No.

I was standing on it.



Think and Grow Rich-A book review



Abhishek Kshirsagar

B.E. (MECH)

Think And Grow Rich is a curation of the 13 most common habits of wealthy and successful people.

Scan / Click on QR Code to listen the article on

YouTube



About author :

Oliver Napoleon Hill born October 26, 1883 –November 8, 1970 was an American self help author.

He is known best for his book Think and Grow Rich (1937) which is among the 10 best selling self-help books of all time. Hill's works insisted that fervid expectations are essential to improving one's life. Most of his books were promoted as expounding principles to achieve "success".

About the book :

Published in 1937 by Napoleon Hill, this book has sold 70 million copies to date. Yup, nothing beats the power of starting early.

My thoughts

The reality is the only way to grow rich is by thinking, and thinking is the hardest part

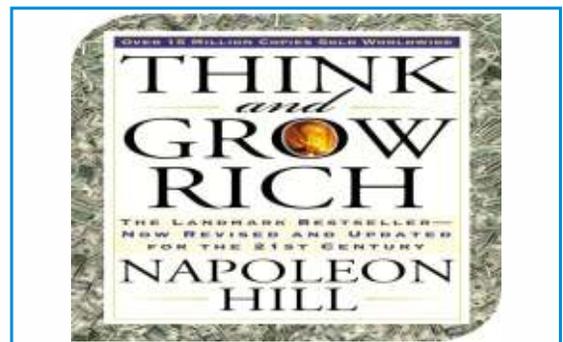
All people have a dream, they should have money, a name and everyone also works hard for it.

But there are only a few of these people who transform imaginary power into reality and set a precedent in the world. This book Think and Grow Rich is a

very popular book and, after reading this, how many lives have changed and if you have not read this book, then you must read it.

They are some points which you need to keep in mind for your success

1. **Thinks Success by default** - This things teaches us that focus on one single purpose, have an all consuming desire, be persistent and never give up.
2. **Have an all consuming desire** - Convert desire in reality.



3. **The subconscious mind** - It is the guiding force of your entire life, still most people ignore it.

4. **Overcome fear** - Fear is natural to human nature, fear will lead to doubt an indecision.

.... Think and Grow Rich-A book review

Decide not to care what other people think because your decision is ultimately one that matters the most Napoleon hill's words : "If defeat comes, accept it as a signal that your plans are not, rebuild those plans and set sail once more toward your goal."

The Six Major Positive Emotions:

1. Desire
2. Faith
3. Love
4. Enthusiasm
5. Romance
6. Hope

The Seven Major Negative Emotions

1. Fear
2. Jealousy
3. Hatred
4. Revenge
5. Greed
6. Superstition
7. Anger

Lines from the book:

1. "The starting point of all achievement is DESIRE. Keep this constantly in mind. Weak desire brings weak results, just as a small fire makes a small amount of heat."
2. "Whatever the mind can conceive and believe, it can achieve."
3. "You are the master of your destiny. You can influence, direct and control your own environment. You can make your life what you want it to be."
4. "When defeat comes, accept it as a signal that your plans are not sound, rebuild those plans, and set sail once

more toward your coveted goal."

5. "Before success comes in any man's life, he is sure to meet with much temporary defeat, and, perhaps, some failure. When defeat overtakes a man, the easiest and most logical thing to do is to quit. That is exactly what the majority of men do. More than five hundred of the most successful men this country has ever known told the author their greatest success came just one step beyond the point at which defeat had overtaken them."

The Brain- broadcasting and receiving station for thought. The psyche is that the "Sending station" of the brain through that vibrations of thought are broadcast. The inventive imagination is that the "Receiving Set" through that the vibrations of thought are picked up from the either

Sixth sense- the door to the temple of knowledge. The insight is that portion of the psyche that has been stated because the inventive imagination. it's additionally been stated because the "Receiving Set" through that ideas, plans and thoughts flash into the mind. The "Flashes" are typically referred to as "Hunches" or "Inspiration". These are the thoughts that are learned at perceived

Lessons We Can Learn from coronavirus and the way forward



Afreen Shaikh

B.E. (CSE)

We have lived through a lockdown. The availability of food, water, shelter, communication, medicines and education and entertainment on television & the internet has kept us going. If we adopt half of what we have learnt, we will be better off. But I don't want to be accused of asking for too little.

Scan / Click on QR Code
to listen the article on

YouTube



The world is composed of 195 countries that are demarcated by boundaries on the map. Despite this, the world is a gigantic global village that is connected by technology, telecommunications, interdependent economies, and efficient transportation systems. As a result, an economic crisis in a country (especially established and emerging superpowers) affects all the interconnected economies. A novel coronavirus (Covid-19) believed to have emerged from Wuhan, China, has spread uncontrollably and has affected more than 188 countries in the world. More than 10.2 million people (as on 28 June 2020) have contracted the virus. The governments and international organizations are battling to contain the spread by imposing lockdowns, requesting citizens to practice social distancing, and taking every other precautionary measure. All this has a cost to it - the economic cost. Recession is imminent and according to experts, the situation at present is worse

than the 2008 crisis. These are unprecedented and uncertain times and tension is palpable all around. However, there are some valuable lessons which this crisis presents and we must imbibe and act on them so that we emerge stronger, transformed, and better prepared. The one thing which people have realized is that they only need essentials to survive. Everything apart from this is nothing but, us, humans being lured by their never-ending wants and desires.



Lockdowns around the world have forced shopping complexes, restaurants, and cinema halls to be shut and disrupted global supply chains. This has made the

... Lessons We Can Learn from coronavirus and the way forward

availability of every non-essential commodity virtually nonexistent.

People are grateful as long as they are able to get bare-minimums such as groceries and vegetables. In the future, I feel we all should be conscious of what we buy and whether those items are required. Physical and mental well-being are vital for any life-form to function effectively. The pandemic has highlighted the inadequate healthcare infrastructure around the world. Lack of healthcare professionals and support staff, shortages of hospital beds, insufficient ventilators, and PPE kits, initially, are all matters of grave concern. All these issues should be enough for us to prioritize health over anything else. Once we emerge from the coronavirus crisis, governments should constitute task-forces to bring out the inadequacies in the present healthcare systems and take necessary actions to enhance and improve healthcare infrastructure. This would ensure preparedness in case a situation like this occurs in the future. As a result of being confined to their houses, people are getting more time to enjoy and spend time with their loved ones. Working parents now have time to interact and indulge in activities with their children. With the chaotic and monotonous routines of people coming

to a halt, they are finding new and creative ways to keep themselves entertained and busy. Whether through pursuing a new hobby and showcasing it on social media, cooking new recipes and baking cakes, reading novels, or watching shows, people are engaging in activities for which they did not 'seem' to have time before. Many have started to appreciate the small things around them, such as watching sunsets and enjoying the clear blue skies. I hope they are able to squeeze time for these activities even when the situation becomes normal and they return to their old routine. Some nations, leaving politics behind, are making sincere efforts to unite in this grim situation to battle this deadly virus. Scientists around the world are collaborating and racing against time to find a cure for the virus. Over 100 countries have joined or expressed interest in joining the 'solidarity' trial by WHO to assess the relative effectiveness of various drugs under clinical trials in treating the illness. Nations are stepping forward in creating relief funds, the proceeds of which shall be used to coordinate global efforts in mitigating the impact of the virus. Moving ahead, this world unity is crucial as this is in the best of interest of communities, and even nations in the long run.

Try to be Calm



Ritika Nora

B.E. (CSE)

Being calm helps you to connect to your heart, build nerve & muscular strength with increased breathing capacity, develop mind-body equilibrium, reduces stress, makes you be happy, peaceful and healthy, free yourself from addictions that help you come out of stressful situations, communicate effectively.

In life, we face many situations where things get out of control. We want things to happen one way, our way, but they don't always turn out to be like that. There we get two choices either to get angry at the situation and yell at somebody out or to handle that wisely and calmly. When we keep calm and control our anger, we increase our patience level and improve our personality which is always better than anger.

Anger always proves our decisions wrong. When we are angry, we don't think clearly as there is only one thing at focus and we want everything to get change and make things according to us. There is always a right time to do things. If we show our anger at the wrong time, then things will only get worse instead of getting better. We human beings want peace and harmony. Anger has never solved anything. Whenever there is a situation of getting angry, just pause for a moment and rethink what could our anger do right now. There's always

another way. Its better to face the situation and reanalyze it with cool mind. A better way will always pop up good results but our anger disables us to see them. One of the major reason for our anger is disappointment and major reason for it is expectations. We should set our goals and work according to the desired outcomes and never expect the results. We should work hard for our desired outcomes because if we expect the results, and if it doesn't come out in



our way we get angry. But instead of getting angry we should find flaws and mistakes that leads us to such situation which is always the better way. By doing this, we will be moving towards

Scan / Click on QR Code to listen the article on

YouTube



.... Try to be Calm

achieving our goals as we are handling the situation in a better way rather than getting irritated as we are worked on it. It could be difficult for some people but it is useful and harmless way to tackle. If we are able to control our anger in such situation, we can achieve great heights in our life that we always desired to. All we need is to give a chance to ourselves and to others too. Giving chance and learning

about the mistakes can build up confidence and gives better outcome. What is the worst things that can happen If once in your life you choose to stop running,
Stay and speak up
about how you feel about certain things. Let the worst happen even if there is a slight
possibility that it can bring you "peace".



"The economic waste resulting from carelessness is appalling, but anyone who stops for a moment to consider the sorrow and desolation which is brought into thousands of lives each year by utter thoughtlessness must feel a new resolve to make a habit of "Safety First."

Two factory workers are talking. The woman says, "I can make the boss give me the day off."
The man replies, "And how would you do that?"
The woman says, "Just wait and see."
She then hangs upside-down from the ceiling.
The boss comes in and says, "What are you doing?"
The woman replies, "I'm a light bulb."
The boss then says, "You've been working so much that you've gone crazy. I think you need to take the day off."
The man starts to follow her and the boss says, "Where are you going?"
The man says, "I'm going home, too. I can't work in the dark."

Journey Towards Healthy Skin



Hafsa Dafedar

S.E. (CIVIL)

Some really simple tips on how to achieve healthy and glowing skin nothing complicated and nothing that's going to break the bank so the take home message this.

Scan / Click on QR Code to listen the article on

YouTube



Important factors:

1. Nutrition is the key.
2. Stay hydrated.
3. Maintain gut health.
4. Sweat it out.
5. Decrease stress.
6. Keep products simple.
7. Give it time.
8. Gentle exfoliation.
9. Let it breathe.

Every person wants picture perfect flawless skin and I think a lot of us go to great lengths and spend a great deal of money when trying to achieve it. I think a lot of times too we go out looking for these complicated solution thinking it is going to be fixed to our complicated problems when in fact the solution tends to be quite simple let me share with you some Tips on how to keep skin clear healthy and glowing and how you can do the same. Above all learn to love your skin. So if you have freckles, dark spots, beauty marks, natural discoloration, a

dark complexion. It doesn't matter own it. It's you and therefore it is beautiful. So focus on the things that you can change and honour the things that you can't

1. **Nutrition Is the Key:**

I'm going to start with nutrition because I truly believe that healthy and glowing skin primarily comes from the inside and not from the outside. So you may have heard or read some where people say that certain vitamin and mineral



supplements can help with achieving clear complexion, whereas other people might say that certain food ingredients like celery and cucumber mint lemon and berries help with achieving clearer skin,

.... Journey Towards Healthy Skin

but personally I don't believe that anyone compound or small group of food ingredients is what helps to achieve a clear complexion. I believe that your nutrition and your diet as a whole is what determine the health and vitality of your skin. So the more wholesome plant-based foods that you eat the clearer your skin will be or you can say no single Supplement or single food ingredients can offer the complex matrix of nutrients and antioxidants, that can be found in the plethora of the plant-based foods that you can enjoy does that mean you need to be extreme about it? No not at all, I mean, I still enjoy some plant-based treats on occasion and still manage to have a good complexion. But I certainly notice that when I overdo the processed foods the oily foods the foods with loads of added sugar, my skin tends to break out a little bit more. So keep it all balanced and place an emphasis on enjoying an overall whole some diet.

2. Stay Hydrated:

Some people recommend detox teas some will recommend vitamin infused waters, but just like nutrition don't let any of these quick fix solution fool you so again the focus is to look at overall hydration, the question comes down to are you getting enough fluids? This can be in the form of water, soup, smoothies,

teas, fruits, and, I'm going to keep this short and simple if you don't think you are staying hydrated enough making sure that you do is certainly going to help in your journey towards achieving clear skin.

3. Maintain Gut Health:

Most beauty care manufacturer will try to convince us that our skin issues are as a result of an isolated. External problems that can be easily remedied with some kind of lotion or product that they sell and I'm sorry I just don't buy it because like I said before I truly believe that healthy and glowing skin primarily comes from within so an integral part of skin health is good health. So this means happy intestines and healthy stool. So Making sure to eat foods that are high in fibre like fruit, veggies, whole grain, beans, lentils, nuts, seeds flax and chia seeds in addition to making sure that we get a healthy dose of probiotics like plant-based yogurt and fermented foods is healthy not only for guts but also for the skin of course hydration and regular physical activity helps to keep things moving too.

4. Sweat It Out:

It could come as no surprise that sweating and regular physical activity helps in complexion as well so when we exercise we increase blood flow to all areas of our body and our skin is included in that too. So with increased in blood

.... Journey Towards Healthy Skin

flow means increased oxygen and nutrients delivered to the cell and it is also an opportunity for the cell to get rid of any toxins or cellular debris that they might have been hanging on to. So more physical activity means healthier skin.

5. **Decrease Stress:**

Exercise not only helps with increase blood flow but also helps to decrease stress and we all know how much more our skin can breakout when we are going through stressful times. So the question to be ask yourself is that “am I experiencing stress?” If so what I might be able to do to bring some zen in to my life. Form usually time spent in nature and time spent with family and friends. Some kind of self-care rituals or a cup of warm tea. Whatever it takes times to identify what you can do to bring some calm into your life to decrease the stress and trust me your mental health and your skin will thank you for it.

6. **Keep It Simple:**

So now that we've discussed how to achieve a beautiful skin from the inside we can segue into discussing how it can be achieved from the outside. If you used a cream, night cream, cleansers, face-washes, make-up remover and scrubbers that work for you than keep at it. I'm not trying to persuade you to do. Otherwise for me personally it just feels like an

unnecessary expense extra cutler in bathroom. And to be honest, I don't feel very comfortable putting a whole bunch of products with multiple ingredients on my face. I like to just keep things really simple so the only thing that does touch my face is coconut oil when I wake up, I wash my face with water and then apply coconut oil. So it is essentially my moisturizer if I wore makeup that day in the evening I'll wash off as much of the make up as I can with water first and then apply coconut oil to a cotton pad and use this to remove makeup. So coconut oil serves both as moisturizer and makeup remover.

7. **Give It Time:**

All good things take time so don't mind quick fix solutions or expect overnight results. And remember that the consistent practice is key so when I transit from using my day and night creams to using coconut oil, it did take a while for me my skin to adjust at first it got too oily then I noticed little bumps on my skin and then it got too dry before it finally found equilibrium. So if you've gotten into a new routine or if you have using a new products give it time and in a few weeks you'll start notice a change in your complexion.

8. **Gentle Exfoliation:**

This one you want to make sure not to

.... Journey Towards Healthy Skin

overdo both in frequency as well as in pressure so I like to exfoliate every two to three days or so with exfoliation cloth. Gently massage and scrub to remove any dead skin or debris.

9. Let It Breathe:

I'm forever grateful to my mummy who taught me at a very young age not to wear makeup on my face. She told me how my skin looked naturally because wearing Foundations and Powders would only create a dependency of sorts making me feel less beautiful on days when I wasn't wearing it because I would become so used to. And don't get me

wrong. I do wear foundation sometimes but I keep it only to special occasions not as part of my daily routine. I want to let my skin and pore breathe and I find that what I do wear a foundation it results in at least a pimple or to which then warrants wearing foundation again to cover it up and then it becomes a vicious cycle no, like I said in recommendation number one I want to honour my blemishes in beauty marks or I would say my perfect imperfections, I'm not covering any of that up.

What is the longest word
in the English language?



there is a mile
between the first
and last letters !"



Patient :

Doctor, will I be able to play
the piano after the operation?

Doctor :

Yes, of course.

Patient :

Great! I never could before!

Reservation - A Broader Perspective



Aditya Gaikwad
T.E. (MECH)

Reservation in India is about reserving access to seats in government jobs, educational institutions, and even legislatures to certain sections of the population. Reservation in India is a government policy, backed by Indian constitution.

Scan / Click on QR Code
to listen the article on

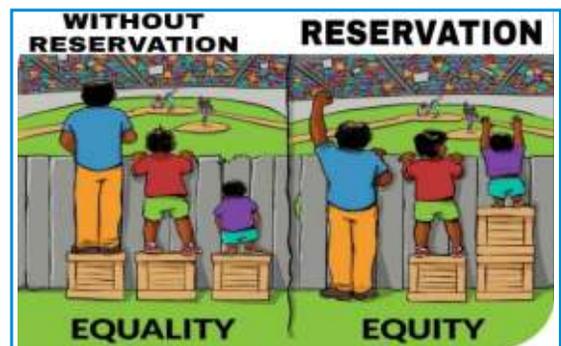
YouTube



The key of equity and modern India. Hello to everyone, few days back I heard a conversation between my friends, they were stating that reservations are creating inequality and are biased. It kind of sorrowed me because the one who was telling that was a girl and in India there is 33% reservation for women itself these reservations not only limit for jobs but are also implied in railways, and also in parliament. So the reason for reading out this article is that I would like to make some facts clear so that people get rid away of their misconceptions. Reservations in India were started by Rajarshi Shahu Maharaj the king of Kolhapur.

Maharaja was greatly impressed by the intelligence of young Bhimrao and his revolutionary ideas regarding untouchability. The two of them met constantly between 1917-1921 and performed possibilities to eradicate the negativity of caste segregation by providing caste based reservation.

Observing the current situation people are maintaining distance from each other which hurts the other one but just few years back there were some people who were not even allowed to drink water from the social pond. They had to walk miles to satisfy their thirst it was not only limited to water even their shadow was considered as a bad omen, how much they might have suffered. This situation lasted from decades but during the era of Chatrapati Shivaji Maharaj it was brought



to an end but after his death situation became more severe. Thus to serve every human being his or her right and to shorten the gap between the people Dr. B.R Ambedkar the father of Indian

.... Reservation - A Broader Perspective

constitution started giving reservations he is amongst one of the most educated personalities in India he has also been declared as the best scholar by the Columbia University USA just google for more of his milestones. The reason for mentioning his achievements is to make them understand that the person who started reservations was not an ordinary person but a learned one like Dr. B.R AMBEDKAR. Indian Constitution took efforts to bring reservation in different sector. It's not that reservations are only implied in India but also are adopted in USA for Afro-American, in Africa for tribals, and also in Japan China Australia Canada Africa and many more countries across the globe. The main reason for giving reservations is to decrease the gap between societies and making every citizen work in unity so that our country, our land would become a better place to live and also develop it. Some people say that reservations should be on the basis of the economic condition and not on the basis of caste but the lower caste are the ones with a weak economical background these are the ones who clean drain who, the ones who clean the roads. Because of reservations in recent years people like me are getting an opportunity to get educated and read this article in front of you. So instead of debating on

reservation we should debate with our leaders for increasing the number of educational institutions so that the number of seats also increases and in this way they can also provide education to people from weak economical background without cost. So the main reason in India is to make an equally balanced and educated society in India. When discrimination between any religion, caste, gender will stop then reservations will not be needed. That's it, hope you all understood my thoughts because there is definitely a role of reservation, in developing modern India. Thank you all for reading. Stay home stay safe.



The Truth About Vaccines !



Onkar Charkupalli

S.E. (CSE)

Immunisation greatly reduces the risk of catching a disease, which in turn reduces the risk of complications.

Scan / Click on QR Code to listen the article on

YouTube



Nearly one year ago, the dreadful coronavirus outbreak came into limelight, which was after three months of its actual spread. The Australian wildfires, clash between US-Iran mainly covered the headlines and somewhere in the corner the Covid-19 and China were mentioned. Chinese Government isn't solely responsible for the outbreak. Nevertheless, everyone has stopped whining about this topic and the current trend of discussion is :

The Truth about Vaccines !

We are going to look at some FAQ/common on Whatsapp Fake messages and the FACTS are going to answer it:

1. Vaccines are filled with water/common fever injectable.

Ans : Water when injected into vein, causes breakdown of RBC and intravenous injections would cause disorders. Why would the vaccine manufacturers produce fake vaccines and defame themselves.

2. Unlicensed Covid 19 vaccines are being given to citizens.

Ans : Covishield and Covaxin are the only two licensed vaccines. Citizens should verify the vaccine given to them before injection.

3. These vaccines haven't underwent clinical trials and they produce side-effects.

Ans : The Health Ministry wouldn't risk more corona cases with no clinically



trials vaccines. Both vaccines have completed Phase II trials.

4. Earlier Vaccine would take years to develop? How scientists developed it so fast ?

... The Truth About Vaccines !

Ans : Scientists have worked 24/7 developing vaccine and first evaluating them on lab animals known as pre-clinical trial. Then they enter 3 Phase Clinical trials. Data analytics helped fast-track the regulatory approvals.

5. Vaccines aren't effective!

Ans : Remember, India has supplied 666269800 doses of vaccine to nearly 95 countries. If vaccines were ineffective then this would have been the global headlines.

5. People are infected again with corona despite of being vaccinated?

Ans : Out of 1.1 crore vaccinated people, only 4,208 were infected which is mere 0.04%. These numbers and the amount of exposure/contact of person define the reinfection. Vaccinated citizens shouldn't act like Superman instead wear mask, maintain social distance. 7. See, the government has no plans to vaccinate children. Vaccination of older population is to destroy them.

Ans : Older population are our country's biggest asset and mentors to the young ones. Losing them would cost a hefty price. Infected children have mild symptoms and their Mortality rate is low. Hence, no children vaccination as per current exigous vaccine stocks.

8. Doesn't the storage of vaccines requires freezing temperature? How is it

surviving throughout this kind of summer?

Ans : Cold chain points have been developed with country's finest manufacturers. Vaccines are stored at 8-16° C.

9. Vaccine introduced in India is less effective than in foreign countries.

Ans : The effectiveness of vaccine depends upon the immunity and willpower of a person and it has nothing to do with geographical dialect.

10. Which vaccine should we choose? Covishield or covaxin?

Ans : Both the vaccines are highly effective and I recommend you taking as per the prescription of medical practitioner on field and as per the availability. The third phase of India's Covid-19 vaccination drive will begin from 1st May 2021 allowing all citizens of age 18 years and above. Lets get vaccinated by registering on Co-WIN portal and stay one step ahead of Covid-19 virus

The Programmer Behind the Technology



Amey Borade
S.E. (CSE)

Technology is playing an increasingly important role in the work and personal lives of citizens. Computers, communications, digital information, software the constituents of the information at everywhere.

Scan / Click on QR Code
to listen the article on

YouTube



The technology we see in our day to day life is very easy to use but the real hard work behind the technology is done by our engineers. The word technology has emerge from the branch of knowledge dealing with engineering or applied science. Technology is the sum of techniques, skills, methods, and processes used in the production of goods, services or in the accomplishment of objectives, such as scientific investigation.

From various domain of engineers one of the field is of Computer

Science and IT engineers. The programmers who code the technology which we use in our regular life.

By watching towards the technology we feel that it is easy to implement, but the work and logic of coding is quite complicated, as we all speak different languages similarly there are different languages in coding world just as Python, Java, C, C++ and many other languages. Some think that if they learn programming then they can do anything but reality is it requires logical mindset and interest, with the help of the

logic the coding can be achieved easily.

The duties of computer programmers ensure efficient and effective software and operating system function. Computer programmers carry out a variety of tasks on a daily basis. Many work with programming languages, writing and editing code. Computer programmers also carry out system, software, and structure tests, correcting errors and troubleshooting problems as they arise. Additional computer programming responsibilities



include upgrading systems, overseeing technical staff, and preparing reports to managers and supervisors.

If you have a logic and know how to code then you can also build the

... The Programmer Behind the Technology

technology, so far the impact of robotics and automation has only been positive. Software engineering is a discipline that differs from traditional engineering because you can go back and change anytime that what you've built. In other words, you can wait until after you build something to test it, unlike when building a suspension bridge or aircraft wing are the examples, for this reason we spend a lot of time building processes to enable us to experiment and test.

Technology and infrastructure that allows us to automate this time-consuming work means we can spend more time innovating on new products and ideas.

As well as, the rise of robotics has provided good employment opportunities for a lot of programmers, and has drawn lots of existing programmers into machine learning.

Industries like manufacturing and transport are bearing the brunt of automation more directly, and within the machine learning / AI world, this is already happening to an extent. Although the history of disruptive start-ups suggests that someone will try to automate us out of existence at some point, I'm not too worried to be honest. The more automation we have, the more we can focus on the bigger problems that technology can solve.

Any programming language that offers no generalization from the computer's instruction set architecture is

a low-level programming language. Assembly language and machine language are two typical examples of low-level programming languages.

A programming language that offers high generalization from the computer's instruction set architecture is termed a high-level programming language. Typically, a high-level programming language has elements resembling natural language to make program development easier.

Another definition of a high-level programming language is one that is independent of the underlying processor of the system in which it is running. C++, Java, and Python are some of the most popular high-level programming languages.

Now a days Artificial intelligence (AI) refers to the simulation of human intelligence in machines that are programmed to think like humans and mimic their actions. The term may also be applied to any machine that exhibits traits associated with a human mind such as learning and problem-solving.

In upcoming days the technology make the human work 75 % less as a research of scientist. And nowadays a 17 year boy or girl are taking a part of the technology.

Power of Inner Spirit



Aishwarya Molankal

B.E. (CSE)

Summary : The Power of spirit which shows you that every minute you spend worrying about the future or regretting the past is a minute lost, because really all you have to live is in the present, and gives you actionable strategies to start living every minute as it occurs.

Scan / Click on QR Code
to listen the article on

YouTube



Today we all know that based on the spirit which initially is in our body but still we can't see it.

That is what we call AATMA/SOUL.

So friends meanwhile in life we go through many obstacles, many decisions, many theories related to soul lying inside but still we are unable to understand that what is inside us? Who is helping us to survive?

Now most of the people will think that blood and oxygen helps us to survive, food gives energy yes we all

are right but tell me one thing does blood, food, oxygen gives you the power to think, to walk, to stare, to read, to keep yourself calm...???

In actual you may have no answer I also had no answer when I was stucked with this question. I was fully mad and mad to know that instead of this oxygen, water, blood, bones, muscles what else is there who support us, gave us power to overcome each problem, help us to think logically, for a time there was no answer and if was it brain that brain is the one helping you right but again question is that how brain runs and what about that

part to whom we call but still we don't have any answer now here comes the twist. When I recall this same question to my mom she was too frightened about my thoughts but was not confused or frustrated like me and you, I was surprised by seeing her relaxed face, actually she was also stucked with the same question...???

And didn't found the answer but now by the movement of life she came to know about the beautiful inner spirit,

I thought she knew the answer



and was right and what she told me it really confused me.

She told me to be the friend of God and she told me to see the magic. I was really curious that how I could be his friend. As there is so vast population and

.... Power of Inner Spirit

he must not have time for me but I don't know simply one day I said that he is my best friend that is GOD.

Now you all must be saying me stupid that God is friend of all NO. He is the friend of that person who serves himself/herself.

God is the ones friend who is the friend of her or his own self.

In actual we always blame him for all the false things happening in our life but remember had we ever try to thank him for the good ones occurring in our life. No not at all we just do a formality that's it.

But always remember if we are getting any obstacle any problem in life then we are very lucky person because god is seeing us. He is observing you and the person who is under god's observation he/she can never fail in life

"GOD GIVES STRUGGLING LIFE ONLY TO THOSE TO HIM HE WANTS TO BE A PART OF SUCCESSFUL, BEAUTIFUL LIFE."

Now here is a psychological fact that till the point when we can't find them or feel, even if we try and once we started believing we will get that.

I used this trick each morning by god sake I went to Gurudwara and seriously that 10 minutes in peaceful area in God's lap I meet a different person in me and after coming from Gurudwara there is a positive hope in life.

From past years there was something wrong in my life I too used to

blame god but there was something too who was helping me to fight not with this world nor with parents not with god or anyone else. But fight with my won false thoughts who always used to tell me that I am a burden on earth and I was stuck with that feeling but again something happens and mind was changed it happens daily and after a year I got my beloved one my best friend who helped me to overcome myself.

By closing my eyes, keeping calm i saw a white light and it was like who is telling me right and wrong. Actually that was my soul that I was searching which was inside me.

If you want to meet your soul then your spirit do a practical:

- First believe in spirit, in soul, in God.

Now slowly take a deep breath and close eyes. Cross your legs, now keep calm and breathe in and out as many times you can.

- Leave the tensions and just enjoy the moment and you will see alight. Don't get distracted just concentrate and see the magic after opening eyes you will feel relaxed and fresh.

Fasting - A Blessing in Disguise



Altamash Pathan

S.E. (E&TC)

Ramzan is like an infrequent flower that blooms once a year. It is not just about abstaining from food and water, but a lot more above it.

Scan / Click on QR Code to listen the article on

YouTube



Suddenly question arises in our mind that what type of fasting and whether can we fast at least once in a lifetime?..

As it is a holy month of Ramzan I thought why should I not write on fasting which goes for 30 days, that came with the challenging summer and not sipping a single drop of water till iftaar arrives in evening.

As it is one of the five pillars of Islam, fasting is made compulsory to muslims who have reached the maturity and those whose health permits them to Fast. Many of us have misconception about the fasting that, it is very hard to keep and some of us try to move back from such fasting because they can't stop themselves towards from consuming food. Ofcourse it is basically about having self control on body, mind and soul.

Let us ask question to ourselves what is the benefit behind this fasting?

Ok don't be confused ! , I will tell you all the importance of fasting in

Ramzan and the scientific benefits behind it. Actually fasting in Ramzan is not just keeping our stomach empty till iftar, but the real meaning is controlling our soul, controlling heart , controlling our thoughts of Mind, and ofcourse to control our of our heart, and controlling our spiritual mind . Whatever the definition, fasting is an aberration for your body. Fasting helps to detoxify and rejuvenate.



Fasting in Hinduism: Even in Hinduism fasting is also practiced. They also fast to purify body and mind and acquire divine grace. The most commonly-observed fast, Ekadashi, is

.... Fasting - A Blessing in Disguise

respected approximately twice a month. During the months of July and August, many Hindus adopt a vegetarian diet which is another way of fasting in Mahashivratri. Fasting is also practiced in small amount in various religion such as, in Judaism, Christian, Buddhism, Taoism, Jainism etc.

Mahatma Gandhi and fasting: The name Mahatma Gandhi reflects a great soul. In period of independence many times he called hunger strike for India's freedom movement. He undertook 18 fast during this period. Gandhi used Fasting as a weapon as part of his philosophy of Ahinsa (non-violence) as well as satyagraha. He was a fervent supporter of fasting by religious conviction and as a way of freeing oneself of the constraints of the body.

His longest fast lasted 21 days in delhi, from sep 18-oct 1924 for HINDU-MUSLIM unity, as a result fasting ended with listening of Quran and reading of Gita.

So a small fasting can be a great reason for union of Hindu - Muslim despite of having different background and cultural of both of these religions. There are numerous scientific benefits of Fasting in Ramzan;

1) According to science it requires 21 days make any of the habit we want, if you

want to make your personality very patient, so let's keep fast for atleast 21 days.

2) So most important thing that we should notice is that fasting boost's our brain !, yes in US study, scientists found that mental focus achieved in a Ramzan increases your level of brain-derived neurotrophicfactor.

3) Ramzan acts as a fantastic detoxification of our body. Just by not eating or drinking through outthe day there is rare chance to detoxify our digestive system throughout themonth.

4) As our body starts eating the fat reserves to create energy, which will burn toxic and as a result lowers the cholesterol, which can be seen increasing cardiovascular health with decrease in heart disease.

5) Dates that we ingest more in ramzan, is because eating 3 dates everyday improves the digestion and contains proteins with high levels of potassium magnesium and vitaminB.

6) In Recent studies it has shown that fasting can regenerate the immune system, and might even boost the cancer-curing effects of chemotherapy in cancer patients undergoingtreatment!

7) It boosts cognitive performance and may help in preventing neuro-degenerative disorders it's really

.... Fasting - A Blessing in Disguise

unbelievable.

8) Most important it promotes blood sugar control by reducing insulin resistance.

9) It enhances heart health.

10) It could delay aging and promotes path towards long life.

My Experience of Fasting in Ramzan: My experience of fasting in ramazan increased my patience level , positive thinking and of course It made my routine healthy by consuming healthy

diet in Ramzan.

Waking up early in the morning for Suhur (sehri) ,has made my life stressless and I gained active routine in my Life. Believe me it really works on our mental and physical health. So I hope that you will also keep "Fast At Least Once In A Lifetime".....



A man receives a phone call from his doctor.

**The doctor says,
"I have some good news
and some bad news."**

**The man says,
"OK, give me the good news first."**

**The doctor says,
"The good news is,
you have 24 hours to live."**

**The man replies,
"Oh no! If that's the good news,
then what's the bad news?"**



**The doctor says,
"The bad news is,
I forgot to call you yesterday."**

Are We Preparing Future at The Cost of present ?



Yash Tole
S.E. (CIVIL)

Happiness is not something you postpone for the future; it is something you design for the present. Being happy at the present moment is the precious thing. We don't know what will happen tomorrow, so let's focus on the present. Live in present be happy with what you have and enjoy the life

Scan / Click on QR Code
to listen the article on

YouTube



(Self Help) In this temporary and short life, we work hard to make our future bright. However, deny living in the present. The question is; do we get a future that we anticipate? You can find that answer in your parent's life as well. Ask any parent in their 30's or 40's, if they are satisfied with their life. See if they are really enjoying their life every day. Certainly, the answer you will find that they are preparing for their future and children's career. Therefore, they did not have time to think much about themselves today. How we prepare for our future? We all know the importance of money and therefore do anything to save a lot of it for the future, the sad thing is that most of the time we do it at the cost of today. Here is how- When I was travelling Mumbai metro, I saw an advertisement for an highly recognized hospital in that city. The poster listed various services they offer along with their high rates. I was thinking that whatever we are saving today will spent on hospital bills. Don't you think so?

Pick up any family member and think about their health today. Everyone seems to have some health issue. Most of them are afflicted now and then. There will be sleep problem with someone. Some might have suffering from depression while some from diabetes. Some has low/high blood pressure while some are suffering from heart diseases. All of these diseases have become so common today because of our lifestyle. Because we are professionals and work is worship for us,



we have no time for real self. We do not have time to cook healthy food. so unfortunately we rely upon fast food. There is no time to do morning exercise or meditation. We sit in our offices whole

... Are We Preparing Future at The Cost of present ?

day without doing any heavy physical activity. Then, we sit so long in front of the TV but do not have time to think about ourselves. Even if our health seems fine, we do not live in present and therefore do not seem to be happy. believe that if you are not enjoying your life, you are not living your life. That is also a common disease today. It means that you are simply passing your present and hoping for a better future. "The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly." - Buddha What do you think we are doing today actually? Actually, we are doing two things at the same time. We are preparing our body to suffer in the future and preparing money for its treatment as well. Isn't it funny? How we prepare for our children? As per most of our parents, they have dedicated their life for their children's education and career. They made sacrifices with their life to ensure that their children have a better future. The Intention is very good Indeed. However, let us have a look at the life cycle. After a good education, youngster enters into a good job, now as he stands at his feet and parents expect that their child will do the same for them. A child just started enjoying his life and wanted

to do many things for him and his family also. Even, he will be able to do it for couple of years. At the same time, he is entering in the same stage. He is getting married. Now he will have children and more responsibilities Money never seems to be enough to afford all expenses. He compromises with his health and dreams, all for their children and a secure future. He dedicates rest of his life doing for them with the expectation that one day they will fulfil their dreams. And here is how parent's dream forced on the children. However, now you might have a sense that how this cycle continues. Everyone thinks that he has lived his life for others. Then who lives his life actually. It is better to live your own life well first and others will do the same automatically. If we keep money on the top of everything, we are never going to be satisfied. You think that once you earn enough for future, you will start enjoying your life. This is never going to happen. Go to any rich man and ask if he is satisfied with current financial state? He wants more and more money. What you or your parents earning today, was your dream income at once. Are you satisfied with that today? Often we work more on money than happiness/health etc and then use that money to restore our health later on. Where is life then? Taking care of

... Are We Preparing Future at The Cost of present ?

the present first - Let us focus on the present. Do you make the same effort to enjoy today as much as to secure your future. Today, you are younger than tomorrow. What you can enjoy today, you might not tomorrow. Happiness is not something you postpone for the future, it is something you design for the present.. Do you take care of your health, family and values today? Today we teach our children how to make money. However, we do not teach how to manage things and live happily. Do not

compromise your own happiness for the sake of your children of future. If you really want to do something for your kids, make them learn how to deal with life challenges. Do not over protect them Just give them a foundation, set them free and let them shine. Do not just make your living here. God has sent each of us on the earth to live our life well Enjoy every moment. Think, how you would like to live today, so that there would be no regret tomorrow.



Patient: Doctor,
I think that I've been bitten
by a vampire.

Doctor: Drink this glass of water.

Patient: Will it make me better?

**Doctor: No,
I but I'll be able to see
if your neck leaks.**

Ruk Janna Nahi Tu Kahi Har k



Tooba Ansari
S.E. (CIVIL)

As the coronavirus pandemic rapidly sweeps across the world, it is inducing a considerable and deep effect on an individual's mental health. But every darkest hour is near to dawn so don't be downhearted and gather positivity from the surrounding ...adding up the positivity and subtracting the negativity will help us sail through it.

Scan / Click on QR Code
to listen the article on

YouTube



One day in the mid if may, it was cloudy and heavy winds were blowing that made the trees rustle. I was standing in my balcony with an blank expression. Usually, I love Solapur in monsoon and be as happy as a peacock. But on that day, it wasn't the same.

Breeze playing with my hair nor the music our mother earth was playing were exciting me. It was all because of a call that I had just finished with my best friend Sakshi. We talked for hour, it consisted of a bit of gossip and mostly of how we missed each other and how we couldn't meet each other due to the lockdown and till the end of the call we just sighed and hung up. Suddenly a feeling of realization ran through my nerves. That I had these crazy plans for my new collage anxious, of meeting new buddies and the new faculty. Also, my plans of outing with my besties and family trips, Alas! Were crushed. As our lives were captivated in four walls of our houses and the only source of

connectivity were the gadgets but they too all the time had some sad news to broadcast. As I opened my Instagram it all had posts stories and memes all related to the virus and this was the situation of all the social media, broadcasting of how our loved once's were falling ill and some succumbing to the dreaded virus. The shortage of oxygen, medicines and breathlessness people was worsening the situation.

These negative thoughts were

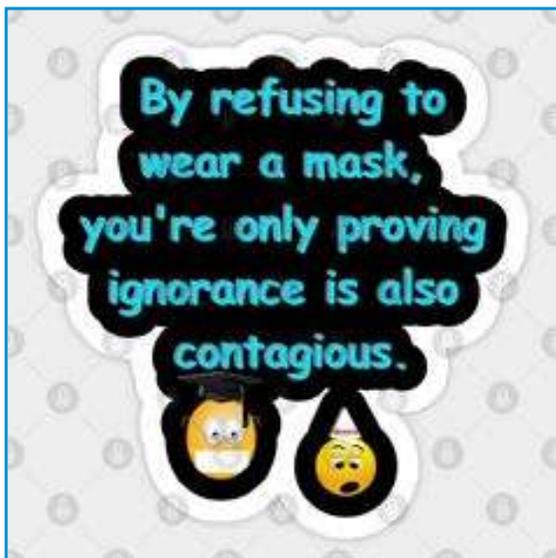


irritating and disappointing me and I was almost about to have a breakdown. But then it started to drizzle and I saw my 6-year-old neighbor Sarthak happily dancing and enjoying the rain with his

.... Ruk Janna Nahi Tu Kahi Har k

parents on the terrace. Hewaved at me with a smile. It brought me a sense of cheerfulness and positivity, and with a big curve on my lips I waved back to him. This made me think that people and keeping their courage and finding small reasons to stay happy. Things weren't that bad I was in good health and so was my family. I had some real people that kept a check on me by sending messages and calls. They always told me 'not to worry and these times shall pass'. I was having some of the best times with my parents that I hadn't had since ages. This lockdown helped me to discover some off my interests and skills which gave me confidence. My cellphone suddenly beeped and there was the notification from the same friend Sakshi. She had sent

me a video of her dog Simba playing with her and she looked so happy. This made me happy. As my thought fight was about to come to a conclusion my mom yelled from downstairs "Tooba barje(balcony) ka Darwaja band karo pani Andar aayega aur neeche aao pakora banate hai chai k sath."



A: Why are all those people running?

B: They are running a race to get a cup.

A: Who will get the cup?

B: The person who wins.

A: Then why are all the others running?

History of Measurement of Time in India



Laxmiprabha Annaldas
S.E. (CSE)

Unlike world who was still unknown about the concept of time & months, India in the ancient times found its own methods to calculate time called minute planetary movements i.e. by keeping the watch on every movement of earth, sun and the moon. From this they named the months according to the revolution of the earth around sun and moon.

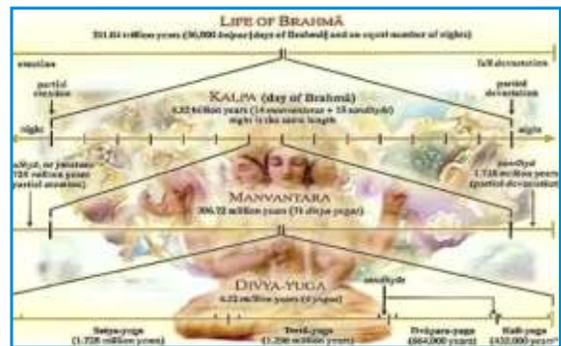
Scan / Click on QR Code
to listen the article on

YouTube



India had the tradition of studying minute planetary movements. Calculations continued to be made on the basis of the movements of the earth, moon and the sun. To bridge the difference in the motion of the sun and the moon, there has been a practice of adding an extra month (Adhik maas). The various units of time and their reasons have been described below in brief: Day- Saawan day – The earth rotates on its axis at a speed of 1600 km per hour. To complete one rotation, it takes 24 hours. That part of the earth which stays in front of the sun for 12 hours has been called Ahah and the part that is behind, has been called Raatr. This way, there are 24 horas in one ahoraatra. It seem sasif the word 'Hour' in the English language is the slang form of the hora. Saawan din has been called Bhoo din (Earth Day). Saur day - The earth is going around the sun at a speed of 1 lakh km per hour. A one degree movement of the earth is called a Saur din (Solar Day). Chandra Din or tithi -

A Chandra din or lunar day has been called a tithi, for example Ekam, Chaturthi, Ekadashi, Purnima, Amavasya, etc. The movement of the moon to the twelfth part, while going around the earth, is called a tithi. Saptaah (Week) - The days of the week and their sequence throughout the world are the same as has been discovered in India. The sequence of the planets was determined as per their progressive distances from the earth. Hence, Saturn, Jupiter, Mars, Sun, Venus,



Mercury and Moon. Of these, the moon is the closest to the earth and Saturn is the farthest. Each planet is the ruler for one hour out of the 24 hours or hora day. Hence, each of the seven planets become

... History of Measurement of Time in India

the ruler for one hour by turn. This cycle goes on and once the 24 hours are complete, the name of the next day is according to the planet that is the ruler in the first hour of that day. Since creation started with the sun, hence the first day of the week was Sunday and the other days were named sequentially.

Fortnight—When the moon, while going around the earth, moves 12 degrees it is known as a tithi. On the new moon night (amavasya), the moon lies between the sun and the earth. This is called zero degree. When the moon moves 12 parts and is at a distance of 180 degrees from the sun, it is called full moon (Poornima). The fortnight from the first day after amavasya to poornima is called the shukla paksh and the fortnight from poornima to amavasya is called krishna paksh. **Month**—For the purpose of calculations, 27 constellations (nakshatras) have been accepted:

1. Ashwini — 2. Bharani
3. Krittika — 4. Rohini
5. Mrigashira — 6. Aardra
7. Punarvasu — 8. Pushya
9. Ashlesha — 10. Magha
11. Poorva Phalgun — 12. Uttar Phalgun
13. Hast — 14. Chitra 15. Swati —
16. Vishakha — 17. Anuradha
18. Jyeshtha — 19. Mool
20. Poorvasharh — 21. Uttarasharh

22. Shravana — 23. Dhanishtha
24. Shatabhishak — 25. Poorva Bhadrapad
26. Uttar Bhadrapad — 27. Revati

Each of the 27 constellations were divided into 4 quadrants thus there is a total of 108 quadrants. According to the shapes of 9 of these quadrants, the 12 zodiac signs were given their names:

1. Aries — 2. Taurus 3. Gemini — 4. Cancer 5. Leo — 6. Virgo 7. Libra — 8. Scorpio 9. Sagittarius — 10. Capricorn 11. Aquarius — 12. Pisces
- The lines of these signs on earth were determined. It was called kranti. The lines are believed to be 24° north and south of the equator. Hence, the name of the sign which the sun reaches during the rotation of the earth is given to that solar month. These months generally neither increase nor decrease. **Lunar Month** - The lunar months got their names from the star (nakshatra) that is visible throughout the month from evening to morning and in which the moon acquires completeness:

1. Chitra — 2. Vishaakha 3. Jyeshtha — 4. Ashaadha 5. Shraavan — 6. Bhaadrapad 7. Ashwini — 8. Krittika 9. Mrigashira — 10. Pushya 11. Magha — 12. Phalgun
- Hence, on this basis, the months were named Chaitra, Vaishakha, Jyeshtha, Aashadha, Shraavan, Bhaadrapad, Ashwin, Kartika, Maargasheersha, Paush, Maagh and Phalgun. Summer solstice and

... History of Measurement of Time in India

winter solstice⁵– The earth is tilted $23\frac{1}{2}^{\circ}$ north –westward on its axis. Therefore, $23\frac{1}{2}^{\circ}$ north and south of the equator are the places, where the sun's rays fall vertically. This is called Sankranti. The line which is $23\frac{1}{2}^{\circ}$ North is called the Tropic of Cancer or Kark rekha and $23\frac{1}{2}^{\circ}$ South is called the Tropic of Capricorn or Makar rekha. The line with 0° (the equator) is called the vishuv vritt rekha. The Kark Sankranti is called uttaraayan or summer solstice and Makar Sankranti is called dakshinaayan or winter solstice. Measure of a Year – At a speed of about one lakh km per hour, the earth completes one revolution around the 966,000,000 kms path of the sun in $365\frac{1}{2}$ days. This period is considered to be one year. Measure of an Age – In 432,000 years, all the seven planets leave their Longitude and Latitude and collect in one place. The time of this conjuncture is kaliyug. When two conjunctures take place it is dwaapar, when three take place, it is treta and when four conjunctures take place, it is called satyug. In the chaturyugi, all the seven planets, along with their Longitude and Latitude, lie in one direction only. The present kaliyug, according to Indian calculations, started 3102 years BC, on the 20th of February at 2 hours, 27 minutes and 30 seconds. At that time, all the planets were under one zodiac sign. In

this context, it is worth making a note of what Bally, the famous astronomer of Europe, has to say:

“According to the planetary calculations of the Hindus, the present age, that is kaliyug, started 3,102 years ago on the 20th of February at 2 hours 27 minutes and 30 seconds. As such, these calculations were made even to the second. The Hindus further say that all the planets were under the same zodiac sign at the time of kaliyug and their tables also say so. The calculations made by the Brahmins prove absolutely correct according to our astronomical tables. This is only because the results have been obtained by direct observation of the planets.” (Theogony of Hindus by Bjornstjerna, Page 32) According to the Vedic sages, the present universe is made of five mandals (orbits) – the moon orbit, earth orbit, Acorsun orbit, parameshthi mandal and the swayambhu mandal. They are progressively moving round the higher orbits.

Manvantara– The time that the sun takes to complete one orbit of the centre of the Milky Way (Parameshthi mandal) has been called a manvantara. It measures 30,67,20,000 (30 crore 67 lakh 20 thousand) years. The difference between two Manvantaras (sandhyaansh) is equal to one satyug. Therefore, the

.... History of Measurement of Time in India

measurement of one manvantar along with its sandhyaansh is 30 crore 84 lakh 48 thousand years.

ॐ अस्य श्रीविष्णोराज्ञयाप्रितमानस्यब्रह्मधामविर्ये पराधे The mantra meansthat in the unending wheel of time pioneered by Maha Vishnu, the age of the present Brahma has completed 50 years. Shweta varaah kalpe-kalpa means that it is the first day of the 51st year of Brahma. Vaivasvatamanvantare – There are 14 manvantaras in one day of Brahma. The 7th of these is the vaivasvat manvantara, which is going on. Ashtaavinshatitame Kaliyuge – There are 71 chaturyugis in one manvantar. Of these, the kaliyug of the 28th chaturyugi is going on nowadays. Kaliyuge Prathamacharane – The beginning of the kaliyug. Kalisamvate or Yugaabde – At present, the kalisamvat or

yugaabd is 5108 (2006 AD). Jambu dweepe, Brahmaavarta deshe, Bharat khande – names of continents, region and country. In such and such place—Place of work. In such and such samvatsar—Name of the samvatsar. In such and such ayane—uttaraayan or dakshinaayan. In such and such ritu or season—There are six seasons including the spring season. In such and such month—There are 12 months likeChaitra etc. In such and such paksh or fortnight—Name of the fortnight as in Shukla paksh or Krishna paksh. On such and such date or tithi—Name of the tithi. On such and such day— Name of the day. At such and such time—At what time of the day.

**Better to wear
a Mask 🧐 than
a Ventilator;**

**Better to stay
at Home 🏠 than
in an ICU. 🏥**

The teacher to a student :

Conjugate the verb

"to walk"

in simple present.

The student :

I walk. You walk....

The teacher intruptes him :

Quicker please.

The student :

I run. You run ...

Why Make A Good Friend ?



Saquib Bagwan

F.E. (E&TC)

Good friends are good for your health. Friends can help you celebrate good times and provide support during bad times. Friends prevent loneliness and give you a chance to offer needed companionship, too.

Scan / Click on QR Code
to listen the article on

YouTube



Why not make a bad friend ?

Because the company of bad friends is the cause of evil, and everyone knows that the end of evil is evil. So would you like to make bad people your friends ? Would you like to destroy yourself?

A good friend is great blessing from God. If you choose a good friend, will your life be better?

If you choose, a good friend, it will bring brightness and happiness in your life.

The question is ,who is a good friend? What are its merits ? Is a good friend the only one who compliments you ? Is a good friend one who gives you manners and titles ? Is a good friend the one who says yes to you? Is the identity of a good friend that his contacts are with VIP's? Is identity of a good friend that he has wealth ?Is the identity of a good friend that he has a bungalow and a car? Is the identity of a good friend that he is famous? Is the identity of a good friend that he has a high position? Is the identity of a good friend that he has a high family?

No, this is not the identity of a good friend. No, that's not a good friend. A good friend has good qualities. If he possess these qualities then he is a good companion. Let's see what qualities are found in a good friend. A good friend is one who points out mistakes. A good friend is one who admits his mistakes. A good friend is one who avoids evil. A good friend is one who saves from evil. A good friend is one who warns of dangers.



A good friend is one who teaches you how to live.

A good companion is one who shows the way to real success, that is, success in the hereafter. A good friend is one who cooperates in good deeds. A good friend

.... Why Make A Good Friend ?

is one who encourages good deeds. A good friend is one who gives you good advice. A good friend is one who follows good advice. A good friend is one who becomes a ray of hope in times of despair. A good friend is one who becomes a spring of happiness in a state of sorrow. A good friend is one who does not give up in trials. A good friend is one who sets an example of self-sacrifice. A good companion is one who is free from heart diseases (selfishness, hatred and envy, deceit, arrogance and conceit). Appreciate these qualities and you can be a good companion to others. Can guide

them best. can train them intellectually, morally and spiritually. You can teach them the skill of living a purposeful life. Show them the way to a successful life. And that's the big thing we all have to do. Therefore, it is important that we all become good friends for each other and choose good friends.



Man said to God ---
 Why did you make women
 so beautiful ?
 God said to man ---
 So that you will love them.
 Man said to God ---
 But why did you make them
 so dumb ?
 God said to man ---
 So that they will love you.



ANNUAL COLLEGE MAGAZINE

Poetic hues

ENGLISH
POEM SECTION



My Mother

*O my mother,
you gave me birth and I came on the
earth, you opened my eyes and I saw
the world,
By holding your hand I and was able
to stand,
you showed me the path which goes
towards the success,
with my great success you always
show the tears of happiness, you have
always taught me what is the
meaning of life,
you have always understood me, +
o my mother,
I am writing this poem only for you ,
you are my life and everything is you ,
my dear mom I am really missing
you!!!*

Let's Promise

*Let's Promise that we will no longer damage our
mental well- being due to trivial matters
Let's Promise that we will make efforts to protect
the habitat we live in as we do of our family
Let's Promise that we will not stay stagnant but
furbish our creativity and imagination
Let's Promise that we will not blame anyone or
anything for our procrastination
Let's Promise that we will start doing
something instead nothing
Let's Promise that we will again start chasing
our dreams despite the odds , hurdles or any
pandemic
Let's Promise that we will keep constant check
on our near and dear ones in bestest of way
possible
Let's Promise that we will not get bogged down
by the unprecedented time we are in
Let's Promise that we will all try to a better
person today than we were yesterday
Let's Promise that we will redefine our
thoughts, procedures and being in order to rise
to higher levels of gratitude
Let's Promise that we will never let the fire
within us get vanish and try to keep it ignited
Let's Promise that we will do all the things that
we failed at doing or could not achieve
Let's Promise that this year we will not restrict
ourselves to resolutions but bring about
revolutions.*

Scan / Click on QR Code
to listen the article on

YouTube



Mauli Gadekar
F.E. (CSE)

Scan / Click on QR Code
to listen the article on

YouTube



Rajesh Nalla
T.E. (E&TC)



Ambition

COVID-19 : What have you done?

When I came out after attending a session, My mind and heart together asked me a question. That did I have something in my life called "Ambition". So, I decided with firm and strong determination, That I would figure out what exactly was Ambition. I went into a society to take views from every section, Mr. Richie Rich told me it was money and wealth, But Mr. Body Builder said it was fitness and health. The News Reporter wanted to create a sensation, Whereas the politician wanted to lead a big procession. The designer wished to change the world's fashion, My friend wished to increase his stamp and coin collection. 'A' wanted to become an officer at a high position, But 'B' was hungry for appreciation and admiration. All these views did nothing but added up to my confusion. I sadly walked down the street with dejection, And recalled my meetings with each and every person, Oh! Yes!! I got something which was common. All of them strongly desired, to achieve what they aspired. And this strong aspiration to achieve your goal, Is the meaning of 'ambition' as a whole? At last I successfully achieved my ambition, Which was to find the meaning of the word AMBITION!!

We may be young or old But we must be bold
Against the enemy untold

Covid 19 is the name It is playing a hide and seek
game
Just by staying at home & by following The
norms we may enter the end game

Doctors are working day&night Please
understand their plight They are risking their
lives
To save our lives

We who chat & dine In groups day&night Now
prefer to stay away Go home straight away

Lockdown starts & everyone groans Schools &
colleges are left alone Students miss each and
every friend Because their bond will never end
I go to high five someone
But I can't Covid 19 Covid19 What have you
done?

Scan / Click on QR Code
to listen the article on

YouTube



Asma Sayyed
F.E. (EE)

Scan / Click on QR Code
to listen the article on

YouTube



Umera Dharashivkar
B.E. (CIVIL)



We all grew up

From hands full of chocolates to a number of stories on Instagram

We All Grew Up From spending hours on playground to binge- watching webseries on Netflix We All Grew Up

From carrying baggage of books to carrying baggage of relationships We All Grew Up

From being a slave for our thoughtless expressions to being a master in penting up all the emotions We All Grew Up

From wanting to be a superhero to realising what a superhero is We All Grew Up

From getting affected from small shifts in regularity to aiming in bringing large shifts in reality We All Grew Up

From being content with what we had to craving for everything around us We All Grew Up

From not thinking from others point of view to consciously thinking about what others would say We All Grew Up

From resenting over what we don't have to finding ourselves grateful about what we have We All Grew Up

From considering nature to be in our control to realising ourselves being controlled by nature We All Grew Up

When it come to you

When it comes to you, You rely on mask.

It can both shatter & form.

Choice is yours. Wings help you fly, and it helps you swim. Choice is yours. When it comes to you, You make it dim. Not many;

but few can do, Matters what is the best in you. To get in or to get out, You can only engage them; the nerves and impulses.

If body can be alert, why can't the soul ?

Human.

When it comes to you.

Beware.

Scan / Click on QR Code
to listen the article on

You Tube



Rajesh Nalla
T.E. (E&TC)

Scan / Click on QR Code
to listen the article on

You Tube



Rajnandini Kandikatla
F.E. (CSE)



He is the Reason

Right and Wrong

He took me into arms, hold me tight for a while. And said, "Baby, give me your pretty smile".

He taught me to crawl, he taught me to walk. Not only laugh but he also taught me to talk. Brick by brick he constructed a confident girl. He always cares for me more than a pearl.

Whatever the situation maybe he is always there with me. For all the riddles of my life he is my key.

He is the one who never lets my tears roll off my chick. I am a lamp and he is my wick. His heart is my homeland.

He keeps all my secrets canned.

He is the one who recognizes my tears in rain. He is the one who understands my pain.

His trust is my wings.

One fine day I would get my prince but he will be always my king. His love for me is infinity.

His presence for me is more than divinity.

He is my bestie, my love, my need.

The reason for my breath. He is the reason for my birth.

The reason for my existence on this earth.

The one who never leaves me sad.

He is non other than my hero, my DAD.

Who decides what is right and what is wrong?

For some, the color of my attire would be right!

For some, my dressing sense wrong!

For some, my character stained!

What is in between 'Right' and 'Wrong' That's neither right, nor wrong

And If it's not right then why is it so?

And If it's wrong, why does it feel so right?

Who decides what is right and what's wrong?

If it's right to fight wars in the name of politics,

Then why is it wrong, to call out the ones who use it in their favour?

If filling up pockets with black money is wrong,

Then is it right to worship a human, as if they were god?

If it's right to divide in the name of religion,

Then why is it wrong to call it out in Processions?

If protecting a women isn't the immediate need, Then is it wrong if she tries protecting herself?

If it's wrong to die fearless,

Then how is it right to live in fear?

If this world runs according to it's people,

Then why does a Majnu die every single 1day?

If love is to worship then why does it get slaughtered in the name of religion?

Right and wrong, wrong and right Who can even decide what's what!

Scan / Click on QR Code
to listen the article on

YouTube



Ritika Nora
B.E. (CSE)

Scan / Click on QR Code
to listen the article on

YouTube



Mansi Chintakindi
B.E. (E&TC)

ENGLISH SECTION

The image shows a Zoom meeting grid with 10 participants. Each participant's video feed is accompanied by their name and a green indicator light. The participants are:

- Asma Sayyed
- Abhisheck kshirsagar
- Tooba Ansari
- Shankar Patil
- Afreen Shaikh
- Akanksha Bhandari
- Hafsa Dafedar
- Aishwarya Molankal
- Dr. Mumtaz. S. Shaikh
- Prasanna Hanamgaon

At the bottom of the grid is a control bar with the following icons and labels from left to right: Stop Video, Invite, Manage Participants (with a '28' indicator), Polling, Share Screen, Chat, Record, Breakout Rooms, and More.

AURA
CREATORS