



PRINCIPAL'S MESSAGE

According to the World Health Organisation, health is a state of complete physical, mental and social

well-being and not merely the absence of disease or infirmity. Hence it is very important to take care of all the three aspects-physical, mental and social well-being. Physical activity, balanced meals, and enough sleep are essential to keep the body fit. Healthy relationships, effective stress management, and self-compassion help to achieve emotional well-being. However, physical health and mental health are well related. To quote Jay Winner, the well known Physician and Stress Management expert, "If you want a relaxed body, you can do it by relaxing your mind. If you want a relaxed mind, relax your body". The society is made of people around us including our friends and family members. Spending quality time with our loved ones, celebrating together our culture and traditions and being part of community service do contribute to the social well-being.

This year marks the 10th International Day of Yoga with the theme "Yoga for Self and Society." It is understood that practicing of Yoga, leads to the harmony of mind and body, the balance between thought and action, and provides a holistic approach to health and well-being.

Let us strive to remain healthy and live a vibrant, fulfilling life!

Dr. S. Viswanatha Rao

INTERNATIONAL YOGA DAY



The International Yoga Day was observed at the College on 21 June 2024. The programme was organized by the Yoga Club. **Dr. Pradeep M.**, Assoc. Prof., MED was the resource person.

Vision: To be an Institution moulding globally competent Professionals as epitomes of Noble Values.

Mission: To transform the Youth as technically competent, ethically sound and socially committed professionals, by providing a vibrant learning ambience, for the welfare of humanity.

FDP ATTENDED

Mr. Sijo M. Saji, Ms. Diana Alice Sugunan, Mr. Divyaprasad S. P. and Ms. Indhu Luke attended a one week online FDP titled "Recent Advances and Research Scope in Geotechnical Engineering" organised by the Department of Civil Engineering, Jorhat Engineering College, Assam from 3 to 7 June 2024.

INDUSTRY-ACADEMIA PROGRAM ATTENDED

Ms. Dhanya, Ms. Vishagini, Asst. prof. CSE and Dr. Nidhi M. B., Prof MED, attended the AR VR Industry academia immersion technology program organised by ICTAK and ARK on 19 June 2024.



FDP INAUGURATED

An International FDP on Engineering Next-Gen Materials was organized by the Dept. of S&H on 18 June 2024. The FDP was inaugurated by **Dr. Rajan T. P. D.**, Principal Scientist, CSIR-NIIST, Trivandrum. **Dr. S. Viswanatha Rao**, Principal, **Fr. John Varghese**, Director and **Dr. Archana P. Das**, HoD S&H spoke on the occasion. The FDP will end on 22 June 2024.

PAPER PRESENTED AT ITECHCET2024

Dr. Nidhi M. B. Prof. in ME, **Siddharth S., Vaibhav Vinu S8 ME** presented a paper on "Leveraging Convolutional Neural Networks of Weld Defect Detection" in the International Conference ITechCET2024 organized by Musaliar College of Engineering, Pathanamthitta on 25 May 2024.

INVITED TALK

Mr Arun J. S. Assistant Professor, Department of ECE delivered an invited talk on "Design Thinking" in the LEAP Entrepreneurship State Summit organised by the Directorate of Industrial Training Government of Kerala on 12 June 2024.



PLACEMENT



MAR BASELIOS
COLLEGE OF ENGINEERING AND TECHNOLOGY
AUTONOMOUS



**Training &
Placement Unit**
Mar Baselios College Of Engineering and Technology

Total offers as on 21-06-2024 : 325



Tangentia®

Number of students placed: 6



Aby Chakupurakal
CSE



Alen Cyriac Joseph
CSE



Allen Manu Philip
CSE



Ashwin A
CSE



Bryan Bishi
CSE



Merin Grace Mathew
CSE



Number of students placed: 2



Karthik R
CE



Niranjana S
CE

Managing Editor: Rev. Fr. John Varghese Palanikkunnathil, Director
Email: bursar@mbcet.ac.in

Chief Editor: Dr. S. Viswanatha Rao, Principal
Email: principal@mbcet.ac.in

Editor: Prof. Dr. George Zacharia

Design & Layout: Abey E. Mathews (ITMS)

Published by Mar Baselios College of Engineering and Technology, Mar Ivanios Vidyanagar, Nalanchira, TVM-695015



@officialmbcet

Send Feedback to ebulletin@mbcet.ac.in