PRINCIPAL'S MESSAGE

Sleep is crucial for overall health and well-being, affecting everything from physical recovery and immunity to mood, mental function, and the risk of chronic diseases. Sleep is essential for memory consolidation, learning, and focus. Lack of sleep can lead to fatigue and poor performance. Prioritizing sleep alongside studying is crucial for academic success because sleep impacts learning, memory consolidation, and cognitive function, making it harder to concentrate and retain information when sleep is deprived. Studies show that getting a good night's sleep can significantly improve learning and memory retention. In other words, poor sleep reduces a person's attention, as well as their learning and processing ability. Modern lifestyles, characterized by long working hours, 24/7 access to technology, and a generally fast-paced environment, often lead to a reduced emphasis on sleep. Establishing a regular sleep schedule, creating a conducive sleep environment, limiting screen time before bed and practicing good sleep hygiene are essential to ensure a healthy lifestyle. Every year, World Sleep Day is observed on 14 March, dedicated to raising awareness about the importance of sleep and its critical role in physical and mental well-being.

Dr. S. Viswanatha Rao

TALK SESSION ON THEORETICAL COMPUTER SCIENCE

CSI SB MBCET in association with the Dept. of CSE Organized a Talk on Theoretical Computer science on 7 March 2025 for S6 CSE students, **Dr. Renjith P**. Assistant Professor, NIT Calicut and **Dr. Ashwin Jacob** were the resource persons. Faculty coordinator: **Ms. Deepthi K. Moorthy**, **Ms. Krishna L.**, CSE Dept., MBCET.

COLLEGE DAY CELEBRATIONS

The 23rd College Day Celebrations were held on 14 March 2024 at Olympia **Mr. Jacob Punnoose** IPS, Former DGP, Govt. of Kerala presided over the function **Mr. Sajan Surya**, the renowned Cine and Serial Artist gave the Inaugural Address and **Mr. Manacaud Gopan**, Singer was the Celebrity Guest. **Fr. John Varghese**, Director and **Dr. S. Viswanatha Rao**, Principal spoke on the occasion. After the Prize Distribution, variety Entertainment Programmes by students were held. Crossroads 25 also was inaugurated on the occasion. The Programmes of Crossroads will continue on 15 March at the Girideepam Convention Centre.

IEEE AGM 2025

The Annual General Meeting of IEEE SB was held at MBCET on 28 February 2025. **Mr. Muhammad Zulal,** welcomed the gathering. The members took the oath of the IEEE Code of Conduct, led by **Mr. Chandrasekhar S. Nair**, Vice-Chair. **Dr. S. Viswanatha Rao**, Principal, addressed the gathering. **Dr. M. J. Jayashree**, Prof. & Dean of Academic Affairs-UG, inaugurated the meeting. The annual report for the year 2024-25 was presented by the former Secretary, **Ms. Blessy Smitha Das**, followed by the Financial Report by **Mr. Abhishek S.**, former Treasurer. Five of the former execom members (**Ms. Savya Unnikrishnan**, **Mr. Devadathan J. Nair**, **Mr. Sarang G. S.**, **Ms. Anoushka L. Nair** and **Ms. Sandra S. R.**) were given Best Volunteer Awards for the year 2024-25. **Dr. Lani Rachel Mathew**, Asst. Professor (ECE) & IEEE SB Counsellor introduced the new office-bearers. The AGM was addressed by **Ms. Savya Unnikrishnan**, former Chair and **Mr. Adlu Rahman**, former Vice-Chair. **Mr. Muhammad Zulal,** proposed the vote of thanks.

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.

DEFINE 3.0 HACKATHON

The Dept. of CSE hosted **DEFINE 3.0**, the third edition of its **24-hour inter-college hackathon**, as part of **HASH 2025** on 8 and 9 March 2025. 123 students across 33 teams, participated under the theme **"Transforming Tomorrow, Today with Sustainability".** The event was inaugurated by **Dr. S. Viswanatha Rao,** Principal and **Dr. Jisha John** (HOD, CSE Department), along with **Ms. Asha S.** and **Mr. V. S. Shibu**, the Faculty Coordinators. **Dr. Jayanarayanan (State Program Manager, AYUSH)** and **Mr. Gilroy Mathew (SVP, Global Head of Engineering, UST)** delivered keynote addresses, emphasizing AI's role in shaping industries. Led by **Mr. Sam Peter (S8 CS1) and Mr. Rhon S. George (S8 CS2)**, along with **28 organizers and volunteers**, the hackathon provided a platform for students to tackle industry-sponsored challenges. The judging panel included **Arun Chand (2006, CSE, IBS), Arun Krishna (2017, CSE), Martin (2017, CSE), Roshan (2021, CSE), Bharath (2021, CSE)**, and **Dr. Arya & Dr. Farha** from **AYUSH**. **Tensorz Club MBCET**, represented by **Sanna (2023, CSE), Faizan (2023, EEE), and Rithika (2023, EEE),** evaluated presentation skills, under the supervision of **Dr. Veena Nair (Faculty Coordinator, Tensorz Club).** This edition introduced four tracks:**Sustainability (Open Track)** – Innovative environmental/social solutions, **AI in AYUSH (National AYUSH Mission Kerala)** – AI in traditional healthcare, **AI in Airline Operations (IBS Software)** – Aviation efficiency solutions and **AI in FinTech (Ahura Research & Innovation Labs)** – AI-driven financial technology. Sponsors: **Title Sponsor:** National AYUSH Mission Kerala, **Platinum Sponsor:** UST, **Gold Sponsors:** Ahura Research & Innovation Lab, IBS Software, **Silver Sponsors**: OpsVerse.io, Federal Bank and **Other Partners** include MBCET Alumni Association, Devfolio, CSI MBCET.

Grand Prize in Sustainability Track was won by Team: *Eureka – Amrita Vishwa Vidyapeetham, Kollam. Teammates**: Nandu Krishna, Rohith Pradeep, Aadarsh Mahesh, Nishtha Jain. Prize Money:* ₹20000. The **First Runner Up in Sustainability Track Team was won by Team:** Bey*ond Bytes - Government Engineering College Barton Hill.* **Teammates:** *Adith S, Ram Govind, Ziya Moosir, Praful CJ.* **Prize Money:** ₹10000. The **Second Runner Up in Sustainability Track Team:** BBC - Big Brown Coders - *Amrita Vishwa Vidyapeetham, Kollam.* **Teammates:** *Chinmay Ajith, Mukund Menon* **Prize Money:** ₹5000. **Freshers Prize in Sustainability Track: Team:** *Eureka– Amrita Vishwa Vidyapeetham, Amritapuri.* **Teammates:** *Nandu Krishna, Rohith Pradeep, Aadarsh Mahesh, Nishtha Jain.* **Prize Money:** ₹5000. **AI in AYUSH Track Winning Team:** *Neural Nexus - SIES GST College, Mumbai.* **Teammates:** *Aditya Sahu, Sri Rumde, Sanket Dhonde, Yash Salunke.* **Prize Money:** ₹10000. **AI in Airline Operations Tracking Team:** Tesseract - *Mar Baselios College of Engineering,Trivandrum.* **Teammates:** *Edwin Jojie, Rachel Mariam Abraham, Rishon Simon, Tanmaya Pradeep.* **Prize Money:** ₹10000. **AI in FinTech Track Winner - Special Prize Winning Team:** *Big Brown Coders - Amrita Vishwa Vidyapeetham, Kollam.* **Teammates:** *Rahul Rajesh Kumar, Sarang TS, Nikhil Mishra, Pirajesh M R.* **Prize Money:** ₹5000.

WORKSHOP ATTENDED

- **Ms. Lekshmi I.**, Asst. Professor, Dept. of Science & Humanities had attended a one week online workshop on **'SAGEMATH for Mathematicians: Unlocking Advanced Computation'** from 3 to 7 March 2025 organized by Indian Mathematics Professors Association (INMPA) & Infinity Research and Development Institute.
- **Ms. Sabitha S. Nair**, **Dr. Renjini M. Nair**, **Dr. Preethi P. C.** and **Dr. Veena Nair**, Asst. Professors (S & H) participated in the One Day workshop on Biomedical innovations at SCTIMST, Poojapura on 5 March 2025.

DEKATHON 3.0

Mar Baselios College of Engineering and Technology achieved remarkable success at DEKATHON 3.0 – Indo-Malaysian International Hackathon held from 5 to 7 March 2025. The event, organized by St. Thomas College of Engineering and Technology Chengannur in association with Universiti Teknologi MARA (UiTM) Malaysia, focused on the theme "Sustainable Development Goals: Innovate for a Sustainable Tomorrow." MBCET students secured several prestigious awards:

• Best Startup Pitch: **Abhinav Dev V. M.**, **Stevin Santhosh Baby**, **Karthik Raj** S6 CS1.

• Best Startup Website: **Aparna Anand**, **Abhinav Nair S.**, and **Aswathy S.** S4EC2.

• Best Startup Website (Runner-up): **Pushkala S. S.** and **Ebella Ann Mathew** S4EC2, **Abinav G.** S4 EC1.

• Best Business Model (Runner-up): **Jithin Rajesh** S4EL **Advaith P. Shenoi** S4EL **Abin S. Manoj** S4EC2

• Best Startup Video (Runner-up): **Aparna Anand**, **Abhinav Nair S.**, and **Aswathy S.** S4EC2.

PhD OPEN DEFENCE

Ms. Lakshmi J. S., Asst. Professor (S & H) successfully defended her PhD thesis titled "**Synthesis, low temperature sintering and characterization of nanostructured vanadium based ceramic oxides for their applications as LTCC materials**" at the Dept. of Physics, University of Kerala, Karyavattom campus.

PARTICIPATION IN STRIDE

Dr. Lani Mathew, **Ms. Amritha B. J.**, Asst. Professors (ECD), **Mr. Ashwin R. B.**, Asst. Professor (EED) and **Dr. Veena Nair**, Asst. Professor (S &H) participated in STRIDE – Social Technology and Research for Inclusive Design Excellence, an initiative under K-DISC (Kerala Development and Innovation Strategic Council), Government of Kerala on March 7, 2025 at KINFRA Park, Kalamassery, Ernakulam.

RELEVENT '25

RELEVENT '25 (Recruitment of Emerging Leaders Event of Catalyst IEDC) took place on 26 **February 2025**, at **Shannon Hall**. The event served as a platform to identify and induct new members into the **Executive Committee of Catalyst IEDC** for the **2025-26 term**.

The event was led by **Mr. Arun J.S., Nodal Officer, Catalyst IEDC**.

Beyond the recruitment aspect, **RELEVENT '25** introduced students to a **professional environment**.

CATALYST IEDC ANNUAL GENERAL MEETING '25

The **Annual General Meeting (AGM)** of Catalyst Mar Baselios IEDC - 2025 was conducted on 4 **March 2025**, at **Senatus Hall**, in the presence of **Dr. S. Viswanatha Rao**, Principal, **Fr. John Varghese Palanilkunnathil**, Director and **Mr. Arun J. S.**, Nodal Officer, Catalyst IEDC.
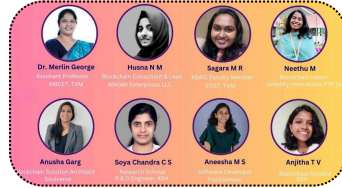
Mr. Arun J. S. gave the opening Address.

Ms. Sona Ponnachen, former **Marketing Co-Lead,** presented the **Annual Report.**

65 students were appointed to new positions, reinforcing the organization's mission to drive innovation and leadership. Additionally, **Ms. Krishnapriya Deepak (S8 CS2), Mr. Bharath Raj S (S8 EC1),** and **Ms. Sona Ponnachen (S8 EC1)** were appointed as **Innovation Mentors,** taking on the responsibility of guiding and nurturing innovative ideas within the organization.

The newly appointed **Chief Executive Officer, Ms. Vasundhara S R (S4 CS2),** then addressed the gathering**,** sharing her vision for the future of IEDC.

POWERTALK GUEST FOR INTERNATIONAL WOMEN'S DAY

Dr. Merlin George, Assistant Professor, Dept. of CSE, was a featured speaker at PowerTalk 2025, hosted by Kerala Blockchain Academy on International Women's Day.

HANDS-ON TRAINING ON GIS

The "Hands-On Training on GIS" program was an interactive workshop aimed at providing practical knowledge and skills in Geographic Information Systems (GIS). It was organized by MBCET in association with the Students Chapter of Indian Geotechnical Society. The session was conducted by **Amal S. Ajay**, an M.Tech student from the College of Engineering, Trivandrum. The training took place on **March 8, 2025,** in the **CADD Lab, Civil Engineering Department**. S4 Honors students, S8 and M.Tech students attended the same. Coordinator: **Ms. Diana Alice Sugunan**, Asst. Prof. in CE

INDUSTRY - ACADEMIA COLLABORATION

MBCET strengthened its Industry-Academia collaboration with the visit of the TCS CBG IT IS Business Unit on 5 March 2025. The engagement included discussions with leadership, faculty, and HODs, along with an interactive session for final-year and third-year students from ECE, EEE, ME, and CSE, focusing on career opportunities and industry expectations. MBCET has been selected as a prospective partner for integrating TCS-developed modules on IT Infrastructure Services into its curriculum.

EDISON TALKS ABOUT HIS 1870S EXPERIMENTS

"Genius is one percent inspiration, ninety nine percent perspiration" Edison

Before starting experimentation with the incandescent electric light system, many memorandums were drawn up as to a general system that would permit the subdivision of light into small units analogous to gas jets, with commercial economy superior to the prevailing gas system. If it was to be successful, all the units must be worked in one block. This necessitated the creation of lamps at very high resistance to diminish the enormous investment in copper necessary if low resistance were to be used. This necessitated a very fine, hair-like filament of a resistant material.

On October 21, 1879, numerous experiments resulted in the production of a small unit with comparatively enormous resistance, the filament being under conditions of great stability. After this result, I knew the problem approached a commercial solution. While these experiments continued, other parts of the system were actively experimented upon. The dynamo was extremely inefficient, the loss approaching 50% due to some misunderstanding among electricians which I never comprehended. However, these experiments produced a dynamo where 90% of the energy was useful.

Then meters for measuring current were used by thousands of customers. Also, a host of accessories like underground conduits, switches, sockets, etc., were necessary to make a complete system of distribution, all of which were accounted for. After the installation of the first station in New York, other improvements were added, such as a three-wire system, which reduced conductor requirements by more than 50%. After this, many central distribution systems were introduced in the days when I had a high opinion of the system, but I did not realize the stupendous electrical industry of today. Naturally, I am gratified to feel that I have been privileged to be part of this vast achievement.
https://www.youtube.com/watch?v=PO26W0MdHQs

I have not failed. I've just found 1000 ways that won't work." (Edison about 1000 failures)