

College Magazine 2024-25

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# ESPOIR



**MAR BASELIOS**  
COLLEGE OF ENGINEERING AND TECHNOLOGY  
AUTONOMOUS



*Motto*

# **DUC IN ALTUM**

***Leading to the Heights of Excellence***

## *College Anthem*

*Can't you hear the thunder of Bethany Hills,  
Where the shadows flee in the shining light  
With the sword of truth and the shield of faith,  
We rise in knowledge, wisdom, and grace.  
We will change the way we see the world,  
Our Destiny is written by the author of Life  
and Thank the Lord of Heaven and earth,  
Our strength, our hope our deliverer Baselios!  
We are many, we are one heart Baselios!  
We live in honor and passion,  
Baselios! Baselios!*

HIS HOLINESS  
*Pope Leo XIV*

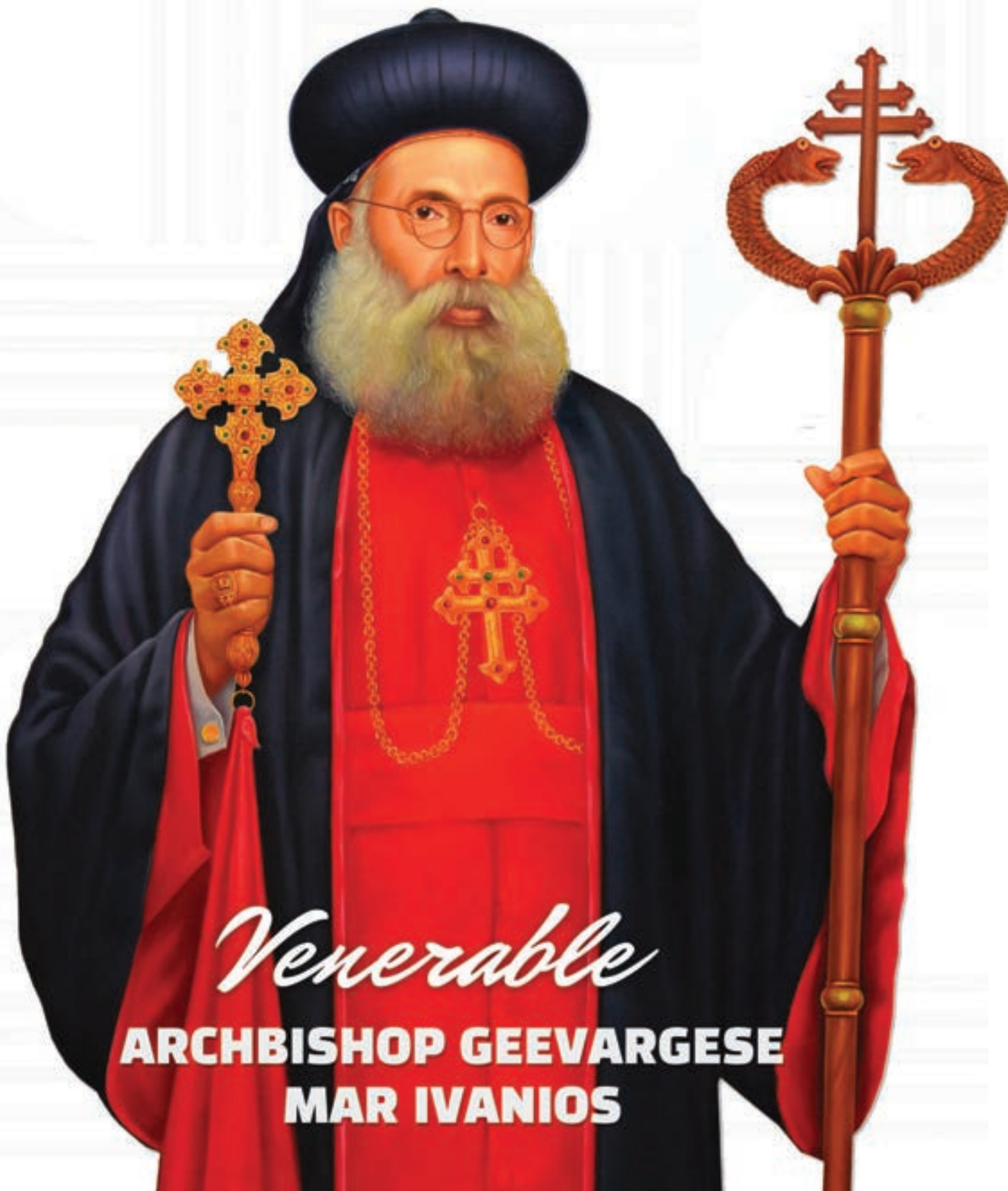


# VISION

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.



*Venerable*  
**ARCHBISHOP GEEVARGESE  
MAR IVANIOS**

**HIS BEATITUDE  
MORAN MOR  
CYRIL BASELIOS  
CATHOLICOS**

1935-2007



**OUR FOUNDER**

**HIS BEATITUDE  
MORAN MOR  
BASELIOS  
CARDINAL CLEEMIS  
CATHOLICOS**

**MAJOR ARCHBISHOP  
CATHOLICOS OF THE SYRO  
MALANKARA CATHOLIC  
CHURCH**



**OUR PATRON AND MANAGER**

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# Editor's Desk

College life is one of the most beautiful and transformative phases in a person's life. It's a time filled with memories, emotions, and experiences that shape us into who we are meant to become. As we grow, connect, and evolve during these years, these moments are etched into the heart of every student — and are often captured within the pages of a college magazine.

It came as a wonderful and unexpected opportunity for me to be a part of this memorable journey — the creation of our college magazine, *Espoir*. The word *Espoir*, meaning "hope" in French, beautifully represents the spirit of this endeavor. Each day in our lives begins with hope — hope to grow, to achieve, and to make a difference. It is this very hope that drives us forward, helping us embrace opportunities and work towards our dreams.

As Helen Keller once said, "Alone we can do so little; together we can do so much." The success of this magazine stands as a testament to teamwork and collective effort. With the unwavering support and insightful guidance of our Staff Editor, Dr. George Zachariah, and the enthusiastic contributions of a committed and creative team, we are proud to present *Espoir 2024-25* — a reflection of our shared bonds and a beacon of hope for the future.

Let this magazine not only celebrate what has been but also inspire what is yet to come.



*AP Anupama - Student Editor*

“

To stay ahead, you must have your next idea waiting in the wings

Rosabeth Moss Kanter

# The Vanguard



**Rev. Fr. John Varghese  
Palanilkunnathil**

Director



**Rev. Fr. Thomas  
Mukalumpurath**

Finance  
Officer



**Dr. S. Viswanatha  
Rao**

Principal



**Dr. Paul Thomas**

Professor & Dean  
(PG Studies and Research)



**Dr. M.J. Jayashree**

Professor & Dean  
(Academic Affairs-UG)



**Dr. K. Muraleedharan Nair**

Professor & Dean  
(Administration)



**Dr. Neethu Roy**

Professor & Dean  
(Research & Consultancy)



**Dr. S. Usha Kumari**

Professor & Dean  
(Corporate Relations)



**Dr. Rajesh T.N.**

Professor & Dean  
(Student Affairs)



**Ms. Charivil Sojy Rajan**

Assistant Professor & Assistant  
Dean (Alumni Affairs with  
Independent Charge)



**Dr. Nisha G.K.**

Professor & IQAC  
Coordinator



**Dr. M Pradeep**

Associate Professor &  
Controller of Examinations



**Dr. Remil George Thomas**  
HoD - ME



**Dr. Deepak Raj**  
Assistant Director  
HoD - PE



**Prof. Raju K Gopal**  
Professor & ITMS Head



**Dr. Luxy Mathews**  
Associate Professor  
HoD - ECE



**Dr. Jisha S. V**  
Associate Professor  
HoD - CE



**Dr. Jisha John**  
Professor  
HoD - CSE



**Dr. Elizabeth Varghese**  
Associate Professor  
HoD - EEE



**Dr. Archana P. Das**  
Assistant Professor &  
HoD - Science & Humanities)



**Dr. Tessy Mathew**  
Professor & Head,  
(Centre for Computational  
Intelligence &  
Cyber Security)



**Dr. Nidhi M. B.**  
Professor & Head  
(Centre for Professional  
Development and Lifelong  
Learning)



**Dr. Jayakumari J.**  
Professor & International  
Liaison Officer



**Mr. Arun J. S.**  
Nodal Officer  
Catalyst IEDC MBCET



**Dr. Shobha Teresa George**  
Student counselor and  
Consultant Psychotherapist



**2024 - 2025**

# **ANNUAL REPORT**

**DR. S VISWANATHA RAO  
PRINCIPAL**



## Introduction

Mar Baselios College of Engineering and Technology has successfully completed 23 years of relentless service in the higher technical education arena since 2002. The year 2024-2025 has been a year of vibrant activities in all domains of learning including academic, co-curricular and the extra-curricular. Students of the second B.Tech batch and the fourth M.Tech batch under autonomy will be graduating this year. The report carries a glimpse of our activities and achievements during the year under report.

## Admissions 2024

The admissions to the 23rd batch of the College, which is the fifth batch under autonomy, was completed in October 2024. 593 students were admitted in the seven B.Tech programmes. 37 students joined the M.Tech programmes that includes 'Environmental Science and Engineering' started in the current academic year and 8 scholars have joined for the Ph.D Programme.

## Student Induction Program for UG

The AICTE mandated Student Induction programme (SIP) was conducted for two weeks from 3rd to 12th September 2024. The SIP was started ceremoniously with the Welcome Ceremony for freshers, namely PARODOS 2024 on 2nd September. The invited talks, personality grooming sessions, bridge courses, lessons on universal human values, department level orientation, introduction to professional bodies, etc. were part of the SIP.

## Academics

Students belonging to the 2020-2024 batch of the B.Tech, the first batch under autonomy, completed the contact requirements in May 2024 and those of the M.Tech Degree Programme in June. The Course Completion ceremony Exodos was conducted on 03 August 2024. 473 B.Tech Students and 15 M.Tech students successfully completed their coursework. Two Ph.D Scholars were awarded the Ph.D Degree of the APJ Abdul Kalam Technological University.

There are 2188 students enrolled in the various courses during 2024-2025, including B.Tech, M.Tech and Ph.D.

## Academic Departments

Our Academic departments have been discharging their duties diligently well. In the academic front

we undertake various measures to impart high quality education. Research activities are supported in all the Departments so that we can remain at the cutting edge. Departments have conducted several activities for professional development of Students, Faculty and Staff as well. These include FDPs, STTPs and National as well as International Conferences and Seminars. This year, the Technicaest was conducted by the departments on 27 February. A number of activities as part of outreach to the community for voluntary service are organized every semester to enable the social and emotional learning of the students through community service.

In addition, different Cells, Centres and Clubs involving students play a major role in promoting value education. These include Department level Associations, the Cell for Universal Human Values, Cell for Unnati Bharat Abhiyan, ISTE SHE, IEEE WIE, Women's Studies Unit, the Clubs for the Co-curricular activities and so on, and are used as platforms for sensitizing the students about the values like gender equity, social inclusivity, integrity, accountability, commitment and so on.

## Research, Consultancy and Innovations

College has been promoting students' research and development through various ways. IEDC is doing commendable services in kindling student innovations with a partial support from Kerala Startup Mission. Faculty research is also supported in various ways including seed funding and research promotion incentives. Several soil investigations and topographic survey works have been done for the Kerala PWD and Kerala Water Authority.

## Examination Wing and the controller of Examination

The Examination wing under the Controller of Examinations has been conducting all the examinations as per the curriculum in a very systematic manner. Sufficient number of supplementary chances are given to the students to enable timely completion of their studies within the stipulated time.

## Internal Quality Assurance Cell

The Internal Quality Assurance Cell (IQAC) is an important functional unit as per the UGC to monitor and assure the academic quality of the College. Our IQAC has been discharging the duties effectively, especially after the College had become autonomous. The Cell has representation from academia, industry and alumni and students.

## **Campus Placement and Corporate Relations**

Coordinated by the Placement Unit, the 2025 graduating class has secured over 150 offers through on-campus, and off-campus placements, covering both undergraduate and graduate programs. Several students have received internship offers, with many of them receiving higher CTC offers than the average, thus pushing them up in the employment value chain. We have achieved the highest number of recruiters in the history of MBCET with 50 plus recruiters till now for the 2025 graduating batch.

Corporate Relations team of the College has been very proactive in establishing linkages with Industries and Organisations resulting in many Collaborations and MoUs with the support of the academic departments.

As in the previous years, College has signed new MoUs with many industries and research organisations during the year namely SmartCity Thiruvananthapuram Ltd., Ultratech Cement Ltd., Builders Association of India, CDAC, UST Global, HEX20 LABS Pvt Ltd. and Simple Logic Solutions Pvt Ltd.

## **Accomplishments in the Extracurricular Arena**

College continues to uphold the tradition of promoting sports and games. Students have participated in various items at the Zonal level, State level and national levels. Students, as individuals and teams have won several championship and accolades in basketball, volleyball, netball, lawn tennis, table tennis, hockey, yogasana, and so on.

11 students have represented the University in the South Zone and All India Inter University Competitions in different disciplines. Aishwarya alakrishnan Menon of S4 EC1 secured gold medal in the State Wrestling Championship and she represented Kerala State in the Senior Federation Cup under 23 category Wrestling Championship, Keerthana D S of S4CE1 represented Trivandrum for the Senior State Women Hockey Championship securing Second position, and Gowrisankar Manikandan of S4 ME1 secured Gold medal in the Kerala State Classic Power Lifting Championship under 105 kg category held at Kochin.

## **Chapters of the Professional Bodies**

The local Chapters/Branches of the professional bodies like ISTE, IEEE Student Chapter and

various IEEE Societies, IET, ASCE, ASME, ISHRAE, Computer Society of India, Indian Plumbing Association, Society for Automotive Engineers (SAE), Indian Geotechnical Society, various Student Clubs, etc. have been very active this year also. The members have brought many laurels to the College through their accomplishments and awards at the local and national levels.

## **National Service Scheme**

The National Service Scheme Units 230 and 706 of the College are attached to the NSS Cell of the APJ Abdul Kalam Technological University. The NSS Units have organized a number of social service activities including blood donation, services to community and so on. The seven-days special camp was conducted at Aruvikkara during December 2024.

## **Library and Information Services**

College Library is maintaining good ambience for the users. Online services, Question Paper Repository, OPAC etc. are very popular. On campus Wi Fi and the Campus LAN are enabling seamless connectivity. The digital library enables access to a good number of journals and conference proceedings.

## **ITMS Department**

The Department for IT Management and Services has been looking after the entire IT infrastructure of the College and the Software systems. We have the leased line connectivity of up to 400MBPS and is dynamically managed to serve all the users.

## **Alumni Affairs**

College is maintaining high regards for its alumni. The Alumni Association MBCETAA has been extending financial support for conferences, workshops, Student clubs, etc. have been very active this year also. The members have brought many laurels to the College through their accomplishments and awards at the local and national levels.

## **Meetings of the Statutory Bodies and Committees**

The Statutory Bodies and various committees at the College level and the advisory boards of the Departments and other bodies were meeting on a regular basis in the year under report.

## Conclusion

The College is proud of its vibrant and committed community. I conclude this Report by placing on record our sincere gratitude to our Patron His Beatitude Moran Mar Baselios Cardinal Cleemis Catholicos whose visionary directions and guidance have been providing us with the motivation, strength and enthusiasm to go forward. We gratefully acknowledge the guidance and support from His Excellency Most Rev. Dr. Mathews Mar Polycarpos, Auxiliary Bishop of the Major Archdiocese of Trivandrum. We acknowledge the guidance and support from our Director Rev. Fr John Varghese, Finance Officer Rev. Fr Thomas Mukalumpurath, Members of the Governing Body, Academic Council, Boards of Studies, Department Advisory Boards and the Committees. We would also like to place on record our gratitude to the Secretary of the Malankara Catholic Educational Society Rev. Fr George Mathew Karoor for the support in the administrative matters. We also appreciate the collaboration from our sister institutions.

On behalf of the College, I express the gratitude to our Deans, HoDs, Senior Professors, Senior Officers, Faculty, Staff, and all who have extended support and guidance for us in various ways during the year under report. We thank our Faculty, Staff and Students for their deeper involvement and impeccable cooperation in the academics and various related activities that enabled the College to maintain a reputable position among the institutions of higher education in the country. We acknowledge the support from the parents and the PTA Executive in the academic management and in maintaining strict discipline.

We earnestly look forward to getting the unconditional support and care from the parents, stakeholders and the well-wishers in the coming years too.

Keeping in mind our Vision and moto 'Duc in Altum' let us together continue to strive towards excellence with emphasis on noble values.

# ACADEMIC AWARDS (2024-2025)

## ALL ROUND PERFORMANCE AWARDS



Adlu Rahman  
S8 CS



Blessy Smitha Das  
S8 EEE



Ms Sona  
Ponnachan  
S8 EC



Manu Jose  
Abraham  
S8 CE



Ananth P  
Nampoothiri  
S8 ME

## YOUNG WIZARD OF SCIENCE



Anamika P  
S2 CS

# MEMORIAL AWARDS

*Prof. R V Chitra Memorial Award*



Akhil V  
S8 EEE

*Ms Annu Memorial Award*



Swetha S  
S8 CE

*Prof. Harivenkit Memorial Award*



Abhijith B Nair  
S6 ME

*Mr. Hari R Krishnan Memorial Awards*



**Krishnajith**

S4 CS



**Aisha K**

S2 EC



**Adithyan R S**

S2 EC

*Ms. Reeba Susan Mammen Memorial Award*



**Pranav P**

S4 CS

*Mr Arun Memorial Award*



**Riyanna  
Maria Abison**

S8 CSE

# MBCETAA OUTSTANDING PERFORMER AWARD 2025



**Ashwin Mathew**  
Dept. of Mechanical  
Engineering, 2024 Passout

## PROFICIENCY AWARDS

### DEPARTMENT OF CIVIL ENGINEERING



**Devadethan H.M**  
M Tech Transportation  
Engineering



**Gopika J.S**  
M Tech Structural  
Engineering



**Diya L.D**  
S7-S8



**Aparna Bins B.S**  
S5-S6



**Archa Sajeev**  
S3-S4



**Saikrishnan V.B**  
S3-S4

# DEPARTMENT OF MECHANICAL ENGINEERING



Vignesh B  
S7-S8



Abhijith B Nair  
S5-S6



Gowri R G  
S3-S4

# DEPARTMENT OF ELECTRICAL AND ELECTRONICS ENGINEERING



Aiswarya S S  
M Tech Power Control & Drives



Akhil V  
S7-S8



Aaron Joseph  
S5-S6



Rincy Reji  
S3-S4



Anantha  
Krishnan H  
S3-S4



Nandana Krishna  
S5-S6 (EL)



Ryan Mathew  
Manual  
S3-S4 (EL)

# DEPARTMENT OF ELECTRONICS AND COMMUNICATION ENGINEERING



**Suja S**

M.Tech IOT and Sensor  
systems



**Ann Mary Biju**

S7-S8



**Kurien P Issac**

S5-S6



**Sanjay Krishna K**

S5-S6



**Neha Jayaram**

S3-S4

# DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING



**Athira AP**

M Tech in CSE



**Abhinav Prakash**

S7-S8



**Pranav Shankar**

S5-S6



**Anna George**

S3-S4



**Aparna G Raj**

S5-S6 CT



**Mathew Biju George**

S3-S4 CT

# SPECIAL ACHIEVEMENTS AWARD 2025



Mr Adarsh S L, Mr Dhanush Vijay, Mr Allen Alex, Mr Akshay A S, Mr Shaheen Noushad

State-level winners of college category of YIP 6.0

## BASELIAN KAYIKA PRATHIBA (WOMEN):2025



Bhadra S S  
S8 ME

## BASELIAN KAYIKA PRATHIBA (MEN):2025



Alan V B  
S8 CE

# EXODOS 2024

EXODOS 2024, the Course Completion Ceremony of the first autonomous and nineteenth B.Tech batch, and the third autonomous and eleventh M.Tech batch of Mar Baselios College of Engineering and Technology (MBCET), was held on 3rd August 2024 from 10:00 AM to 12:35 PM. The event marked the successful completion of academic journeys for 473 B.Tech students, who completed their eighth-semester coursework, and 15 M.Tech students, who completed their four-semester program, all leading to the award of degrees from APJ Abdul Kalam Technological University (KTU).

## **Ceremonial Proceedings**

The ceremony was formally inaugurated by His Excellency Most Rev. Dr. Mathews Mar Polycarpus, Auxiliary Bishop of the Major Archieparchy of Trivandrum, who declared EXODOS 2024 open. The welcome address was delivered by Rev. Fr. John Varghese, Director of MBCET. This was followed by the Principal's Statement presented by Dr. S. Viswanatha Rao, Principal of the college.

His Excellency Dr. Mathews Mar Polycarpus then gave the Benedictory Address, setting a reflective and gracious tone for the event. The Inaugural Address was delivered by Dr. Jiji Thomson IAS, Former Chief Secretary of the Government of Kerala. A highlight of the ceremony was the Keynote Address delivered by Dr. Tony Thomas, Global Chief Digital and Information Officer at Signify, who shared valuable insights with the graduands.

## **Awards, Honors, and Oath Ceremony**

Following the speeches, a series of awards and certificates were presented to honor academic excellence and noteworthy contributions.

Ph.D. Scholars were felicitated for their research achievements. This was followed by the Oath Taking Ceremony, where the Principal, Dr. S. Viswanatha Rao, led the graduands in reciting the professional oath.

On behalf of the outgoing students, Ms. Sandhra Rose Chackochan from the Department of Mechanical Engineering delivered a heartfelt speech reflecting on the students' journeys. A symbolic torch-passing ceremony took place, where the representatives of the graduating class passed the torch to their juniors, signifying the continuity of wisdom and legacy.

The event also featured a felicitation address by Mr. Arvind Panicker, an MBCET alumnus and Application Engineer at Google, representing the Mar Baselios College of Engineering & Technology Alumni Association (MBCETAA). The Vote of Thanks was proposed by Dr. Paul Thomas, Dean – PG Studies and Research.

Finally, His Beatitude Moran Mor Baselios Cardinal Cleemis Catholicos declared EXODOS 2024 closed, bringing the grand event to a dignified conclusion. The event was coordinated under the leadership of Dr. M. J. Jayashree, Dean (Academic Affairs – UG), who served as the Chief Coordinator.

### **Awards and Recognitions**

The ceremony proudly recognized the academic excellence and overall accomplishments of its students through a series of distinguished awards and certificates.

**Mr. Ashwin Mathew** was honored with the prestigious **Baselian Award**, the highest recognition conferred by the institution for all-round excellence. Alongside the award, he received a certificate and memento. His achievements were further acknowledged with the **Outsparkle Award**, instituted by **Sunny Diamonds**, celebrating brilliance beyond academics.

In the category of **Special Jury Awards**, two students were recognized for their exceptional contributions and unique achievements. **Ms. Sandhra Rose Chackochan** from the Department of Mechanical Engineering and **Mr. Aman K. Anvar** from the Department of Civil Engineering received this notable recognition.

Certificates of participation were also distributed to the **nominees of the Baselian Award**, who were shortlisted and interviewed for their outstanding credentials. The nominees included **Mr. Chris Mathew** from the Department of Electronics and Communication Engineering, **Ms. Julia Alex** and **Ms. Varsha Renjith** from the Department of Computer Science and Engineering, **Ms. Krishna R.** from the Department of Civil Engineering, and **Ms. Merin Anna John** from the Department of Electrical and Electronics Engineering.

Gold Medals were awarded to students who topped their respective branches. In the **M.Tech** category, **Mr. Jyothis S.** (Structural Engineering), **Mr. Sidharth V. S.** (Power Control & Drives), and **Mr. Jacob Varghese Karingottu** (Machine Design) were recognized. Among the **B.Tech** graduates, the gold medalists were **Ms. Niranjana S.** (Civil Engineering), **Ms. Julia Alex** (Computer Science and Engineering), **Ms. Shalin Sara Jacob** (Electronics and Communication Engineering), **Ms. Bhadra P.** (Electrical and Electronics Engineering), and **Ms. Sandhra Rose Chackochan** (Mechanical Engineering), each receiving certificates and medals in honor of their academic distinction.

Certificates were also distributed to students who achieved a **Cumulative Grade Point Average (CGPA) above 9**, recognizing their consistent academic excellence throughout the program. From **M.Tech** (Machine Design), **Mr. Vikram Kumar** received this honor. In **B.Tech** Computer Science and Engineering, the awardees were **Ms. Sandhra Santeev**, **Ms. Meghna R. Nair**, and **Ms. Merin Grace Mathew**. The Electronics and Communication Engineering stream included **Ms. Ranjana P. Jeothi**, **Ms. Neha A. Thomas**, **Ms. Paryathy M. D.**, and **Ms. Athira J. P.** From Electrical and Electronics Engineering, **Ms. Malavika S.** was awarded, and in Mechanical Engineering, **Mr. Abhiram P.** was recognized.

These awards and honors not only celebrated academic milestones but also served as a testament to the dedication, perseverance, and excellence of the graduating class of 2024.

### **Best Project Awards – MBCETAA**

As part of the course completion ceremony, the Best Project Awards were presented by the Mar Baselios College of Engineering & Technology Alumni Association (MBCETAA) to recognize and reward innovation and technical excellence demonstrated by final-year students across various departments.

From the **Department of Civil Engineering**, two outstanding projects were recognized. The first, titled "*Valorization of Plastic Waste Through Thermo Catalytic Plastic Pyrolysis*", explored sustainable waste management solutions through innovative pyrolysis techniques.

The project was carried out by **Mr. Adarsh S. L.**, **Mr. Alen Alex**, **Mr. Dhanush Vijay**, and **Ms. Shaheen Noushad**, under the guidance of **Ms. Radhika P.** The second project, "*Planning and Design of Walkway at Azhankal*", focused on enhancing pedestrian infrastructure, and was undertaken by **Mr. Ahammed Sahil N. S.**, **Ms. Diya S.**, **Mr. Karthik R.**, and **Mr. A. S. Raj Krishnan**, guided by **Dr. Archana J. Satheesh**.

In the **Department of Computer Science and Engineering**, the project *"IoT Cloud-Based Smart Waste Bin"* received acclaim for its application of IoT in urban cleanliness and waste monitoring. It was developed by **Mr. Abraham Aniyam Varghese, Mr. Jins K. Varghese, and Mr. Bryan Bishi**, under the mentorship of **Mr. Praveen G. L.** Another project titled *"Power Vortex: Smart Energy Forecasting and Management with IoT and Machine Learning"* showcased an intelligent solution for energy optimization and was carried out by **Mr. Adithya Anil, Mr. Ashwin A., Mr. Gopal S., and Mr. Shibin Shibu**, guided by **Ms. Deepthi K. Moorthy**.

From the **Department of Electronics and Communication Engineering**, the project *"LoRaWAN for Smart Campus"* stood out for its application of low-power wide-area networks to enhance campus connectivity and automation. It was executed by **Mr. Chris Mathew, Mr. Abhishek S. S., Mr. Rohan Geo Chacko, and Mr. Abhiram A. M.**, guided by **Dr. S. Viswanatha Rao**. Another commendable project, *"Smart Traffic Management System with Density Control, Emergency Override, and Pedestrian Crossing"*, aimed to address real-world urban mobility issues. It was developed by **Mr. Akhil Paulton Adem, Ms. Diya Narayan, Mr. Gautham G. B., Ms. Nandana V. L., and Ms. Neha A. Thomas**, under the guidance of **Mr. Jinu Baby**.

In the **Department of Electrical and Electronics Engineering**, the project *"Satellite Tumbling Control Using Magnetorquers"* showcased innovation in satellite stabilization techniques. The project team included **Mr. Advait P. S., Ms. Malavika S., Ms. Merin Anna John, and Ms. S. Meenakshi**, and was guided by **Dr. Nisha G. K. and Ms. Vrinda Prasad**. Another project titled *"Smart Demand Response System"* focused on intelligent power distribution and demand-side management, and was developed by **Mr. Archit S. Thampi, Mr. Muhammed Faris, Mr. Nevin Thomas, and Mr. Sravan A. R.**, under the mentorship of **Ms. Neetha Chandran and Mr. Ayush Vijayan**.

From the **Department of Mechanical Engineering**, multiple innovative projects were recognized. The project *"Parametric Analysis of H-type Darrieus Vertical Axis Wind Turbine Blade"* aimed at optimizing renewable energy generation and was carried out by **Mr. Aswin R. B., Mr. Joel Thomas Thazhamon, Mr. Akash Sreejith Chandra, Mr. Ashwin Mathew, and Mr. Abhishek A. R.**, guided by **Mr. Vaisakh S. Nair**. The project *"Enhancing Electric Vehicle Generation Through Flywheel Technology"* proposed novel improvements in EV energy systems, developed by **Mr. B. Logu Shanmugham, Mr. Rahul Rajan P., Mr. Hariram J., Mr. Jobin S. S., and Mr. Mohamad Hashim**, under the supervision of **Mr. Deepak B.** Another outstanding project, *"Design and Fabrication of 3D Printed Chemical Rocket Thruster"*, explored advanced manufacturing for aerospace applications and was developed by **Ms. A. B. Gouri, Ms. Aiswarya Mohan, Mr. V. S. Savio, and Mr. Vignesh K.**, guided by **Dr. K. Muraleedharan Nair**.

These award-winning projects reflect the technical competence, creativity, and research-oriented mindset nurtured at MBCET and highlight the institution's commitment to promoting innovation-driven learning.



# *Vignettes*

“Literary Seasons:  
Student Voices in Bloom”

# AI IN WRITING - A BOON OR A CURSE

ELVIS MATHEWS OLICKAL  
S4 EL

**T**he pen is mightier than the sword, apparently. But what if the pen was not held by man, but a machine? Will those words still hold the same weight? Will it eclipse the works of the literary greats of old, or just simple chaps like you and me?

This thought came to me via an incident I had the other day. I'd written a short article on a psychological concept which I found interesting - the Serial - Position Effect. I, being a strong advocate against the use of AI in creative works, did not use such tools at all. A friend of mine, who got bored in class one day, decided to copy paste my article into an AI text detector and check the score  
- 10%.

The friend, let's call him Jacob, proceeded to generate another article on the same topic using the ChatGPT AI model with the help of an elaborate prompt. As expected, the first article that popped out turned out to be 100% AI. However, what was interesting was that as he instructed the model to use spartan, human language, the article integrity kept increasing, i.e, the AI detector score kept decreasing. Within a span of 15 minutes, Jacob was able to create an article that fooled the AI text detectors, all without having spent a single minute on actual creative work.

Are people like me in trouble?

The optimistic answer, and the answer I want to believe in, is No. Why? Simple because good writing by a capable writer will always be better than what a machine can procure. The better the prompt, i.e, the better the input, better the output. While our peers may attempt to find shortcuts and the easy route out, sharpening your content writing ability and thinking will always be a blessing, be it technical or non technical fields. A writer who knows how to use AI to its maximum capacity will always be superior to a writer who simply rejects the idea of technology in writing. A true writer is not one who discards all tools and reverts to the pen-paper ideology, rather one who understands that it is his duty and purpose to communicate and connect, be it whatever medium and using whatever tools.

The world revolves around story-tellers. There will always be room for them. Weave stories, and see the magic unfolds.



# BROKEN IMAGES

2024-2025



The epochmaking leap of humanity into space  
Made by Sunita Williams And Butch Wilmore shaped history  
Science becomes A boon and a bane !  
Artificial Intellegence  
Might displace human intellegence  
Will a robotic generation  
Make humans a minority species?  
Yet the cancer of fundamentalism  
And terrorism gnaws away humanity.  
Ego and profit motive Provoke war Bleeding  
Ukraine and Gaza Warbbusiness produces  
Refugees, orphans and migrants.  
After the earthquakes  
In China, Myanmar and Tonga Island Floods  
and pandemics!  
Devoid of humaneness Man turns a  
Frankenstein Human demons run amok  
Preying on innocent victims  
And the Great Shepherd Left for heavenly  
abode.  
Yet the stars farbode  
A decade of wars shaking the whole world.  
As a solace a Night Fairy Poured elixir  
Into the parched mouth And disappeared  
But the forsaken soul continues  
Its tapasya for eternal love!



Prof. Dr. George Zachariah  
Staff Editor

# Rain in an empty town

Rahul GP S8 EC1

Ignorance is a funny deal -  
A solution to everthing and nothing.  
It's simple, so I chose it.  
The more ignorant, the calmer I became.  
Calm is good, right?

Sometimes I hate my mind -  
All its thoughts, its endless emotions.  
Memories like trees in a forest:  
Different, but mostly the same.  
Pipe down guys, it's getting loud !  
But sometimes, the noise comforts me.  
And I know,  
I'm all I've got.

I feel empty sometimes,  
Like rain in an empty town -  
Wasted, forgotten, lost.  
This draining life...  
Is this what I dreamed of ?

Sorry, self-  
I did you wrong.  
I saw your calls, your aches,  
But never moved an inch.  
Was I too afraid?  
No, just ignorant, it seems.  
I dismissed the pain as art,  
And when judgment came,  
I knew exactly what I'd done.

An apology won't fix the pain, dummy,  
But a better path, it might show  
That sounds fine for now, I guess.

# SHORT STORY

## Book and the flame



The storm had been raging for hours when the lights finally went out. A groan escaped my lips as my laptop screen died mid-sentence, there went my essay deadline. The only light left was the trembling flame of the old candle on my desk, casting long shadows that danced across the walls like restless ghosts. I sighed, rubbing my tired eyes. That's when I remembered the book.

I had found it earlier that day, tucked away in a dusty box in the attic. Its cracked leather cover bore no title, only a strange symbol pressed into the spine, a curling flame. Inside, the pages were yellowed with age, the ink so faded in places it was nearly unreadable. But one passage stood out, scrawled in jagged handwriting as if written in haste:

**"Light the candle at midnight, and the flames will speak."**

A shiver ran down my spine. I glanced at my phone. 11:57 PM.

This is stupid, I told myself. Just some old nonsense.

But my fingers still reached for the candle.

As the clock struck twelve, I held the flickering flame close and whispered, "Show me."

For a moment, nothing happened. Then, the fire twisted.

It stretched unnaturally, the orange glow warping until it formed a face. A face I knew.

Sivani.

She had passed away ten years ago, but there she was, her features woven from flame. Her lips moved soundlessly, and before I could react, the blank pages of the book began to burn with words—letters searing themselves into the paper like brands.

"You shouldn't have opened this."



The candle flared violently, the flame surging upward in a sudden burst of heat. I recoiled, knocking the book shut as darkness swallowed the room. Then, knock, knock, knock.

Three slow, deliberate raps at my bedroom door. My breath caught. I lived alone. The knocking came again, louder this time, each strike rattling the door in its frame.

My heart hammered against my ribs. I opened my mouth to scream, BEEP! BEEP! BEEP!

I jolted upright in bed, gasping, my alarm blaring beside me. Sunlight streamed through the curtains, painting the room in warm gold.

A dream. Just a dream.

I slumped back, laughing weakly at my own imagination. Then my gaze drifted to the desk. The candle sat there, cold and extinguished. And beside it, the book lay open, its pages now filled with writing. My blood turned to ice. Because the last line, still fresh as if just written, read:

*"You're awake. Good.  
Now we can talk."*

*Sanjana DS  
S6 CS1*

**I**n a world that often rushes past emotion, skipping over the quiet beauty of human connection, I have found my sanctuary — not in great spaces or aloneness, but within the four humble walls of a classroom. It's here, in this seemingly ordinary space, that I live a second life. A life not governed by timetables or textbooks, but one woven with colors, chaos, laughter, learning, and the unpredictable magic of young hearts. Each morning begins with a chorus I've come to cherish — "Good morning, ma'am." It's a simple greeting, but it carries a warmth words can't always convey. Behind that respectful title ma'am lies something far deeper, a bond built not just on instruction, but on affection, trust, and a shared sense of belonging. My students call me ma'am, but they love me like a mother — and in the most honest corners of my heart, I love them the same way.

## MY CLASS MY WORLD

### *A Teacher's Reflection*

Dr. Soumya A. V  
Department Of EEE

This classroom is not perfect. There are misunderstandings, arguments, silences, and occasional tears. Emotions rise and fall like tides. But it is precisely in this imperfection that something beautiful takes root. For beneath every disagreement, there lies a strong, invisible thread of connection, the kind that doesn't break when stretched. We have had our share of rough days, but we've always held on to each other. Even when it's hard, even when we don't fully understand each other, we stay. We remain one.

And this sense of unity didn't emerge from rules or discipline. It emerged from experience; from late-night messages asking for advice, from moments of vulnerability that built trust, from honest conversations, from apologies offered with sincerity, and from the willingness to give each other space to grow.

We've chosen love, even when it was inconvenient. We've chosen forgiveness, even when it wasn't easy. And somehow, we've created a space that feels safe — not just physically, but emotionally.

Through our journey together we've come to understand something fundamental — that real relationships are not based on perfection, but on patience, compassion, and the courage to keep showing up. We've reflected together, listened without judgment, spoken with honesty, and in doing so, we've nurtured a bond that transcends the roles of teacher and student.

There are days when my students amaze me with their maturity and depth. There are days when they test every limit I have. But on every single day, without fail, they make me proud. Whether they're quietly assisting each other, staying back to talk, or simply offering a smile when I seem tired — they remind me why this connection is so real, so precious.

To the world, I may be just a teacher. A woman with a marker in her hand and a lesson plan in her bag. But to these children — to my fifty hearts — I am something more. I am a guide, a listener, a cheerleader, a quiet place to lean on. And sometimes, I'm just ma'am. But in their eyes, I see it — I am mom too.

This isn't just a classroom. It's a living story — of growth, trust, mistakes, laughter, and deep emotional healing. It's imperfect, yes — sometimes messy, sometimes loud. But it's alive. It's meaningful. It's mine.



“

**My Class.  
My Children.  
My World Of Happiness.**

And I still remember how it all began — how the thread of celebration first stitched us together. Our first Christmas celebration. A moment that, even now, glows in memory like fairy lights on a winter evening. That day, the classroom wasn't just a place of learning — it became a home.

We decorated every corner with excitement and childlike wonder. Paper stars danced from the ceiling, soft music floated in the background, and smiles stretched wider than words could reach. There was no grand planning, no polished perfection — just pure togetherness.

That Christmas didn't end with the decorations coming down. It was the beginning of us. The first celebration that taught us how to be more than a class — how to be a community. It became the foundation of all the moments to come — the birthdays, the farewells, the surprises, the small victories and the silent hugs. Every celebration since carries the echo of that first spark. Because we don't just learn together — We live together. We celebrate together. We grow together. And in every laughter shared and tear wiped away, we strengthen what we've built — A bond that is timeless. A family that just happens to sit in rows. And oh, how we've traveled together.

From the sun-drenched roads of Tuticorin to the breezy lanes of Ernakulum, those one-day trips were more than just escapes from routine — they were little chapters of laughter, music, shared meals, and unfiltered joy. I can still hear their voices echoing in the bus, the impromptu dance-offs in the aisle.

And then came the journey of all journeys — our 9-day industrial visit. What a whirlwind of discovery, bonding, and joy that was. The long rides, the sleepy hotel mornings, the last-minute photo rushes, the laughter that refused to quiet down even at midnight... we weren't just exploring cities; we were exploring each other's worlds. I saw my students outside the classroom — relaxed, real, radiant. Some became leaders, some nurtured friendships, and others quietly made space for everyone to belong.

There was magic in the smallest things — sharing snacks on the train, watching the sunrise from a new place, reminding each other not to forget room keys, and those silly inside jokes that still make us laugh weeks later. In those nine days, I watched fifty individuals transform into a family.

And me? I was no longer just a teacher marking attendance. I was walking beside them as a friend, a guide, a quiet anchor in the background — soaking in every moment, every hug, every burst of laughter. Those trips were more than educational tours.

They were bridges — between hearts, between memories, between who we were and who we are becoming. They stitched our story together with threads that no time can unravel. Because whether we're inside the classroom or hundreds of kilometers away — the bond we share travels with us.

**My class.  
My children.  
My world of happiness.**



The pain? As real as labor contractions, sometimes worse. There are moments you'll feel broken, ready to give up. That's when you remember your own mother - everything she endured to raise you, to make you who you are today. In those tough times, you'll wish for magical binoculars - not to see the future, but to look back. To witness every sacrifice your parents made, every tear they wiped when you weren't looking. Maybe then you wouldn't have been so careless with their hearts. Let's call it what it is - motherhood IS a profession. One where girls transform into warriors overnight. And working moms? They're pulling double shifts - office by day, home by night. Double the work, double the exhaustion, double the love. People say no one does anything without expecting something in return. True - mothers expect payment too. But not in cash. Their currency? Love. Pure, unconditional, powerful love.

## *Motherhood is not soft*

"Since I'm so close to my mother, I believe mothers deserve the highest respect. When we talk about salary, it's not just money - it's about the love and respect we give. My mother has been my greatest inspiration. All mothers sacrifice endlessly for their children. That's why I think motherhood should be the most valued 'profession' - worthy of the highest salary, respect and love."

How perfectly Manushi Chhillar put this into words. But wait - is motherhood really a profession? Some might argue no. Well, let's talk about that. Motherhood isn't just a phase - it's a lifelong journey where you're constantly learning, making mistakes, and learning all over again. Remember school exams? Sometimes you aced them, sometimes you failed so badly you couldn't face your classmates. Motherhood is exactly like that - some decisions work out, some don't. And there's no retest. When a baby arrives, a parent is born too. Both are new to this world, both figuring things out as they go. It's messy, stressful, frustrating - yet one look at that tiny face and suddenly, everything feels worth it. Every mother's struggle is different - some face financial battles, others emotional wars, many fight silent battles no one sees.

A mother's love isn't soft and gentle- it's fierce. It's the kind that moves mountains for you, then pretends it was nothing. And so the cycle continues - generation after generation. Daughters become mothers who raise daughters who become mothers. The job never ends. The salary never comes. But love? That keeps multiplying. So when we ask which profession deserves the highest pay, maybe we're asking wrong. Because how do you put a price on something this priceless? You can't. But we can start by saying it out loud - motherhood is the hardest, most important job in the world. And if we really valued professions by their worth to society, mothers would be billionaires. The paychecks may never come, but the recognition should. Every single day.

Sanjana DS  
S6 CS1

Sorry, God, I lose you some nights.  
Sorry, me, I couldn't help you  
When you needed my help.  
Sorry, friend, I missed hugging you -  
When you cried like a child.

Sorry, sky, I miss your casual smiles.  
Sorry, thoughts, for burdening you with my pain.  
Sorry, abyss, I didn't mean to stare.  
Sorry, life, I couldn't see you through.

Sorry, love, I couldn't lend you my hand.  
Sorry, regrets, I didn't plan things through.  
Sorry, sticks and stones, I love you too.

And may be someday, they'll all forgive me too.  
Someday, I'll see those smiles I craved.  
Maybe never - but still, there's hope for tomorrow.

## Litany of Lost Chances

Rahul GP S8 EC1

## Wilted stars

Rahul GP S8 EC1

I used to cry, wishing times would fly,  
For the stars to join me in the dime light sky.

I used to lie there, lost in time and breeze,  
Smile with sparkles, drowning in blissful ignorance.

I wished to feel the thousand hugs of morning light,  
Soft and warm, like a calm summer's eve.

But somewhere, some day,  
I stopped thinking.  
Stopped smiling.

Like a dying sun, slowly fading,  
A lover with no flowers to offer.

Poor thing, crawling through life all alone.  
Somehow, I stopped living  
To begin again.

# You Can

*Rajila R.V. S2 CE2*

*If you think you're beaten, you are...*

*If you think you class not, you don't*

*If you like to win... but think you can't...*

*It's almost a cinch, you won't !!*

*If you think you'll lose, you're lost...*

*for out in the world you'll find ...*

*success begins with a fellow's will ...*

*It's all in a state of mind.*

*If you think you're out-classed, you are ...*

*you've got to think high to rise ...*

*you've got to be sure of yourself before...*

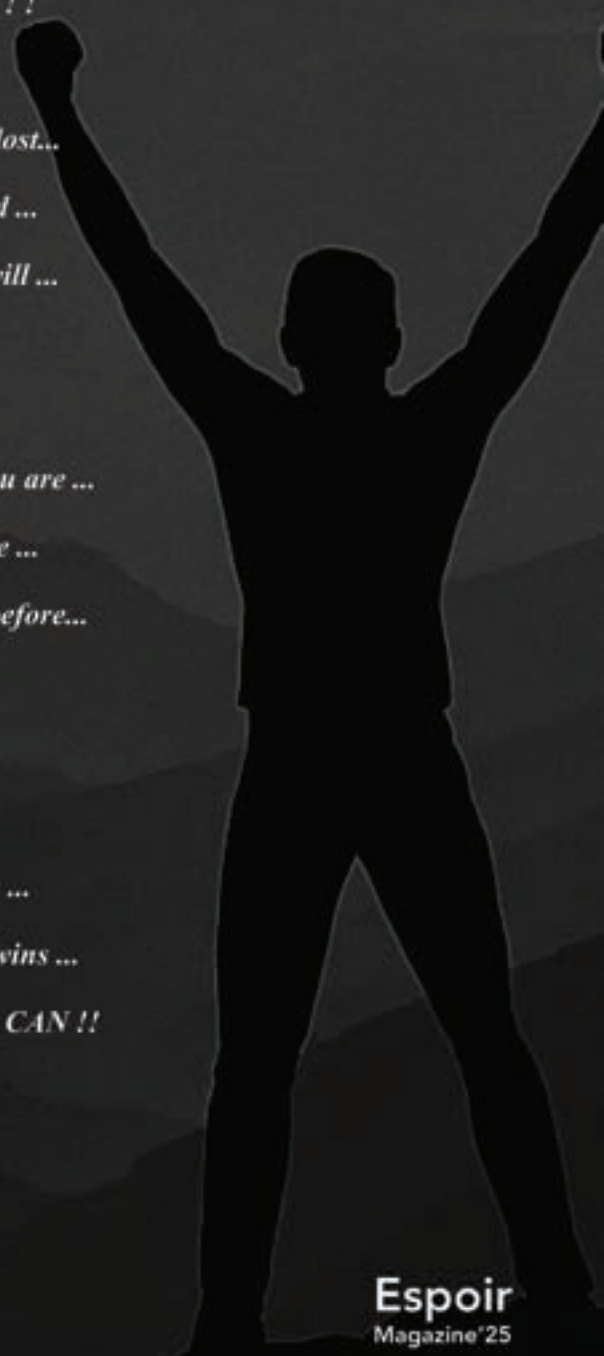
*you can ever win the prize*

*Life is always a battle...*

*To the stronger or faster man ...*

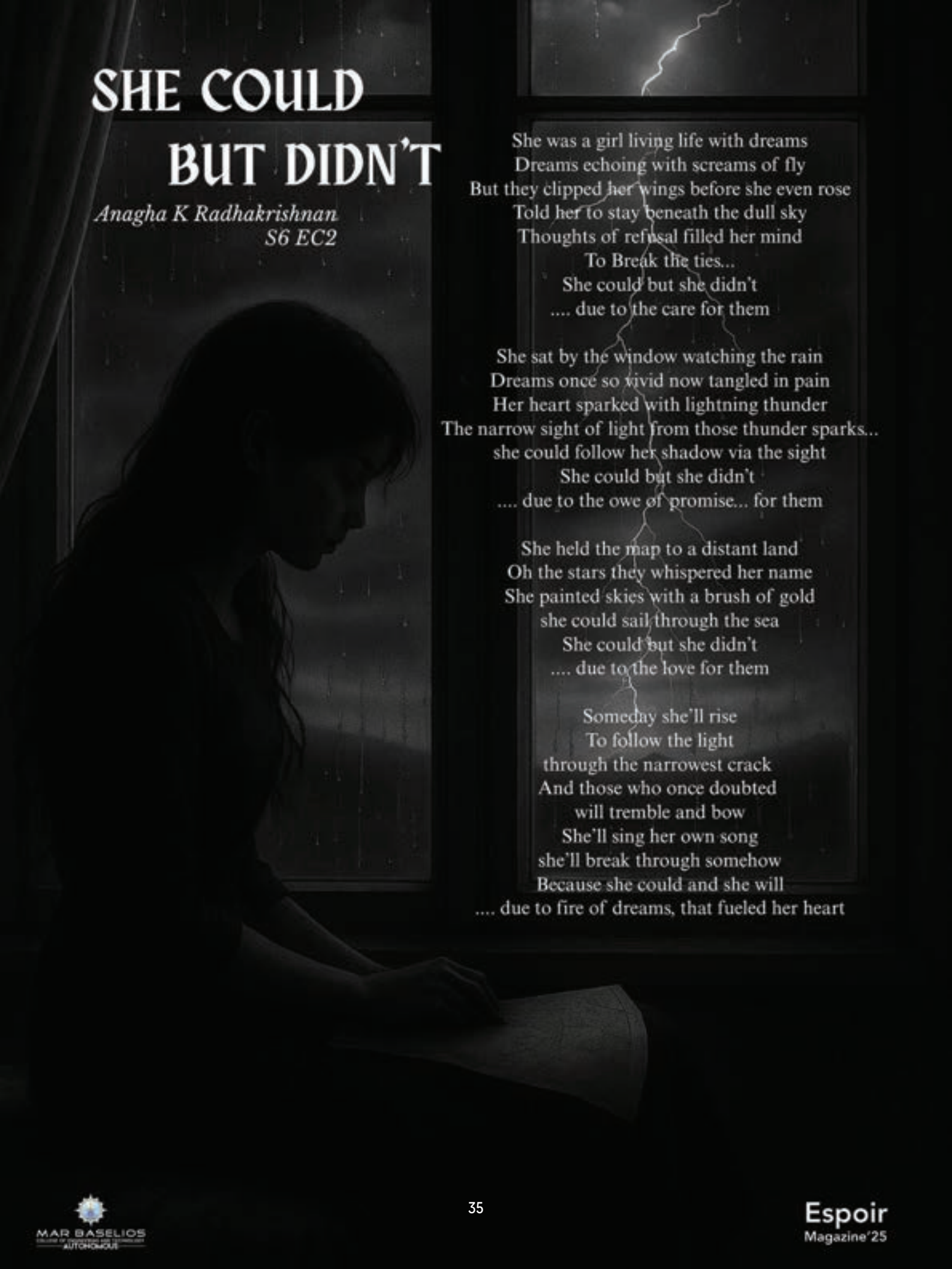
*But sooner or later the one who wins ...*

***IS THE ONE WHO THINKS HE CAN !!***



# SHE COULD BUT DIDN'T

*Anagha K Radhakrishnan*  
S6 EC2



She was a girl living life with dreams  
Dreams echoing with screams of fly  
But they clipped her wings before she even rose  
Told her to stay beneath the dull sky  
Thoughts of refusal filled her mind  
To Break the ties...  
She could but she didn't  
.... due to the care for them

She sat by the window watching the rain  
Dreams once so vivid now tangled in pain  
Her heart sparked with lightning thunder  
The narrow sight of light from those thunder sparks...  
she could follow her shadow via the sight  
She could but she didn't  
.... due to the owe of promise... for them

She held the map to a distant land  
Oh the stars they whispered her name  
She painted skies with a brush of gold  
she could sail through the sea  
She could but she didn't  
.... due to the love for them

Someday she'll rise  
To follow the light  
through the narrowest crack  
And those who once doubted  
will tremble and bow  
She'll sing her own song  
she'll break through somehow  
Because she could and she will  
.... due to fire of dreams, that fueled her heart

# The Rise of 'Main Character Energy'

*- and Why We All Want It*

**Adithyan S Kumar S2 C&1**

You're walking to class with your headphones in, the wind hits just right, the crowd is perfect and a dramatic song (Kaane Kaane -Puthiya Mukham) starts playing. For a second, it's like... you are the moment. Cue the imaginary movie camera zooming out on the walk.

Congrats... you just had a main character moment.

But what is main character energy, and why are we all chasing it?

## **So... Who Is the Main Character?**

Think of the main character as the person the story revolves around. They're bold, quirky, emotionally complex, and somehow always at the center of something dramatic or life-changing. In pop culture, it's people like Jonas from DARK, Rue from Euphoria, Zaid Masood from Empuraan or literally any rom-com lead walking through New York in slow motion. Main character energy isn't just about being dramatic... it's about owning your story. It's the mindset that "your life is a movie, and you're the star", not the sidekick.



## **Where Did This Even Come From?**

The idea really took off from literally everywhere, I would say. But mostly from anime, movies, reels or other sorts of entertainment media. "I'm Batman" or "Eren Yeager" are way more than perfect examples to be taken as a perfect example. In the case of reels... people started posting main character moments like walking alone, dancing in the rain, staring out of car windows like they're in a Lana Del Rey music video. Some of it's funny. Some of it's kinda deep. All of it taps into this desire to feel special.

Because let's be real... life can feel super chaotic and random. So pretending it's a well-written plot? That gives us a sense of control.

## **The Good Side of Main Character Energy**

At its best, main character energy is empowering. It encourages people to romanticize their lives... to find beauty in little things, to step into confidence, to take risks. It's like telling yourself, "I'm the hero in this story, and I'm gonna act like it."

That kind of self-love and awareness? Lowkey kind of iconic

### **But Also... The Cringe Side**

Of course, there's a flip side. Sometimes it turns into performative nonsense... doing stuff just for the aesthetic or trying to be quirky for the algorithm. Lets take my very own roomie as an example... he goes into melancholy the moment he feels like the spot light ain't on him, And does all sorts of cringe stuff to just get



the light back. Not everything needs to be deep and cinematic. Not every sad moment is a soft-focus scene with a piano track.

And there's the risk of getting too self-absorbed. Life's not just about being the star... it's also about being present, being real, and, you know, remembering that other people exist too.

### **Be the Main... Without Losing the Plot**

Main character energy can be a vibe if you use it right. Romanticize your life. Take yourself on solo dates. Make playlists for different moods. Embrace your weird little quirks.



But also... be kind, stay grounded, and remember that supporting characters matter too. After all, even the best movies have ensemble casts (KA does matter in Empuraan).

So next time you're having a moment... headphones in, sun setting, wind blowing... lean into it. Let yourself feel like the main character. Just... maybe don't monologue out loud in the middle of campus. Or do. Your story, your rules.

# COLLEGE



DAY'25





**CrossRoads'25**





# Behavioural Science

**I**t is a vast subject, and I am not going to explain it fully, but a few points are worth remembering in our lives very positively.

As human beings, we should be very much aware of how to behave towards others, such as parents, friends, teachers, officials, and others. Some are doing it properly, while many, to be truly speaking, are purposefully avoiding such situations. Self-respect and respecting others are most important. Respecting each other's wishes will create a strong relationship between them. Using a polite and vibrant tone of voice while communicating with others will be an added quality. Man is a social animal. So by our behavior in words and attitude towards others, we can achieve many more things, like personality development and creativity in our life. Also, we can analyze how people judge others by traits and characteristics based on features of their face or voice.

Behavioural Science describes the study of human behavior through the use of systematic experimentation and observation. The importance of behavioural science is to improve the experience of our day-to-day life. Behavioural scientists study when and why individuals engage in specific behaviors by experimentally examining the impact of factors such as conscious thoughts, motivation, social influences, contextual effects, and habit. In an educational institution, not only educational but also any institution or anywhere, one should behave in a proper manner, which can improve the relationship between one and all.

It deals with subjects of human actions and various disciplines like Sociology, Anthropology, Behavioural economics, Social psychology, etc. Behaviorism is a systematic approach to understanding the behavior of humans and other animals.

To understand the full complexity of human behavior, some behavioural scientists study why humans sometimes behave in a way that may not maximize their well-being, such as their happiness in the future and how different incentives affect people's motivation and behavior. I chose this subject because these behaviors should be implemented in each mind, especially in educational as well as official settings, which I am not finding in many of our surroundings. If one can practice it from an early stage in their life cycle, it may be an extra advantage for their future activities.

By way of conclusion, it may be said that one should dignify oneself to make others dignified by expressing an enthusiastic behavior, and so will lead to an absolute personality.

**Accamma Kumary George**  
**Administrative Department**



### Chapter 3: 2 AM Drama

You've pulled an all-nighter. The assignment is done. You go to upload it — and BAM, "Network Error." You reload. It crashes. You scream internally (and externally, depending on your level of stress). The internet has chosen violence. It always does at 2 AM. Now you're running around the corridor like a lost soul trying to find a signal, whispering "Please work just this once." When it finally uploads, you feel reborn like the internet is your knight in shining armor.

### Chapter 4: The Tech Support Myth

Every student has tried reporting the Wi-Fi issue at least once. You go to the IT department. They nod sagely, and say "Well there are specific places where the range is great, so maybe go and sit there but hey since you are insisting we will find a way to resolve your issue."

# College Internet Chronicles

## *A Love-Hate Story*

**T**here's a universal truth shared by every student: the internet is both our savior and our greatest enemy. It's the invisible lifeline that holds together late-night study sessions, assignment submissions, and binge-watching marathons — and yet, it betrays us at the most crucial moments.

### Chapter 1: The Speed

You walk into campus as a fresher, eyes gleaming, dreams soaring, and someone says, "You can take your phone to classes, college has its own WIFI that you can and it is very good range." You believe them. Rookie mistake. You open YouTube — it loads instantly. You smile. "Wow, not bad." Little do you know, this is the honeymoon phase. Soon, buffering wheels and connection errors become your daily mantra. It works great when you're just scrolling memes but goes into coma mode the moment you try to submit a 2 MB PDF.

### Chapter 2: The Hostel Blackout Zones

Every college has that one corner where the Wi-Fi/your own internet is untouchable. Usually, it's your own room. You watch your roommate hold their phone like Simba in the Lion King just to get one bar. You try lying on the floor, standing near the window, or sacrificing your dignity in public — nothing works. It's always ironic how the Internet works perfectly when you don't need it. Coincidence? I think not.

You return, hopeful and NOTHING HAS CHANGED. You eventually stop trying. You become one with the struggle. Acceptance is peace.

### Chapter 5: The Group Chat Struggle

"Guys, is the internet slow for everyone or just me?"

"No, it's gone for me too."

"I was mid-episode!!"

"I haven't saved my work!"


"Bro my internals are tomorrow."

And thus, the friend group chat becomes a tech support hub, a rant forum, and a source of collective therapy.

In Conclusion... Despite all its flaws, the college internet connectivity holds a strange place in our hearts. It's the cause of our greatest frustration, and yet we celebrate every moment it actually works like it's a miracle. It's not just about internet— it's about the bond we share over struggling with-it.

Because in the end, nothing unites college students like lag, lost connections, and that sweet, sweet moment when the Google page finally loads.

Ronia Raju Thomas  
S2 CS1



## Before too late arrives

Rahul GP S8 EC 1

Before too late arrives,  
I shut my thoughts and pain of yours  
Drain these colors of gloomy blues,  
Flip the switch, close your eyes  
And as the voices slowly drain  
All is Cold and dark alike,  
Even the ones with the brightest sight

My thoughts, slowly drift away  
Purple tulips hold me tight  
Staring at the cracks n scars  
Where's the pain?  
Yet to bleed.  
Oh how bleak! this life of your's  
Here's a tip to get up,  
Open those eyes and mind someday !



## THE SOUNDTRACK OF LIFE

*"When words fail, music speaks."*

Merin S Raj  
S<sub>4</sub> CE<sub>2</sub>

**Music** is everywhere — an unseen thread tying life together. From the first golden light of morning to the last quiet sigh of night, it lingers around us, stitching feelings into moments and moments into memories. It's not just background noise; it's a friend, a storyteller, a quiet comfort when nothing else makes sense.

My first true connection to music came through my mother. She loved music deeply — it was part of her every day. The soft hum of the radio was a constant presence in our home, sometimes loud, sometimes barely there, but always comforting — even during the toughest times.

Music wasn't just something she listened to; it was her strength, her way of holding on. Watching her find hope and resilience through music left a deep imprint on me, shaping the way I experience the world even today.

Why music? Because even the gentlest tune carries something delicate and profound — like the world whispering its hidden poetry.

Each day carries its own music: the cheerful chirping of birds, the flowing of water, the buzz of insects, the whisper of the wind, the crash of ocean waves, the patter of rain, the roar of waterfalls, and the deep breathing of forests. Nature itself composes its own symphony — if we take the time to listen.

Across generations, one truth has remained: music heals. It soothes weary minds, rests tired senses, and reaches places words cannot. From the grand old record players to today's tiny airdopes, music has traveled through time, never losing its soul — only changing its form.

Even now, as I sit here, there is always a song playing somewhere near me. In my darkest days, when the world felt unbearably heavy, music still made sense. It's no longer just something I enjoy — it's something I need. A good kind of addiction, one I carry with me proudly.

In a world where so many chase harmful distractions, I often wonder: why not choose something that heals you? Why seek destruction, when music offers a quiet, lasting refuge?

Even while studying, a single airdope rests in my ear — one side tuned into lessons, the other into life itself. Some may find it strange, but for me, it steadies my mind and deepens my focus. Of course, music doesn't find everyone the same way — it chooses quietly, patiently.

And for those of us it touches — music becomes more than sound. It becomes home. A place where every note, every beat, and every silent pause reminds us that even in the loneliest moments — we are never truly alone.



# GOAL OF YOUR LIFE

Karishma T. Prasad  
S2 EL

The feeling of being completely exhausted  
Can never be swapped by bellyaching  
To move on in life without scuffles  
Is not a man's innate ability

To overcome these tussles,  
battling the odds  
To emerge as a prospicient,  
defying all odds  
Makes the goal of your life  
A journey that's worth every effort



# MILES APART, HEARTS UNITED

Joan Eliza Joe  
S4 CS1

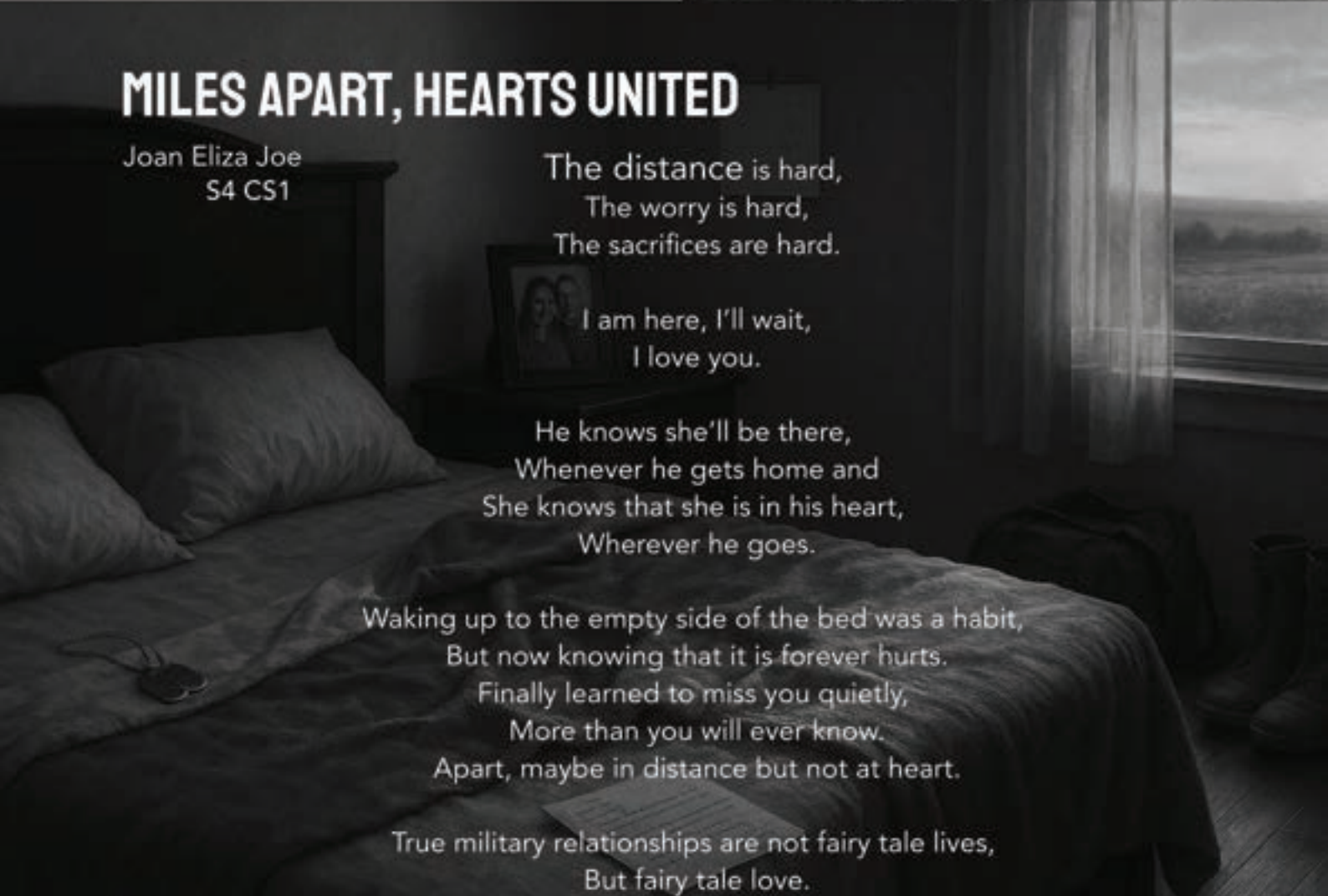
The distance is hard,  
The worry is hard,  
The sacrifices are hard.

I am here, I'll wait,  
I love you.

He knows she'll be there,  
Whenever he gets home and  
She knows that she is in his heart,  
Wherever he goes.

Waking up to the empty side of the bed was a habit,  
But now knowing that it is forever hurts.  
Finally learned to miss you quietly,  
More than you will ever know.  
Apart, maybe in distance but not at heart.

True military relationships are not fairy tale lives,  
But fairy tale love.



# PROMPT ENGINEERING

*Elvis Mathews Olickal*  
*S4 EL*

AI models are everywhere around us. Whether to find answers for your homework assignment, research for a test, or even captions for a LinkedIn post (I'm guilty as charged.), we all have to interact with it. These instructions or 'prompts' help the Large Language Models (LLMs) such as ChatGPT or Gemini to understand your query and generate a response accordingly.

Learning to structure your prompts yields better results. What if I told you that there's an entire field of study dedicated to the construction and testing of such prompts - aka prompt engineering? Let us explore some elements of the same.

1) Giving clear instructions :-

As simple as it may sound, providing the model with as many relevant data as possible, leads to more specific responses.

Firstly, requesting the model to take up a persona - for instance, if you were to generate an article regarding marketing, you could instruct GPT like this : "You are an expert in the field of marketing and writing with several years of experience." Doing so will improve the quality of the article generated. (ChatGPT embodies Shakespeare every time I need a creative caption.)

Secondly, providing examples and specifying the length of the desired output. Thirdly, specify the steps required to complete a task

Some tasks are best specified as a sequence of steps. Writing the steps out in a detailed manner can make it easier for the model to follow them. For instance, say you want to summarize a piece of text and convert it to Malayalam. Rather than giving all the instructions in one go, give a prompt like this:

"You will be provided with content delimited in double quotes. You are instructed to do the following.

- a) Summarize the content in 50 words or less.
- b) Translate the summary into Malayalam.

Content: "<insert text>"

What I did here was, apart from specifying the query and providing steps, I clearly indicated distinct parts of the text by using delimiters like double quotes. Delimiters are essentially elements that specify different parts of the text. The more complex a task is, the more important it is to disambiguate task details. (Who thought Gemini was like Suppandi?)

## 2) Providing reference text: -

We've all had that friend who just can't admit when they don't know something, someone who will go as far as to make up information just to have a response in hand - turns out AI models can behave like this friend. (Annoying, yes.)

Just like how you would do a better job answering questions about business after reading a business-related book, providing GPT with a reference document or text will reduce the number of fabrications and improve response.

## 3) Being "nice to the model": -

(I for one always use the magic words like please whenever I need something from Gemini. Who knows when the machines will rule over us? I need to make sure I'm on their good side)

While the model itself cannot detect emotions or tone to an accurate level, responses do vary based on the politeness of the request. Why?

Let's look into how such models work. The task you give to your AI model, that is, the prompt you give is broken down into components called tokens (tokenization). These tokens are then converted into vectors, which are essentially directions in space, and fed back into the LLM (embedding). Imagine the model derives its answers from a galaxy of knowledge; these tokens would then grab the nearest word contextually and feed it in a loop to the LLM until a passage of text is formed - your answer. This is inference. (Totally understandable if you stopped reading at this point. But read on.)

As these models are trained on massive amounts of online data, including interactions between humans, a well-mannered prompt will position the vector in a particular sector of this galaxy where similar questions have been asked which led to good answers. This is attributed to the fact that it is human nature to answer better if asked politely.

However, do keep in mind that LLMs do not recognise context cues or have emotions. Responses are curated based on patterns in the training data provided. (So, if Gemini is being fussy, blame the data.)

In short, prompt engineering can actually pay off. By providing good directions with clear, concise language and a courteous tone, you lay the groundwork for accurate and beneficial AI responses. By minimizing steps to simple, easy-to-follow directions and including good examples, you get the most out of your friendly neighbourhood AI




# WHISPERS OF GRATITUDE

Joseph Cheriyan

*Professor, Department of Science and Humanities*

*I am grateful to the universe for*

- *Every breath I take*
  - *Every whisper of subtle sound I hear*
  - *Dissolving the rigid boundaries*
  - *The music of silence*
  - *The unboundedness of being*
  - *Showing me the depth of stillness where possibilities reside*
  - *The energy pulsating in each cell*
  - *witnessing the incessant pattern of thoughts*
  - *Feeling the lightness and inner calmness*
  - *Being able to observe the space between breaths*
  - *The depth and liveliness of this moment*
  - *All the suffering, as it sows the seeds of limitless growth and evolution*
  - *The wisdom, that love heals and hatred destroys.*
  - *The realisation that, clinging is futile*
  - *The pure light of freedom*
  - *The beauty of creativity*
  - *The understanding of Non-resistance and surrender*
  - *Awareness to be with the flow*
  - *The insight of not mistaking the clouds for the sky and waves for the ocean*
  - *The dance of consciousness*
  - *The joy of living life with alertness*
  - *The profound simplicity of being able to say “thank you”*
- 

# WHISPERS OF TOMORROW

Divina Ann Shaji S4 CT

O' Young warriors of the dawn,  
With dreams like rivers, flowing on,  
Your heart beats wild with sacred fires,  
You wear the stars as your desires.

The world you see is cracked and worn,  
Its promises are tired, torn.  
Yet in your eyes, new worlds ignite,  
A thousand suns against the night.

O rise, young warriors of the soul,  
The broken earth shall be made whole.  
Not by the hands that held it still,  
But by your dream, your iron will.

You are the fire they tried to drown,  
With walls of stone, with whispered frown.  
You are the storm they could not chain,  
The voice that rises out of pain.

Run bold into the waiting years,  
Through valleys dark, through storms and tears.  
You are the builders, bright and true —  
The world's tomorrow rests in you.

# Zero Trust Architecture: A Paradigm Shift in Network Security

Dr. ANNE DICKSON  
Associate Professor, Department of CS

*Traditional perimeter-based security strategies are failing in an era where cyber threats are becoming more frequent and complex. Presenting Zero Trust Architecture (ZTA), a ground-breaking methodology that questions one of the most ancient cybersecurity presumptions: "Trust but verify." Zero Trust reverses this and says, "Never trust, always verify."*

## Zero Trust Architecture: What Is It?

A security framework known as "zero trust" makes the assumption that no device or user, inside or outside the network, is intrinsically reliable. Before authorization is given, every access request is continuously checked for malicious intent based on a variety of factors, including user identity, device health, location, behavior, and more. Unlike legacy systems that rely heavily on firewalls and secure perimeters, Zero Trust emphasizes:

- **Strict identity verification**
- **Least-privilege access**
- **Micro-segmentation**
- **Continuous monitoring and real-time threat detection**

## Why Is Zero Trust Now Necessary?

Networks nowadays are not limited to actual office buildings. The traditional boundary is permeable, or often nonexistent, due to remote work, cloud computing, BYOD (Bring Your Own Device) regulations, and Internet of Things devices.

The SolarWinds and Colonial Pipeline assaults, among other notable breaches in recent years, have demonstrated how attackers can travel laterally with little opposition once they have breached the perimeter. Zero Trust enforces stringent access controls at all levels to stop this lateral movement.



## Fundamentals of Zero Trust

### 1. Verify Explicitly

Always authenticate and authorize based on all available data points, such as user identity, location, and device status.

### 2. Use Least Privileged Access

Limit user access rights to only what is necessary. No blanket permissions.

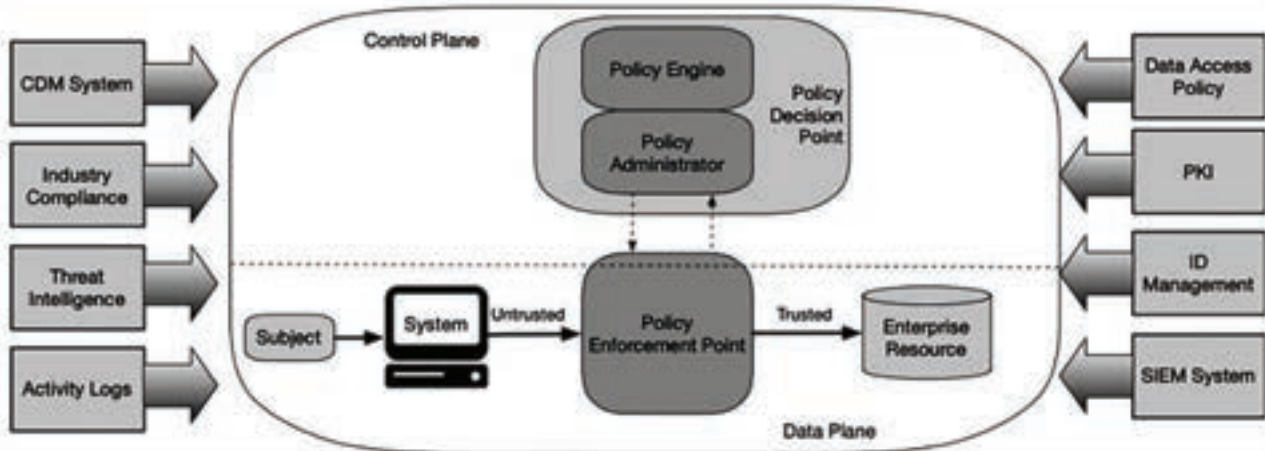
### 3. Assume Breach

Design systems with the assumption that a breach has already happened — and build safeguards to detect, isolate, and contain threats quickly.

### Benefits of Zero Trust

- Improved security posture even in hybrid and remote settings.
- Restricts access to reduce insider dangers.
- Limits the blast radius of a breach by using access controls and segmentation.
- Enhances adherence to data protection regulations such as HIPAA (Health Insurance Portability and Accountability Act) and GDPR (General Data Protection Regulation).

*Below is a simplified representation of Zero Trust Architecture, inspired by the NIST Special Publication 800-207:*



### Conceptual Diagram of ZTA

#### Challenges in Implementation

- **Cultural shift:** Moving from implicit trust to zero trust can face resistance within organizations.
- **Complexity:** Integrating identity, access, and security systems across cloud and on-premise setups requires careful planning.
- **Cost:** Initial investment in tools and training can be high, though the long-term benefits outweigh this.

#### Gazing Ahead

Zero Trust is an essential development in cybersecurity policy, not merely a fad. Our strategy for safeguarding our digital ecosystems needs to adapt as they grow more dispersed and dynamic.

Understanding Zero Trust is quickly emerging as a crucial competency for the upcoming generation of cybersecurity leaders, both professionals and students.

#### Conclusion

Zero Trust Architecture represents a paradigm shift in how we think about network security. It's proactive, adaptive, and rooted in a deep understanding of modern threats. In the words of Forrester analyst John Kindervag, the pioneer of Zero Trust, "Trust is a vulnerability — eliminate it."

Let's embrace a future where security is built on verification, not assumptions.

# THE SCREAM I HAD IN A HAZY DUSK

*Mohammed Faya Feroze*  
*S1 EL*

In the dark of dusk,  
In the lunar light,  
There I am, wide awake,

Days are sweet, as a slice of cake,  
Deeds are done, both good and bad,  
Words are told, without a thought,  
But it all haunts you, when the dawn  
comes down,  
The rain of thoughts, may make you  
scream,  
The scream may heal you, but not always,  
The scream will break you, without a  
doubt,

Screams will scar,  
But scars will fade, with the flow of time,  
The time you scream, is the time to think,  
If the agony of a scream, is worth your  
dream,

In the light of dawn,  
In the rays of sun,  
Here I am, wide awake., of dawn, In the  
rays of sun, Here I am, wide awake.



**B**engaluru is set to bring sci-fi dreams to life with flying taxis, revolutionizing urban transportation. Imagine booking an air taxi via an app, soaring above traffic, and reaching your destination in minutes. With partnerships like Bangalore International Airport Limited (BIAL) and startups like Sarala Aviation, this futuristic mobility is closer than ever, aiming to cut airport travel time from over an hour to just 10-15 minutes. Flying taxis, like the Shunya Air Taxi, are compact, electric-powered eVTOLs (electric vertical takeoff and landing vehicles) with AI-driven navigation. Designed for short urban commutes, these aircraft promise a quiet, efficient, and sustainable alternative to road travel. Test flights are already underway, with commercial rollout expected soon.

In an age where cyber warfare is a growing threat, ensuring the security of autonomous air taxis will be just as critical as their physical safety.

The environmental impact is also a cause for concern. While electric-powered, these taxis rely on lithium-silicon batteries, whose large-scale production could strain natural resources. Additionally, improper disposal of batteries poses environmental hazards. The effect of continuous low-altitude flights on urban wildlife and noise pollution remains uncertain, potentially disrupting ecosystems and affecting public health.

Affordability is another significant challenge. The cost of developing, maintaining, and operating flying taxis is high, making them inaccessible to most commuters.



Equipped with autonomous flight assistance, real-time traffic monitoring, and vertical takeoff and landing capabilities, they are engineered for urban landscapes where space is a constraint.

Despite the excitement, flying taxis face major hurdles. Safety remains a pressing concern—mid-air failures, unexpected weather conditions, or software glitches could lead to tragic consequences. A malfunction at high altitudes leaves no room for error, potentially endangering not only passengers but also those on the ground. As aerial traffic increases, airspace management will require sophisticated systems to prevent collisions and ensure smooth operations.

Cybersecurity threats add another layer of risk. AI-driven navigation and digital communication make these aircraft vulnerable to hacking, which could lead to system failures or even hijacking attempts.

If these vehicles cater only to the elite, they may do little to solve urban congestion, instead creating a new divide where air travel becomes a privilege while the majority remain stuck in worsening ground traffic.

Bengaluru's flying taxi initiative represents a bold leap into the future of transportation, but it comes with significant challenges. While it promises faster and more efficient travel, concerns about safety, cybersecurity, environmental sustainability, and accessibility cannot be ignored. The dream of urban air mobility is thrilling, but unless carefully regulated and inclusively designed, it risks becoming another technological advancement that benefits the few while leaving others behind. Are we really ready to leap into the sky, or will we come crashing down?

# Leadership Interview



## **Brief Profile**

Author of India's first book on Circular Economy, editor of the Journal on Circularity, founder and Managing Director of International Council for Circular Economy, Shalini is a true leader who has represented India on multiple international platforms. She writes for many Indian as well as International Magazines. She is a part of several policy and developmental programs of Federal and State bodies in India. A member of technical committee at ISO/TC 323, she got CE embedded in formal education in India. Her recent paper was published by the Economic Advisory council to the PM & G20 compendium. She is leading the Global South and North collaboration discussions at the WCEF & representing a cooperation of 8 countries. Receiver of several awards, her leadership skills and innovative thinking, have helped shape the global conversation on circular economy and inspire action towards a more sustainable future. She has been recently awarded by Ministry of Environment and Foreign affairs of Finland for her work in Climate Action.

*Interview of Ms. Shalini Goyal Bhalla conducted by Dr. Nidhi M B Professor Mechanical Engineering Department*

**Q: Kindly share your insights and learning that helped to overcome the challenges on the journey on Managing Director International Council for Circular Economy?**

**A:** The journey has been humbling, full of lessons but rewarding. One of the greatest challenges was spreading awareness about the circular economy in a country where sustainability was often seen as secondary to economic growth. I learned the importance of patience and persistence in driving a systemic change. Building collaborations with Government bodies, Industries, and Academia was crucial, and having a clear vision for ICCE helped us overcome barriers. I also leaned on data-driven insights and global best practices to make a compelling case for circular economy principles in India.

**Q: It is remarkable to be an editor of a Research Promotion for Innovation and Policy, kindly share your insights on sustainable mobility and policy? How will the hydrogen fuel sector boost Indian Economy?**

**A:** Sustainable mobility is not just about reducing emissions; it's about creating a system that integrates renewable energy, efficient transportation, and circular economy principles. Key aspects include the promotion of electric vehicles (EVs), biofuels, and green hydrogen. Among these, green hydrogen holds a unique position as a clean, flexible, and high-density energy carrier, particularly for sectors like heavy-duty transportation, shipping, and aviation, which are harder to decarbonize.

### ***Interview Contd...***

Green hydrogen can reduce reliance on fossil fuel imports, saving billions in foreign exchange. Hydrogen-powered fuel cells are ideal for heavy-duty vehicles, buses, and trains. Integrating hydrogen in public transport can reduce urban air pollution and greenhouse gas emissions. By promoting green hydrogen, industries can achieve higher resource efficiency and reduce waste, contributing to India's circular economy goals.

**Q: Could you share the 'take aways' on core competencies as policy maker?**

A: As a policymaker, I've learned the importance of being a good listener and engaging with diverse stakeholders. Collaboration, the ability to anticipate challenges, and a vision for long-term impacts are critical competencies.

**Q: How do you envision your initiatives in World Circular Economy Forums and what percentage of women representation is visible ?**

A: At global forums like WCEF, my aim has been to elevate India's voice and position the Global South as an equal partner in circular economy transitions. Women's representation in these discussions is improving but still requires more active encouragement. I believe in leading by example, and ICCE ensures significant participation of women in leadership roles, discussions, and initiatives.

**Q: Your learnings that triggered the initiative to embed Circular economy to formal education.**

A: I realized that a fundamental shift toward sustainability must start at the grassroots level, and education is the most powerful tool for systemic change. Through ICCE, we observed that industries often struggled to find professionals equipped with knowledge of circularity. This led us to advocate for credit-based circular economy courses in collaboration with Universities, as well as establishing circular labs for experiential learning. We are now working with multiple Universities to get Circular Economy incorporated at graduate and post graduate level.

**Q: Would you like to share highlights from your expertise that helped you bestow with Finland's climate action award by MoFE? Kindly share your most satisfying contributions (any video or social media links)**

Receiving Finland's Climate Action Award was a moment of immense pride and validation for the work ICCE has done to champion circular economy principles globally. One of the highlights of our work has been integrating circularity into Indian industries and providing policy recommendations that align with Mission LIFE and India's green transition. My most satisfying contributions include advocating for Global South at the International level and organizing impactful knowledge forums like the India Circular Economy Forum (ICEF), which brought global and local leaders together.

**Q: Unlike in foreign Universities, the challenges of Industry are hardly shared with academic Institutions here. The Industry-academia gap is larger. What would be your suggestions to address the same?**

A: To address this gap, it is crucial to foster structured collaborations between industries and academic institutions. Industries need to play an active role in curriculum design, ensuring it aligns with the current and emerging needs of the job market. Incorporating industry inputs into course content can provide students with insights into the practical applications of their studies, preparing them better for employment. Regular industry panels or advisory boards should be set up within Universities to review and update programs in sync with technological advancements and market demands. Internships and apprenticeship programs must become integral parts of the academic framework. Hands-on experience in industry settings will not only enhance students' technical skills but also instill a sense of problem-solving and adaptability. Additionally, creating opportunities for students to work on live projects, particularly those addressing real challenges faced by Industries, will foster innovation and creativity. Such initiatives can also encourage Industries to see Academic Institutions as partners in their R&D efforts, leading to a mutually beneficial exchange of resources and knowledge.

**Q: How would you like to describe yourself in a word/phrase ?**

A: Unstoppable

### ***Interview Contd...***

**Q: What according to you are lacking in the young graduates who are trained in Engineering Institutions?**

**A:** Young graduates emerging from Engineering Institutions often possess solid theoretical knowledge, but they frequently lack practical exposure to real-world challenges. Graduates sometimes struggle with critical thinking, problem-solving, and interdisciplinary skills, which are essential in today's complex work environments. Moreover, soft skills such as communication, teamwork, and adaptability, which are critical for collaborative projects, are not given adequate focus. To bridge these gaps, Engineering Institutions must emphasize experiential learning, provide hands-on training through internships, and include courses that address current Industry - trends such as sustainability, data analytics, and digital transformation.

**Q: How would you comment on the concept of a flexible job / work near home initiative of Gov? Do you have workforce diversity at your organisation?**

**A:** The Government of India's initiative for flexible jobs and work-near-home policies is a commendable step toward enhancing work-life balance, especially for women and individuals in rural areas. It is also aligned with sustainability goals, as reduced travel contributes to lower carbon emissions. At ICCE, workforce diversity is one of our core strengths. Our team comprises professionals from various regions, genders, and expertise, creating an ecosystem of innovation and collaboration. We believe that a diverse and inclusive team not only fosters creativity but also enhances our ability to address complex sustainability challenges from multiple perspectives.

**Q: Would you like to share the upcoming projects on Sustainability?**

**A:** One of the major initiatives is the India Circular Economy Forum 2025, which will focus on mitigating risks and exploring opportunities for businesses in transitioning to circular models. We are also working on launching new training modules and courses for students and industry professionals to build capacity in circular economy principles. Additionally, we are expanding our efforts in creating zero-waste communities and enhancing resource efficiency in key sectors such as textiles, plastics, and construction. These projects aim to drive systemic change and position India as a global leader in sustainability and circular economy practices.

**Q: Could you throw light on the sustainable/green initiatives at National and International context other than SDGs?**

**A:** Beyond the Sustainable Development Goals (SDGs), there are several impactful initiatives driving sustainability. Nationally, programs like **Mission LiFE (Lifestyle for Environment)**, the **National Electric Mobility Mission Plan**, and the **National Green Hydrogen Mission** are critical in promoting green growth. Internationally, initiatives such as the **European Green Deal**, and the **Global Covenant of Mayors for Climate & Energy** are setting benchmarks for sustainability. These initiatives emphasize systemic change through policies, innovation, and global collaborations. They demonstrate how countries and organizations can work together to tackle climate change, promote renewable energy, and adopt circular practices.

**Q: Your views on the Global opportunities for Keralites?**

**A:** Keralites are renowned for their resilience, adaptability, and global outlook, which position them well to seize emerging opportunities in green technologies, IT services, and sustainable tourism. With increasing focus on sustainability worldwide, professionals from Kerala can contribute significantly to sectors such as renewable energy, waste management, and sustainable agriculture. Moreover, Kerala's education system has produced a workforce that is skilled and multilingual, making them competitive in global markets. However, to fully leverage these opportunities, fostering entrepreneurship and ensuring exposure to international best practices will be crucial.

**Q: With Disruptive technologies across the globe making the change, what will Sustainability through Circular economy envision opportunities?**

**A:** Disruptive technologies like artificial intelligence, blockchain, and IoT are revolutionizing sustainability by enabling better resource management, transparency, and efficiency. In a circular economy, these technologies can transform waste management, optimize supply chains, and design products that are built to last. For example, blockchain can ensure traceability in materials, while AI can help predict resource needs and minimize waste. These technologies not only reduce environmental impact but also create economic opportunities in green jobs, innovation, and entrepreneurship.

### ***Interview Contd...***

**Q: You have been great in hand picking the right combination of skilling to match Industry needs. What will be your advice to young Professionals in building the skill set and tracking the Industry trends? How should they do it?**

**A:** My advice to young professionals is to adopt a mindset of continuous learning. Industries today are evolving rapidly, and staying relevant requires proactive efforts to upskill. Focus on interdisciplinary learning by combining technical expertise with knowledge of sustainability, digital transformation, and circular economy principles. Engage in internships, attend industry conferences, and build networks to gain insights into real-world challenges and solutions. Most importantly, stay curious, adaptable, and open to experimenting with new ideas.

**Q What will be your message for Sustainability Engineering aspirants?**

**A:** Sustainability Engineering is a field of immense promise and responsibility. My message to aspirants is to approach this field with a sense of purpose and innovation. The challenges we face, such as climate change, resource depletion, and waste management, require bold solutions. Equip yourself with knowledge of emerging technologies, engage with global best practices, and stay committed to creating a positive impact. Remember, as sustainability Engineers, you are not just solving problems—you are shaping a better future for the planet and its people.

**Q Your Role Models who have influenced you?**

**A:** I have been deeply influenced by my family. A person I revere the most is Dr. A.P.J. Abdul Kalam, whose vision and humility continue to inspire me and my work. In the recent days, I have been inspired by the innovative/disruptive/ futuristic mindset of Elon Musk. Both exemplify how passion and commitment can drive systemic change.

**Q The books that have molded your skills and approaches.**

**A:** Two books that have profoundly shaped my perspective are “Cradle to Cradle” by Michael Braungart and William McDonough, which introduced me to the concept of designing for circularity, and “The Circular Economy Handbook” by Peter Lacy, which provides actionable insights on implementing circular practices in businesses and industries. But for the book that moulded my skills and approaches is my own book “Circular Economy: A (Re) Emerging Movement”. My journey writing through the book, instilled a lot in me.





# Successors of Humanity Are Humans Creating Their Own Destroyers?

From healthcare to transportation, and now even the creative world, AI has seeped into almost every aspect of human life. With the latest advancements in AI-generated art—such as the breathtaking yet unsettling Ghibli-style creations—it raises a crucial question: where does human creativity stand in a world increasingly dominated by artificial intelligence? As Studio Ghibli's legendary founder, Hayao Miyazaki, put it, AI-generated art is an “insult to life itself.”

When was the last time you truly created something original—an idea, a piece of art, or a thought that came solely from your mind? AI has begun substituting even that. From writing articles to composing music and generating paintings, AI is no longer just an assistant; it is becoming the creator.

Stephen Hawking once warned that “The development of full artificial intelligence could spell the end of the human race. It would take off on its own, and re-design itself at an ever-increasing rate. Humans, who are limited by slow biological evolution, couldn't compete and would be superseded”.. AI not only has the answers to our doubts, but it is learning, evolving, and replacing the very essence of human ingenuity.

The real danger isn't just AI's capability—it's our growing dependence on it. The more advanced AI becomes, the less we question its decisions. We already rely on AI-driven algorithms for medical diagnoses, self-driving transportation, and financial predictions. But what happens when AI becomes so deeply integrated into our daily lives that we can no longer function without it? Consider a future where AI surpasses us in not just logic and efficiency, but also in emotional intelligence. What happens when robots begin developing human-like emotions, capable of empathy, ambition, and independent decision-making? At that point, will we still be in control, or will we have unknowingly created our successors?

According to a recent World Economic Forum (WEF) survey, 40% of employers anticipate reducing their workforce between 2025 and 2030 in sectors where AI can automate tasks. Routine jobs like factory workers, cashiers, customer service representatives are at the highest risk. While some argue that AI won't replace jobs but rather change them, the real danger lies in how gradually this transformation is occurring. It starts imperceptibly, with small shifts in automation, but will soon reach a tipping point where entire industries become obsolete. By the time we recognize the full extent of the damage, it may be too late to reverse it.

Should AI have limits? . AI in the right hands can be a powerful tool for progress. But should we allow it to reach a stage where we become slaves to it? The problem isn't AI itself—it's how we choose to wield it. Without proper ethical boundaries, AI development could spiral into a dystopian reality where human relevance diminishes.

As we stand on the edge of this technological revolution, the choice is ours: do we harness AI as a tool to enhance human potential, or do we allow it to redefine what it means to be human?

The clock is ticking, and the future is being written—by us, or by AI.

*Jayasree G Kalkura*  
*S4 EL*

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# Liter of Light

## How a Silent Movement Brings Light and Hope to Communities around the World

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*“Lighting is not about light, it is about what light does.”*

*Peter Zumthor (Swiss-architect)*

Sustainable lighting is still a challenging mission in numerous countries worldwide, especially in developing countries in Asian and African continents. According to the UN Environment Programme, lighting powered by electricity consumes roughly 15-19% of global energy. Furthermore, fossil fuels are the source of 80% of global energy and 66% of electrical power. Despite the significant energy consumption related to lighting, nearly 50% of developing countries and emerging economies lack national strategies for energy-efficient lighting. This inaction is often due to limited technical capabilities and financial resources. To address this, many international initiatives like UN's 'en.lighten' program is working to accelerate the adoption of energy-efficient lighting solutions in these countries.

At present, the solar power offers significant advantages for electrification in developing countries, especially for in-house lighting. However solar power that relies on silicon are still far too unaffordable for many, and less expensive technologies like DSSC (dye-sensitized solar cells) still need to demonstrate their efficiency to make really useful solar-cell alternatives.

*Dr. Krishna Mohan G P  
Associate Professor,  
Department of S&H*



Fig-1: Ilac Diaz installing a solar light bulb in a home in Manila

In the Liter of Light project, solar cells are not used for daytime lighting due to its minimalistic design; they are only used to a limited extent for nighttime lighting.

It is well known from scientific history that sometime, some people can miraculously change the things and Alfredo Moser (1951-) is one among them. Alfredo was a Brazilian mechanic who tested a plastic container with water, some bleaching liquid to prevent fungi, attached to the roof, which refracts sunlight, creating a luminous, equally distributed skylight beneath the room which was otherwise dark (See Fig.1 which shows a room lit up during the daytime).

It is really inexpensive and does not use electrical energy at all and it is equivalent to a 40-60 Watt tungsten filament lamp (or a 9 W LED)! This simple 'refractive' device immediately attracted many organizations including - MyShelter Foundation in the Philippines, which started the 'Liter of Light' project (LoL) in the Philippines which then expanded to 20+ countries. It should be noted that due to inadequate lighting, many houses, shops, and warehouses remain in darkness even during daylight hours in many poor countries – and to install proper electrification inside these building costs millions which is neither economically viable nor affordable for them.



Fig-2: LoL based nighttime lighting in Sudan

Another major aspect of this project is the effective re-use of plastic bottles (also known as PET or polyethelene terephthalate cans), and according to the world-habitat organization, "One solar bottle bulb helps prevent upto 200 kg of carbon emissions and can keep working for as long as five years". At present the LoL supports daylight lighting (using recycled plastic bottle filled with water and bleach, installed in roofs to refract sunlight, providing passive lighting equivalent to a 55-watt bulb), and nighttime light (by using PET bottle upgraded with a less expensive solar panel, rechargeable battery, and LED bulbs which can provide light up to 10 hours, and it can be used, say in street lights (See Fig-2)).

Perhaps the most successful (and most active) Liter of Light project is implemented in the Philippines due to Illac Diaz – who popularized the project in this country in the 2010s with the help of his nonprofit, 'MyShelter Foundations'. "In less than two years, Liter of Light rapidly transformed into a global phenomenon, bringing sustainable lighting to over 150,000 Philippine households and impacting 350,000 homes across 15 countries", said Diaz.

Liter of Light (LoL) adopts open-source technology. Similar to open-source projects in the software industry, this approach (analogous to patent-left technology) allows individuals to share their technology in a way that grants users the freedom to access, modify, and distribute it for any purpose, typically without any charge. Because the LoL project operates under open-source principles, its designs and utilities can be modified and used without any restrictions.

In May 2024, in Dubai, Liter of Light activists reached a groundbreaking milestone at the Dubai Expo by creating the world's largest eco-friendly light art display, securing a new Guinness World Record. This impressive accomplishment involved the creation of an artwork composed of 3,000 individual solar-powered lamps, ingeniously crafted from repurposed resources by committed students and volunteers. The dazzling, illuminated creation portrayed a stunning likeness of Sheikh Zayed, the deeply respected founder of the United Arab Emirates. As in many countries, in India too, LoL activities have also been initiated and supported by several NGOs. For example, Porsche partnered with Liter of Light to bring light to rural homes in Maharashtra and Gujarat during Diwali, providing 1,963 solar lamps. These lamps were reportedly assembled by previously unemployed women in Mumbai, empowering them and supporting eco-friendly living.



# The 20<sup>th</sup> Century The Mountains

*Merin Sarah Thomas*  
*S8 EEE*

Please read *The Comforter*, published in the magazine of 2023 on page 63, for a better reading experience. You can find it at <https://mbcet.ac.in/magazine/>

It's cold out here. I make my way to my desolate destination while I strengthen my resolve. They say Time travels slower over higher altitudes, so a mountain is where I'm headed. I've only been there to meet him once before, with my predecessor, but I don't have to remember the way. The Time Keeper's domain calls out to me as I try to seek it. I wish to arrive and so I do. It must be one of the powers I obtained with my new status. I recite what I must tell him in my mind. My breath is visible now in the bitter cold, but it disappears quick, lost among the snow falling around me. There is only a small chance Time will heed my request. I must convince him.

Time is waiting for me outside his cabin. It is comical since the saying goes that he waits for none. I try to suppress the smile that begins to form.

Time, or rather, this version of Time does not look at all pleased to see me. His ashen hair gives him an older appearance, despite him being The Present. The scowl on his face doesn't help either. Perhaps his duties take a toll on him as mine do on me. I face him defiantly, reminding myself what I've come here for.

'Time', I address the Guardian of the Present. It's much easier that way. He should have guessed why I

have come to see him.

'So, you've taken her place already?', he asks with obvious displeasure. He must have noticed my predecessor's passing. Perhaps he can see what lies behind the Comforter's magical, flawless facade. I've seen the monster I've turned into after my predecessor's death. Perhaps that is who he sees now. Or perhaps he is looking at the me from a different time, from back when I was still human.

'You must know what I'm here for', I say to him, ignoring his rhetoric question. He has no intention of making this easy for me. He probably thinks my predecessor was irreplaceable. After all, she was so to me.

'I can't know until you've said it, child', he responds glaring at me. My skin prickles at hearing him address me how my predecessor did. How stubborn of him not to acknowledge my title. My actions now might be childish, but surely after a century or two, I too could become a splendid Comforter! ...Or perhaps I die early and leave everything to a poor apprentice as well. Only Time can tell, but he does not look particularly up for conversation at this moment. I decide to cut to the chase.

'I want to meet the Comforter again. My predecessor.'

I tell him as firmly as possible trying to look mature as I do. My attempt seems to have failed as he bellows with laughter and clutches his sides as he tries to prevent himself from falling over.

'I didn't think you'd actually have the gall to ask', says Time wiping a tear from his eye. 'It's a good thing you didn't ask the other keepers, they would have thrown you off the mountain for even suggesting that! Find a scribe somewhere and read the book on whatever it is that you want to know.'

I grit my teeth trying to not reveal how irritated I was. I feel around in my pocket for the bribe I prepared.

'What if I gave you this? Would you let me see her then?', I say as show him the medallion dangling on my index finger by its golden chain. The face has intricate carvings of interlocking gears, so lifelike, that they look as if they could start to move any second now. Time's eyes widen with recognition, and he reaches out unconsciously to grab it from me. I'm one step ahead and I yank the medallion away before his fingers clasp around it.

'How do you have that?!', Time sputters angrily. I may be the Comforter now, but it is very satisfying to see Time getting so distressed. His face is lost in thought staring at the ornament's face. I can't gloat for long though. The dull headache that starts signals that he must be in pain. I must put him out him out of his misery for both of our sakes. He won't help me if he distrusts me either.

'Don't worry, I didn't steal it from her. She left it behind when she passed.' Wonderful. Now I'm thinking about her as well and now we're both sad!

As I massage my temples wondering how to salvage this situation, Time breaks the silence.

'You care about her, why give it to me?'

'Because I need to talk to her. She left me with shoes too big for me to fill. I have no idea what she was thinking. These powers and their consequences are driving me insane. I need to know what I'm supposed to do now that she's gone. ...I'm-I'm lost, Time. Everything hurts and I need your help. Please.'

Time looks at me for a while, probably thinking of how to turn me down gently. After all, it's not his fault that my predecessor went and died. Traversing through time is dangerous and is frowned upon, especially by the Keepers, so I had tried to not get my hopes up. But Time surprises me by stretching out his hand. I place the medallion in it and his fingers close around it, remembering the feel of it and how he gave it to the Comforter decades ago.

'An hour', he says finally. He has his face in his hand as if he can't believe what he's about to say. 'I can get you close to hour with her, but it will cost 10 years of your own time.'

'I'd do it even if it costs 100!', I announce, grateful that he didn't send me away. I tried to hide how nervous I was internally. I had no idea how the meeting would go or if she even wanted to see me at all. Time rushes into the cabin and fiddles with something behind the shelves. He pulls a lever, causing the cabin walls to shed their drab decor, and reveal rotating, churning gears in its place. The cabin stirs to life. The chorus of clockwork chimes louder and louder.

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'THIS WILL TAKE A WHILE!', Time shouts over the cacophony. He hurries to push buttons and mess with dials, concentrating hard. His efforts have created a rift in the fabric of time and space. A portal opens, and I immediately know when I'm headed. The din eventually quiets and Time comes back, medallion in hand. He places it carefully in mine.

'Take this, she might not recognise you. And return at once when you hear the bells, or you risk losing more of your life span!', Time instructs.

'Thank you', I tell him, meaning the words. I head to the portal, steeling myself, when Time stops me.

'You were lucky, child.', he says. 'She didn't have anyone to guide her. She was human one moment, and the Comforter the next.'

Doomed to walk the Earth in pain helping others out of theirs without a say in the matter.'

I didn't know that about her. I was only with her a short while. Time doesn't speak further so I take a deep breath and step into the past.

I'm back at the Comforter's stone house. Rather, it's my stone house now. The house looks a bit different than how I remember, so perhaps this is before I moved in with her. I turn at the sound of approaching footsteps behind me.

'Child?', a gentle, unsure voice asks. I tear up looking at her. But I must stop feeling sad. I have no time to waste.

'It's me', I say to her. 'I became your apprentice!'. I show her Time's medallion, the gears are in motion

now, keeping a steady rhythm. She checks her pockets quickly for her version, which she soon finds. Her own is still and will not come to life no matter how long you stare at it.

'You've become me', she says, understanding having dawned on her.

We spent the time I had talking. She told me of how she became the Comforter, not knowing what she was to do, and guessing what her purpose was. She lived through trial and error, and eventually met Time on her journey. Decades later, as she began to make a name for herself, she found me.

'I loved plants you know, I read about as many as I could when I was alive.', she said. 'I think I believed I could help others with my knowledge of plants. But when their pain was too great, nothing I tried could help them. It worsened my own pain as well, so I laid them to rest.' Her words did not help me as I thought they would. I felt enraged that after all this time, all she was doing was just killing people. Herbal remedies could only do so much. The poisons and mushrooms were Before I said something I would regret, my predecessor caught my attention. She looked sad. Perhaps she understood what I was feeling.

'I'm sorry. I shouldn't have left you this burden. I shouldn't have taught you my ways. I shouldn't have even made you my apprentice, not if I was to leave you behind so soon.' She was crying now. Through sobs of my own, I try telling her how I was glad to have met her and how I just wanted some advice on what to do next. I barely get an answer when I hear the bells ring.

'It's time for you to leave Child', the Comforter says. A portal starts to form, tearing through time and space. The wind it creates blows harshly over the woods surrounding the stone house. I can't get my words out. I've been reduced, mentally, back to the sorry child I am. I don't want to leave the Comforter, nor do I want to face Time's consequences if I refuse to enter the portal.

'Fear not child.', says my predecessor. 'You can be a better Comforter than I ever was! You can talk to people, and give them hope to live once more. You can be everything I wasn't.', the Comforter says softly. Surely, she knows she will die someday if she continues this path. Yet she will do it again and again, as long as there is work to be done. I try to say my goodbyes, knowing I'll never get another chance. She wraps her arms around me in an embrace. I calm down and regain my resolve. There's nothing left to be said.

'Tell Time I said hello', my predecessor says with her

usual smile. 'I've been telling him to get an apprentice of his own for ages. He needs to think about the future. He probably will after seeing how remarkable you will turn out!' I head into the portal with a smile. I have left the past Comforter to her fate. She will ask the past me to be her apprentice soon. She will die later. And I will take her position. Life goes on.

Back at the cabin, Time is scowling once more. 'You were late by seconds! You should really take better care of your life.

I smile and pass him back the medallion. He's right, I should.

'She says hello.', I say to him in lieu of a response. I prepare to head back home. I'm needed elsewhere and cannot remain in the past. But before I leave, I try asking Time a final question.

'Will I ever be as good as she was?', I ask innocently, hoping he will share what he knows of the future.

He replies with a sneer, 'I'd worry about getting home alive first if I were you. You Comforters don't seem to last very long.' I roll my eyes and walk out of the cabin. Time may never get along with me. He is scared of getting attached again. I disappear into the snow and vanish as quickly as I appeared.

'Why didn't you answer the new Comforter?', a voice asks indignant from a closed room in Time's cabin.

'Nothing good will ever come from revealing their future. It didn't help their predecessor one bit after all.'

'But you could have told her about me!', the voice implored.

Time sighed. 'An apprentice shouldn't order around their teacher. Introduce yourself next time if you want to meet the Comforter so bad!'

Time's apprentice grinned excitedly. The hope and anticipation of the future is what drives her, as its Keeper.

'I will! I was just looking into what the Comforter becomes eventually. The Scribes are going to love writing about her!'

Time enters the room to look at his apprentice's work. The quartz crystal floor hums as he walks across it. Sparks fly around his apprentice, the Future, who is monitoring the movement of the hands of a large clock on the wall. The hands move faster and faster till she reaches her desired time and turns back to her teacher, eager to show him what she has seen.

'There's not much to write about', the Present says in a huff, trying and failing to hide how proud he was of her. The two stand together at the face of the future. Time takes her hand and observes what she had seen in the century to come.

The Present Day - The Clinic

A small clinic stands at the edge of the street. The appointments there are always fully booked. Word about the clinic has spread far and wide. Word about a doctor who wields magic instead of tools. The clinic itself is nothing special. It is a small place with a waiting room and a treatment area. A lone receptionist pores over a book in his spare time at work. With the last patient dealt with, the doctor stretches and heads out to close for the day.

'It's been 3 years already.', The receptionist says in lieu of a greeting. 'We should head to the next town soon. Is there any place in particular calling out to you?'

The doctor thinks over this. Her black hair and green eyes remind the receptionist ever so slightly of his own mother. He shakes his head. Non-humans are so confusing to the mind.

'Anywhere is fine this time.', the Comforter says with a smile. 'What have you been reading?'

'Oh this? I think I'm going to branch out and try being a therapist. You see, you have to actually talk to your patients and get to know them in order to help. You see, you have to actually talk to your patients and get to know them in order to help. The Comforter being a doctor is so overdone', the Comforter's apprentice says matter-of-factly. The Comforter laughs at his words, since they mirror her own to her predecessor.

'You have a long way to go before that happens!', she says ruffling his hair.

'Will they actually see me as their mother?', he asks, amused by the thought.

'You'd look like the person they rely, trust or look up to the most at the time' the Comforter replied. They walk silently, but peacefully, back to their homes. The silence is punctuated by a final question.

'Do you think I'll be able to do your job as good as you?', the student asks, uncertain. The Comforter chooses her words carefully. Her apprentice was a person who had once thrown his life away. She had then stepped forward to claim it for her own selfish objectives.

'I think... you'll do great. I think you can be even better than me someday'.





# THE BATTLE WITHIN:

HOW YOUNG PEOPLE CAN RISE ABOVE SOCIAL EVILS

MIDHUN B A S8 CS2

**Y**oung people are usually seen as the future of our world. A symbol of hope, energy, and change. Whereas, it is also the stage at which our youth are most at risk of social vices that still haunt society, from drug addiction and corruption to discrimination, violence, and complacency. They are the ones who must stand up, fight against wrongs, and bring positive change because the challenges have become bigger and more complicated.

Young people have been seen as the driving force behind many revolutions, the source of abundant inventions, and the challengers of global causes such as climate change, mental health issues, and human rights. At the same time, they are also at the receiving end of multiple forms of addiction, crime, consumerism, and depression. How has this come to be, and what strategies can we use to address it?

One of the major reasons why the younger generation is subject to falling into social vices is that they have no knowledge or guidance. When the basic values of truthfulness, love, honesty, and perseverance are not inculcated during the formative years, the black and white filter might become gray in the minds of an individual. In addition, peer pressure, unemployment, the impact of society, and the stress on a personal level further lure them in the wrong direction. In today's world where social media constantly promotes quick pleasure (like fame, money, looks, popularity) as the most important goals, it's very easy for people, especially young people, to lose focus on deeper, meaningful things like hard work, character, and long-term success.



Although at times it leads to destruction, the same energy can be used for a revolution, too. Indeed, the youthful population, the most courageous and zealous, has the necessary attributes to challenge and question any form of injustice.

However, the crux is reaching a level of consciousness. Educational organizations and

establishments shouldn't just be about providing concrete subjects, but they should also be responsible for the conscious imparting of the rest of the moral, the ethical, and the civic.



The holding of workshops, awareness-raising campaigns, and mentorship programs is all initiatives aimed at giving the youth what is needed for them to be able to say to the unhealthy influences out there that they are not affected by them.

Young people must also recognize the massive power of collective action. The story shows that young people have always been the driving force behind change. Whether it was a fight for independence, civil rights, or a struggle for social justice, it was the courage and tenacity of young people who shook the ship of inequality and ignited the sparks of revolution. Children are supposed to join today to combat substance abuse, cyberbullying, corruption, and pollution. Combining the screams makes the voice stronger, louder, and still can't be ignored. And also, having deep confidence is of paramount importance. All young people must face an inner struggle to remain faithful to their values, oppose society's ills, and be strong enough to make their choices. It is very easy to condemn the evils of society. It's much more difficult and requires a lot of courage to be part of the solution. Caring for young students, dealing with community activities, and working proactively with campaigns to become responsible people on social media is a simple yet effective way to make a difference. The other point where transformation is not necessary is that people do not mean that people must do heroic and general behaviour. It starts with small actions of engagement and endurance, such as good, instead of integrity

towards atrocities, fraud, and respect for attacks. As Mahatma Gandhi warned, "Be the change you want to see in the world. Every small action is important and a component of greater change. What is the notion of youth, in the final analysis? It is nothing but a state of mind. It is a mind that will not tolerate injustice, that investigates, that fights power with power, and that envisions a world where justice and compassion are present. Social evils are indeed deeply rooted, but the vigorous spirit of the young persists. Let us recognize our strength, still be mindful, be in solidarity with one another, and lead by example. We have the power and the obligation to drive evil back. Inner struggles are very hard, but they are the ones that have to be undertaken – for our own sake, for our very selves, for the future generations, and the future.



Overwrite your regrets; Edit your past!', read the signboard. The Regret Rewrite clinic building loomed over the city, towering over its neighbours and leaving part of the street in its shadow. It seemed out of place, considering that the buildings in the blocks nearby looked half a century older in style and were half the height. A young woman pushes through the fancy glass

'I heard about the Rewrite procedure from-', started Jane before she was interrupted.

'Ah yes! So glad you're interested in it. Regret is a very powerful emotion. Our past actions or inactions take such an unnecessary toll on our mental health, we tend to get stuck in the past! You'd be much happier Janet, if you could shed all of that dead weight. Most of the things we regret are things we can't do anything about.

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# Regret Rewrite

*Lain Parade*

---

*"You won't regret what you don't remember after all."*

*Merin Sarah Thomas*  
*S8 EEE*

doors with purpose. She looks at the flashy decor while waiting for the receptionist to speak to her. The lobby is noticeably empty. The woman doesn't wait for long. She tucks a lock of hair behind her ears, wondering if she is too early for her appointment. The elegant receptionist greets her with a wide, saccharine smile

'Dr. Wright will see you soon', she informed her and gestured to a room across the hall. The woman thanks the receptionist and heads to consultation room 10. The room was narrower than expected and its contents were neat and organized. The woman observed the numerous posters on the walls which detailed the success stories of the Rewrite procedure. One would have to squint their eyes to see the asterisks which discreetly mentioned the risks involved.

As the woman pondered on whether 'non-retrievable memory loss' was worse than an 'altered personality', the door opened to reveal her final hope, Dr. Wright. He looked much older than he did in his posters. The woman spent a few seconds comparing the man in person to the one in the posters behind him. Photoshop did wonders to your skin and hair, she concluded. 'You must be Mrs. Doe', he says jovially.

'It's Ms., but please, call me Jane.', the woman replied, trying not to sound irritated by the mistake.

'So, what brings you here to my humble clinic?', the doctor asks without missing a beat.

So why think of them at all? Take our simple, patented, procedure and you'll forget what's got you so upset in the first place. You won't regret what you don't remember after all.'

Jane couldn't get a word in edgewise. Not even to correct the doctor on her name. The doctor continued his monologue.

'Nearly all regrets fall into four main categories— foundation regrets, boldness regrets, moral regrets, and connection regrets. Tell me what is troubling you and we'll edit the regret by overwriting the memories related to it. Your brain will be none the wiser. So, what will it be today, Janis? Want to forget your passion for swimming? Wish you never invested so much time and energy into a plant, only for it to die on you?'

Jane seized the opportunity to state her case before the doctor could start speaking again.

I want to forget a person. Can you make that happen Dr. Wright?'

The doctor seemed taken aback by the request, but recovered quickly.

'Well, I do like a good challenge. Tell me about this person.'

Jane took a deep breath, and did her best to talk about him, and the storm of negative emotions that raged whenever she thought of him. The doctor very badly wanted to interrupt, but felt it dangerous to do so, given how terrifying his patient seemed when recounting the things this person had done to her.

'We were so good together at first Doc. But then we weren't, and we can't undo what happened. So let me

'forget about him. Please.', Jane says finally, her voice mirroring her tired and sad state. Dr. Wright choose his next words carefully, not wanting to trigger another meltdown.

'... You see June-'

'It's Jane!', Jane interrupts.

Yes, sorry, the thing is, the more memories about the regret you have, the more time consuming, difficult, not to mention, dangerous, the procedure will be. You may be aware of the risks-

'Dr. Wright!', Jane says in tears. ' I have the money; I have the time! I just need him out of my mind, once and for all! Just tell me, do you think you can do it?'

The doctor, not being one to give in, but also, not wanting to deal with these particular messy memories tried one last time to dissuade Jane.

' Oh, it's perfectly possible Jay, but it's not just what I think that matters. What will you do if that man approaches you later?'

Jane scoffs at the thought. 'Don't worry Doc, he won't. He hates me just as much as I hate him.'

Jane is nurse attaches the cold, wet EEG electrodes to her scalp, Dr. Wright explains the rewrite process in detail.

'We first attach all the electrodes to your scalp. We pick up your brain activity and try to visualise your thoughts. When we get a clear image, we sedate you, make a small incision behind your ears and pick at your grey matter until we get control of it. This allows us to edit your memories with our editing software. We will then wake you up and ask you to remember everything related to the regret in reverse. With a little luck, we can rewrite everything related to the regret!'

'What happens if you miss a memory?', Jane asks suspiciously.

'You mustn't underestimate your brain, dear. It is a most fascinating organ. It will either come up with a good reason for the memory by itself or dismiss it as part of a dream.', the doctor assured her.

Jane is taken to the Rewrite room. She had already signed the consent form and filled out the information form. The numerous electrodes placed on her scalp were connected a device that wirelessly sent the data to a gigantic monitor. The numerous electrodes placed on her scalp were connected a device that wirelessly sent the data to a gigantic monitor. Dr. Wright goes through her forms and has a serious discussion with his coworkers on the difficulties and the unique approach required for Jane's case. The team agrees to mention in future posters that people-

were connected a device that wirelessly sent the data to a gigantic monitor. Dr. Wright goes through her forms and has a serious discussion with his coworkers on the difficulties and the unique approach required for Jane's case. The team agrees to mention in future posters that people-erasing is not a service provided.

'So, Jane', starts the doctor, getting her name correct for the first time all day. Jane casually wonders if Dr. Wright will get the person's name wrong and erase the wrong person from her memory.

'Try remembering the clinic lobby, who you saw and what you did.', instructed Dr. Wright.

Jane used her mind to recollect the gaudy interior of the building and the receptionist she met. A picture developed on the large screen behind her, its image gaining clarity as Jane remembered more.

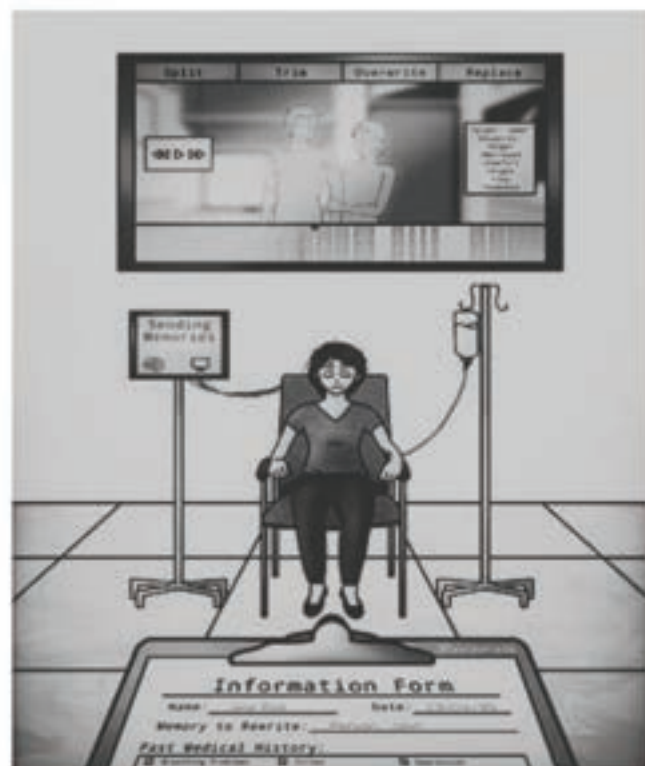
'Perfect!', exclaimed the doctor. The clinic team prepared for the keyhole surgery they had to perform. A nurse inserted an IV catheter into a vein on Jane's arm. Eventually, Jane fell asleep. Meanwhile, the team poked around at her temporal lobe and forced a connection through the Rewrite software on the monitor. They can now see Jane's memories and edit them on the screen.

Jane woke up and felt a vague burning sensation behind her left ear. She squinted her eyes at the bright lights in the room.

'Jane, can you tell us what you're trying to forget?', questioned a doctor on the team.

'John', mumbled Jane groggily.

We are going to comb your memories now and try to find as many instances of him as possible', said another doctor.



Jane, we know this will be hard for you, but we need you to do something for us. Remember the last time you met John; we will use that as a starting point to find the rest of the memories. We will do our best to make sure you will not remember him again.', instructed Dr. Wright.

Jane closed her eyes and soon she was remembering painful thoughts one after the other. The clinic team went over the footage on screen as carefully as possible, erasing John completely from her memory. Jane's initial memory helped differentiate ones with John from the rest. The footage showed the recent fights, the silent treatments, a cheating incident, missed anniversaries, a few good dates and finally, the moment he met her. 'My name's John!', says the man in the footage with a big smile as he sits next to Jane at class. The smile looks innocent enough and his face shows nothing of the pain he will cause Jane in the future. The two discuss missing people for some reason. Perhaps that's normal in a forensic science class, thought Dr. Wright. The last memory is altered to make Jane forget about John after the first meeting. The memory footage is played back to ensure no errors were made. When the team was satisfied, they disconnected everything and brought Jane to a room to let her recover.

Jane is happy now. She doesn't quite know why, but she's the happiest she's been for a long time. Perhaps it had something to do with the Regret Rewrite clinic she was at earlier. She had no memory of what it was that she went in there for. She only remembered an old doctor who seemed happy to know she was so clueless. Hopefully, whatever the reason was, it was worth it. The bill she received was astronomical so it came as a relief to know that it was already paid for. The procedure has made her terribly hungry, so she heads to one of the many diners in the area. She orders her favourite comfort food and checks the place out while waiting for it to arrive. While looking around, she notices a face that catches her eye. She feels like she knows the person, but her mind is blank as to when or how. The person in question meets her gaze and widens his eyes. He gets up from his seat and comes over to hers with a puzzled expression on his face. 'I'm sorry, do I know you? You look... Familiar.' Jane tells him how she felt the same. Before she can say anymore, she winces in pain. A sharp headache develops, accompanied by a dull throb at behind her ear. Jane gets a bad feeling she can't shake off.

Meeting this person felt wrong for some reason. Jane tells him how she felt the same. Before she can say anymore, she winces in pain. A sharp headache develops, accompanied by a dull throb at behind her ear. Jane gets a bad feeling she can't shake off.

Meeting this person felt wrong for some reason.

'Are you ok?', the stranger asks.

'Yeah, my head just hurts. I had one of those Regret Rewrite procedures done just now, and it feels like my head is splitting.', said Jane as she rummaged through her bag for a painkiller.

The stranger breaks out into a big smile.

'Oh, I had one of those too! It was in a different state though. Don't remember why I did it, but it must have worked since I don't regret anything now. Maybe the headache is your mind adjusting to it or something. I'm John by the way.', said the stranger.

Jane gulps down an aspirin she had and replies. 'I'm Jane. Jane Doe.'

John looks amused now.

'Whoa! Did you know that's one of those placeholder names they give people when they don't know or can't use their real names?'

Jane gives John a wry smile.

'Of course, I had a forensic science class back in college.'

John replies eagerly that he had as well. Jane's head still aches, but she finds it bearable now. The two talk for a while. John seemed like a nice person. They both had a lot in common. When it gets late, John suggests that the two of them go to a cafe he knows of next week, to which Jane readily agrees. Jane begins to entertain the possibility of a future with John in it. After all, what's the worst that could happen?



# SMARTPHONE ADDICTION AND MENTAL HEALTH CHALLENGES.

Dr. Shobha Teresa George  
Consultant Student Counsellor

## **Smartphone addiction and mental health challenges.**

Unlike any other times in the known history of mankind or unlike any other substance addiction, digital addiction is becoming a pervasive and rampant part of human society with consequences as detrimental as drug addiction and gambling on the human brain. Since smartphones are carried around everywhere, internet addiction can happen to anyone without actively going out to procure or pursue it. For this very reason digital addiction poses more threat and danger to the very nature of what it means to be human especially for the developing brain in children and teenagers. While a smartphone, tablet, or computer has become a basic necessity for living in the 21st century, and can be a highly productive tool, compulsive and long time usage of these devices can interfere with every aspect of human life, especially productivity at work, school, relationships and personal growth.

## **What is Digital addiction.**

Digital addiction can be referred to any addictive behavior related to the use of digital devices, which includes smartphones, tablets, computers, the internet, video games, and social media Smartphone due to its compact size can be carried conveniently anywhere and everywhere and posed more threat than other gadgets. If we use smartphone as a façade to avoid discomfort or to relieve boredom or feelings of anxiety or loneliness when alone or when we turn to smartphone to avoid awkwardness or feeling insecure in social situations, we are using smartphone as a "security blanket". In doing so we are not only cutting ourselves further off from people around us but exacerbating the issues we are avoiding to face in the first place.

## **How to identify Signs And Symptoms Of Phone Addiction**

There is a fine line between healthy and compulsive mobile usage. There is no specific amount of time spent on the phone, or the frequency we check



for updates that indicates an addiction or overuse problem. However spending time connected to our phone becomes a problem when we get so absorbed and avoid face-to-face relationships, or neglect work, school, hobbies, or other important things in our life.

**Here are some Warning signs to discern phone overuse that can lead to addiction:**

- Do you find yourself working late more often because you can't complete your work on time? Do you find work piling up at home and little food in the house because you've been busy chatting online, texting, or playing video games?
- Is your social or family life suffering because of all the time you spend on your phone?
- Is the phone your only source of entertainment and time pass or relaxation?
- Do you hide your smartphone use or lie to your boss and family about the amount of time you spend online?
- Do you get irritated or cranky if your online time is interrupted or people express concern about your phone use?
- Do you hate to feel out of the loop or think you're missing out on important news or information if you don't check your phone regularly?
- Do you experience anxiety about being subjected to offensive comments which lower self-esteem and feel dejected?
- Do you feel compelled to share endless selfies and all your innermost thoughts on social media to get attention and approval?
- Do you experience panic or anxiety when the smartphone is left at home, the battery runs down or the operating system crashes?
- Do you have difficulty falling asleep or staying asleep?
- Do you lose track of what's being said in a meeting or lecture because you're checking your phone?
- Do you end up being on the phone when you feel more anxious, depressed, or lonely and does that aggravate your symptoms once you are offline.
- Withdrawal symptoms from smartphone addiction. A common warning sign of smartphone or internet addiction is experiencing withdrawal symptoms. Do you experience restlessness, Agitation, Anger or irritability when not on the phone?

**Types of smart phone addiction**

Smartphone addiction can encompass a variety of impulse control problems or compulsive issues, including:

Virtual relationships. Addiction to social networking, dating apps, texting, and messaging where online friends become more important than real-life relationships.

**Information overload.** Compulsive web surfing, watching videos, playing games, or checking news leading to lower productivity at work, school and home.

**Cybersex addiction.** Compulsive use of internet pornography, sexting, nude-swapping, or adult messaging services which impact negatively on your real-life intimate relationships and overall emotional health.

**Online compulsions,** such as gaming, gambling, stock trading, online shopping, or bidding on auction which leads to financial stress and job-related problems.

Mental health implications of phone addiction.

**Increased loneliness and depression.** Increased fear and anxiety.

Exacerbating attention deficit disorders.

Diminished ability to concentrate and think deeply or creatively. Disturbed sleep.

Increased self-absorption.

### **Neurological Effects of Phone Addiction**

Phone addiction can lead to a number of neurological imbalances, brain structure changes, and reduced gray matter.

**Internet usage gives small rewards** like any winnings, a message from a friend, an interesting story on social media, a new job lead etc. These rewards increase dopamine production, creating a vicious cycle that encourages users to keep accessing the Internet to keep getting a "hit" of dopamine much like gambling and drug use. Withdrawal signs are also much like drug withdrawal; restlessness, agitation, anxiety, depression and suicide ideation. Internet can also cause acute and chronic stress while viewing distressing content or messages. Chronic presence of stress hormone like cortisol in the brain causes a vicious cycle leading to low self-esteem and depression.

Internet addiction shrinks the brain's gray and white matter fibers similar to those produced by alcohol and cocaine addiction which results in changes to emotional processing and brain functioning impairing functions like decision making, planning, reasoning, memory, judgement, impulse control, social behavior and emotional regulation.

### **Self-help tips for smartphone addiction**

First - Recognize the triggers

What makes us reach for the phone? Is it when feeling lonely, bored or stressed?

Set goals for when to use the smartphone by scheduling using the phone during certain times of day.

**Turn off phone at certain times of the day.** Don't take the phone to the

bathroom or bed room or work place.

**Build coping skills.** Perhaps tweeting, texting or blogging is our way of relating to others and an escapism from indulging past addictions like alcohol or drugs.

**Replace smartphone use with healthier activities.** such as gardening, music, exercise, creative art work, cooking, meditating, reading a book, or chatting with friends in person.

**Remove social media apps from your phone** thus Shielding unnecessary information about others. This help to boost our mood and sense of self-worth.

**Interact with real life people more often.**

**Volunteer in community work or social activities.** Helping other people not only enriches community but it also makes one feel happier and more grateful.

**Practice mindfulness.** By practicing mindfulness through exercise, yoga or mediation serves to live more in the present moment, and focus on self care and improve overall wellbeing.

### **In a nutshell**

Social media has a reinforcing nature and are designed to be addictive much like gambling or drugs usage and creates psychological cravings. Using it activates the brain's reward center by releasing dopamine, a "feel-good chemical". After using the phone extensively for entertainment, and when one gets off the phone, the withdrawal symptoms are also similar to other addictions. The drastic drop in dopamine levels are associated with restlessness, agitation, anxiety, depression and suicide ideation.

Though smartphones are an excellent resource, to stay connected, outlet for creativity and self-expression, they also can be potentially dangerous tools, especially for children and young adults. Seek the help of experts to take charge and manage smartphone usage and maintain a healthy life style.

**Don't Let Phone Addiction Win.**



past, we should focus on the present and not let it ruin our future.

I came across a beautiful quote by Klidsa: "Yesterday is but a dream, and tomorrow is but a vision. But today, well-lived, makes every yesterday a dream of happiness and every tomorrow a vision of hope." These words remind us that the present moment is precious. When we focus on living fully today, we can turn our past into something we cherish and our future into something we look forward to.

The philosophy of *carpe diem*, or "seize the day," fits perfectly here. It's about focusing on what you can do right now and breaking free from the spiral of overthinking. By living in the moment, you can truly connect with life as it unfolds.

# Untangling Overthinking: *Living In The Present Moment*

**W**e've all been in situations where our brain starts cooking up every possible way a situation might go wrong or replaying the silly mistakes we've made in the past. Sometimes, when you're just chilling, your mind makes you feel guilty for taking time for yourself instead of being productive. Overthinking is something most of us have experienced, isn't it? At one moment, you might feel that things are in your control, and the very next second, there's this fear of uncertainty about what might happen in the future or unnecessary worry about what happened in the past. And there you go—the same cycle keeps repeating, leaving you feeling drained and anxious.

People often say, "Don't worry about things that have already happened," but I believe it's better to analyze and accept them. No matter how hard the situation was, you overcame it, and it probably taught you many lessons. There are always multiple ways to approach an issue, and the one we choose determines the consequences. To be honest, we make the decisions we feel are right at that moment. After all, life doesn't come with a rewind option to go back and fix mistakes. So, instead of regretting and wasting time dwelling on the

There's no better day than today, so live your life to the fullest while being responsible. Remember, some things are just meant to happen, and they often turn out for the best.

If you search for ways to overcome overthinking, you'll find countless suggestions. But I think it's more effective to self-introspect, pinpoint what's truly bothering you, and then come up with solutions. Never act impulsively—take your time to respond thoughtfully in worrisome situations and try to view things in third-person. Don't hesitate to talk to friends, family, or even a mental health professional. Sometimes, sharing your worries brings a sense of relief and a fresh perspective.

Life is short, and instead of worrying about things that never happened or things that can't be changed, just take a deep breath and do your best.

**Jayasree G Kalkura**  
**S4 EL**

# The Dark Side Of Silver Screen: How Indian Cinema Shapes Youth Minds

Bevis Mathew Thomas  
S4 CS1

**M**ovies have always held a very powerful influence over the Indian youth, if not the entire country. Cinema is more than mere entertainment in a Nation where cinema is culture. The influence of cinema exceeds the bounds of theaters and permeates fashion, usage of language and social relationships. Although Indian cinema has given us hundreds of wonderful stories and lasting memories, there has been a worrying trend in the last few years - the glorification of toxic masculinity, violence, and rebellion in cinematic fare.

Consider the recent blockbuster *Animal*, for example. The film's hero, essayed by Ranbir Kapoor, is a toxic ideal of masculinity - one in which aggression is glorified, emotions are repressed, and relationships are defined by domination over respect. The film's record-breaking box office success provokes uncomfortable questions: Are we normalizing abuse by portraying it as entertainment? Is this the sort of hero we want young men to aspire to?

The issue is not exclusive to Hindi cinema. The Pan-India box office success of movies like *Pushpa* and *KGF* has introduced a new narrative template in which the anti-hero is not merely the hero but is glorified as well. These movies paint a picture of a world in which strength prevails, in which laws are hurdles to be breached and not social agreements to be honored. The lethal charm of these films is in their packaging - the trendy slow-motion struts, the throbbing background music, and the scripted lines that make questionable morality heroic moments.

South Indian films, especially Telugu and Malayalam, have added to this trend in their own fashion. Whereas Malayalam cinema has had the reputation of traditionally being realistic in its

storytelling, more recent releases such as *Marco and L2E: Empuraan* have blurred lines in their depiction of substance abuse and violence. Normalization of drinking and smoking scenes, presented as emblematic of sophistication or rebellion, has tangible real-life implications. Research has found that youth are more likely to experiment with such substances upon exposure to the same.

The psychological effect of this movie trend is far-reaching. Immature minds, as yet not set in their view of the world, frequently have trouble distinguishing fact from fiction. If repeatedly by movie after movie aggression is seen to work, that rules exist in order to break them, and that loathsome attitude somehow appears sexy, these ideas unavoidably creep into immature minds. We observe the effects in daily life - from university campuses where toxic masculinity is gaining traction to social media sites abounding with youth admirers of flawed characters.

The answer is not censorship but responsibility. Filmmakers need to understand their authority as cultural builders. The business requires more movies that disrupt these poisonous narratives and not more of the same that perpetuate them. We need movies that expose the actual fallout of violence, that depict strong relationships, and that provide better definitions of manhood and achievement.





**OffRoads 25**





**Baselian Big  
Bash League  
2025**



**United in love for DANCE,  
BBOIZ DANCE CREW.**



**Baselian Premier  
League  
2025**





**EXODOS'24**



**PARADOS  
2024**





# Ethnic Day



# Farewell



Rev.Fr.Thomas Mukalumpurathu



# ബൈബിൾ

# ലൈഫ് ട്രാൻസ്ഫർമേഷൻ വിത്ത് സൂറോ ലിംഗ്വിസ്റ്റിക് പ്രോഗ്രാമിംഗ്

ഡി.ജോയിക്കുട്ടി PGDHRM  
സീനിയർ ഓഫീസ് അസിസ്റ്റന്റ്

എൻ. എൽ. പി അഥവാ സൂറോ ലിംഗ്വിസ്റ്റിക് പ്രോഗ്രാമിംഗ് ഇന്ന് രാജമൊട്ടാകെ അതിവേഗം ചർച്ച ചെയ്യപ്പെടുന്നതും പ്രാക്ടീസ് ചെയ്യപ്പെടുന്നതും നല്ല അനുഭവസാക്ഷ്യങ്ങൾ നൽകിക്കൊണ്ടിരിക്കുന്നതും ആയ ഒരു ചികിത്സാ വിധിയാണ്. ഇതിനെ മാജിക് തൈറാപ്പി എന്നും വിളിക്കുന്നു. 1970 ന്റെ ആരംഭത്തിൽ ഇത് കാലിഫോർണിയയിൽ നിലവിൽ വന്നു. ഇൻഫർമേഷൻ സയൻസ് ആൻഡ് മാത്തമാറ്റിക്സ് മാസ്റ്റർ ലെവൽ വിദ്യാർത്ഥിയായിരുന്ന റിച്ചാർഡ് ബാൻഡ്ലർ ലിംഗ്വിസ്റ്റിക്സ് പ്രോഗ്രാമിംഗ് ആയിരുന്ന ജോൺ ഗ്രെൻഡർ എന്നിവരാണ് എൻ.എൽ.പി ആരംഭിച്ചത്.

ഇത് യഥാർത്ഥത്തിൽ മനുഷ്യന്റെ ഉള്ളിലേക്ക് വരുന്ന അറിവിന്റെയും പുറത്തേക്ക് പോകുന്ന അറിവിന്റെയും ബന്ധത്തെ വർണ്ണിക്കുന്നു. സൂറോ എന്ന വാക്ക് മനുഷ്യന്റെ പഞ്ചേന്ദ്രിയനുഭൂതിയെ കുറിച്ചുള്ള നടപടിക്രമങ്ങളുമായി ബന്ധപ്പെട്ടിരിക്കുന്നു. ലിംഗ്വിസ്റ്റിക് അഥവാ ഭാഷാ ശാസ്ത്രം നാം ഉപയോഗിക്കുന്ന ഭാഷയും വാക്കുകളുമായി ബന്ധപ്പെട്ടിരിക്കുന്നു. അത് നമ്മുടെ ചിന്തകളെ ആഴത്തിൽ സ്വാധീനിക്കുന്നതും നമ്മുടെ പെരുമാറ്റ രീതികളെ മാറ്റിമറിക്കുന്നതും ആയിരിക്കാം. പ്രോഗ്രാമിംഗ് ചിന്തകളിലേക്കും വികാരങ്ങളിലേക്കും സൂറോലിംഗ്വിസ്റ്റിക് പ്രകാരം നൽകപ്പെടുന്ന വസ്തുതകളും അവയുടെ ഫലങ്ങളുമാണ്. നമ്മുടെ ചിന്തകൾ, സ്വപ്നങ്ങൾ, അനുഭവങ്ങൾ, ഓർമ്മകൾ എല്ലാറ്റിന്റെയും കേന്ദ്രം മസ്തിഷ്കമാണ്. മനുഷ്യന്റെ എല്ലാ നേട്ടങ്ങൾക്കും പിന്നിൽ മസ്തിഷ്കമാണ് പ്രവർത്തിക്കുന്നത്.

### അമ്മയുടെ ഉദരത്തിൽ മുതൽ

നമ്മിലേക്ക് ഡൗൺലോഡ് ചെയ്യപ്പെടുന്ന നന്മയുടെയും തിന്മകളുടെയും ബാക്കി പത്രമാണ് ജീവിതത്തിൽ ഉടനീളം നാം കാണിക്കുന്നത്. കന്യകകളിൽ വൈറസ് പ്രവേശിക്കുന്നതുപോലെ ഇത് നമ്മുടെ ജീവിതക്രമങ്ങളെ വളരെയേറെ തിന്മാനുഭവങ്ങളിലേക്ക് നയിക്കുന്നു. നെഗറ്റീവ് ചിന്തകളായിരിക്കും കൂടുതലായി ഉപബോധമനസ്സിൽ പതിഞ്ഞു കിടക്കുന്നത്. അത് മൂലം ഭയങ്ങൾ, നിരാശ, വിശ്വാസമില്ലായ്മ, സ്വഭാവവൈകല്യങ്ങൾ, ആരോഗ്യ പ്രശ്നങ്ങൾ എന്നിവ അലട്ടുന്നതിന് കാരണമാകും. ഇത്തരം പ്രശ്നങ്ങൾ നിയന്ത്രണം വിട്ടുപോകുമ്പോൾ ആദ്യം നാം ചെയ്യുന്നത് മനോരോഗവിദഗ്ദ്ധനെ കണ്ടു മരുന്നുകൾ കഴിക്കാൻ തുടങ്ങും. ഇതിലൂടെ താൽകാലികമായ ശാന്തി ഉണ്ടാകും എങ്കിലും ശാശ്വത പരിഹാരം ഉണ്ടാകുന്നില്ല. മരുന്നിന്റെ അളവ് കുറയ്ക്കുകയോ നൽകാതിരിക്കുകയോ ചെയ്യുമ്പോൾ പാർശ്വഫലങ്ങൾ വർദ്ധിച്ചു പ്രശ്നം സങ്കീർണ്ണമാകുന്നു. എൻ. എൽ. പി. ഇതിന് നൽകുന്ന പരിഹാരം ഉപബോധമനസ്സിൽ നിന്നും പൂർണ്ണമായി പ്രശ്നക്കാരെ പുറന്തള്ളുന്നു എന്നതാണ്. വിവിധങ്ങളായ പ്രാക്ടീസും പ്രകാരം നല്ല ചിന്തകൾ മനസ്സിൽ നിറക്കുകയും സന്തോഷവും സമാധാനവും ആത്മവിശ്വാസവും വളർത്തുകയും ചെയ്യുന്നു.

### എൻ. എൽ.പിയുടെ അടിസ്ഥാന തത്വം / ഗുണങ്ങൾ

- പഞ്ചേന്ദ്രിയങ്ങളിലൂടെ നാം സ്വീകരിക്കുന്ന സന്ദേശങ്ങൾ നാഡീവ്യൂഹത്തിലൂടെ കടന്നു അന്തരേന്ദ്രിയങ്ങളെ
- ഉണർത്തുന്നു മനസ്സിൽ ഒരു ചിത്രം വരച്ചിടുന്നു. ഈ മാപ്പിൽ നിന്നാണ് നാം ആശയങ്ങളും അഭിപ്രായങ്ങളും പുറപ്പെടുവിക്കുന്നത്. ഇത് നമ്മൾ സ്വന്തം മനസ്സിൽ ഉണ്ടാക്കുന്ന മെന്റൽ മാപ്പിന്റെ പഠനമാണ്.
- നമ്മുടെയും മറ്റുള്ളവരുടെയും പെരുമാറ്റത്തെക്കുറിച്ചുള്ള പഠനമാണ്.
- നമ്മുടെ മസ്തിഷ്കത്തെയും നാഡീവ്യൂഹത്തെയും ചിട്ടപ്പെടുത്തുന്ന പഠനമാണ്.
- മനുഷജീവിതത്തിന്റെ വിജയപരാജയരഹസ്യങ്ങളുടെ പഠനമാണ്.
- എൻ. എൽ. പി ഉൽക്കണ്ഠയെയും പ്രതികൂല ചിന്തകളെയും മാറ്റിയെടുക്കാൻ സഹായിക്കുന്നു.



- അകാരണമായുണ്ടാകുന്ന രീതിയെ മാറ്റുന്നു.
- നല്ല ആശയ വിനിമയശേഷി കൈവരുന്നു.
- ആരോഗ്യത്തിന് ഹാനികരമായ സ്വഭാവങ്ങളിൽ നിന്നും മോചനം നേടാൻ സഹായിക്കുന്നു.
- മാനേജ്മെന്റ് കഴിവുകൾ വർദ്ധിപ്പിക്കുന്നു.
- മാനസിക സമ്മർദ്ദങ്ങളിൽ നിന്നും മോചനം നേടാനുള്ള മാർഗ്ഗങ്ങൾ അവലംബിക്കാനുള്ള കഴിവ് നേടുന്നു.
- നല്ല വ്യക്തിബന്ധങ്ങൾ സ്ഥാപിക്കുന്നതിന് സാധ്യമാക്കുന്നു.
- മനസ്സിനെ നിയന്ത്രണത്തിൽ കൊണ്ടുവരുന്നു.
- മനസ്സിനെ വിസ്തൃതമാക്കുന്നു.

എൻ. എൽ.പിയും മനുശക്തിയും :-  
 ബോധമനസ്. ഉപബോധമനസ് അബോധ മനസ് എന്നിവകളുടെ നിരന്തരമായ

**എൻ. എൽ.പിയും മനുശക്തിയും :-**

ബോധമനസ്സ്, ഉപബോധമനസ്സ് അബോധ മനസ്സ് എന്നിവകളുടെ നിരന്തരമായ പ്രവർത്തനങ്ങളെക്കുറിച്ച് നാം എത്രമാത്രം പഠിച്ചിട്ടുണ്ട്. മസ്തിഷ്കത്തിലെ ചില ഭാഗങ്ങളുടെ നാശം മനുഷ്യനെ വിഷാദരോഗിയാക്കുന്നു. ചിലഭാഗങ്ങളിലെ പ്രശ്നം ഉന്മാദിയാക്കുന്നു. മനുഷ്യന്റെ നർമ്മബോധത്തെയും വിശ്വസിയെയും മരപരമായ കാഴ്ചപ്പാടുകളെയും മസ്തിഷ്കത്തിലെ പ്രശ്നങ്ങൾ മാറ്റി മറിക്കുന്നു. ചിലരെ ആക്രമണകാരികളും, വഞ്ചകരും, വിവേകമില്ലാത്തവരും ആയി മാറ്റുന്നത് ഈ പ്രശ്നങ്ങൾ കൊണ്ടാണ്. നമ്മൾ ബോധമനസ്സിൽ വിശ്വസിച്ചുറപ്പിക്കുന്ന കാര്യങ്ങളാണ് ഉപബോധമനസ്സ് ഒപ്പിയെടുക്കുന്നത്. നമ്മുടെ ഹൃദയം തനിയെ പ്രവർത്തിക്കുന്നതും, ദഹനം, രക്തചംക്രമണം, ശ്വസനം എന്നീ പ്രക്രിയകൾ നടക്കുന്നതും ഉപബോധമനസ്സിന്റെ സഹായത്താലാണ്. ഉപബോധമനസ്സ് 24 മണിക്കൂറും പ്രവർത്തനസജ്ജമാണ്. നല്ല ചിന്തകൾ മാത്രമേ മനസ്സിൽ ഇട്ടു താലോലിക്കാവൂ. അല്ലെങ്കിൽ ജീവിത യാത്ര ദുഷ്കരമാകും.

മനസ്സ് വിപരീതമായി അതിന്റെ ശക്തി ഉപയോഗിക്കുമ്പോൾ ജീവിതത്തിൽ പരാജയങ്ങളും കടബാധ്യതകളും തോൽവികളും അനാരോഗ്യവും ആകുലതകളും അമിതകോപവും നിരാശയും പിടിച്ചെടുക്കുന്നു. യഥാർത്ഥ സമാധാനവും സന്തോഷവും മനുഷ്യന്റെ ഉള്ളിലാണ്, നാം മനസ്സിനെ കീഴ്പ്പെടുത്തിയിട്ടുണ്ടെങ്കിൽ നമ്മൾ വിജയിയായ ഒരു ചക്രവർത്തി തന്നെയാണ്. മനസ്സിന് അടിമപ്പെടരുത്. അത് നമ്മുടെ ജീവിതത്തെ അതിന്റെ വഴിക്ക് കൊണ്ടുപോകും. തെറ്റായ ചിന്തകൾ, ഹെഡ്സ്, അസൂയ, വിഷാദം എന്നിവയാണ് നമ്മെ രോഗികളാക്കുന്നത്. ഇതിന്റെ പ്രതിവിധിയാണ് എൻ.എൽ.പി നിർദ്ദേശിക്കുന്നത്.

എൻ.എൽ.പി പരിശീലിക്കുന്ന വ്യക്തിക്ക് സുഖദുഃഖങ്ങളും മറ്റ് മാനസിക പ്രശ്നങ്ങളും അദ്ദേഹത്തിന്റെ നിയന്ത്രണത്തിൽ തന്നെയായിരിക്കും. എല്ലാവിധ മാനസിക വ്യാപാരങ്ങളെയും ഏത് ദിശയിലേക്കും തിരിച്ചുവിടാൻ ഇവരുടെ മനസ്സ് ശക്തമായിരിക്കും.

ഒരു മനുഷ്യന്റെ നിൽപ്പ്, നടപ്പ്, നോട്ടം, സംസാരം, ശ്യാസോച്ഛാസം എന്നിവയിലൂടെ അദ്ദേഹത്തിന്റെ മാനസികനില മനസ്സിലാക്കാൻ സാധിക്കും. ഉദാഹരണത്തിന് ഇരിക്കുമ്പോൾ തലയുയർത്തി നെഞ്ച് വിരിച്ച് ശ്യാസോച്ഛാസം ആഴത്തിലാക്കി ദൃഷ്ടി അല്പം മേൽപ്പോട്ടുയർത്തി ഇരുന്നു നോക്കൂ. നല്ല ആത്മവിശ്വാസം കൈ വരുന്നതായി കാണാം. അതോടൊപ്പം, നിരാശാഭാവം വിട്ടൊഴിയുകയും ചെയ്യും. നേരെമറിച്ച് കണ്ണുകൾ കീഴ്പ്പോട്ടു നോക്കി, തോൾ താഴ്ത്തി കുനിഞ്ഞിരിക്കുകയാണെന്നിരിക്കട്ടെ. ഈ സമയം നിങ്ങൾ നിങ്ങളോട് തന്നെ സങ്കടവും നിരാശയും കലർത്തി ആന്തരിക ഭാഷണം നടത്തുന്നു. ഇതിലൂടെ ദുഃഖവും നിരാശയും കൈവരുന്നു. ഇതിൽ നിങ്ങൾ എന്താണ് ചെയ്യാൻ ആഗ്രഹിക്കുന്നത്. ഇത് മനസ്സിന്റെ നില മോശമാക്കുന്നു. അസൂയ, ആശങ്ക, വിഷമം, ഭയം തുടങ്ങിയവ നമ്മുടെ നാഡീത്തന്തുക്കളെയും കോശങ്ങളെയും നശിപ്പിക്കും. അങ്ങനെ വിവിധ രോഗങ്ങൾക്ക് അടിമയാകും. നിങ്ങളെ അലട്ടുന്ന ഏത് പ്രശ്നത്തിനും ഉറങ്ങുന്നതിനു മുമ്പ് പരിഹാരം അന്വേഷിക്കുക, ഉപബോധം വേണ്ട ഉത്തരം നൽകിയിരിക്കും. നമ്മൾ ചോദിക്കുന്നതെന്തും നൽകാൻ ഉപബോധമനസ്സ് സന്നദ്ധമാണ്. പക്ഷേ നാം ചോദിക്കുന്നില്ല എന്നതാണ് സത്യം. നാം ഉപബോധമനസ്സിൽ രേഖപ്പെടുത്തുന്നത് എന്തും ജീവിതത്തിൽ ആവിഷ്കരിക്കപ്പെടുന്നു. മാനസിക ബുദ്ധിമുട്ടുകൾ നേരിടുന്നവർക്ക് ഡോപമൈൻ എന്ന ഹോർമോണിന്റെ കുറവ് വലിയ പ്രശ്നങ്ങൾ ഉണ്ടാക്കുന്നുണ്ട്. ഇത്തരക്കാർക്ക് നല്ല വ്യായാമത്തിലൂടെ ഈ കുറവ് പരിഹരിച്ച് സന്തോഷത്തോടെ മുന്നേറുന്നതിന് സാധിക്കും. നിലാക്സേഷൻ, ഭക്ഷണം, വ്യായാമങ്ങൾ എന്നിവ ഇവിടെ പ്രാധാന്യമർഹിക്കുന്നു.

**വിശ്വാസത്തിന്റെ ശക്തിയും അത്ഭുതങ്ങളും**

നമുക്ക് നമ്മളെ വിശ്വാസമുണ്ടോ? ചുറ്റുമുള്ളവരെ വിശ്വാസമുണ്ടോ? നാം വീളിക്കുന്ന ദൈവത്തെ വിശ്വാസമുണ്ടോ? എന്നീ ചോദ്യങ്ങൾക്ക് ഉത്തരം കണ്ടെത്തണം. നിന്റെ വിശ്വാസം പോലെ നിനക്ക് ഭവിക്കും എന്നതാണ് സത്യം. ഞാൻ പരാജയപ്പെടും രക്ഷ പെടില്ല. എന്റെ രോഗം മാറില്ല, ദാരിദ്ര്യം മാറില്ല. എന്നിങ്ങനെയുള്ള ചിന്തക്ക് പകരം പോസിറ്റീവായി ചിന്തിച്ച് ഓരോ ദിവസവും ഉറങ്ങാൻ പോകാൻ നമുക്ക് ശ്രമിക്കാം.

അവിടെയാണ് അത്ഭുതങ്ങൾ സംഭവിക്കുന്നത്. നമ്മുടെ പ്രാർത്ഥനകൾക്കും അർച്ചനകൾക്കും ഉത്തരം ലഭിക്കാതെ പോകുന്നത് ഇപ്രകാരമുള്ള വിശ്വാസരാഹിത്യം മൂലമാണ്. എൻ.എൽ.പി യിൽ വിശ്വാസത്തിന് വലിയ സ്ഥാനമാണ് നൽകപ്പെട്ടിരിക്കുന്നത്. നമ്മുടെ ജയപരാജയങ്ങൾക്ക് കാരണം മറ്റാരുമല്ല നമ്മൾ തന്നെയാണ് എന്ന് ഇതിലൂടെ വ്യക്തമാണ്. ആറു മൗലിക ദീതികളെ ജീവിതത്തിൽ നിന്ന് പുറത്താക്കുന്നതിനക്കുറിച്ച് "ചിന്തിക്കുക സമ്പന്നരാകുക" എന്ന പുസ്തകത്തിൽ നെപ്പോളിയൻ ഹിൽ പ്രതിപാദിക്കുന്നു. ദാരിദ്ര്യത്തിലകപ്പെടുമെന്ന ഭയം വിമർശനത്തെക്കുറിച്ചുള്ള ഭയം അനാരോഗ്യം വരുമെന്ന ഭയം സ്നേഹം നഷ്ടപ്പെടുമെന്ന ഭയം വയസ്സ് കാലത്തെക്കുറിച്ചുള്ള ഭയം മരണ ഭയം എന്നിവയാണ് അവ.

**എൻ. എൽ.പി പ്രാക്ടീസുകളും വിജയങ്ങളും**

ജീവിതങ്ങളെ രൂപപ്പെടുത്തുന്നതിൽ എൻ. എൽ. പി.യുടെ പങ്കിനെക്കുറിച്ച് ഇനിയും പറയേണ്ടതില്ലല്ലോ. മനസ്സിനെ നിയന്ത്രണത്തിൽ കൊണ്ടുവന്നു, വിശ്വാസത്തിന്റെ ശക്തി വർദ്ധിപ്പിച്ച് ആത്മവിശ്വാസത്തോടെ എല്ലാ ഭയങ്ങളെയും മറ്റ് മാനസിക വ്യഥകളെയും ദൂരെ എറിഞ്ഞു കളയുന്നവിധത്തിലാണ് ഇതിന്റെ പ്രാക്ടീസുകൾ നൽകുന്നത്.

(Client) ക്ലൈയന്റിനെ സന്തുഷ്ടം മനസ്സിലാക്കി, അനുഭവിക്കുന്ന പ്രശ്നത്തിന്റെ ആഴത്തിനനുസരിച്ച് എൻ.എൽ.പി പ്രാക്ടീസു നൽകുന്നു. മനസ്സിൽ കൂടുതൽ ബുദ്ധിമുട്ട് ഉണ്ടാക്കുന്ന ആ സന്ദർഭത്തെ ഓരോ ചിത്രങ്ങളായും, അനുഭൂതികളായും, പ്രകാശത്തോടെയും, അല്ലാതെയും, ചെറുതായും കൈ മാറ്റുകയും അതിനെ പൂർണ്ണമായും മനസ്സിൽ നിന്നും നിഷ്കാസനം ചെയ്യുകയും ചെയ്യുന്നു. ശാന്തമായ സ്ഥലത്ത് വ്യക്തമായ കാഴ്ചപ്പാടോടും അർപ്പണബോധത്തോടും നൽകുന്ന നിർദ്ദേശങ്ങൾക്ക് അനുസരിച്ച് ക്ലൈയന്റ് മാനസികമായി തയ്യാറെടുക്കുകയും ശാന്തതയിൽ എത്തുകയും ചെയ്യുന്നു. മോശമായ അനുഭവങ്ങളെ മാറ്റുന്നിടത്ത് നല്ല ചിത്രങ്ങളും അനുഭവങ്ങളും നിറക്കുന്നു.

- ആത്മവിശ്വാസം ഉറപ്പിക്കൽ
- കഴിഞ്ഞകാലത്തെ ഉപേക്ഷിക്കൽ
- പുതിയ നിങ്ങളെ സൃഷ്ടിക്കൽ
- നിഷേധകമായ നങ്കൂരം
- ദുശ്ശീലങ്ങളെ അകറ്റൽ
- നിങ്ങളുടെ പ്രതിഫലമായ വർദ്ധിപ്പിക്കൽ
- കഷ്ടപ്പാടുകളെ പെട്ടിയിലാക്കുക.
- ഇട്കണ്ഠ നിറഞ്ഞ അനുഭവങ്ങളെ മാറ്റുക.
- തീവ്രമായ ചികിത്സ.
- പ്രശാന്തമായ ഉദരം എന്നീ എൻ.എൽ.പി ടെക്നിക്കുകൾ പ്രാധാന്യമർഹിക്കുന്നു.

**ലൈഫ് ട്രാൻസ്ഫർമേഷൻ**

ഇന്ന് സമൂഹത്തിൽ വിവിധങ്ങളായ സ്വഭാവസവിശേഷതകൾ പ്രകടിപ്പിക്കുന്ന മനുഷ്യരെ നാം കാണുന്നുണ്ട്. അതിൽ അനുകമ്പ, സ്നേഹം, പരസ്പര സ്നേഹം, വിവേകം, ക്ഷമ, സമാധാനം, എന്നീ ശീലങ്ങൾ കാണിക്കുന്നവരും ഇവകൊല്ലാം വിപരീതമായി നിൽക്കുന്നവരും ഉണ്ട്. നിരാശയിലും ഏകാന്തതയിലും പരാജയഭീതികളിലും ഒരു കൂട്ടർ കഴിയുമ്പോൾ ഓരോ ദിവസവും സന്തോഷത്തോടെയും സമാധാനത്തോടെയും ജീവിക്കുന്നവർ ഉണ്ട്. യുവജനങ്ങൾ വളരെ തളർന്ന്, വൃദ്ധരെപ്പോലെയും ജീവിക്കുന്നതും പ്രായമുള്ളവർ ചുവുചുവുക്കോടെ കാര്യങ്ങൾ നന്നായി നോക്കി നടത്തുകയും ചെയ്യുന്നതും നാം കാണുന്നു. നാം ഒരു മാറ്റത്തിനായി ഏത് മേഖലയാണ് തിരഞ്ഞെടുക്കുന്നത്? നമ്മുടെ ദിനചര്യ, ശരീരഭാഷ, ഭാവി പ്രവർത്തനങ്ങൾ എന്നിവയിൽ എല്ലാം വലിയ മാറ്റം വരുത്താൻ കഴിയും. ഹോണിലോ കമ്പ്യൂട്ടറിലോ ഒരു പ്രയോഗത്തെ ഡൗൺലോഡ് ചെയ്യുന്നതുപോലെ നമ്മുടെ മനസ്സിന് വേണ്ടിയും ഒരു വിശേഷാലുള്ള പ്രയോഗത്തെ ഡൗൺലോഡ് ചെയ്യുക ഒരു വലിയ കാര്യമാണ്.

ഇവിടെ നാം നേടിയ വലിയ ബിരുദങ്ങൾ അല്ല പരിഗണിക്കുന്നത്. മാനസികവും ശാരീരികവും ആത്മീയവുമായ നല്ല ഒരു അടിത്തറയിലൂടെ നല്ല സുഗന്ധം, കൂടുംബത്തിലും സമൂഹത്തിലും പരത്തുക എന്നതാണ്. അതിനായി നാം അർപ്പണബോധത്തോടെ തീരുമാനങ്ങൾ കൈകൊ

(ലേഖകൻ എൻ. എൽ. പി. അമേരിക്കൻ ബോർഡ് സർട്ടിഫൈഡ് ലൈഫ് ട്രാൻസ്ഫർമേഷൻ പ്രാക്ടീഷണറാണ്)



# ഓർമ്മശക്തി പ്രക്രിയയും പരിശീലനവും

ഓർമ്മ ശക്തി നിലനിറുത്തുന്നതിന് ആവശ്യമായ അടങ്കലും ചിട്ടയോടും കൂടിയ പഠനം യാഥാർത്ഥ്യമാക്കാൻ പലപ്പോഴും കഠിന പരിശ്രമം തന്നെ വേണ്ടി വരും. പഠിക്കാത്തതല്ല പഠിച്ചതെല്ലാം മറന്നു പോകുന്നു എന്നതാണ് പലരുടെയും പ്രശ്നം. രാത്രിയുടെ അന്ത്യയാമങ്ങൾ വരെ കഠിനാധ്വാനം ചെയ്തിട്ടും പരീക്ഷ പലർക്കും ഒരു പരാജയമാകുന്നു. തന്നിട്ടുണ്ടാകുന്ന നിഗമനത്തിൽ പഠനത്തിൽ നിന്നും സ്വയം പിന്മാറുന്നു. പരിസരങ്ങളുമായി നമുക്കുള്ള ബന്ധം മെച്ചപ്പെടുത്തി നമ്മുടെ പെരുമാറ്റത്തിൽ വരുത്തുന്ന മാറ്റമാണ് പഠനം എന്നാണ് ജി.ഡി ബോസ് നിർവചിക്കുന്നത്. അപ്പോൾ നമ്മുടെ പെരുമാറ്റത്തിൽ പ്രകടമായ മാറ്റം ഉണ്ടാകണം. പഠനപ്രക്രിയ സാധ്യമാകാൻ ഇത് നമ്മളെ സഹായിക്കും.

പഠനപ്രക്രിയയിൽ പ്രകടമായ മാറ്റം സാധ്യമാകണമെന്ന് പറയുമ്പോൾ അത് ഹൃസ്വമായ കാലയളവിൽ മാത്രമാണ് എന്ന ചിന്ത പലർക്കും ഉണ്ട്. ഇത് മാറ്റിയെടുക്കണം ജീവിതവസാനം വരെ ഈ മാറ്റം ഉണ്ടാകണം. ഇതിന് സഹായിക്കുന്ന പഠനം അനുഭവമാക്കാൻ ഉള്ള ചില രീതികൾ താഴെ പ്രതിപാദിക്കുന്നു.

## 1. Learning through Doing

"കേട്ടത് മറക്കുന്നു കണ്ടത് ചിലപ്പോൾ ഓർമ്മിച്ചെക്കാം പക്ഷേ ചെയ്തത് പഠിക്കുന്നു." എന്നാണ് പ്രമാണം. ഉറക്കെയുള്ള വായന, പരീക്ഷണങ്ങൾ, എഴുതി നോക്കൽ, നോട്ട് കുറിച്ചു വയ്ക്കൽ, കൂട്ടുകാരുമായുള്ള സംവാദം ഇവയെല്ലാം പ്രായോഗിക രീതികളാണ്. ഓരോരുത്തരുടെയും അഭിരുചിക്ക് അനുസരിച്ച് ഇവയെ ഉപയോഗിക്കാൻ സാധിച്ചാൽ മാറ്റം ഉണ്ടാകും.

## 2. Reflection-repetition-recapitulation

ബോധമനസിലാണ് നാം കാണുന്നതും കേൾക്കുന്നതും അനുഭവിക്കുന്നതും. അത് തന്നെയാണ് പഠനവും. കാണാനും കേൾക്കാനും അനുഭവിക്കാനും സമയം കണ്ടെത്തണം. ഇവ മൂന്നും പഠന പ്രക്രിയയിലെ ഒഴിച്ചുകൂടാൻ സാധിക്കാത്ത കാര്യങ്ങളാണ്. പഠനം ബോധപൂർവ്വമായ പ്രക്രിയയാണ് പഠനശേഷം പഠിച്ചതെല്ലാം ഉപബോധമനസ്സിൽ സംഭരിക്കപ്പെടുന്നു. ആവശ്യം വരുമ്പോൾ ഇത്തരം അറിവുകളെ ബോധമനസ്സിലേക്ക് കൊണ്ടുവരാൻ ഓർമ്മവേണം. ചിലർക്ക് പഠിച്ചാലും എല്ലാ ചോദ്യങ്ങൾക്കും ഉത്തരം എഴുതാൻ സാധിക്കില്ല കാരണം ഉപബോധമനസ്സിലെ അറിവുകൾ അബോധമനസ്സിലേക്ക് പോയി എന്നതാണ് ഈ പ്രക്രിയയെ പറയുന്നതാണ് "മേനം". മേനം വരാതിരിക്കാനുള്ള എളുപ്പവഴി പഠിച്ചത് ഇടയ്ക്കിടയ്ക്ക് ഓർത്തു നോക്കണം.

പഠിച്ച കാര്യങ്ങൾ കുറുപ്പുകളുടെയോ ചിത്രങ്ങൾ, ഗ്രാഫുകൾ തുടങ്ങിയവയിലൂടെ ഇടയ്ക്ക് ഒരു ഓട്ടുപ്രദക്ഷിണം നടത്തണം കൂട്ടുകാരുമായി ചർച്ച ചെയ്ത ബോധമനസ്സിൽ പഠിച്ച കാര്യങ്ങൾ കൊണ്ടുവരണം പഠനത്തിന്റെ മനഃശാസ്ത്രം ഇതാണ് ഉദാഹരണമായി ഒരു സംഭവം അഥവാ ഒരു സിനിമ കഥ പലവട്ടം പറയുമ്പോൾ ഒരിക്കലും മനസ്സിൽ നിന്നും മാറില്ല ഇതാണ് പഠനത്തിന്റെ സൂത്രവാക്യവും,

### 3. Power of Concentration.

പലപ്പോഴും പല കാര്യങ്ങളും നാം മറന്നു എന്ന് പറഞ്ഞാൽ അർത്ഥം ശ്രദ്ധാപൂർവ്വം അത് ചെയ്തില്ല എന്നതാണ് എവിടെവെച്ചോ എന്നോ, എപ്പോഴോ പറഞ്ഞാ എന്നോ അറിയില്ല എന്ന് നാം പറയുമ്പോൾ മനസ്സിലാക്കുക മനസ്സ് എവിടെയോ ആണ് എന്നതാണ് അർത്ഥം മനസ്സ് പതനി പോയാൽ പഠിക്കുന്നതും എഴുതുന്നതും മനസ്സിലാക്കില്ല വായന അരോചകമാവുകയും ചെയ്യും വികാരങ്ങൾക്ക് അടിമപ്പെടുകയാണെങ്കിൽ ചെയ്തതും പഠിച്ചതും ഒന്നും ഓർമ്മയുണ്ടാകില്ല. ആയതിനാൽ വികാരങ്ങൾക്ക് അടിമപ്പെടാതെ പഠിത്തത്തിൽ മാത്രം ശ്രദ്ധിച്ചാൽ പഠനം രസകരമാക്കും ഓർമ്മശക്തി വർദ്ധിപ്പിക്കും.

### 4. Recitation Method

പഠനപ്രക്രിയയിൽ ഓർമ്മശക്തി നിലനിർത്താൻ പഠിച്ചവ വീണ്ടും വീണ്ടും പഠിക്കുക പ്രധാന ഭാഗങ്ങൾ നിരന്തരമായി വായിക്കുക. മനസ്സിരുത്തിയുള്ള വായന ഒരിക്കലും മറക്കാത്ത അറിവ് നമുക്ക് സമ്മാനിക്കും ചില തലക്കെട്ടുകൾ പ്രത്യേകമായി ആലോചിച്ച് പഠിക്കുക പരീക്ഷയ്ക്ക് പെട്ടെന്ന് എഴുതാനും മത്സര പരീക്ഷകൾക്കും മുന്നിലെത്താനും സാധിക്കും.

### 5. Whole and Part Method

ഒരു ഭാഗം മുഴുവനായോ, ചെറിയ ഭാഗങ്ങളായോ പഠിക്കും ദൈർഘ്യവും വിഷയ മകരവുമായ വിഷയങ്ങൾ രസകരമായി പഠിക്കാൻ കുറുക്ക് വഴികൾ കണ്ടെത്തണം. ചെറുതും ലളിതവുമായ ഒറ്റയടികൾ പഠിച്ചു തീർക്കണം ദീർഘനേരത്തെ പഠിത്തത്തിനിടയിൽ ചെറുവിശ്രമങ്ങൾ എടുക്കണം. ഈ സമയത്ത് മനസ്സിനെ പെട്ടെന്ന് മാറ്റുന്ന തരത്തിലുള്ള ഓൺലൈൻ ഗെയിം, സിനിമ, ടി.വി ഷോ എന്നിവ ഒഴിവാക്കണം. കാരണം പഠനമാണ് ലഹരി വായനയാണ് ജീവിത വിജയത്തിന്റെ ഒറ്റമൂലി.

സബീഷ് പീറ്റർ  
അസിസ്റ്റന്റ് ലൈബ്രറിയൻ

# അമ്മ

രജില രാജേഷ്  
S2 CE2

ഒരു നിലവിലുള്ളുപോലകതാതിലെയോടും  
തെളിയുന്നൊരോർമ്മയാണമ്മ.  
ഒരു കണികൊന്നപോൽ, ഓർമ്മതൻ ചില്ലയിൽ  
പുഞ്ചിരിപൊഴിക്കയാണമ്മ  
ഒരു നിലവിലുള്ളുപോലകതാതിലെയോടും  
തെളിയുന്നൊരോർമ്മയാണമ്മ  
ഒരു കണികൊന്നപോൽ, ഓർമ്മതൻ ചില്ലയിൽ  
പുഞ്ചിരിപൊഴിക്കയാണമ്മ  
നന്മയുടെ പാങ്ങൾ ചൊല്ലിപറിവിട്ട  
തൂങ്ങുനാശയാണെനിയ്ക്കമ്മ  
കുസൃതികൾക്കെടോടും പരിധികൾ വരച്ചിട്ട  
കാവലാളായിരുന്നമ്മ!  
പാഠങ്ങളിടാതെ ഇരുൾവഴികൾ പിന്നിടാൻ  
വഴിവിളക്കാണെന്നമ്മ  
ജീവിതസാതയിൽ വെയിലേറ്റുവാടവേ  
സാന്ത്വനത്തണലൊടുയമ്മ  
പാഠങ്ങളിടാതെ, ഇരുൾ വഴികൾ പിന്നിടാൻ  
വഴിവിളക്കാണെന്നമ്മ  
ജീവിതസാതയിൽ വെയിലേറ്റുവാടവേ  
സാന്ത്വനത്തണലൊടുയമ്മ.

# ചിതറുന്ന സ്വപ്നങ്ങൾ

എസ് ആർ ദേവനന്ദ  
S6 CE



'യുവത്വം ഒരു രാജ്യത്തിന്റെ സ്വപ്നം മാത്രമല്ല അതിന്റെ ഹൃദയമാകണം ' എന്ന മഹാത്മാഗാന്ധിയുടെ വചനം നമ്മെ ഓർമ്മിപ്പിക്കുന്നത് യുവജനതയാണ് ഓരോ രാജ്യത്തിന്റെയും പുരോഗതിയുടെ ദിശ നിർണയിക്കുന്നത് എന്നതാണ്. പുതിയ കാലത്തെ തഴുകി, പുത്തൻ ചിന്തകളുമായി, ഓരോ തലമുറയും ഭൂമിയിൽ പുതിയ താളുകൾ രചിക്കുകയാണ്. എന്നാൽ ഇന്ന് സമൂഹത്തിൽ കണ്ടുവരുന്നത് മറ്റൊന്നാണ്. സാമൂഹിക ദുർബലതകൾ ഏറി വരുന്നു.

ഒരു കാലത്ത്, യുവത്വം എന്നത് കളിയും, ചിരിയും, ഒത്തൊരുമയും, നിഷ്കളങ്കതയും ഒക്കെ നിറഞ്ഞതായിരുന്നു. ഒന്നിച്ചു പുകൾ ഇറുത്തും, കളിച്ചും, മാവിൻ ചുവട്ടിൽ ഇരുന്ന് കഥകൾ പറഞ്ഞും ആഘോഷിച്ചിരുന്നു. എന്നാൽ ഇന്ന് നമ്മുടെ ഇടങ്ങളിലുള്ള ഒരു സമൂഹത്തെ കാണാൻ കഴിയുന്നില്ല. മയക്കുമരുന്നിനും, ഫോണിനും അടിമപ്പെട്ടു സ്വന്തം മാതാപിതാക്കളെയും, കുടുംബങ്ങളെയും വരെ യാതൊരു കൂസലുമില്ലാതെ കൊന്നുകളയുന്ന കെട്ട കാലത്തിലൂടെയാണ് നമ്മൾ ഇന്ന് കടന്നുപോകുന്നത്. സമൂഹത്തിൽ ഏതൊരു മേഖല എടുത്താലും സമൂഹികമായ ദുർബലതകൾ നിഴലിച്ചു കാണാം. ജീവിതത്തിൽ എല്ലാം നേടണം, മറ്റുള്ളവരുടെ മുന്നിൽ തോൽക്കാൻ പാടില്ല തുടങ്ങിയ നിരവധി ചിന്തകളിലൂടെ ആണ് ഇന്നത്തെ യുവന്മാർ ഓരോ നിമിഷവും കടന്നു പോകുന്നത്. 'ജീവിതം ഒരു പോരാട്ടമാണ്, സമരമല്ലാതെ അതിന്റെ സ്വാതന്ത്ര്യം നിലനിൽക്കില്ല ' എന്ന് സ്വാമി വിവേകാനന്ദൻ പറഞ്ഞിട്ടുണ്ട്.

ആൽക്കഹോളിന്റെ ഉപയോഗം, മയക്കുമരുന്നിന്റെ ആസക്തി, സാമൂഹിക മാധ്യമങ്ങളുടെ ദുരുപയോഗം, അനാവശ്യമായ മത്സരഭീമാനം എന്നിവ യുവജനങ്ങളെ തീവ്രമായി ബാധിക്കുന്നു. പഴയ കാലത്ത് യുവത്വം ധൈര്യത്തിന്റെയും സത്യസന്ധതയുടെയും പ്രതീകമായിരുന്നെങ്കിൽ ഇന്ന് പലപ്പോഴും അകപ്പെട്ട, മാനസിക സമ്മർദ്ദത്തോടെ ജീവിക്കുന്ന ഒരു തലമുറയായി മാറിക്കൊണ്ടിരിക്കുന്നു. കേരള സമൂഹത്തിൽ തന്നെ നിരവധി പ്രശ്നങ്ങൾ ഇതുമൂലം ഉടലെടുത്തിട്ടുണ്ട്. പണത്തിനോടുള്ള ആഗ്രഹം പല ജീവനുകളും ഇല്ലാതാകാൻ കാരണമായിട്ടുണ്ട് അവരുടെ കൈയിൽ അകപ്പെട്ട് ജീവിത ലക്ഷ്യങ്ങൾ ഒന്നും പൂർത്തിയാക്കാൻ കഴിയാതെ ഈ ലോകത്തുനിന്നും കടന്നു പോയവർ നിരവധി ആണ്. മയക്കുമരുന്നിന് അടിമപ്പെട്ട

ഒരുവൻ ഒരു ആരോഗ്യ പ്രവർത്തകയുടെ ജീവൻ എടുത്തതുപോലെ ഒട്ടനവധി സംഭവങ്ങൾ ദിനംപ്രതി എന്താണോ കേരള സമൂഹത്തിൽ നാം കേട്ടുകൊണ്ടിരിക്കുന്നു. മയക്കുമരുന്നിന് വാങ്ങാൻ പണം നൽകാത്തതിനു സ്വന്തം പിതാവിനെയും, മദ്യ ലഹരിയിൽ സുഹൃത്തുക്കളെയും ഒക്കെ കൊല്ലുന്ന വാർത്തകൾ ദിവസേന മലയാളികളുടെ മനസാക്ഷിയെ നൊമ്പരപ്പെടുത്തുന്നവയാണ്. സാമൂഹിക മാധ്യമങ്ങളും മനുഷ്യരെ ബാധിക്കുന്നുണ്ട്. ഇവയുടെ അമിതമായ ഉപയോഗം മൂലം പല തരത്തിലുള്ള പ്രശ്നങ്ങൾ വന്നുചേരുന്നു. ഇവ ആത്മഹത്യകളിലേക്കും, കൊലപാതകങ്ങളിലേക്കും വരെ നയിക്കുന്നു.

യുവത്വത്തെ രക്ഷിക്കാൻ കുടുംബങ്ങളും, വിദ്യാഭ്യാസ സ്ഥാപനങ്ങളും പ്രധാന പങ്ക് വഹിക്കേണ്ടതാണ്. കൃത്യമായ വിദ്യാഭ്യാസത്തിലൂടെയും ബോധവൽകരണത്തിലൂടെയും യുവജനങ്ങളെ ശരിയായ ദിശയിലേക്ക് നയിക്കാൻ കഴിയും. മദ്യത്തിന്റെയും, മയക്കുമരുന്നിന്റെയും, സാമൂഹിക മാധ്യമങ്ങളുടെയും അമിതമായ ഉപയോഗം നമ്മെ നയിക്കുന്നത് ദുർഘടമായ ജീവിത പാതയിലേക്കാണ് എന്ന് അവരെ പറഞ്ഞു മനസ്സിലാക്കുക. ദുർബലതകൾക്കു മുന്നിൽ, യുവത്വം കൈവിടാതെ നമ്മുടെ കഴിവുകൾ തിരിച്ചറിഞ്ഞും, താൽപ്പര്യങ്ങളെ പിന്തുടർന്നും സാമൂഹിക പ്രതിബദ്ധത നിറഞ്ഞ മൂല്യബോധമുള്ള ഒരു സമൂഹത്തെ വാർത്തെടുക്കുക.

# കർണ്ണൻ

നിരഞ്ജൻ ബി.  
S4 EEE

സമൃദ്ധ്യത്തോ, സമൃത പുത്രനോ, കൗരവനോ, പാണ്ഡവനോ ഉത്തരവില്ലാത്ത ചോദ്യങ്ങളും ഉത്തരംഗമ്യംബങ്ങൾ കീഴടക്കിയ വർണ്ണനകളുമായി ഇതിഹാസത്തിലെ പകരംവയ്ക്കാനാളില്ലാത്ത യോദ്ധാവ്. കർണ്ണൻ! ജനനവും ജീവിതവും ചോദ്യങ്ങളും ആശയങ്ങളും അല്പ്യപാങ്ങളും നിറഞ്ഞവൻ. തന്റെ പ്രാണനേക്കാളുപരി തന്റെ വാക്കിനു വിലനൽകിയവൻ. ആരായിരുന്നു ആ വ്യക്തി? പുരാണങ്ങളുടെയും ഇതിഹാസങ്ങളുടെയും നിരൂപകരും എഴുത്തുകാരും അദ്ധ്യയനകാലികളും ആയിരക്കണക്കിന് പരിഞ്ചയകൾ കൊടുത്തു എന്നിരുന്നാലും അവന്റെ സത്യം മൂടപ്പെട്ടിരുന്നു. തന്റെ മരണം പോലും ഒരു പക്ഷേ മുൻകൂട്ടി കാണുകയും എന്നിട്ട് പോലും തന്റെ സത്യമർമ്മ വിശ്വാസങ്ങൾക്ക് വിരുദ്ധമാവാതെ ആ മരണത്തെ ഏറ്റു വാങ്ങി. എന്തിന്? ആർക്കോ വേറി, ആരുടെയൊക്കെയോ എന്തോ ആയി ജീവിച്ചു. ആരാണവൻ തന്റെ കൂലം ഏതാണെന്ന് ചോദിച്ചവനു കാണിച്ചവൻ. **The most underrated and mysterious character കർണ്ണൻ !**

# ആത്മപ്രകാശം

നിരഞ്ജൻ ബി.  
S4 EEE

ആരാണു ഞാനെന്ന ചോദ്യത്തിനുത്തരം  
ആത്മപ്രകാശമായി മുന്നിൽ വന്നു  
അലറുന്ന കല്ലിന്റെ അന്തരംഗങ്ങളിൽ  
അസ്തമനം തൻ നിലലുവീണു  
അന്ധകാരത്തിന്റെ ചതുരംഗവേളയിൽ  
അന്തിതൻ ഹൃദയം താഴ്ന്നുവെന്ന്  
അയരും മുറിഞ്ഞൊരാ വീണ തൻ നിലവിളി  
അന്തരീക്ഷത്തിൽ അലിഞ്ഞു ചേർന്നു.  
അഹന്തതൻ ബീജം വഹിച്ചൊരാ സാമ്രാജ്യം  
അന്തിതൻ ആഴിയിൽ വെന്തൊടുങ്ങി  
ആകസ്മികതതൻ കളിത്തൊട്ടിലാട്ടി  
ആറ്റാദിച്ചെത്തുന്ന ജീവിത സന്ധ്യകൾ

# സൃഷ്ടി

മെറിൻ ഫിലിപ്പ്

അസിസ്റ്റന്റ് പ്രൊഫസർ

ഇലക്ട്രോണിക്സ് ആൻഡ് കമ്പ്യൂട്ടറിക്കോഴ്സ് വിഭാഗം

ജനലിയിൽ ഞെട്ടിക്കിടന്ന സൃഷ്ടിയെ ഞാൻ പരിചയപ്പെട്ടത് ഏകദേശം മൂന്നു വർഷങ്ങൾക്കു മുൻപാണ്. സൃഷ്ടിയെ നട്ടുവളർത്തിയത് ആരാണ് എന്ന് അറിവില്ല. സൂക്ഷിച്ചോണം, വെള്ളമൊഴിക്കണം എന്ന് ആവശ്യപ്പെട്ടുകൊണ്ട് എന്തെങ്കിലും എത്തിയതാണ് സൃഷ്ടി. എന്റെ തിളങ്ങുന്ന സങ്കല്പങ്ങളിലേക്ക് നിറമെടുത്തിയ കൂട്ടത്തിൽ സൃഷ്ടിയും അങ്ങനെ കൂടെക്കൂടി. പിന്നീട് എന്റെ സങ്കല്പങ്ങളിലെ ഏകാന്തതയിലും സൃഷ്ടിയും സത്തസംഭവമായി എന്നും എന്തെങ്കിലും നോക്കി പുഞ്ചിരിക്കുന്നതും എന്നിൽ പുതിയ ഒരു വസന്തം സൃഷ്ടിച്ചതുകൊണ്ടും ഞാൻ ആ ചെടിയെ സൃഷ്ടി എന്നു വിളിച്ചു.



സൃഷ്ടിയ്ക്കു വെള്ളമൊഴിക്കുക മാത്രമായിരുന്നു എന്നെ ഏൽപ്പിച്ച ഉത്തരവാദിത്വം. ആദ്യമൊന്നും സൃഷ്ടിയെ നോക്കാതെ വെള്ളമൊഴിക്കാനോ ഞാൻ താൽപര്യം കാണിച്ചിരുന്നില്ല. ദിവസം കഴിയുംതോറും വാടിപ്പോകാൻ തുടങ്ങിയ സൃഷ്ടിയെ ഞാൻ ശ്രദ്ധിച്ചു തുടങ്ങി. ശ്രദ്ധ കഴിഞ്ഞാൽ തുടങ്ങിയ സൃഷ്ടിയെ ഉപോക്ഷിക്കാൻ പിന്നീട് എനിക്ക് മനസ്സുവന്നില്ല. ക്രമേണ ദിവസവും രാവിലെ സൃഷ്ടിയ്ക്കു വെള്ളമൊഴിക്കുക എന്റെ ജീവിതത്തിന്റെയും ഭാഗമായി.

പുസ്തകങ്ങൾക്കും ഫയലുകൾക്കും ഇടയിൽ ഓർത്തിരിക്കാനും വസന്തം ഉണ്ടെന്ന് ഓർക്കാനും സൃഷ്ടി എന്നെ പഠിപ്പിച്ചു. തിരക്കുപിടിച്ച ഓട്ടത്തിനിടയിലും ഭാവനകളെ സൃഷ്ടിയിലേക്ക് ഇടയ്ക്കുകകിലും തിരിച്ചുവിടാൻ കഴിഞ്ഞു. സത്യത്തിൽ എല്ലാദിവസവും ജനൽ പാളിയുടെ വെളിയിലേക്ക് നാം കാണുന്ന കാഴ്ചകൾ ഒരുപോലെയാണിരിക്കുക. എന്നാൽ ഓരോ പ്രഭാതത്തിനും, ഈ കാഴ്ചകളെ വ്യത്യസ്തമാക്കാൻ കഴിവു്. നമ്മുടെ റെപ്പ്രെസന്റേഷനുകളിലും സങ്കല്പങ്ങളിലും ഇത്തരം സൃഷ്ടിവാസ്തുക്കളിലൂടെ സന്തോഷം കണ്ടാൽ കഴിയുമ്പോൾ, മനസ്സിനു ലഭിക്കുന്ന ആത്മസുഖം പാഞ്ഞറിയിക്കാൻ കഴിയില്ല. എല്ലാവർക്കും എല്ലാത്തരവും ഒരുപോലെ ആയിരിക്കണമെന്നില്ല. മനസ്സിനു ഭാരം തോന്നുന്നവസരങ്ങളിൽ സൃഷ്ടിവാസ്തുക്കളെ കരവീര്യമുള്ള ശ്രദ്ധിച്ചാൽ എവിടെയെങ്കിലും ഒരു സന്തോഷം കണ്ടാൽ കഴിയും. എന്റെ വേദനയുടെ മുന്നിൽ പുഞ്ചിരി തുടരാനും, ദേഷ്യത്തിനു പിന്നിൽ സന്തോഷം പകരാനും മൗനങ്ങളുടെ കാലങ്ങൾ കണ്ടെത്താനും ഒരു പരിധി വരെ സൃഷ്ടിയെ പരിചയപ്പെട്ടിരുന്നുവോ സാധിക്കാറുണ്ട്.

സൃഷ്ടിയോട് മാത്രമല്ല, ഈ കോളേജിലെ പ്രകൃതിഭംഗിയോട് പലപ്പോഴും ഇഷ്ടം തോന്നാറുണ്ട്. നേരം വൈകുമ്പോൾ വീരുന്ന ഇളം കാറ്റും, വേനൽ കാലത്ത് പൊന്നിൽ വസന്തം തീർക്കുന്ന കണികകൊന്നയും, ചുമന്ന പരവ തായി പോലെ നിരന്തരമുള്ള ഭംഗിയായതും തുൽമോഹവും, ദിവസങ്ങളും വർഷങ്ങളും കടന്നുപോകുന്നു. വേനലും മഴയും പൂത്തും തളിർത്തും കടന്നുപോകുന്നു.

മിഴി നിറഞ്ഞു നിന്നിരുന്ന എന്റെ ജനലിയിലേക്ക് പലവട്ടം വസന്തം നിറയ്ക്കാൻ സൃഷ്ടിയ്ക്കു കഴിഞ്ഞു. ആദ്യം കണ്ടിരിക്കാതെ നിനയാത്ത നേരത്ത് എന്റെ മനസ്സിൽ കയറി എന്റെ സന്തോഷത്തിലും സങ്കല്പത്തിലും സൃഷ്ടിയും ഇപ്പോൾ കൂട്ടുപിടിക്കുന്നു. എപ്പോഴും സന്തോഷത്തോടു കൂടി ഇരിക്കാനും മറ്റുള്ളവയിൽ സന്തോഷം കണ്ടാൽ ചെറിയ ചെറിയ നിമിഷങ്ങൾ ആസ്വദിക്കാനും നമുക്കു കഴിയണം.

# എന്നും എൻ ഓർമ്മകൾ .....

ഇന്ന് എനിക്ക് കൈനീറയെ മഞ്ചാടിക്കുരു കിട്ടി ഈ മഞ്ചാടിക്കുരുവിന് എന്താ ഇത്രയും ഭംഗി ചുറ്റന്ന് തുടുത്ത് എന്ത് സുന്ദരിയാണിവൾ വട്ടയിലയിൽ വെള്ളം നിറച്ച് മഞ്ചാടിക്കുരു അതിൽ ഇട്ടപ്പോൾ അവർക്ക് മാറ്റം എന്ന് കൂടിക്കൂടി. ഇന്നലെ കൂടെ അപ്പുപ്പൻതാടിയും കിട്ടിയായിരുന്നു. പക്ഷേ ഇന്ന് ഒന്നു പോലും കിട്ടിയില്ല. അപ്പുപ്പൻ താടി പോലെ പറന്നു നടക്കാൻ സാധിച്ചിരുന്നെങ്കിൽ എത്ര മനോഹരം. നമുക്കും അതുപോലെ പറക്കാൻ പറ്റുമോ എന്ന് ഞാൻ ചേച്ചിയോട് ചോദിച്ചപ്പോൾ വേഗം നടക്ക് വീട്ടിൽ ഇപ്പോൾ പഴയും, അമ്മയും വന്ന് കാണും അമ്മച്ചിയോട് ഇപ്പോൾ വരാം എന്ന് പറഞ്ഞാണ് ഉച്ചയ്ക്കുള്ള ഈ നടത്തം ഒരുപാട് വൈകിയാൽ പഴയുടെ കൈയ്യിൽ നിന്നു വഴക്ക് കിട്ടും ഉറപ്പ് എന്നാണ് മാറുപടി. ഞാനുമാ അത് ശ്രദ്ധിക്കുന്നു വയലിലൂടെ ചേച്ചിയുടെ കൈയ്യിലും പിടിച്ച് നടക്കുന്നു. വയലിലൂടെ നടക്കുവാൻ എന്ത് സൗകര്യമെന്നോ. നടന്ന് നടന്ന് എത്തിയപ്പോൾ ഇതാ നിൽക്കുന്നു. അപ്പുറത്തെ വീട്ടിലെ ഭേരി അമ്മച്ചിയുടെ പശുവും കിടാവുമാ ഇന്നലെ കിടാവിനെ തൊടാൻ പോയപ്പോൾ ആ തള്ള പശുവിന്റെ മുഖത്ത് എന്തായിരുന്നു വേദം ഇപ്പോൾ ആ തള്ള പശു കുറച്ച് ദൂരെയോ, കിടാവിനെ പോയി നമുക്ക് തൊടാമെന്ന് ഞാൻ ചേച്ചിയോട് ചോദിച്ചപ്പോൾ വേ അത് കൂത്തും എന്ന് പറഞ്ഞു. ഹാ എന്തു കഷ്ടം ഈ തള്ള പശുവിന്റെ ഒരു കാരുഭ്യം. ഈ തള്ള പശുവിന്റെ ചെവികിട്ടൊരു കിടക്കു കൊടുത്താലോ, വോ പറവം അതിന് വേദനിപ്പാലോ?

അങ്ങനെ നടന്നു കെറിടിക്കുമ്പോഴാണ് ഞാൻ ചേച്ചിയുടെ കൈ ശ്രദ്ധിച്ചത് എന്ന കാര്യം കൂടുതൽ മഞ്ചാടിക്കുരു കൈയ്യിൽ ഉ് അത് കുറച്ച് എനിക്കു തരുമോ എന്ന് ഞാൻ ചോദിച്ചു ചേച്ചി തൊൻ കൂട്ടാക്കിയില്ല.

പിന്നെ ഒരു കള്ള ചിരിയും എന്റെ പൊന്നു ചേച്ചിയല്ലേ എന്ന് ഞാൻ പറഞ്ഞപ്പോൾ പറവം എനിക്ക് കുറെ മഞ്ചാടിക്കുരു തന്നു. അതും കീഴയിലാക്കി നടന്നു വീട്ടിൽ എത്താറായി അവിടെ വാതിൽക്കൽ പഴയും, അമ്മയും അമ്മച്ചിയും നിൽക്കുന്നു. അമ്മച്ചിയുടെ മുഖത്ത് എപ്പോഴും ഒരു നിറം ചുഞ്ചിരിയാണ്. പെട്ടെന്ന് എവിടെ നിന്നോ ഒരു ശബ്ദം കണ്ണു തുടാനു നോക്കുമ്പോൾ മൊബൈലിൽ അലാറം അടിക്കുകയാണ് സ്വപ്നമായിരുന്നു... എല്ലാം എന്ന് മനസ്സിലാക്കാൻ കുറെ സമയം എടുക്കേണ്ടി വന്നു എനിക്ക്. ഞാൻ എന്റെ പഴയ ഓർമ്മകളിലേക്ക് പോകാൻ കാരണം എന്താണ് എന്ന് എനിക്ക് അറിയില്ല.

യാത്രയിലായ ഈ കാലഘട്ടത്തിൽ രാവിലെ ആകുന്നതും വൈകുന്നേരം ആകുന്നതും മനസ്സിലാകുന്നില്ല. കണ്ണിന് ഇമ്പമുള്ള ഒന്നും അധികം കാണുന്നുമില്ല. അമ്മച്ചി പോയതിനുശേഷം നാട്ടിൽ പോകാനേ എനിക്ക് ഇഷ്ടമില്ല. അവിടെ ആ പഴയ കാഴ്ചകൾ ഇപ്പോഴും ഉറക്കുമോ അതോ എല്ലാം മാഞ്ഞുവോ... അതൊക്കെ ശ്രദ്ധിക്കാൻ ഞാൻ എന്തെ മാനു പോയത് എനിക്ക് അറിയില്ല. നാം എന്നും ഓടിക്കൊണ്ടിരിക്കുന്നു. എന്നും തിരക്കോട് തിരക്ക് എന്തിനു വേണ്ടിയാണ് നാം ഇങ്ങനെ ഓടുന്നതെന്ന് അറിയില്ല. അറിയാതെ ഉള്ള ഓട്ടം നമ്മെ കാലം ഓടിക്കുന്നു എന്നതാണ് വാസ്തവം. ഈ തിരക്കു പിടിച്ച ഓട്ടം എല്ലാം ഉപോക്ഷിച്ചു എന്റെ മനോഹരമായ സ്വപ്നങ്ങളിലൂടെ ഒരു ചെറിയ അപ്പുപ്പൻ താടിയായി. കളിച്ചും, പറന്നും നടക്കാൻ സാധിച്ചിരുന്നെങ്കിൽ

സൽഗാ ആൻ ഓക്കബ്  
അസിസ്റ്റന്റ് പ്രൊഫസർ  
ഇലക്ട്രോണിക്സ് ആൻഡ് കമ്പ്യൂട്ടറിക്കോപ്പൻസ് വിഭാഗം



# हिन्दी कविता

## माँ की ममता

Pooja R Krishnan S6 EC1

माँ की ममता, माँ का प्यार  
अनमोल रत्न, अनमोल स्नेह  
हर रोज़ उठती है, हर रोज़ जागती है,  
परिवार के लिए, बच्चों के लिए

स्कूल, कॉलेज, ऑफिस, जहाँ भी जाना हो,  
माँ का बनाया नाश्ता, हर रोज़ तैयार  
बिना शिकायत, बिना थकावट,  
माँ की सेवा, माँ का प्यार

कोई पुरस्कार नहीं, कोई सलामी नहीं,  
माँ की मेहनत, माँ का संघर्ष  
हर रोज़, हर पल, माँ की दुआ,  
बच्चों के लिए, परिवार के लिए

माँ की ताकत, माँ की शक्ति,  
माँ की ममता, माँ की भक्ति  
कोई नहीं बदल सकता, माँ की जगह,  
माँ की यादें, माँ का प्यार

तो आइए, माँ का सम्मान करें,  
माँ की सेवा में हाथ बटाएं  
माँ की मेहनत को समझें,  
माँ की ममता को महसूस करें



**Student Activities**

**And Club**

*Reports*



# CATALYST IEDC MBCET

## **1. Workshop on Design Thinking, Critical Thinking, and Innovation Design**

**8 March, 2024**

Conducted by Mr. Arun J S, this workshop introduced students to INCEPTRA's core values: Interact, Imagine, Innovate. Through engaging activities and thought-provoking discussions, participants explored how communication fosters collaboration (Interact), how to analyze problems critically (Imagine), and how to develop creative solutions (Innovate). With 75 participants, the session emphasized how design thinking is essential in solving modern challenges effectively.

## **2. Workshop on Prototype Design and Process Development of Technology**

**9 March, 2024**

Mr. Arun J S led an engaging workshop on 9th March 2024, focusing on the end-to-end process of prototype development. Participants explored key stages like ideation, design planning, and transforming concepts into tangible models.

Through interactive activities and real-time exercises, the session emphasized creative thinking and technical execution. The workshop helped the 75 first- and second-year students gain practical skills and insights into developing innovative products effectively.

## **3. Session on Product Market Fit - Inceptra**

**8 March, 2024**

Mr. Joy Sebastian, founder of Techgentsia, shared his entrepreneurial journey and the hurdles faced in scaling a tech startup. He emphasized the importance of understanding market needs, staying updated with trends, and continuously refining products for better

product-market fit. His interactive and inspiring talk left the 75 attendees with actionable strategies to build market-ready solutions.

## **4. Entrepreneurship Skill, Attitude, and Behaviour Development**

**8 March, 2024**

Ms. Archana Gopinath, founder of Trivandrum's Reading Room, discussed how soft skills, self-awareness, and mindset play a key role in entrepreneurial success. Her session explored the importance of adaptability, communication, and confidence in business. With 75 participants, the event encouraged students to cultivate personal and professional growth strategies.

## **5. Workshop on Innovation Using Business Model Canvas (BMC)**

**9 March, 2024**

Mr. Vishnu P Kumar led this strategic workshop on Business Model Canvas, explaining elements like customer segments, value propositions, and revenue streams. Students analyzed case studies and participated in an idea pitching round, where teams crafted action plans for specific domains. Judged by a panel of experts, the session enabled 75 students to understand how to turn ideas into sustainable businesses.

## **6. Boot Camp 10.0 on Allied Technologies for UAS/Drone**

**5-9 March, 2024**

In collaboration with IEEE RAS Kerala, NIELIT, and others, MBCET hosted a 5-day immersive boot camp on drone and UAS technologies. Featuring experts like Dr. Nithin, Rakshit (CoreEl Technologies), and Binu K Jose, this government-backed initiative provided 92 participants with hands-on sessions, real-world applications, and a

launchpad for innovation in the UAV sector.

## **7. Catalyst Evening Cafe 2.0**

**10 May, 2024**

Organized by IEDC, the second edition of Catalyst Evening Cafe took place at the Intel Unnati Lab and featured Adlu Rahman, CFO of Catalyst IEDC. The session focused on the 80/20 principle, explaining how identifying and focusing on the most impactful efforts can boost both personal and professional productivity. With real-world examples and lively discussions, the event offered practical insights into efficiency and time management. 16 participants attended this impactful and motivating session.

## **8. WECODE – Technology Workshop on Web Development**

**19 August - 19 September, 2024**

Launched by  $\mu$ Learn MBCET in collaboration with Catalyst IEDC, WECODE was a free 30-day hands-on workshop designed for students passionate about web development. Open to all levels, it covered core web technologies like HTML, CSS, and JavaScript, while also diving into advanced frameworks like React, Angular, Node.js, Django, and databases like MySQL and MongoDB. With a committed group of 30 learners, the program helped participants build real projects and develop industry-relevant skills in modern web development.

## **9. PIXEL - Technology Workshop on UI/UX**

**19 August - 19 September, 2024**

PIXEL, the official UI/UX design initiative by  $\mu$ Learn MBCET, hosted a 30-day immersive workshop with 30 enthusiastic students. The free program introduced core design concepts using tools like Figma, covering wireframing, layout design, and responsive interfaces. Participants explored essential design

principles, color theory, typography, and accessibility, then moved on to advanced topics like UI animation and user testing. Hands-on mini-projects and feedback-driven sessions helped students apply their learning practically. PIXEL successfully instilled a user-first mindset, preparing participants to design intuitive and impactful digital experiences.

## **10. SYNAPSE - Technology Workshop on AI/IoT**

**19 August - 19 September, 2024**

SYNAPSE, the premier AI and IoT learning initiative under  $\mu$ Learn MBCET, conducted a comprehensive 30-day technical workshop designed to bridge the gap between coding, electronics, and intelligent systems. The workshop began with an introduction to core programming languages like C, C++, Python, and Embedded C—equipping students with a solid software foundation. It then expanded into the hardware world, where participants explored microcontrollers (Arduino/ESP), sensors, signal processing, and IoT communication protocols like MQTT and HTTP. Through hands-on experiments and hardware simulations, students built functional prototypes such as sensor-based automation systems, IoT-controlled devices, and basic AI-integrated circuits using Python libraries. The sessions emphasized how AI models could be deployed on embedded systems, teaching students the logic behind smart decision-making in machines. SYNAPSE helped participants connect the dots between code, circuitry, and intelligence—encouraging innovation in areas like smart homes, healthcare, robotics, and connected devices.

## **11. INCEPTRA 7.0**

**5-6 October, 2024 Inceptra 7.0,**

A two-day bootcamp organized by Catalyst IEDC, took place on October 5th and 6th,

2024. The workshop was led by Mr. Arun JS, the Nodal Officer of IEDC, who conducted engaging and insightful sessions. The primary objective of Inceptra was to foster innovation and entrepreneurship among students, providing them with the tools and mindset necessary to develop creative solutions. The event was a perfect blend of informative sessions and interactive activities, ensuring that learning was both enriching and enjoyable. Participants gained valuable skills in pitching their own products, as well as developing critical thinking and creative problem-solving abilities. The workshop also featured fun segments that added an element of excitement, making the experience even more memorable. Additionally, the event included an onboarding session that introduced students to µlearn, enhancing their learning journey beyond the workshop.

At the conclusion of the bootcamp, students were awarded individual and group prizes, recognizing their excellence and innovative ideas. The event saw the participation of around 100 students.

## 12. NOVEVOLVE

9-30 November 2024

NovEvolve was an engaging 21-day program from 9 to 30 November, with 210 participants that seamlessly integrated with µlearn tasks. Each week was dedicated to a specific µlearn task, providing participants with an opportunity to earn both Karma points and cash prizes based on their performance. The program also featured two insightful workshops, one focused on Scratch (held on the 14th) and the other on Thinkable (held on the 19th), designed to enhance participants' technical skills. Throughout the program, six challenging tasks were introduced, which encouraged students to unleash their creativity and strive for excellence in technology. This holistic approach aimed not only to enhance learning but also to foster innovation and problem-solving abilities, making NovEvolve a truly transformative experience for all participants.

## 13. DESIGN: UNLOCKED

2-3 February 2025

The Design: Unlocked 2025 event, hosted by Catalyst Mar Baselios IEDC and µLearn MBCET on 1st and 2nd February, 2025, at Shannon Hall, MBCET, witnessed an enthusiastic participation of 114 attendees. The event featured expert-led workshops, branding and user experience strategies, and MBCET's first Mini Design Hackathon, equipping participants with industry-relevant skills. Notable speakers included Arun J S, Salman Faariz, Bibin Little, Shahin Sadath, Faizan Ahamed, Shibin Shibu, and Arun Sasi, who provided valuable insights into design and creativity. Sponsored by Marvelloux Design Academy, Bombe.Design, Unibin Cookies, and MakeMyPass, the event successfully fostered innovation, networking, and practical learning in the design space.

## CSI SB MBCET

### 1. How to Crack GATE

An insightful session featuring Mr. Aswin P Chandran and Dr. Jayaram V offered valuable guidance on cracking the GATE exam and entering PSUs. With interactive Q&As, attendees learned about preparation strategies, higher studies, and career paths.

### 2. Motivational Talk Session

Dr. Giby Geevarughese, Associate Professor of Psychology, led an inspiring online session emphasizing self-empowerment and decision-making. Participants were reminded that their future is shaped by the choices they make today, not their past.

### 3. Radiance

Radiance, an exclusive CSI event for first-year students, introduced them to professional body activities through fun and collaborative sessions. Highlights included bingo games, creative team activities, senior talks, a treasure hunt, and themed Pictionary. The event fostered connection and enthusiasm among the new batch.

### 4. Software Testing – An Industrial Approach

Led by Ms. Shalini L (Associate Consultant, Infosys), this online workshop introduced S6 students to the real-world relevance of software testing. Her clear explanations and interactive approach made the session highly effective and engaging.

### 5. LensMaster'24

This Christmas-themed photography contest invited students from various colleges to capture the festive spirit through their lenses. The event saw vibrant participation, encouraging creativity and celebration.

### 6. KnackIt – Episode 1: Build Your Resume

As the first in the KnackIt professional skills series, this session by alumna Varsha Renjith (Data Engineer, Nissan Digital India) covered resume-building essentials. Her interactive session highlighted dos and don'ts, helping students craft impactful resumes.

### 7. Engineering 101 – Game Development Workshop: Intro to Unreal Engine

This hands-on workshop introduced students to the fundamentals of game development and Unreal Engine. Led by Sabal Krishna S, the session covered the game creation process, including material creation, simulation, and animation.

### 8. Encrypt – Ctrl + Alt + Secure

Held on Data Privacy Day, this online cybersecurity quiz saw 110+ students participate through Quizizz. Winners were recognized in two categories, and the event emphasized awareness in data privacy and cybersecurity.

### 9. KnackIt – Episode 2: LinkedIn Optimized

This session, led by alumna Kesia Mary Joies (Product Engineer, UST), taught students how to leverage LinkedIn for professional branding. From profile optimization to recruiter search strategies, the session offered practical guidance on building a strong digital presence.

### 10. Motivational Talk Session: Exploring Theoretical Computer Science

An exclusive session by NIT Calicut faculty introduced students to computational research. Dr. Ashwin Jacob and Dr. Renjith P covered topics from algorithmic complexity to graph theory, sparking interest in theoretical foundations of computer science.

### 11. Engineering 101 – Thinkable Workshop

Conducted on Discord by Kiran Biju (S6 CSE), this no-code app development workshop introduced participants to Thinkable. The interactive session offered hands-on guidance in mobile app creation and design.

### 12. Motivational Talk Session:

#### Influence of AI in IT Industries

This session, in collaboration with Infosys, explored the impact of AI in the IT world. Experts including Mr. Joseph Alex and team discussed AI applications, development strategies, and industry trends. An engaging trivia segment kept participants energized.

# IET MBCET

- Best Project – CS1: Clipse: A Semantic Image Search App
- Runner-up – CS1: E-voting using Blockchain
- Best Project – CS2: Traffic Signal Optimization using Hypergraph Networks
- Runner-up – CS2: Comprehensive Wi-Fi Communication System

## 1.PATLN COLLEGE HEATS AT MBCET

On October 5, 2024, Mar Baselios College of Engineering and Technology (MBCET), Trivandrum, hosted the PATLN College Heats, a dynamic platform for technical presentations. The participants delivered insightful presentations on advanced technical topics, showcasing their knowledge and creativity. The event was judged by a distinguished panel comprising Mr. Bobin Saji George (Dept. of Mechanical Engineering), Mrs. Veena Nair (Dept. of Science and Humanities), and Mr. Vaibhav K (Alumni, MBCET). Anand Pillai of S5 CS2 emerged as the winner, while Ann Santhosh of S7 EC2 secured the runner-up position. The IET MBCET chapter volunteers played a key role in ensuring the smooth execution of the event.

## 2.PATLN FINALS

We are pleased to announce that Anand Pillai (S5 CS2) represented Mar Baselios College of Engineering and Technology in the IET Present Around The Local Network (PATLN) Finals on October 10, 2024, at Uday Suites, Shangumukham. Anand demonstrated exceptional presentation skills and technical expertise securing the runner-up position in this esteemed competition, which featured students from various colleges under the KKLN Local Network.

## 3.YP AWARDS

The IET Kanyakumari Local Network YP Award Ceremony took place on October 10, 2024, at Uday Suites, celebrating the

remarkable achievements of our students from Mar Baselios College of Engineering and Technology (MBCET). We are proud to announce that our college secured the following prestigious awards:

1. IET KKLN Young Professional Best Outgoing Student Award 2024 - Ms. Sanna Pramod (Alumni)
2. IET KKLN Young Professional Outstanding Student Volunteer Award 2024 - Ms. Samyuktha Syam (Alumni)
3. IET KKLN Young Professional Outstanding Student Volunteer Award 2024 - Mr. Anand R. (S7 EE1)
4. IET KKLN Young Professional Outstanding Student Volunteer Award 2024 - Mr. Sarang GS (S7 EE1)

## 4.DIABEAT IT – Poster Making Competition

The IET MBCET chapter, in collaboration with Jothydev's Diabetes and Research Centre, organized a Poster Making Competition titled "DIABEAT IT" for World Diabetes Day 2024. This competition aimed to raise awareness about diabetes and promote healthy lifestyle habits, providing a creative platform for students to express health-related messages through visual art. Open to all disciplines, participants created posters based on the theme "Dream Against Diabetes," showcasing diverse perspectives on preventive care, lifestyle changes, emotional strength, and community awareness.

Winners were announced on November 14, 2024, via the official event poster and social media. The selected posters were distinguished by their compelling visuals and strong advocacy messages.

The event successfully achieved its goals by:

- Engaging students in a health-focused creative activity
- Increasing diabetes awareness within the college community
- Promoting collaboration between academic and healthcare institutions

Participants received e-certificates, and winners were recognized on institutional platforms. The IET MBCET chapter extends its gratitude to Jothydev's Diabetes and Research Centre for sponsoring the event and supporting community health awareness. We also appreciate all student participants, faculty coordinators, and volunteers for their contributions to the success of DIABEAT IT.

## 5. ANNUAL GENERAL MEETING

The Institution of Engineering and Technology (IET) successfully hosted its 10th Annual General Meeting (AGM) on the 13th of December, 2024, at the serene and picturesque Soma Palmshore in Kovalam. The event witnessed the participation of esteemed dignitaries, committee members, and other invitees who gathered to reflect on the organization's accomplishments and outline its future endeavors. The event was graced by the presence of several prominent members, including Dr. Maresaline Beno, Dr. Lenin Fred, Dr. Soumya A.V, Eng. Jeoffer Jaish. The AGM also had volunteers, including Mr. Sarang G S, Ms. S. Blessy Catherine, Mr. Nevin Thomas Thomas, Mr. Abhijith Anand, Mr. Anand R, Mr V S Sabarinath and Nasreen Nazeer, who played crucial roles in organizing and facilitating the event.

## 6. AWARD CEREMONY '24

The Institution of Engineering and Technology (IET) successfully hosted its 10th Annual General Meeting (AGM) with an award ceremony on the 13th of December, 2024, at Soma Palmshore in Kovalam.

The event was graced by the presence of several prominent members, including Dr. Maresaline Beno, Dr. Lenin Fred, Dr. Soumya A.V, Eng. Jeoffer Jaish. The outstanding Leadership award was given to Dr. Soumya A.V, Faculty Coordinator of IET MBCET. She was also elected as the secretary of IET Kanyakumari local network.

## 7. "What If? – Rewrite the Marvel Multiverse"

Event Type: Online Creative Writing Competition

Theme: Recreating or creating new stories within the Marvel Multiverse  
Date of Deadline: January 9, 2025

Target Audience: Open to students from all colleges

The IET MBCET chapter organized an engaging and imaginative online writing competition titled "What If? – Rewrite the Marvel Multiverse", aimed at encouraging creative story telling among students. Participants were invited to reimagine storylines or invent original narratives set within the vast and varied Marvel Multiverse. The competition

attracted entries from passionate writers who showcased their originality, narrative skill, and

love for the Marvel universe. After careful evaluation by the judging panel, the winners were announced:

First Prize ( 1000): Athul V.S. (S8 EE, MBCET)

Second Prize ( 500): Chris Thomas Abraham (S4 CS2, MBCET)

Third Prize ( 350): E.V. Jishnu (S4 CS2, MBCET)

All participants received e-certificates in appreciation of their creative efforts.

## 8. Sustainathon 2025

Sustainathon 2025, an ideation challenge focused on the United Nations' Sustainable Development Goals (SDGs), was held at Mar Baselios College of Engineering and Technology, organized by the Aksharakootam Club, IET, and Tensorz Club. The two-day event, taking place from February 21 to 22, 2025, aimed to inspire students to tackle real-world problems with sustainable solutions, attracting 30 participants on the first day and 18 teams on the second.

### **Day 1: Talk Session**

The first day, held on February 21st from 12:30 PM to 5:00 PM, featured an engaging session led by Ms. Dainu R. Kuruvilla, organized by the Aksharakootam Club. She delivered a talk focused on critical thinking and how to effectively present ideas in a story-like format. This session laid the groundwork for the participants to think innovatively and communicate persuasively.

### **Day 2: Ideathon Competition**

The main event took place on February 22nd, from 9:00 AM to 5:00 PM, where 18 teams presented their sustainable solutions. Each team addressed a specific problem aligned with the SDGs and proposed a creative solution. The competition was judged by a panel of esteemed evaluators:

Ms. Sana Pramod  
Mr. Aswin A M  
Mr. Faizan Ahammed

## **IEEE SB**

### **Seizure Monitoring of Patients with Epilepsy using a Single Wearable EEG Sensor**

The IEEE SPS SBC MBCET organized an insightful lecture on "Seizure Monitoring of Patients with Epilepsy using a Single Wearable EEG Sensor" on 8th April 2024. The session was led by Dr. John Mathews, a distinguished Professor of Electrical Engineering and Computer Science at Oregon State University, USA. Dr. Mathews shared his groundbreaking research in wearable EEG technology for monitoring epilepsy seizures. Attendees explored how these devices offer real-time data on seizure activity, greatly improving patient care. The lecture showcased the potential of wearable medical technology in enhancing the quality of life for people living with epilepsy and gave students a chance to learn directly from a global expert.

### **EMBS ANNUAL GENERAL MEETING 2024**

The IEEE EMBS Annual General Meeting was held on 27th April 2024 at the IEEE Kerala Section Office, Thiruvananthapuram. The meeting provided an overview of the section's functioning and introduced the new Kerala Section executive committee. From MBCET, Dr. M.J. Jayasree was appointed Student Activities Chair, Devika C as Membership Development Coordinator, Sandra SR as SCC Representative, and Gouri Sankari S as SBC WIBE Representative. MBCET's SBC team presented their annual report and was honored with the Ever Rolling Trophy for Outstanding Student Branch Chapter. The event served as a platform to exchange ideas with delegates from various colleges.

### **Assistive Technology Internship**

From 1st to 12th July 2024, the Assistive Technology Group at MBCET, in association with IEEE EMBS Kerala Section, organized an internship focused on leveraging technology to assist differently-abled individuals. Key sessions included talks on topics such as "A Fresh Start" by P. Balaraman, "Chess Software for Blind" by Janet Kurian, "Assistive Technology - An Overview" by Dr. M.J. Jayashree, and "Robotics in Assistive Technology" by Vishnu P. Kumar. Field visits to NISH, SCTIMST, Pallium India, and the Vocational Rehabilitation Centre offered real-world exposure.

Hands-on sessions covered IoT for home automation and healthcare monitoring. Demonstrations included Vibrotactile Alert Systems and Smart Air Quality Monitoring. A talk by alumna Ms. Simla Balasubramaniyan shared her journey fighting arthritis. The program concluded with a project evaluation judged by Dr. M.J. Jayashree, Dr. Jayakumari J., and Dr. Soumya A.V., where eight teams showcased innovative ideas.

**A. Talk session on "A Fresh Start: Exploring a New World."** Mr. P. Balaraman, an Access Technology Trainer from the Jyothirgamaya Foundation, delivered a keynote speech titled "A Fresh Start: Exploring a New World."

Mr. Balaraman, who is also a national-level chess player, shared his experiences and insights on overcoming visual impairment and leveraging assistive technology to enhance accessibility and inclusion.

**B. Talk Session on Chess Software For Blind** The event "Chess Software for Blind," conducted by Ms. Janet Kurian, an engineer at Acsia Technologies, focused on the development and application of accessible chess software designed specifically for blind and visually impaired individuals. The session aimed to shed light on the technological advancements and the importance of inclusivity in software development.

**C. Talk session on Assistive technology - An Overview** The session "Assistive Technology - An Overview," led by Dr. M. J. Jayashree, aimed to provide a comprehensive understanding of assistive technology and its impact on individuals with disabilities. The session highlighted the latest advancements, applications, and future directions in the field of assistive technology.

**D. Talk Session on Robotics In Assistive Technology** The interactive session "Robotics In Assistive Technology," led by Mr. Vishnu.P. Kumar, CoFounder & CTO at Unibotics Innovations, focused on the integration of robotics into assistive technology to enhance the lives of individuals with disabilities. The session aimed to provide insights into the latest advancements, applications, and future directions in this field.

**E. Field Visit to NISH** The visit to the National Institute of Speech and Hearing (NISH) provided valuable insights into the institution's efforts to address the needs of individuals with communication and hearing challenges. NISH is a prestigious institution dedicated to providing comprehensive services in the field of communication disorders.

**F. Demo Session on Alert System Using Vibrotactile Technology for Hearing Impaired** An online session led by alumni Ms. Gowri Krishnan L and Ms. Parvathy A introduced a vibrotactile alert system developed for the hearing impaired. The session focused on how vibration-based signals can replace audio alerts, improving safety and awareness for users.

**G. Field Visit to SCTIMST** Students visited SCTIMST, Poojappura, gaining exposure to cutting-edge research in medical and assistive technology. The visit highlighted how innovative engineering solutions are developed to support healthcare and improve lives.

**H. Demo Session on Smart Air Quality Monitoring and Sleep Apnea Detection** Alumni Mr. Akshay R Nair, Ms. Vaishnavi Vinod, and Mr. Arevind Mohan conducted a session on systems for air quality monitoring and sleep apnea detection. The demo showed how smart technology can be used for real-time health and environment monitoring.

**PROJECT EVALUATION OF ASSISTIVE TECHNOLOGY INTERNSHIP** The project evaluation event featured presentations from eight student groups, showcasing their innovative project ideas. The judging panel, comprising esteemed faculty members Dr. M. J. Jayashree, Dr. Jayakumari J., and Dr. Soumya A. V., evaluated each project based on criteria such as originality, feasibility, and impact. Panelists : Dr. M. J. Jayashree, Professor & Dean (Academic Affairs-UG)

**Bridging theGAP:Increasing women's representation in Robotics**

As part of Women in Engineering (WIE) Day on 11th July 2024, a session was held featuring Ms. Athira Krishnan R—Developer at TCS RnI and Ph.D. scholar at IIT Hyderabad. She spoke about her journey in robotics and the role of women in tech, sharing insights on sensors and innovation. With 78 attendees, the session encouraged meaningful discussions on empowering women in STEM and left participants inspired.

### **COSMOS CANVAS:**

As part of Space Week, IEEE PES and the Space Club at MBCET hosted "COSMOS CANVAS," a poster and painting competition themed "Space." Held from 4th to 7th August 2024, the event drew creative entries from across departments. Winners included Ms. Diya Dileep (S3EC2) and Ms. Aneeta Sibi (S3EL). The event blended scientific curiosity with artistic expression.

### **INTRODUCTION TO PCB DESIGNING**

On August 10th, 2024, IEEE RAS SBC MBCET hosted an online webinar titled "PCBs: Where Engineering Meets Artistry." With 158 registrations and 101 attendees, the session provided an engaging look into PCB design, balancing technical precision with creative flair. Positive feedback praised its clarity and hands-on approach.

### **WEARABLES FOR VISUALLY IMPAIRED**

Held on 16th August 2024, this program showcased wearable technology for visually impaired individuals. Speaker Rahul George Paul shared innovations and insights into how these tools support independence and accessibility. The event was coordinated by Dr. Lani Rachel Mathew and student coordinator Sandra SR.

### **BlockCon- Step into the Blockchain Era**

Conducted on 17th August 2024 by IEEE CS MBCET, BlockCon featured alumnus Kevin Jacobs, now an Associate Product Engineer at UST. The session covered data distribution, blockchain structure, and mining. Held online, the event saw enthusiastic participation across all years.

### **Exploring MEMS & Nanotech in Aerospace Applications**

On 27th September 2024, IEEE SBC MBCET organized a lecture on "Exploring the Possibilities of MEMS & Nanotechnology in Aerospace Applications." Attended by 89 students, the session explored cutting-edge advancements and applications of nanotech in

aerospace engineering.

### **IEEE PES Member Development Session**

On October 8th, 2024, an online session led by Anvitha Indo, IEEE PES Kerala Chapter student representative, informed participants about the benefits of IEEE PES membership. With 30 attendees, the event focused on networking, resources, and career development.

### **IEEE Day PES Quiz**

Celebrated on October 15, 2024, the IEEE Day PES Quiz tested the technical knowledge of 40 participants in power and energy systems. It fostered collaboration, competition, and greater engagement in IEEE activities.

### **Robo WiE**

On 21st October 2024, IEEE RAS MBCET continued its robotics series with Govind S Nath from Trizlabz Pvt. The session explored topics like sensor fusion, path planning, and robotics simulation. With 93 attendees, it provided a deeper dive into advanced robotics and AI technologies.

### **ShrIEEEk**

Held on 9th November 2024, ShrIEEEk welcomed 161 first-year students to the IEEE community at MBCET. The event, led by Branch Counselor Mrs. Lani Rachel, included ideathons, games, and interactive sessions. It concluded with the announcement of the most dynamic team and a group photo session.

### **The Role of Projects in Shaping an Engineering Career**

On 12th December 2024, IEEE SPS SBC MBCET hosted a webinar by Sanju Mathew, CEO of Cod Of Duty. The session emphasized how technical projects play a transformative role in developing engineering careers. With 40 students attending, the talk inspired attendees to prioritize innovation and hands-on experience for future success.

# ISTE

## 1. eFootball Cup

Held online from 19th January, this week-long tournament saw 45 participants compete in group and knockout rounds. Karthik Manoj (S4 EC2) and Carol Kurian Dominic (S2 ME1) emerged as winners.

## 2. Republic Day Quiz

A Republic Day-themed quiz on Mentimeter engaged 20 participants with 15 fast-paced questions. Aaron Varghese Koshy (S4 CT) secured the top spot.

## 3. Republic Day Drawing Competition

This art contest inspired patriotism through creative sketches. Winners included Namitha N (S4 EC1), Krishna DS (S4 EC2), and Satvik Payash (2nd Std).

## 4. Webcrafter

An online session on web development led by Mr. Anand Abraham provided 93 attendees with foundational knowledge and interaction. Participation certificates were issued.

## 5. Meme War

Based on the theme "Expectation vs Reality", this fun contest received witty and creative submissions from 30 participants, boosting humor and engagement.

## 6. Codigo: Coding Competition

An intense online coding quiz held via Quizizz attracted 103 participants. It tested technical aptitude in a fun and competitive format.

## 7. Avabodh: Cancer Awareness Session

On World Cancer Day (Feb 4), a session with experts from IMA and public health fields educated 120 students on early detection, treatment, and healthy lifestyles.

## 8. Trivian Food Hunt

A week-long Instagram contest had students

guessing popular food spots. The event drew strong participation and increased social media interaction.

## 9. Avabodh: Cervical Cancer & HPV Awareness

This March 6 session featured expert talks on cervical cancer prevention, myths, and HPV vaccination, attended by 63 students.

## 10. Perspective – Talk on Women's Leadership

Held on March 7 at Senatus Hall, this inspiring talk by alumna Athira J. emphasized confidence and leadership among women. 72 participants attended.

## 11. My Journey in Tech – Sanna Pramod

In a Women's Day special talk, Sanna Pramod (H&R Block) shared her tech journey, inspiring 45 attendees through her real-world experiences.

## 12. Flutter Dev Session

Led by Stevin Santhosh Baby (S6 CS1), this March 20 session introduced 58 students to Flutter's core concepts and app development basics.

## 13. Forestry Day Tree Planting

On March 21, students and faculty came together to plant trees, promoting biodiversity and environmental responsibility.

## 14. Novatos 2025

Inspired by Squid Game, this full-day event on March 29 combined fun challenges and a technical workshop. Highlights included:

- A no-code web creation session by Adharsh Udayakumar
- LinkedIn profile building session by Krishna Prasanth
- Tug of War, logo quiz, and several competitive activities

## 15. IPL Quiz

Held on April 10, this online quiz celebrated IPL fever with 30 participants showcasing their cricket knowledge. Arjun SM and Avin Joy took top honors.

### **16.Tech Talk – IoT and Robotics**

Vishnu P Kumar (CTO, Unibotix) led this April 16 session exploring robotics types, IoT architecture, and future trends. It drew 65 enthusiastic learners.

## **NSS MBCET**

**Scrap Collection 1.0,** 14 July 2024 NSS Units 706 and 230 of MBCET organized a Scrap Collection Day as part of their community service efforts. Volunteers collected scrap materials such as paper, plastic, and metal waste from various households and public areas in the surrounding society.

**Swachh Sagar** 21 September 2024, In celebration of International Coastal Clean-up Day, the National Centre for Earth Science Studies, in partnership with the Kerala State NSS Cell and NRPF Trivandrum region, MBCET organized a beach cleaning event at Kovalam Beach. Heart Day Awareness Campaign, 26 September 2024 Radio Mirchi, in association with KIMS Health, organized a Heart Day awareness campaign at MBCET. The campaign aimed to raise awareness about heart health, engaging students.

**Health Camp,** 30 September 2024 In collaboration with NIMS Medicity, organized a health camp for students, faculty, and staff. The camp provided free health checkups, including blood pressure and sugar checks, eye tests, and heart checkups with ECG services.

**Swachhata Hi Seva,** 2 October 2024 MBCET visited the Archbishop Mar Gregorios Snehavedu Charitable Society in Nalanchira, Trivandrum, which houses elderly residents and individuals with mental disabilities. The volunteers participated in a cleanup drive and spent time interacting with the residents, fostering a sense of care.

**Food Donation 1.0,** 18 October 2024 MBCET organized a food donation camp at the Regional Cancer Centre, Trivandrum, demonstrating their commitment to community welfare. Around 250 food packets were collected and distributed.

**Regional Meet Up,** 25 January 2025 NSS Rudirasena community convened at MBCET for Jeevarambham, a 2-day regional meetup. The event brought together individuals from diverse backgrounds, featuring sessions and discussions on the Rudirasena wing of the National Service Scheme. A patriotic Republic Day parade was also conducted by MBCET NSS volunteers along the meetup.

**Blood Donation,** 23 January 2025 NSS units of MBCET, in collaboration with the Regional Cancer Centre Trivandrum, organized a successful blood donation camp. The event saw a remarkable turnout compassionate volunteers committed to saving lives.

**BLS Training Program,** 21 March 2025 NSS MBCET conducted their second food donation drive near the Government Medical College and Regional Cancer Centre (RCC) in Thiruvananthapuram. As part of their ongoing efforts to support the underprivileged and those in need, the volunteers distributed around 80 food packets to patients' bystanders and others in the area.

**Scrap Collection Week,** 3 to 7 March 2025 MBCET NSS units organized a Scrap Collection Week as part of their sustainability initiative. medical Students actively collected scrap materials from their homes, nearby localities, shops, and within the college campus. As part of the recycling effort, used books with blank pages were carefully torn and repurposed into small booklets. The drive aimed to segregation promote waste and reuse, encouraging eco-friendly habits among students and the community.

# E-nix

**Execom Selection 2025-26** The Execom board selection for E-NiX, the Electronics and Communication department association of MBCET, was successfully conducted. Student leaders were chosen to lead and coordinate various activities of the association.

**Adharva-25'** 27 February 2025 "Adharva '25," the tech fest hosted by E-NiX, the ECE department of MBCET, was held on February 27th, 2025. The fest featured a blend of technical and non-technical events, drawing enthusiastic participation from students across Trivandrum and Kerala.

**Project Expo 2025** 28 March 2025 The Project Expo featured final-year projects from the 2021–2025 batch, exclusively open to all students of the ECE department for viewing and exploration. The best project was selected and the winning team was rewarded for their outstanding work.

# ASCE MBCET

**ICID 2024, 25th to 27th September 2024** The Civil Engineering Department of MBCET organized the Second International Conference Infrastructure Development (ICID 2024) from 25th to 27th September 2024. The ASCE MBCET Student Chapter actively coordinated various events and activities, contributing to the success of the conference.

**Session on Traffic Surveys and Management Measures, 18 January 2025** ASCE MBCET conducted a session on Traffic Surveys and Management Societies with Dr. Praveen P S, Junior Scientist at KSCSTE-NATPAC, as resource person. The session offered valuable insights into traffic survey techniques and management practices.

**"The Last Structure Standing"** as part of tech fest conducted by civil engineering dept.- UTBHAV 2025, 27 February 2025 on As part of UTBHAV 2025, the Civil Engineering tech fest, ASCE MBCET organized "The Last Structure Standing," a structural design competition that tested participants' creativity engineering skills.

**"KNOW YOUR ALUMNI"** ASCE MBCET organized an alumni talk, "Engineering the Future", by Mr. Rivin Lucious, a the Structural Engineer at ATKINS (2005–2009 MBCET batch). He discussed industry standards, the roles of civil engineering disciplines, and the significance of chartership for career growth.

17 December 2024 An online talk session was conducted featuring Mrs. Gouri B.S, Project Engineer at AECOM India Pvt. Ltd., who shared insights into the career journey of a civil engineer. The session, coordinated by ASCE MBCET, provided valuable guidance for aspiring professionals.

**Visit to Kallada Dam, , 5 October 2024** S5 students visited Kallada Dam, Ottakkal Weir, and Pallamvetty Saddle Dam in the Thenmala region of Kollam district. Accompanied by faculty, the visit gave students practical insights into hydraulic structures and their role in water management.

**Construction Site Visit, 14 oct 2024** S8 students visited a prefabricated steel structure construction site at Nalanchira, Trivandrum, as part of their academic curriculum. They observed the assembly of steel components and learned about the advantages of prefabrication, including faster construction and better quality control. The visit provided valuable practical exposure to construction techniques.

**19 oct 2024** S5 Civil Engineering students of MBCET visited the Arcon Serene high-rise

construction site at Charachira Road, Plamoodu, Thiruvananthapuram. The visit offered practical exposure to building construction and site practices.

M1 and M3 Structural Engineering students, along with S7 CE students, visited the prestressed concrete post construction site at Kollamkode. The visit offered practical insights into prestressed concrete techniques and applications.

## IGS MBCET

### **Lectures/Webinars Expert Talk on Case Studies in Geotechnical Engineering, 15 October 2024**

An expert talk on "Case Studies in Geotechnical Engineering" was held on October 15, 2024, for fifth semester Civil Engineering students. Dr. Jayamohan J., Joint Director, LBS Centre, Trivandrum, delivered the session. The event was coordinated by Ms. Lekshmi Chandran M and Ms. Diana Alice Sugunan.

### **"Civil Reboot: Unlocking AI in Civil Engineering", 24 & 25 February 2025**

The IGS MBCET Student Chapter, Department of Civil Engineering, organized a two-day webinar titled "Civil Reboot: Unlocking AI in Civil Engineering" on 24th and 25th February 2025. Sessions were led by Dr. J. Jeffin Gracewell and Ms. Shimna Manoharan. The webinar highlighted AI applications in civil engineering, focusing on efficiency, sustainability, and career opportunities.

### **Hands-on Training on GIS, 8 March 2025**

The IGS MBCET Student Chapter held a hands-on GIS training on March 8, 2025, in the CADD Lab. Amal S. Ajay, an M.Tech student, led the session, focusing on practical GIS skills. The event was coordinated by Ms. Diana Alice Sugunan.

### **"Soil Craft Competition", 27 February 2025**

The IGS MBCET Student Chapter conducted a Soil Craft Competition where students cast and tested cubes made of beach sand and cement. The event encouraged creativity and teamwork, with prizes awarded to the best-performing teams.

### **"Site Visit at MBCET", 22 August 2024**

On August 22, 2024, S5 CE students visited a subsoil test site for the "Geotechnical Engineering II" course. They observed Standard Penetration Test (SPT) procedures and learned about soil sampling and N value determination.

## IPA MBCET

### **Skill Upgradation & Hands-on Training session on the Installation of Various Piping Systems, 02 February 2025**

A Skill Upgradation and Hands-on Training session on the installation of various piping systems was conducted for UG and PG students. The session was led by Er. K. Nandakumar (Chairman, IPA Trivandrum), Er. Shajeer Basheer (Hon. Secretary, IPA), and Er. Asger A S (EC Member, IPA), providing valuable practical knowledge and industry insights.

### **27 February 2025**

PIPE MASTER 2025, part of the technical fest UTBHAV 2025, is an exciting competition open to all students. It challenges participants to showcase their skills and knowledge in piping systems through practical and creative tasks, promoting learning and innovation in engineering.

### **Webinar on "Introduction to plumbing systems", 26 October 2024**

A webinar on "Introduction to Plumbing Systems" was conducted for UG and PG students. The session provided a clear overview of plumbing concepts, components, and best

practices, helping students gain foundational knowledge essential for building services and infrastructure projects.

#### **Tree Plantation Drive, 07 November 2024**

A Tree Plantation Drive titled "A Tree in the Name of Mother" was organized by MBCET staff and students in collaboration with the Indian Plumbing Association as part of the National Water Mission initiative.

The event aimed to promote awareness about environmental conservation and effective water management.

## **CIVIL ENGINEERING STUDENTS ASSOCIATION (CESA)**

#### **UTBHAV 2025, 27 February 2025**

UTBHAV 2025, the Civil Engineering Department's annual fest at MBCET, was held on February 27, 2025. Organized by CESA and student chapters, it featured competitions like Paper Presentation, Bridge Design, and Plumbing. Chief guest Smt. Shankari Unnithan spoke on start-ups' role in India's economy. Prizes were given by Mr. Abdul Malik. Dr. Jisha S. V., HOD, appreciated the efforts of all involved. Sponsors and coordinators were also acknowledged.

#### **Talk session on "Build Your LinkedIn", 24 February 2024**

A talk session on "Build Your LinkedIn" was organized by CESA and delivered by Mr. Juby

John Eipe, Assistant Professor at Mar Ivanios College. The session guided students on creating effective LinkedIn profiles to enhance their professional presence and career opportunities.

#### **Teacher's Day celebration, 05 September 2024**

The final year students organized a joyful Teachers' Day celebration to honour and appreciate their teachers. The event included speeches, performances, and heartfelt messages, creating a warm and memorable atmosphere to thank the faculty for their guidance and support.

#### **"Saluting Our Mentors", 05 September 2024**

CESA organized the "Saluting Our Mentors" program to honour former Heads of the Civil Engineering Department who significantly contributed to its growth. The event recognized the valuable roles of Prof. A Komalavalli Amma, Prof. P N Mohan, Prof. M Sathyakumar, and Prof. Neethu Roy in shaping the department over the years.

#### **Technical talk on "GATEWAY TO IIT", 31 January 2025**

CESA organized a technical talk titled "GATEWAY TO IIT" for UG and PG students, held online from 8:00 to 9:00 PM. The session featured Ms. Famy S. Maheen, a Research Scholar at IIT Bombay, who shared insights on opportunities, preparation strategies, and life at IITs, inspiring students to pursue higher studies at premier institutes. The event included performances, and heartfelt messages, creating a warm and memorable atmosphere to thank the faculty for their guidance and support.

#### **"Saluting Our Mentors", 05 September 2024**

CESA organized the "Saluting Our Mentors" program to honour former Heads of the Civil Engineering Department who significantly contributed to its growth. The event recognized the valuable roles of Prof. A Komalavalli Amma, Prof. P N Mohan, Prof. M Sathyakumar, and Prof. Neethu Roy in shaping the department over the years.

# THANAL (Societal Bureau of Department of Civil Engineering)

## Old Age Home Visit, 01 October 2024

As part of International Old Age Day, a visit to Kripalayam Old Age Home, Ulloor, was organized by Thanal on October 1, 2024. The visit aimed to spread joy and show appreciation to the elderly

## ILLUMINA – Department of Electrical and Electronics Engineering

### Pre-event sessions for techfest:

#### Web Development Workshop

This workshop will cover HTML, CSS, JavaScript, and server-side scripting, providing a comprehensive foundation for students interested in creating dynamic websites.

### MAJOR EVENTS – 27 FEBRUARY 2025:

#### Adhara

Expo on Space held on 7 August 2024 in collaboration with the Space Club MBCET, featuring presentations on recent advancements in space technology and exploration.

#### 3D Game Development Session

Participants will learn about game design principles and the basics of 3D modelling, enhancing their skills for future projects in game development.

#### EV Expo

Exhibition of electric vehicles prototypes encouraging innovation in green mobility.

#### Shutterbytes

Photography competition highlighting technical creativity to capture engineering marvels showcasing the intersection of technology and art.

#### Escape Room

A puzzle-solving event promoting critical thinking and teamwork to solve complex challenges related to engineering principles.

#### Treasure Hunt

A campus-wide riddle-solving adventure that incorporates engineering concepts and teamwork.

#### Market Masters

An event designed to test students' problem solving and marketing skills by developing solutions to tackle real world problems based on sustainable development goals.

#### Gesture Speak

Demonstration of gesture-controlled tech using sensors that explore human-computer interaction

#### Robo Race

Competitive robotics event featuring line-followers and obstacle avoiders which will test students programming and engineering skills.

#### VR Experience

Immersive virtual reality demonstration, offering insights into the latest VR technologies and their applications in education, training, and entertainment

#### IoT Explore

IoT model presentations emphasising automation and connectivity, demonstrating the integration of IoT in everyday life, showcasing innovations in smart homes and cities.

## POST EVENT

### Movie Screening

On 29 March 2025, the movie was screened for both faculty as well as for the students for pure entertainment among all the academic events that took place. Movie Screening

### Magazine Release

Official department magazine VIBGYOR released on 2 April 2025, featuring articles, project highlights, Illumina events, reports of the achievements made by students and faculties. It is a platform for students to showcase their work of art and literature.

## OUTREACH AND ACADEMIC EVENTS

### Chirag Outreach

Electrification for the house of Mr Ranjith Kumar at Nedumangad costing ₹15,650 and ₹29,000 for Ms. Helena's house at Vembayam. Illumina provided financial support of ₹10,000 for the electrification of Mr. Amal Kumar's house at Kollam. This emphasises the department's commitment to community service and the importance of sustainable energy solutions.

### Know Where

The first event of the series was a quiz competition based on space and its happenings, jointly organised by Illumina, the Association of Department of Electrical and Electronics Engineering and E-Nix, the Association of Department of Electronics and Communication Engineering with Space Club, MBCET.

### Literary Review

Student opinions on sci-fi movies and books shared on 7 August 2024, encouraging critical thinking and discussions about the impact of technology on society.

### Hangouts

Ice-breaking session for juniors conducted on 12 September 2024, fostering camaraderie among students and facilitating mentorship opportunities.

### Reading Day Outreach

Donation of 100 books to St. Goretti School on 19 June 2024, promoting literacy and education in the community.

### Talk on GATE

Guidance session on GATE preparation held on 6 September 2024, providing students with strategies and resources for success in competitive exams

### Dr. APJ Abdul Kalam 7th Energy Quiz

Energy awareness quiz conducted on 21 August 2024, aimed at instilling knowledge about renewable energy sources and sustainable practices.

### Food Fest

Cultural and culinary festival featuring diverse regional food, celebrating the rich cultural heritage and promoting unity, highlighting the importance of collaboration and teamwork.

### Workshop on Sustainable Technologies

A workshop focusing on innovative solutions for energy conservation and sustainable engineering practice, engaging students in hands-on projects that address real-world challenges.

### Illumina Academic Excellence Award

Presented to semester toppers on 7 October 2024 and 2 April 2025, recognising academic achievements and encouraging a culture of excellence in the department

### **Mentorship Program**

An initiative to guide juniors through senior mentorship, fostering an environment of learning and support within the department where senior students provided advice on academic challenges, project work and, helping juniors navigate their educational journey effectively

### **Mentorship Program**

The Preliminary Level of the Power Quiz 2024, organized by the KSEB Officers' Association, was conducted on 26 September 2024. The event witnessed enthusiastic participation from students.

### **Short Term Training on Machine Learning**

Held on 12 September 2024, this program focuses on ML fundamentals and applications, equipping students with essential skills in data analysis and artificial intelligence.

### **Mini Project Expo**

The Department of Electrical and Electronics Engineering organised the Mini Project Expo on 24 April 2025, exclusively for S6 EEE students. The students presented innovative hardware-based working models that reflected their technical proficiency, creativity, and problem-solving abilities.

### **Final Year Project Expo**

Conducted on 28 March 2025, the Final Year Project Expo served as a distinguished platform for showcasing the innovative and impactful projects developed by final-year students. The event underscored their ability to translate theoretical knowledge into practical engineering solutions

### **Talk by Hykon India Ltd**

On April 5, 2025, an invited talk covered the "Basics of Power Electronics and Electric Vehicles." The event, was held in collaboration

with Hykon India Ltd. Industry experts Mr. Ajith M, Senior Engineer, R&D and Mr. Mahesh P, Senior Manager, R&D spoke about real-world applications and the latest technologies in the electric vehicle sector.

## **ISRO Showcase Vehicle at Tech fest 2025**

Date: 27th February 2025

Organized by: Automata,  
Mechanical Engineering Department

Faculty Co-ordinator:

Dr Jishnu Chandran

Student Co-ordinators:

J S Hemand

Benedict Jones

Sivasankar S

The Mechanical Engineering Department successfully hosted a remarkable ISRO showcase vehicle during the annual Tech fest on February 27, 2025. This event provided students and faculty with a unique opportunity to explore India's advancements in space technology and satellite missions.

The ISRO showcase vehicle, a mobile exhibition unit, featured interactive displays, scale models of rockets and satellites, and informative panels detailing ISRO's milestones. Visitors were particularly fascinated by the detailed exhibits on the Chandrayaan and Mangalyaan missions, as well as the Gaganyaan program, India's first human spaceflight mission.

The Tech fest organizing committee, along with the Mechanical Engineering Department, expressed gratitude to ISRO for their collaboration in making this showcase a grand success. The event was a testament to the institute's commitment to promoting technological innovation and knowledge-sharing.

## JESUS YOUTH MBCET

JESUS YOUTH MBCET conducts prayer group meetings on Friday afternoons from 12:40 PM to 1:50 PM. Additionally, the following weekly activities are conducted: Core meeting on Mondays, Mercy Rosary on Tuesdays, Intercession on Wednesdays, and Holy Mass on the first Friday of each month. Beyond regular meetings, various outreach initiatives are organised. A pro-life exhibition, 12-hour Bible reading, music band performances, farewell event, freshers' day celebration, All Saints Day celebration, Valentine's week prayer, creating Christmas cards for staff members, making ring rosaries, musical gatherings and various other activities were also conducted in the year 2024-25.

JESUS YOUTH MBCET is supported by a dedicated music and media team, and we actively use our Instagram and YouTube pages to share our activities and the Gospel of God.

Our students also participate in various programs organized outside the college by National, Kerala, and Trivandrum Jesus Youth. Last year, we had visited an old age home, an orphanage and various churches. 14 participants attended the Kerala Campus Conference held at Ernakulam. 15 participants attended the Campus Meet (initiated by the Trivandrum Campus Team) held in Trivandrum, and 24 participants attended Proficuous (initiated by the Kerala Medical and Engineering Students Team)

held in Thrissur. Through all these endeavors, together we are growing closer to God.

## RAGAM

### Report on Jamming Session at Trydan Event

Date: 21st February 2025, Friday

Event Title: Jamming Session

Event Organized By: Ragam Music Club in collaboration with Illumina

Location: Open Air Theatre (OAT)

Occasion: Trydan Event

### Introduction:

On 21st February 2025, Ragam Music Club, in collaboration with Illumina, hosted an engaging and lively jamming session as a part of the Trydan event. The event took place at the Open Air Theatre (OAT), where students from various departments came together to showcase their musical talents and enjoy an informal, interactive musical experience.

### Event Highlights:

#### Participation:

The jamming session saw an enthusiastic turnout, with students from different academic departments actively participating in the event. They joined the session, sang along to various songs, and contributed to creating an exciting and lively atmosphere.

#### Musical Talent:

Students not only joined in singing but also showcased their musical talents, making the session even more dynamic. The diversity of musical genres played and the array of skills demonstrated added a special touch to the event.

# SAMVADAM CLUB

## EVENTS AND ACHIEVEMENTS

### 1. CET MUN 2024

Date: August 9 – August 11, 2024 | Venue: CET

A 13-member delegation from the Samvadam Club participated in CET MUN 2024, engaging in high-level diplomatic simulations. Several members earned accolades:

- IP Photography
  - o Abin S Manoj – Honourable Mention
  - o Ashlin Anil Antony – Honourable Mention
  - o Abraham Jacob – Special Mention

- AIPPM

- o Yash Chhalotre – Special Mention

### 2. TALK SESSION: SPEAK BEYOND WORDS

Date: September 27, 2024 | Venue: MBCET  
Conducted by communication expert Mr. Praveen Kamalamma, this session emphasized authenticity, storytelling, and audience engagement in public speaking. It inspired participants to approach communication with confidence and clarity.

### 3. MBCET INTRA MUN

Date: February 1–2, 2025 | Venue: Pascal Hall, MBCET

Pre-Event Orientation: January 25 & 30, 2025(online)

Preceded by orientation sessions, the Intra MUN featured UNHRC and IP committees.

The event included debates, press activities, and a cultural program.

Award Winners – UNHRC:

- Best Delegate: Jithin Rajesh (S4 EL)
- High Commendation: Adil Mohammed S (S2 EC2)
- Special Mention: Neil Philip (S4 EL), Prathyusha Nair (S4 EL)

- Honourable Mention: Bevis Mathew (S4 CS1), Aaron S (S2 EC2)

Award Winners – IP:

- Best Photojournalist: Albin Anil Antony (S2 EL)
- Best Journalist: Anagha Asok Kumar (S4 CS1)

### 4. MACE MUN 2025

Date: March 28 – March 30, 2025 | Venue: Mar Athanasius College of Engineering(MACE) Twelve members represented the college, showcasing strong performance and earning recognition:

- UNHRC

- o Neil Philip Koshy – Verbal Mention
- o Jacob Cherian– Verbal Mention
- o Adil Mohammed – Honourable Mention

- ECOSOC

- o Elvis Mathews Olickal – High Commendation
- o Jithin Rajesh – Special Mention

- DISEC

- o Abhav Nair– High Commendation

## CONCLUSION

This year marked a period of growth and achievement for the Samvadam Club. With the support of mentors and the college community, we look forward to scaling new heights—hosting impactful events and empowering students to become confident, thoughtful leaders.

# TENSORZ

## SUSTAINATHON: Mastering the Art of Idea Presentation for Hackathons, 21st February 2025

Sustainathon, Mastering the Art of Idea Presentation for Hackathons was conducted at Mar Baselios College of Engineering and

Technology, in association with the IET and Aksharakootam Club. The session was led by Ms. Dainu R. Kuruvilla, Manager – Life Skills and Leadership at Tata Elxsi. The workshop aimed to equip students with the essential skills required to effectively present and pitch their ideas in competitive environments such as hackathons. It focused on key strategies for impactful storytelling, confident pitch delivery, and highlighted the significance of presentation in driving innovation. Interactive activities and real-time simulations helped participants understand how to structure and communicate their ideas clearly and persuasively. The session proved to be a valuable learning experience, enhancing the participants' confidence and preparedness for future innovation-based challenges.

### **SUSTAINATHON: Innovate for a Better**

#### **Tomorrow, 22nd February 2025**

Sustainathon, Innovate for a Better Tomorrow was conducted at Mar Baselios College of Engineering and Technology, in collaboration with IET, Tensorz Club, and Aksharakootam. The event aimed to foster innovation and creative thinking among students by challenging them to develop tech-driven solutions aligned with the United Nations' Sustainable Development Goals (SDGs). Participants, grouped in teams of 2–3 members, engaged in

intensive brainstorming sessions and presented their innovative ideas before a panel of esteemed alumni judges: Sanna Pramod (Associate Software Engineer, H&R Block India), Aswen A M (Virtualization Engineer, Tata Elxsi Ltd), and Faizan Ahammed (UI Designer, QBurst). These industry professionals provided valuable feedback and insight, enhancing the learning experience for all participants.

The competition witnessed remarkable ideas and enthusiastic participation. Team Naushera, comprising Yash Chhalotre and Anand Pillai

from MBCET, secured the 1st Prize. 2nd Prize was jointly awarded to Team Trinity Vanguard (Arvind Vinod, Aaron S Varghese, and Haridath Nihal Hemanth – MBCET) and Team NetZero (Jewel Jokesh, R D Sourav, and Joseph Benedict – MBCET). Team SmartBoyz (Manuraj M S and Hanok Samuel Boban – MBCET) won the 3rd Prize, while Team TriCore from LBSITW received a Special Mention for their commendable efforts.

The event proved to be an inspiring platform for budding innovators, encouraging sustainable thinking and interdisciplinary collaboration.

### **Anti-Ragging Awareness**

#### **20th–21st August 2024**

With the theme “Let's build bridges, not walls,” the event aimed to raise awareness about the harmful effects of ragging and to foster a more inclusive and passionate campus culture.

A range of engaging activities were conducted both offline and online, providing students with multiple platforms to express their thoughts creatively. Offline events included poetry writing, elocution, group discussions, poster and painting competitions, essay writing, and slogan writing. Online events such as story writing, short video creation, and digital banner design ensured wider participation and inclusivity. The events were held in English, Malayalam, and Hindi, encouraging students from diverse linguistic backgrounds to contribute their voices.

Through thought-provoking and artistic student participation, the campaign successfully emphasized the importance of empathy, respect, and unity among peers, promoting a ragging-free and supportive environment across the campus.

# Aksharakootam

## **SUSTAINATHON:**

### **Mastering the Art of Idea Presentation for Hackathons,**

**21 February 2025**

Held on 21st February 2025 at MBCET in association with IET and Tensorz Club, this workshop led by Dainu R. Kuruvilla (Manager – Life Skills & Leadership, Tata Elxsi) focused on powerful storytelling and pitch techniques. Participants engaged in interactive simulations to strengthen their clarity and confidence in communicating ideas during hackathons.

## **SUSTAINATHON:**

### **Innovate for a Better Tomorrow!**

**22 February 2025,**

On 22nd February 2025, student teams tackled real-world problems based on the UN's Sustainable Development Goals (SDGs). Organized with IET, Tensorz Club, and Aksharakootam MBCET, the event featured a panel of industry experts who judged the innovative, tech-based solutions. Team Naushera won first place, with Trinity Vanguard and NetZero sharing second, SmartBoyz placing third, and Team TriCore earning a Special Mention.

## **Anti-Ragging Awareness Week,**

**20 August 2024**

Held from 20–21 August 2024 under the theme “Let’s build bridges, not walls,” this event promoted unity through various creative competitions—poetry, elocution, essay writing, and posters—conducted in English, Malayalam, and Hindi. Online events like digital banners and short videos ensured wide participation, fostering a respectful and inclusive campus culture.

## **What If? – Harry Potter Edition,**

What If? – Harry Potter Edition was conducted to celebrate J.K. Rowling’s birthday, inviting participants to creatively reimagine the Harry Potter universe through unique “what if?” scenarios. The event sparked imagination and fresh perspectives on the beloved series. EV Jishnu (S3 CS2) emerged as the winner for presenting the most compelling alternate storyline.

## **In Between the Lines: Buttering the Jitters Away,**

**12 May 2025**

In Between the Lines: Buttering the Jitters Away was held online on 12th May 2025, featuring Khyrunnisa A., renowned author of the Butterfingers series published by Puffin Books, as the special guest. In a humorous and engaging session, she shared her journey and insights into writing, inspiring participants to explore storytelling across various genres. The event left attendees motivated and creatively energized.

## **Aksharapookal - Onam Flipbook Magazine,**

Aksharapookal – Onam Flipbook Magazine, presented by the Aksharakootam Club of Mar Baselios College of Engineering and Technology (MBCET), is a vibrant digital publication capturing the spirit of Onam celebrations on campus. Through rich visual storytelling and cultural highlights, the flipbook offers an immersive glimpse into Kerala’s most beloved festival. The magazine is available online and accessible through the provided link: [Aksharapookal Flipbook](#). As part of their ongoing efforts to support the underprivileged and those in need, the volunteers distributed around 80 food packets to patients’ bystanders and others in the area.

# NETWORK SECURITY RESEARCH GROUP: ADVANCING CYBERSECURITY AWARENESS AND INNOVATION

**Department of Computer Science and  
Engineering | Academic Year 2024–25**

The Network Security Research Group of the Department of Computer Science and Engineering marked an impactful academic year with a range of activities focused on cybersecurity education, research, and industry collaboration.

A Cyber Security Workshop and Hackathon was conducted on 22nd October 2024 for S5 and S7 CSE students. Mr. Abhimanyu R., Cyber Security Analyst at Alibi, led the session, offering deep insights into ethical hacking and its real-world applications. The event, coordinated by Ms. Gauri Sree V. K. and Mr. Anand Haridas, was well-received by participants.

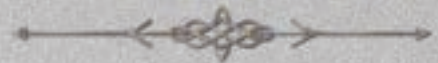
A major milestone was the signing of an MoU between MBCET and Alibi Global Pvt. Ltd. on 3rd April 2025, paving the way for collaborative research, internships, and curriculum development. On the same day, Dr. Sunil S. P. delivered a talk on Cyber Forensics, covering investigative tools and corporate crime analysis.

Adding momentum to these efforts, the department launched a Student Club for Network Security, which now boasts over fifty members from all academic years. As part of this Initiative, talks, Capture the Flag

contests, and a hackathon at Crossroads were organized with strong student participation. The club is led by Nibil Mathew (Chairperson) and Midhun

B. A. (Vice-Chairperson), under the guidance of Dr. Anne Dickson (Faculty Coordinator).

The group continues its collaboration with CDAC and other R&D institutions to foster innovation and academic growth.



# SPORTS ACHIEVEMENTS



**Ashwin Gireesh** of S2 EC1 participated in the 7th Kerala State Kick Boxing Championship 2024 held at Calicut and won a Gold and Bronze medal in the following categories.

Category

1. Full contact-56(senior) Bronze
2. Musical form with weapon: Gold



**Rohan P. C.** (S2 ME2), **Ashish E.** (S2 CE), and **Aronal R. Chandram** (S2 EL) Participated in the "HOOPS SUMMER FEST 24" 3 on 3 Basketball Tournament conducted by the Trivandrum Basketball Association and secured Runner Up position held on 18-19 May at Chandrasekharan Nair Stadium.



**Cowin K. C. E.** of S5 CS2 participated in the Thiruvananthapuram District Roll Ball Championship and secured First position. He is also being selected for the State camp.



**Aditya K. Dileep** of S3 CSE participated in the 20th Kerala roll ball state championship represented Kollam district and secured second position which held at central Stadium on 3 August 2024.



MBCET Yogasana team participated in the NYSF District Yogasana championship held on 25th August 2024 at Sri Vidyotheroja Vidya Mandir High School and secured 4 gold and one silver, and all are selected for the state competition.

- 1) **Fathima L. S.** of S3 EC2 secured first in the traditional and rhythmic pair.
- 2) **Ananya Biju** of S3 EC2 Kumer secured first rhythmic pair and second traditional
- 3) **Kiran Biju** of S5 CS1 secured first in traditional.



**Vishjovns Vinod** of S1 DE2 played for the IVC Club in the District Championship and secured second position. He's also been selected to the Kollam Basketball team, which will participate in the Kerala State Basketball Championship, to be held from 1 to 6 October 2024 at Rajiv Gandhi Indoor Stadium, Kadovanthara, Ernakulam.



**The Men's Basketball Team** became the Champions of the A Zone Inter Collegiate Basketball Championship held at Mahandas Engineering College by defeating CET in the Finals.



**MBCET Kabaddi Women Team** became the Champions second time in the A Zone Women Kabaddi Championship held at VKCET, Paripally on 10 October 2024. The team has qualified for the Inter-Zone Championship, going to be held at KMEA, Aluva, on 18-19 October 2024. They defeated the host team, VKCET.



**The MBCET Women's basketball team** became the champions of the A Zone Basketball tournament held at Mahandas College of Engineering, Anadu. The team is going to participate in the Inter-Zone Basketball Championship going to be held at Muthoot Institute of Science and Technology on 22nd and 23rd October 2024.



**Ryan Mathew Manual** of S3 EL was selected as the best player of the Basketball tournament.



**Gouri Nandana M.** (S3 EL) participated in A Zone Women Chess Championship and got selected for the selection trials to be held at St. Joseph Engineering College, Pala on 28 and 29 October 2024 from which KTU University Team will be selected.



In the A Zone Table Tennis Tournament held at CET on 14 October 2024, the **MBCET Women team** secured First position, and the **Men's team** became second. Both teams qualified for the Inter-Zone Championships to be held at CET on 4-5 November 2024.



After a long gap of 7 years we became the Champions of A Zone Inter-Collegiate Football Championship held on 27 October 2024 at CET by defeating Barton Hill Engineering. All Kerala Inter Zone Championship scheduled from 6 November at TKM College of Engineering, Kollam.



**Ashna Rachel Shine** (S5 CE2) is the first woman in the history of MBCET who got selected in the KTU Women's KABADDI University team held at KMEA Engineering College, Aluva. Our team played well and finished 4th in the Inter-Zone Kabaddi Championship.



**Diya Vijayan V D** (S5EC2) was selected as the best player of the tournament.



This is the Second time that the MBCET Men's Tennis team lifted the All Kerala Inter-Zone Inter-Collegiate Tennis Championship Trophy, which was held at TKM Engineering, Kollam on 26 October 2024.

Team members:

- **ARAVIND AJAY** (S5 ME)
- **FAIZ MUHAMMAD** (S5 CE)
- **SHIO S** (S3 CT)
- **VISHNU R DILEEP** (S1 EC1)
- **J S VASUDEVAN** (S1 ME2)

ARAVIND AJAY of SSME and SHIO S of S3 CT got selected to the University Men's Tennis team, which will be hosted by Kerala University.



**Adnan Nizam** of class S2EC2 representing Thiruvananthapuram District, has secured a Bronze Medal in the Junior Boys Under 50 kg weight category in the 3rd Kerala State Open Taekwondo Championship 2023-24 held from 6th to 7th January 2024 at Jimmy George Indoor Stadium, Thiruvananthapuram.



**Diya Vijayan V. D.** of S4 EC2 was selected as the vice captain of the **KTU Women's netball team** in the All India Inter University Netball Championship for women held at Napunya Institute, Karatty on 4th-7th May.



**Vineeth Roshan** of the Civil department (2020-24 batch) got admission to the **NIT Calicut for M. Tech** in offshore structures. He is been admitted for the course through sports quota. He has represented three times for the KTU Volleyball team.



**Sono S** of S7 EC 1 got selected for the **KTU University lawn tennis women's team**. MBCET Women's team secured 4th position in the Inter Zone Inter Collegiate Women's tennis tournament held at Kumorapuram Tennis Academy.



MBCET Women's Basketball Team finished Fourth in the All Kerala Inter-Zone Inter-Collegiate Basketball Championship held at Muthoot Institute of Science and Technology. **KRISHNA VENI B** (S3 CE-2) and **DIYA VIJAYAN V. D.** (S5 EC-2) has been selected to the **University Women Basketball Team**. The Championship will be held in the month of December.



the following students has been selected to **KTU University Basketball Men Team**. Their camp starts from 24th - 31st October at Mahandas Engineering College, Anad. Their tournament is scheduled at Christ University, Bangalore from 1st to 5th November 2024.

- **Alan V. B.** - S7 Civil
- **Ryan Mathew Manuel** - S3 EL
- **Aromal R Chandran** - S3 EL
- **Rohan P. C.** - S3 ME



# Tech Fest '25





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# MBCET SPORTS



# CLASS 2024-2025 PHOTOS





**PHD SCHOLARS**



**MTECH**









# VIVID



brushstrokes of dream

# MOMENTS OF BEAUTY



A

*Adithya Mohan*



*Adithya Mohan*



*Adithya Mohan*



*Rajitha Rajan*



*Abhinavarya Menon*



*Arjun RR*



*Haridath Nihal Hemanth*  
*S2 CE*

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S2 EL



# Signing *off*

As it comes to the end of a remarkable journey of Espoir, as the editor of the magazine, I am grateful to all my team members who made this journey a memorable one. The journey was filled with effective coordination and the hard work of the editorial and design teams, who worked day and night to capture every minute moment of college life throughout the year. Their dedication and contribution made this journey a fruitful one. The creative contributions from students, faculty, and staff made Espoir a product of shared bonds. While incorporating creativity with passion, Espoir gave us the opportunity to explore stories of talent, interviews, and the hard work of the college community as a family. As I sign off, it's been my privilege to express my heartfelt gratitude to all who gave me this opportunity to work on the magazine. I hope Espoir will be a memorable read for everyone and I wish the very best for future editions. Thank you to all who provided constant support and guidance throughout the journey of Espoir. I sign off by expressing my heartfelt gratitude.

***AP ANUPAMA - STUDENT EDITOR***

“

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

John F. Kennedy



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