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Shehjar

The soothing shade

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GALGOTIAS
EDUCATIONAL INSTITUTIONS

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Department of Electrical and Electronics
Galgotias college of Engineering and Technology

SHEHJAR

(The Soothing Shade) Issue-2018

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Chief Editor Pens Down...

Message

I am truly elated and indeed it is a matter of pleasure for me to unveil the second issue of our departmental magazine SHEHJAR (The Soothing Shade). I assert that this magazine will co-relate with its name. Since past few years it has been a continuous and massive process to lionize the ponderous efforts, where we can make every one learn and grow with us in the department. Being the HOD, it is an indispensable responsibility to take all those endeavors at its pinnacle and hopefully this magazine will be its epitome. I bestow my heartfelt gratitude to every student and faculty member who made this possible. I wish to get more sharp minds to get connected with us.

Prof. A. Ambikapathy
HOD, EEE Department
Galgotias College of Engineering & Technology

Department of Electrical and Electronics Engineering

Vision of the Department

To be recognized as a premier department in producing quality technocrats, innovators, entrepreneurs and researchers contributing to the society ethically.

Mission of the Department

DM-1: To provide quality education through state-of-art facilities in exploring new ideas and technical challenges.

DM-2: To promote research, innovation and entrepreneurship through industry-institute collaboration.

DM-3: To inculcate social, ethical and moral values among the students leveraging them to be global engineers.

Program Educational Objectives of the Department

The graduates shall be able to:

PEO-1: Excel in their career by gaining knowledge using modern tools and technologies in the area of Electrical & Electronics Engineering.

PEO-2: Analyze real life problems and produce solutions through their entrepreneurship and innovative skills.

PEO-3: Exhibit ethical attitude, good communication skills and team work in core engineering through professional development and lifelong learning.

PSO of the Department

PSO-1: Simulate and develop the models for controlling and contriving of different electrical circuits and systems.

PSO-2: Design and develop electronics and communication circuits to provide solutions for complex engineering problems in the field of Electrical Engineering.

Contents

ALLUMNI SPEAKS

Ashish Ranjan
B.Tech. EEE (2014-18)

Hello Friends,

In This Article, I am going to share my experience from getting admitted in Galgotia's to a Graduate Apprentice Trainee in Mahindra and Mahindra ltd. It was indeed an experience of a lifetime. I personally feel that the person who has not done B.Tech has missed something in life. An average student belonging to a middle class Family came here with high hopes and little nervousness. It was my first experience with many things from different teacher and their teachings to the life in a college Hostel meeting several friends (not then). Initially, it was difficult to adapt but gradually I settled down well. I was not much interested in Electrical and Electronics that time, my result was proof of that. Topper of the class was being applauded and every student above 70% marks was being appreciated. I was not even in that category; it had hit me hard inside. I started reading very seriously and took my internal papers with utmost sincerity and in the next semester, I got 74% of marks and Now It was my time of getting appreciation. This might look very simple but the confidence which I got completely changed my life. The love for Electrical and Electronics Grew and I completed my B.Tech with 77.1% marks. For my juniors, I must say that our department gives every student particular space to grow and environment is so friendly no one hesitates in asking doubts. Every Teacher is supportive and caring. I must say that learn electrical and electronics, you will crack every single exam. Do not learn for any particular thing, try to correct your Basics and practice as much as possible. This is the only key to succeed. Take your project seriously. If you have done these things then wait for your time, your time will come. If not then, set your t=0 now and start working now because someone said to me that "Apne hisse ka Mehnat sabhi ko karna padta hai". After B.Tech, you will definitely be a changed person inside and out. I waited for my moment till very last, got placement from out campus in M&M Ltd. It's the first step of life just a beginning but a beautiful one. It was a dream comes true for me to work in one of the biggest automobile company in the world. I feel that your dreams are also not too far. Believe in yourself,

Enjoy Life, Enjoy studies, Make Moments for life. Feel Free to ask anything from me. Till then, all the very best to you and thank you.

STEPS TO BUILD A POSITIVE PERSONALITY

Talat Raza
B.Tech EEE - III Year

"He, who would learn to fly one day, must first learn to stand and walk and run."

First Step: Accept responsibilities as it is said "Price of greatness is responsibilities". When people accept additional responsibilities they are actually giving themselves promotion. Responsible behavior is to accept accountability that represents maturity. Most people are quick to take credit for what goes right but very few would readily and responsibly take blame when things go wrong. So we all should try to cultivate responsible behavior.

Second Step: Choose your words carefully. It is said that our words reflect our personality and attitude. Harsh words can destroy relationships and feelings. More people have been hurt by an improper choice of words than we can count. Plato quotes "Wise men talk because they have something to say, fools, because they have to say something". So, we should talk less and say more.

Third Step: "Don't criticize and complain". Don't get me wrong. I am strongly talking about promoting constructive criticism and avoiding destructive criticism. When a person is criticized, he becomes defensive rather than accepting. Criticize with the spirit of helpfulness. Criticism is like medicines. The medicines should be right mixture with a perfect dose. So too much have adverse effect and too little will be ineffective.

Fourth Step: "Smile and be kind".

Though it sounds a bit cheesy but science proves that being kind and nice to others can have a positive impact on oneself. A smile costs nothing but it creates much. It enriches those who receive it without impoverishing those who give it. It happens in a flash and memory of it may last forever. It spreads good vibes around you and people around you. Cheerfulness flows from goodness and a smiling face is always welcome.

HAVE AN AIM

Mohammed Aashim Khan
B.Tech EEE - II Year

The habit of viewing life as a whole is an essential part of both wisdom and true morality and is one of the things which ought to be encouraged. A purpose is not only enough to make life happy but also it is an almost indispensable condition of a happy life.

The first step towards self-development is having an aim. Call it purpose, ambition or whatever else; one must have an aim in life. It may be to excel in your own profession, to lead in some line to attain social, financial, intellectual or other forms of leadership. To accomplish anything you need an interest, a motive, a center of your thought. You need a star to steer by, a cause, a creed, an idea, and a passionate attachment. As Sydney Smith said, "Whatever you are by nature, keep at it, never desert your life of talent. Be what nature intended you for and you will succeed." If one advances confidently in the directions of his dreams, and endeavors to live life which he has imagined, he will get success. If you have built castles in the air your work need not be lost, that is where they should be, only put the foundation under them.

One needs to explore, develop and discover one's own interests and you'll slowly be able to see *the aim* that you think doesn't exist, was simply hiding behind the blurry mist of your indifference towards finding it. Also, it's not like one can't live without aims, but the quality of such life is way inferior to the other option. Rising up early to see the rising sun and bask in its warmth is an aim too, but if you don't try hard enough to get out of your bed for that, you won't even know what did you miss!!

Never stop fighting until you arrive at your destined place - that is, the unique you. Have an aim in life, continuously acquire knowledge, work hard, and have perseverance to realize the great life. ~ A. P. J. Abdul Kalam

SOCIAL MEDIA: THE DEATH OF REAL WORLD INTERACTION?

Kshitij Bhatnagar
B.Tech EEE - III Year

The digital age has been transformed into one surrounding social media and networking. With over a billion monthly active users on sites like Facebook alone, it is hard to argue against social networking being something ubiquitous. These social sites act as gatekeepers for the harboring of online connections between users. These forms of online communication are also not relegated to specific age groups either as more than 73% of online adults today are on some sort of social site.

Social media can have catastrophic effects on humans as social creatures if used to replace rather than enhance, provoking false senses of connection, psychological changes to how people approach relationships, and negative emotional responses to these types of communications. Social media is often becoming a replacement for building and establishing connections in the real world and there is something fundamentally wrong with this mentality.

We are sacrificing the experiences and understanding of real world interactions that are necessary in our development for a mere connection

that is established in social media, one that is superficial. So from social networks to sociable robots, we're designing technologies that will give us the illusion of companionship without the demands of friendship". We are social creatures; however, a text saying "I love you" is not the same thing as if someone were saying it directly to another person.

Social media can truly have harmful effects on us psychologically if we use the medium to replace rather than enhance and if we do not realize that the connections we are establishing through these mediums are not suffice for our social development. Every real life conversation is like practice or a warm up towards the game of social fluidity, if you will.

Social media has brought forth a drastic change in how we treat relationships. Several studies on the matter have produced opposite results in how we feel emotionally when we use social media. Social media is affecting its users not only on how they act socially, but how they feel socially when it comes to using the sites. An online social connection is supposed to evoke sensations of emotional satisfaction as this type of communication is still social in nature and we as human get satisfaction from social activities, according to advocates of these online social systems.

A study of roughly 300 people by the Salford Business School found that these social networks are exacerbating negative emotions. More than half of the respondents reported having negative emotions after using social networking sites. Younger generations especially are vulnerable to the vortex that is social media. As these younger generations are nurtured around technology and social media, it becomes increasingly difficult to get out of a digitally social driven life. With severe emotional implications in using social networks, the vast amounts of time spent on these sites should not be promoted, especially among adolescents.

While these arguments can certainly hold to be true, the fact of the matter is that social media does not replace real world interaction and while it is of benefit to have connections with dozens of people at once, this tool often becomes a replacement for real world interaction. What has been seen is that social media simply does not produce the same levels of psychological "Wellbeing" as real world interactions have, which is why "Direct" interaction is still so important, as shown by the Public Library of

Science's study. Specifically, they repeated each of the aforementioned analyses substituting "Direct" social interaction for Facebook use. In contrast to Facebook use, "Direct" social interaction did not predict changes in cognitive well-being, and predicted increases in affective well-being". The study clearly illustrates how we may perceive social media and "Direct" interaction to be on equal ground cognitively speaking. Emotionally the very quality of our ability to be satisfied is diminished with the use of social media and lack of real world interaction, which in turn can have harmful effects on how we develop socially.

Billions of people around the world are flocking to social networking sites in hopes of creating online connections. We want to have social interactions, but we don't want to go through the trials and tribulations of real world interactions.

Social media can be greatly beneficial if used to enhance those relationships which we hold dear in the real world, but more often than not what is being seen is that these real world relationships are being substituted altogether by a digital experience, so these benefits end up having no merit.

ROBOTICS: TODAY AND TOMORROW

Talat Raza
B.Tech EEE III Year

When it comes to modern day robots, you might picture hulking, quadrupedal machines that struggle with stairs and uneven terrain. Even humanoid androids that they have two legs share these challenges to a greater degree. It's pretty unlikely we'll see a robo-version of the Rockettes anytime soon.

But what if a bipedal robot could do a backflip?

Atlas, built by Boston Dynamics, was recently recorded jumping between platforms before performing the flip. Basically, the robot was

doing parkour. But, because of the bulky upper half and spindly legs of most humanoids, shouldn't this be impossible?

Atlas has consistently shown signs of being more adept and coordinated than its contemporaries. From the beginning, it was touted for being able to right itself after falling over. In another video, Atlas can be seen pushing open a door and taking a pleasant walk outside in the snow. Admittedly, it stumbles a few times, but never truly loses its balance. The same clip shows it diligently chasing after a box to pick up as an employee bats it away.

Stories involving robots have grown increasingly common in the news. Toyota recently revealed T-HR3, a robot that follows the movements of a human pilot from a "remote maneuvering system." It's impressive and able to maneuver all ten fingers, but given how it mirrors an actual human, there's still room for improvement. The SnakeBot, developed at Carnegie Mellon University, may not have any digits, but it moves similarly to an actual snake and is already being used in search and rescue missions.

On the AI side of things, Sophia, built by Hanson Robotics, was given citizenship in Saudi Arabia in October 2017. Sophia is a celebrity in her own right, appearing on shows like The Tonight Show with Jimmy Fallon. She was interviewed by Khaleej Times and expressed interest in starting a family in the future, even going as far to say she'd name her daughter after herself. Not long after, she announced plans to start a crowdfund for her AI, called SingularityNET.

These advancements have worried more than a few experts, however. Founder of PayPal and CEO of Tesla, Inc., Elon Musk, tweeted his concerns about Atlas in particular, saying "in a few years, that bot will move so fast you'll need a strobe light to see it." He also suggested regulating them, similar to how we regulate food and aircrafts. Fei-Fei Li, chief scientist of AI/ML at Google Cloud, is much more optimistic, tweeting that cooperation between humans and artificial intelligence is the key to the future. She also said that, as of this moment, "We are closer to a wash machine than the Terminator."

She has a point. Ocado, an online food retailer, revealed their latest robot to the public: an oversized arm that specializes in grabbing and placing groceries. By using suction technology and a camera, the bot can identify which product to pick up and which bag to put it in. The advantage of using automaton over a human- they currently both perform at about the same speed- would be efficiency, including the
ability to work 24/7 without breaks.

Similar cases of robots replacing repetitive and menial jobs have sparked debates in both the academic and economic communities. For now, though, your bagger at your local grocery store will remain flesh-and-bone. Suction works fantastic for cans and boxes, but fresh produce is easily damaged.

Nevertheless, these advancements in robotics are worth analyzing. We're getting closer to a truly automated world where robots and humans coexist (whether peacefully or not). For now, though, the fear of a robot uprising is still some ways off. It may be more pressing to worry about seeing a robot gymnast at the 2020 Olympics.
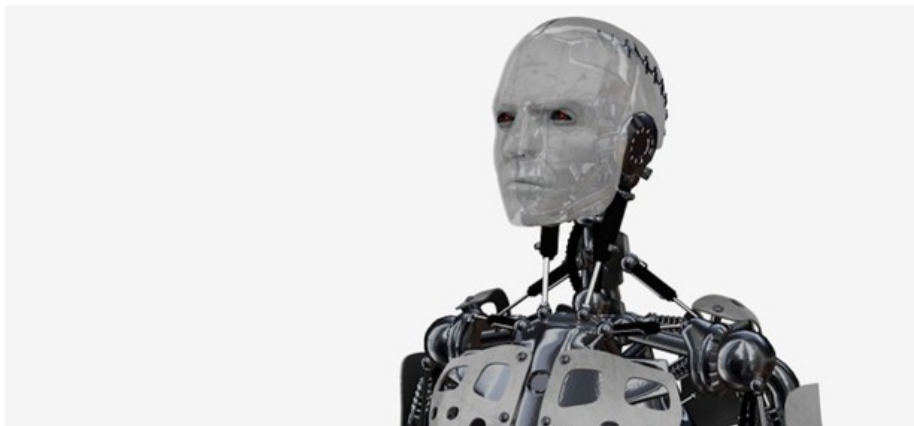
REIN YOUR DESTINY BEFORE IT REINS YOU

Tejasweata Dubey
B.Tech EEE - III Year

"Faith on your destiny, pace with your efforts and success is yours". This tells us that if we are strong willed, determined, have the courage to face disappointments and difficulties along with a little faith and own destiny, we will never have to face failures in our life. But usually some people believe and rely only on destiny. They just want to achieve their goals without making any special kinds of effort, waiting for good things to happen to them on their own. Some people have been handicapped, dull, drowsy, slow, who won't care to do any work due to their blind faith on destiny. However, this is wrong. To achieve real success a person has to work really hard because "God helps those who help themselves".

People who don't want to make efforts are even disliked by god. An individual get a fruit only if he has sown a seed. How can one expect to get when there is no tree at all? Hence to succeed in life, we need to work hard and put in more efforts and rein our destiny before it reins us.

It is rightly said "Work as if everything depends on you. Pray as if everything depends on god."

SUICIDES IN INDIA: A LOOK

Sahil Siddiqui
B.Tech EEE - III Year

Suicide is a major public health problem, with far-reaching socioeconomic, political, and emotional consequences. Southeast Asia accounts for roughly 40% of the estimated 800 000 annual suicide deaths globally, and is the frontline for delivering on the aspirational Sustainable Development Goal (SDG) of a one-third reduction in the suicide death rate (SDR) by 2030.

In India, the official suicide rate for 2015 published by the National Crime Records Bureau (NCRB) of India was 10·6 per 100 000 population, similar to the global average of 11·4 per 100 000 population and equating to 133 623 deaths registered as suicides.

However, the suicide statistics published by the NCRB are based on police reports and under-reporting and misclassification of suicide deaths is common. The paper by Rakhi Dandona and colleagues, reported in The Lancet Public Health, uses data from the Global Burden of Disease study to provide much needed estimations of SDRs across India from 1990 to 2016. Dandona and colleagues estimated the national age-standardized SDR for 2016 to be 17·9 per 100 000 population (14·7 per 100 000 among women and 21·2 per 100 000 among men), equating to an estimated 230 000 suicide deaths annually (100 000 more suicide deaths than recognized by the NCRB data).

Such sobering figures ought to be galvanizing, yet coordination at the national level has been slow. Although there are substantially more suicide deaths in India each year than AIDS-related deaths (62 000 in 2016) and maternal deaths (45 000 in 2015) combined, suicide prevention has attracted considerably less public health attention. Nonetheless, a public health approach to suicide prevention is gaining momentum in India. A recent highlight has been the Mental Health Act 2017 through which there have been moves to decriminalize suicide. A pivotal next step will be to carry this momentum towards the development of a national suicide prevention plan. Such a national plan would indicate political commitment and give justified prominence to the issue of suicide prevention, attract resources, set strategic research and programme priorities, and provide guidance in mainstreaming suicide prevention across other health and social policies.

To support the process of developing suicide prevention plans for India, some lessons can be drawn out from the findings presented by Dandona and colleague. Firstly, there is clearly an imperative to obtain better suicide mortality and suicide attempt data. Although a major undertaking, a comprehensive and reliable vital registration system is the ideal foundation of national health information systems. Surveillance of suicide attempts and self-harm cases presenting to health facilities would be beneficial, as would the continuous improvement of suicide research, so that policy makers have a greater understanding of this complex issue and what works and what doesn't.

Secondly, suicide prevention planning should address the substantial regional and state-level variation in suicide rates. India has an enormous and diverse population, with several states home to populations large enough to make it on their own into the top 20 most populous countries in the world. Although a national plan is important for political and strategic purposes, it is tailored state and community-level action plans that will be the key to implementing local suicide prevention priorities.

Thirdly, suicide prevention planning should give close consideration to trends by sex and age. Female suicide in India is exceptionally high by international standards and must be a core focus, and it is encouraging that female suicide rates have declined slightly since 1990.
Nonetheless, the persistently high male suicide rates must also be addressed to have any hope of achieving the SDG target. To do so, there is a need for a broader perspective on male suicide that extends beyond the highly politicized issue of farmer suicide. Some strategies for addressing the risk factors associated with male suicide, such as addressing alcohol dependence, might also see benefits for reducing female suicide rates. Age is also a key factor for suicide prevention planning. The data presented by Dandona and colleagues indicate that youth and older age are key risk periods for women whereas young adulthood, middle age, and older age are key risk periods for men.
Finally, suicide prevention is not solely or even primarily the domain of mental health practitioners providing interventions for suicidal individuals.

While not losing sight of the substantially heightened suicide risk for people with mental disorders, suicide is a complex and highly stigmatized issue in India, as it is elsewhere. Suicide prevention planning should be grounded in a broader public health approach framed around multisectoral collaboration and equal acknowledgement of the socioeconomic and cultural determinants of suicide and suicide prevention in India. Population-level approaches such as responsible media reporting of suicides and the central storage or removal of highly hazardous pesticides from agricultural practices should also feature prominently as should selective interventions targeting at-risk sub-populations.

The new evidence provided by Dandona and colleagues should prompt the development of national and state-level suicide prevention planning, galvanizing political and community will to address this complex public health tragedy.

MUSIC AS A THERAPY

Tejasweata Dubey
B.Tech EEE - III Year

While music has long been recognized as an effective form of therapy to provide an outlet for emotions, the notion of using song, sound frequencies and rhythm to treat physical ailments is a relatively new domain, says psychologist Daniel J. Levitin, PhD, who studies the neuroscience of music at McGill University in Montreal. A wealth of new studies is touting the benefits of music on mental and physical health. For example, in a meta-analysis of 400 studies, Levitin and his postgraduate research fellow, Mona Lisa Chanda, PhD, found that music improves the body's immune system function and reduces stress. Listening to music was also found to be more effective than prescription drugs in reducing anxiety before surgery (*Trends in Cognitive Sciences*, April, 2013).

"We've found compelling evidence that musical interventions can play a health-care role in settings ranging from operating rooms to family clinics," says Levitin, author of the book "This is Your Brain on Music" (Plume/Penguin, 2007). The analysis also points to just how music influences health. The researchers found that listening to and playing music increase the body's production of the antibody immunoglobulin A and natural killer cells — the cells that attack invading viruses and boost the immune system's effectiveness. Music also reduces levels of the stress hormone cortisol.

"This is one reason why music is associated with relaxation," Levitin says.

One recent study on the link between music and stress found that music can help soothe pediatric emergency room patients (*JAMA Pediatrics*, July, 2013). In the trial with 42 children ages 3 to 11, University of Alberta researchers found that patients who listened to relaxing music while getting an IV inserted reported significantly less pain, and some demonstrated significantly less distress, compared with patients who did not listen to music. In addition, in the music-listening group, more than two-thirds of the health-care providers reported that the IVs were very easy to administer — compared with 38 percent of providers treating the group that did not listen to music.

"There is growing scientific evidence showing that the brain responds to music in very specific ways," says Lisa Hartling, PhD, professor of pediatrics at the University of Alberta and lead author of the study. "Playing music for kids during painful medical procedures is a simple intervention that can make a big difference."

Music can help adult patients, too. Researchers at Khoo Teck Puat Hospital in Singapore found that patients in palliative care who took part in live music therapy sessions reported relief from persistent pain (*Progress in Palliative Care*, July, 2013). Music therapists worked closely with the patients to individually tailor the intervention, and patients took part in singing, instrument playing, lyric discussion and even song writing as they worked toward accepting an illness or weighed end-of-life issues.

"Active music engagement allowed the patients to reconnect with the healthy parts of themselves, even in the face of a debilitating condition or disease-related suffering," says music therapist Melanie Kwan, co-author of the study and president of the Association for Music Therapy, Singapore. "When their acute pain symptoms were relieved, patients were finally able to rest."

"There's just something about music — particularly live music — that excites and activates the body," says Loewy, whose work is part of a growing movement of music therapists and psychologists who are investigating the use of music in medicine to help patients dealing with pain, depression and possibly even Alzheimer's disease. "Music very much

has a way of enhancing quality of life and can, in addition, promote recovery."

INTERNET: A BOON OR A BANE

Tuset Dwiz
B.Tech EEE - III Year

When I want to information about any given topic, I first turn to the Internet. Most of the time, I get what I am looking for.

A man needs a fair amount of information to run his life efficiently, and to date the Internet is the most versatile information-provider that man has ever devised. If for nothing else, for that reason alone it thoroughly deserves to be called a boon.

That is not to say that it does not have multiple other uses as well: one can avail of its services to bank, to plan and book holidays, to buy railway

or airplane tickets, to keep in touch with one's friends and make new ones, to share one's thoughts with others and get their feedback on them, to chat, to play online games, to run an individual, social or political campaign, to create one's own circle of like-minded people … the list is yet to be exhausted, but it is surely already large enough to explain why, more and more, people all around the world are getting hooked to the Internet.

There are parents who complain that the Internet has swept their children off their feet, so much so that they do not seem to be interested in anything else. They ignore their studies, parents, social responsibilities and even ignore their health by not playing enough outdoor and indoor games. In other words, the Internet can act like an addictive drug.

Is it possible that the same thing was said about television not too many years ago? This is a problem that is more related to the character of the children concerned than with the nature of the Internet. One cannot blame the knife because there are some people who use it to stab other people.

Character-building now seems to have gone out, perhaps because it has become a more complicated subject than it ever was. In a diverse, democratic and globalized society like urban India is today, numerous value systems overlap, and it is difficult to bring up children on a single, fixed set of values. It may have been possible once; it is not so now.

Internet-addiction can only be overcome by exercising self-control, but that is an art that the children must learn. Parents and teachers have a key role to play in conditioning

children to effectively use the Internet.

The Internet has also been widely misused by the scamming and gambling industries. Although many governments have woken up to the dangers of the situation, their efforts, by and large, have not paid off.

There are different ways of tackling the situation. In Norway, Denmark, Finland, and Sweden, major Internet service providers have voluntarily agreed to limit access to sites blacklisted by the police. At the individual

level, parents and guardians can avail of content-control software to block offensive websites on individual computers or networks.

At the risk of repetition one must reiterate that the best safeguard against the abuses of the Internet is one's character. According to Swami Vivekananda, to mould character should be the primary purpose of education. Character is like a mighty rock that can withstand the unruly waves of unwanted emotions without getting dislodged.

SCHOOL LIFE V/S COLLEGE LIFE

Kshitij Bhatnagar
B.Tech EEE - III Year

There is a great deal of difference between school life and college life. School life is a life of restrictions and control, a life in which the student

has to be accountable for his daily work with his teachers and his guardian. But a college student, on the other hand, enjoys much greater freedom from control and supervision; he is, to a very large extent, the master of his own destiny. It lies with him to make it or mar it.

At school, the students have to be in attendance for fixed hours every day. He has to leave home at ten or eleven and return at four at college, however, the hours of attendance very. Sometimes, a college student has a hard time in the morning to gulp his food; at others, he has enough time to lounge about for a few minutes after a leisurely meal. On some days he returns early from college; or others, it is late evening by the time he gets back home. He has ample time at his disposal to use, abuse, or misuse.

At school, the student has to prepare his daily lessons and may be taken to task for what he has left undone. But at college, he can do his lessons daily, or not at all, as fancy may please or conscience may dictate. He is left to his own resources; he must understand his difficulties, and find out ways and means to remove them. He must, for the most part, depend upon himself, and take the help of a friend or a teacher only as his means and circumstances permit in one respect, however, school life is more joyous then college life.

A student can run about and exercise his limbs in school more vigorously than at college. The sight of boys shouting and running down the staircase or the corridors or in the school quadrangle is something that one will seldom find in a college. College boys are either boisterous and rowdy or grave and decorous. They are must behave as grown-up people. Of course, it the college happens to have its playgrounds, they can go there after college hours and take part in regular games. Nowadays every college has a gymnasium to help student s build the 'body beautiful'. A college, in other words, may not permit uproarious merriment, but it often gives larger opportunities for organized games sports.

Another respect in which school life and college life differ is in the use of the library and the common room. In most of our school's libraries seem to be more for show than for use. Books are issued now and ten for use. Books are issued now and then, but such occasions are few and far between. But in most colleges, there are larger opportunities for using the library. One has also greater freedom in the choice of books. As to the

common-room, that is the exceptional privilege of students; most of our schools do not provide common-room because boys are in their classes during the whole period of work.

It is natural that these differences between school life and college life should develop different mental and moral qualities. At school, students acquire habits of discipline and regularity. They have to practice obedience and follow instruction. But at college students are expected to develop a sense of responsibility and personal initiative. In other words, what a school student has to do under com-pulsing is done by the college students out of his greater sense of responsibility. Of course, it has to be admitted that college life offers greater scope to a student to go astray. If he takes himself light-heartedly, he will have to suffer. If he allows arrears of studies to accumulate he will pay the price with failure and disgrace. Hence a studious pupil improves more rapidly at college than at school, but a waster comes quicker to grief.

If I am asked to choose between school life and college life, it will not be something very easy. At school, I looked with envy and expectation at my serious and the ample freedom they enjoyed both at home and outside. Now at, the college I look back sometimes to those days when I could 'feel my life in every limb' and I was full of laughter add merriment than I can ever be in life. For somehow I have a feeling that the gracious, sun-lit days of gaiety, thoughtlessness and the care-free pursuit of knowledge will soon be over, and it is not for me anymore to give way to 'the loud laughter that speaks the vacant mind'. And yet perhaps, in a final view, college life, in spite of its cares and burdens, is the most pleasant and exciting period in one's life. The sense of freedom, if nothing else, is in itself a tonic and an incentive to higher things.

Depression in Teens

Aniket
B.Tech EEE - II Year

Depression, also known as major depressive disorder, is a mood disorder that makes you feel constant sadness or lack of interest in life.

Most people feel sad or depressed at times. It's a normal reaction to loss or life's challenges. But when intense sadness -- including feeling helpless, hopeless, and worthless -- lasts for many days to weeks and keeps you from living your life, it may be something more than sadness.

And today a lot of teens are dealing with this problem. As much as 8% of teens experience depression each year, according to one survey. By the time young adults reach age 21, one study found that nearly 15% have had at least one episode of a mood disorder. Depression can cause problems such as difficulties in school, difficulties with relationships, and decreased enjoyment of life. At its worst, depression can lead to suicide, one of the leading causes of death for teens in the India.

Symptoms

- Sad or depressed mood

- Feelings of worthlessness or hopelessness

- Loss of interest in things they used to enjoy

- Withdrawal from friends and family

- Crying

- Inability to sleep or sleeping too much

- Loss of appetite or increased appetite

- Aches and pains that don't go away, even with treatment

- Irritability

- Feeling tired despite getting enough sleep

- Inability to concentrate

- Thoughts of suicide, talk of suicide, or suicide attempts

  Treatment of depression

- Psychotherapy: Talk therapy and/or cognitive behavioral therapy are often good initial treatments for mild to moderate cases of depression.

- Group therapy: Therapy groups can be effective for teens. Through group work, teens connect with other teens that share and understand their struggles and create support networks beyond their immediate families and close friends.

- Medication management: Selective serotonin reuptake inhibitors (SSRI's) are antidepressant medications that can be beneficial to adolescents diagnosed with major depressive disorder.

MY COLLEGE EXPERIENCE

Vishal Gupta
B.Tech EEE - III Year

Throughout my lifetime I have listened to people reflect back on their college experiences and explain how college is supposed to be "the best experience of your life." The summer after my senior year I use to try and imagine what my first semester was going to be like based on what I had heard people talk about in the past. After my first semester, I realized that I couldn't fully understand what college was like until I experienced it for myself.

I can remember missing 9:30 classes because I stayed out too late the night before. In high school the teacher would constantly remind the students when certain assignments were due, but this was not the case in college. I learned that the hard way my first semester. So kind of my teachers **for not checking my assignment.** Sometimes I forgot to turn in an assignment because I didn't properly read my syllabus and my professor never mentioned it.

After my first semester I learned how better manage my time, take advantage of campus resources and also how to organize myself better. These struggles also taught me that sometimes I try and rush through things instead of taking my time. . Although I was unhappy while facing obstacles I am happy I experienced them

One thing I got to know that – life is unpredictable. It might be good, it might be bad, it might be weird, and it might not interest you, but expect anything to happen. For example, you might have a wonderful job this moment, and be fired the very next moment. College life prepares you for all of this. It is a perfect blend of joy and hardships. You meet different people, you interact with them, you learn about their cultures and grow as

a person. You will understand how to talk to different people, how to judge their behavior, thus helping you with important **life skills**.

My Mom's Last Call

It was my desire,

To catch the fire,

I wanted to show you what I was,

But something choked me really hard,

I wanted to prove to my dad,

That my choice was not bad,

I wanted to shine,

But from inside I was not fine,

And this led me to my death,

Ultimately I met my last breathe,

As I was going,

My mom was calling,

Don't go my son,

You're the only one,

But I was saying good-bye to them all

And this was my mom's last call.

I Sit Beside the Fire

I sit beside the fire and think of all that I have seen,

Of meadow-flowers and butterflies in summers that have been;

Of yellow leaves and gossamer in autumns that there were,

With morning mist and silver sun and wind upon my hair.

I sit beside the fire and think of how the world will be,

When winter comes without a spring that I shall ever see.

For still there are so many things that I have never seen:

In every wood in every spring there is a different

- Tejasweata Dubey
B.Tech. EEE III Year

What is friend?

A friend is someone

who is always there

to help you

and listen to you

someone who lends his shoulder

for you to lean on

someone who listens

and advises you always

someone who helps you

to face the world

someone with whom you

share your laughters and tears

A companion for life

a friend should be

A person who smiles

and helps you smile too

someone who lends you his hand

and brightens your ways

That is what a friend is.

- Talat Raza
B.Tech. EEE III Year

ART

Sarthak Bhardwaj
B.Tech. EEE II Year

ART

Sarthak Bhardwaj
B.Tech. EEE II Year

ART

Sarthak Bhardwaj
B.Tech. EEE II Year

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Ahmad Faraz
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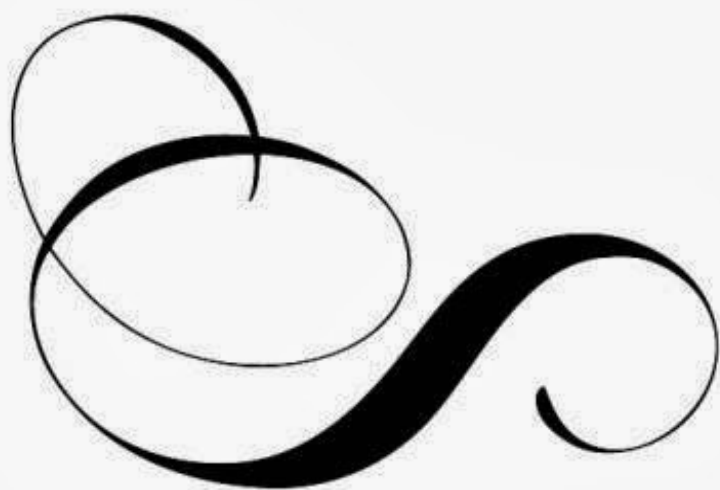
ART

Sarita Yadav
B.Tech. EEE II Year

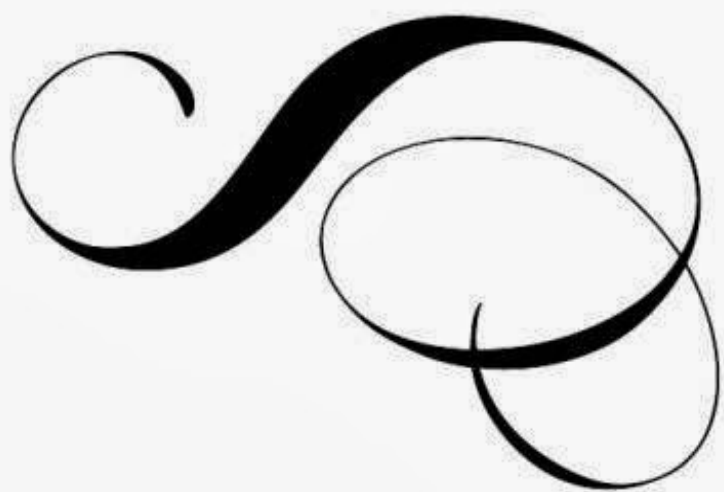Jai Shri Krishna

By :- Sarita

ART

Sarita Yadav
B.Tech. EEE II Year

Thank You

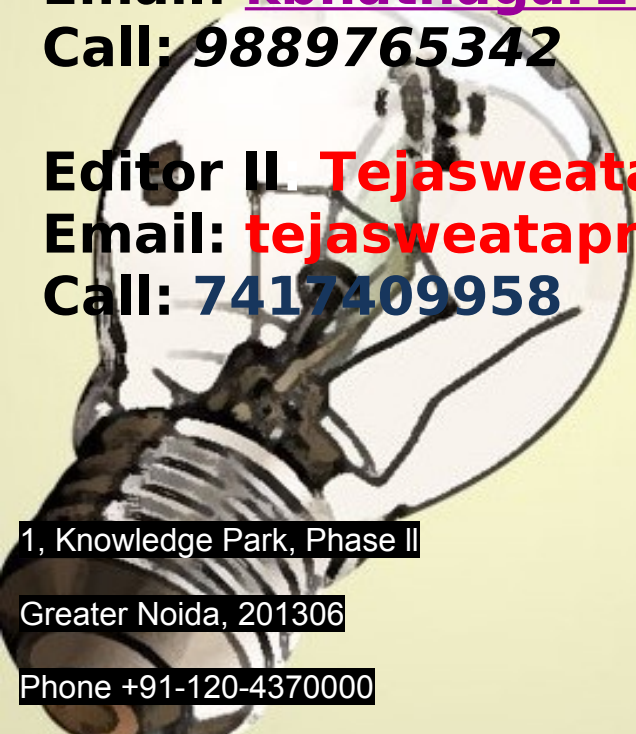**For Queries and Suggestions feel free to contact:**
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