14
2023-24

TEAM SPIRIT
INNOVATION
KNOWLEDGE
RATIONALITY
LEADERSHIP
CREATIVITY

EMINENCE

Thakur Educational Trust's (Regd.)

THAKUR INSTITUTE OF MANAGEMENT STUDIES, CAREER DEVELOPMENT & RESEARCH

Autonomous Institute Affiliated to University of Mumbai, Approved by AICTE and Govt. of Maharashtra
ISO 21001 : 2018 Certified • MCA Program Accredited by National Board of Accreditation (NBA)
Institute Accredited with A+ Grade by National Assessment and Accreditation Council (NAAC)

Our Vision

Thakur Institute of Management Studies, Career Development & Research will become a premier institute renowned internationally for providing education in software application to graduates from various disciplines.

Our Mission

To achieve excellence in providing software education so that students can grasp existing as well as emerging technologies and to inculcate leadership and managerial qualities in them so that they can deliver results in the organization they join.

Educational Organization Policy

We, the staff, faculty and management of Thakur Institute of Management Studies, Career Development and Research are committed to offer excellence in software education, in inclusive and conducive academic environment for holistic development of our students. We work as a team and interact with students in pro-active manner to achieve our Educational Organization Objectives and fulfill all academic, statutory and regulatory requirements. We strive for continual improvement of our Educational Organizations Management System.

From the Editor's Desk

As India continues to solidify its position as a global technology powerhouse, the role of skilled professionals is more vital than ever. At TIMSCDR, we take immense pride in shaping the next generation of leaders in the field of computer applications, ensuring they are equipped to contribute meaningfully to India's remarkable progress.

In a world where technology and innovation are constantly pushing the boundaries of possibility, our Master of Computer Applications (MCA) program has been designed to stay ahead of the curve. Our curriculum integrates the latest industry trends and advancements in technology to provide our students with the skills they need to thrive in today's competitive environment. Whether it's through internships, live projects, or research initiatives, we offer a range of platforms for students to gain hands-on experience and apply their knowledge in real-world contexts.

At TIMSCDR, we are committed to fostering an inclusive, collaborative, and innovative learning environment. We believe in holistic development, ensuring our students not only excel academically but also grow as responsible individuals who are ready to take on challenges in a socially conscious manner. This edition of Eminence showcases the creativity, technical acumen, and intellectual vigor of our students, and we are certain you will appreciate the diversity of thought and talent displayed within these pages.

We owe a great deal of our success to the unwavering support of our management, whose forward-thinking approach continues to inspire both faculty and students alike. Their vision has allowed us to create a learning ecosystem that nurtures innovation, critical thinking, and entrepreneurship.

Dr. Vinita Gaikwad
Director

Our PEOs and POs

PROGRAM EDUCATIONAL OBJECTIVES (PEOs)

PEO-1 : To enable students to gain knowledge across all domains of Information Technology with in-depth understanding of their applications.

PEO-2 : To enable students to analyze problems and to design and develop software solutions using emerging tools and technologies.

PEO-3 : To enable students to continue Life-long learning, Research and Entrepreneurial pursuit in their chosen fields.

PEO-4 : To develop communication, teamwork, and leadership skills necessary to manage multidisciplinary projects and serve the society as responsible and ethical software professionals.

PROGRAM OUTCOMES (POs)

PO-1: **Foundation Knowledge:** Apply knowledge of mathematics, programming logic and coding fundamentals for solution architecture and problem solving.

PO-2: **Problem Analysis:** Identify, review, formulate and analyse problems for primarily focussing on customer requirements using critical thinking frameworks.

PO-3: **Development of Solutions:** Design, develop and investigate problems with as an innovative approach for solutions incorporating ESG/SDG goals.

PO-4: **Modern Tool Usage:** Select, adapt and apply modern computational tools such as development of algorithms with an understanding of the limitations including human biases.

PO-5: **Individual and Teamwork:** Function and communicate effectively as an individual or a team leader in diverse and multidisciplinary groups. Use methodologies such as agile.

PO-6: **Project Management and Finance:** Use the principles of project management such as scheduling, work breakdown structure and be conversant with the principles of Finance for profitable project management.

PO-7: **Ethics:** Commit to professional ethics in managing software projects with financial aspects. Learn to use new technologies for cyber security and insulate customers from malware.

PO-8: **Life-long learning:** Change management skills and the ability to learn, keep up with contemporary technologies and ways of working.

To achieve high ethical and academic standard, students are instructed to follow the Code of Conduct prescribed by the institute

Code of Conduct for Students

ACADEMIC CONDUCT

- As a part of academic work, time to time submissions are scheduled for assessment of respective subjects. It is mandatory for the students to follow the schedule and submit the work complete in all respects on time.
- Any research paper/ project/ report submitted by the students has to be original work of the student. Plagiarism shall not be accepted.

REGULAR ATTENDANCE

- Subject-wise attendance is taken every day. Students should have 75% attendance in all subjects and in developmental programmes like guest lectures, training programs, field visits etc. as per University of Mumbai Ordinance 0.6086.

GENERAL CONDUCT

- Wearing ID-Card in campus is compulsory.
- Formal and decent dress code should be maintained (half-pants, Capris, three-fourths, are not allowed).
- Only English language shall be used for oral / written communication on campus.
- Students should not talk amongst themselves whenever anyone is addressing the class as a whole. If any students are found disturbing the class with notorious activities, necessary disciplinary action will be taken.
- Loitering in the corridors and making noise on the premises is strictly prohibited.
- Consumption of alcohol, tobacco, drugs, cigarette, and smoking is prohibited in the institute. Students should refrain from visiting smoking joints in the vicinity of the campus.
- Access will not be allowed into lectures, computer labs, seminars after the start of the session. Late comers will be refused entry and should leave immediately, if requested.
- In the event that a student wishes to leave a lecture, seminar or computer lab before its scheduled finish time, the prior permission of the Professor concerned should be obtained except in the case of departure necessitated by reason of illness or other unforeseen circumstances.
- Laptops and other auxiliary aids can be used, in classroom & Labs with permission from the Professor concerned.
- No audio or video recording of any session should take place without the permission of the Professor/ Speaker concerned.
- Food & Beverages shall be consumed only in refreshment room or canteen.
- Misuse or damage to any learning materials including collar mikes, computers, sound systems or LCD Projectors, furniture, fittings, or any other property belonging to the institute will not be tolerated and will lead to disciplinary action, and the entire class will be held responsible for it and shall be liable to pay fine as applicable.
- Seating arrangement in the classroom should not be disturbed.
- Caution Money will be refunded as per the refund policy of the institute.
- Library books and Card should be returned as per the Library policy.
- Comply with all important dates provided by examination section without fail.
- Provide faculty teaching feedback unbiasedly and fearlessly to facilitate positive changes in teaching / training system and help to improve its efficiency and effectiveness.
- Participate in departmental and institutional activities/ programmes individually and in groups to enhance your learning and help to increase the brand value of the Institute.
- Encourage and share best practices and innovations at all levels to set new standards and benchmark for the Institute.
- Avoid gossip and false propaganda.
- Be vigilant & report any incidences that need immediate attention & corrective action.
- Ragging is prohibited under the Maharashtra State Act of 1999 within or outside of education premises and any act by participant is punishable.
- Learn and notice the drills during any emergency / accident like fire, flood, electrical shocks, etc.
- Read notice board and visit college website regularly for latest updates to be well informed at all times.
- Do not use cell phones within the Classroom & Labs.
- Be in regular touch with the Mentor-Faculty and bring to her/his notice difficulties if any.
- Any illegal activity within the college premises is strictly prohibited.

INDEX

The Year That Was...
2023-2024

- Editorial Team
TIMSCDR

Student Induction Program August 28 - September 2, 2023

Student Induction Program (SIP) was conducted on August 28 - September 2, 2023 for the Batch 2023-24. Newly joined students were introduced to the various processes of the Institute and the MCA Program. Students were also made aware about the Code of Conduct of the Institute.

SYNAPSE- 2023

SYNAPSE – The opportunity for the students to showcase their innovative ideas and technical projects to industry experts. This year Synapse was featured with the theme "Using Information Technology for Women Empowerment".

SYNAPSE Curtain Raiser was organized on May 24, 2023 with 16 innovative project ideas from first year students.

The Final Presentation took place on October 12, 2023.The Tenth volume of SYNAPSE – Innovation Magazine was released at the hands of the event judges Dr. Suresh A Shan- Creative innovator, Mr. Harsha Udupi – Senior Business Program, Engagement, Innovation and People Leader, Mr. Sanjiv Viswanathan – Associate Director Global Analyst & Industry relations at Virtusa Corporation, Mr. A Siju Rawther – Head Information Technology at SBI Mutual Fund, Mr. Mayank Parekh – Managing Director at Everex Infotech, Mr. Sachit Kumar – VP at Home Ville Group, Co-Founder ambulance. Run, Mr. Om Narayan Shukla – Team Leader at home Ville group.

DLLE- 2023

DLLE Introductory Session by Dr. Vijay Patil, DLLE Coordinator on December 6, 2023.

VISTA - 2024

VISTA 2024 marked the 19th anniversary of TIMSCDR's esteemed intercollegiate festival, showcasing a vibrant tapestry of student talent and innovation under the "YUVOTSAV" held on April 4 – 5 2024, at the TEG campus, the event was inaugurated by distinguished guests including Mr. Khushaal Pawar, a content creator, singer and composer.

The event was a fantastic Technical and Cultural celebration! With the preparation of Rangolis and decorations themed around Marvel and Disney characters, including all Marvel heroes and Harry Potter, the atmosphere was vibrant and exciting. Drawing participation from over 400 students representing 20 colleges, VISTA 2024 featured 11 events spanning Technical, Cultural, and Gaming categories. Highlights included intense competitions

in Technical Games such as Coding and Unravel the Bug also BGMI and Valorant gaming, a captivating array of cultural performances such as Solo as well as group Singing and Dance, Bizz Quiz, Fashion Show.

The event had Magic Show and a musical evening. Students and staff of all the three institutes also added to the entertainment with a Street Play, a Flash mob, staff games in the TEG Campus. The variety of stalls, including those for food, clothes, and education, not only attracted a crowd but also enhanced the lively and festive ambiance of the event.

Thakur College of Engineering and Technology, Kandivali East, received the prestigious rolling trophy for their exceptional achievements across multiple activities. Looking forward, VISTA continues to serve as a beacon of creativity and collaboration, inspiring future generations of innovators and leaders across disciplines.
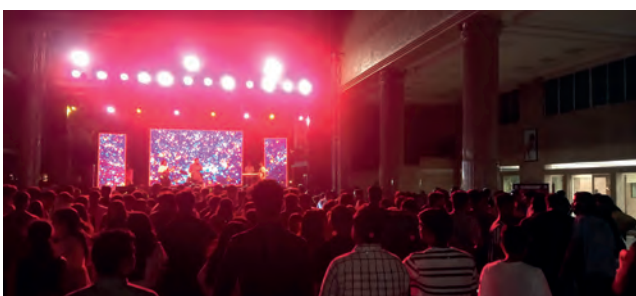
SPORTS DAY

Annual Sports-Day-2024 was organized on April 19, 2024 with indoor games like Chess, Carom, Badminton, Table Tennis, Arm wrestling, Skipping, Tug-of-war and outdoor games like Cricket, Sprint, Relay, Shot-put, Football events etc. were organized.

Winners were awarded Certificates and Trophies. Based on maximum participation and winners, Semester II Batch B was awarded the Sports Trophy. Best Sports person Boy and Girl of the Year award was bagged by Aditya Gautam and Neha Yadav respectively.

E-DAY

Entrepreneurship Day and Institute Innovation Cell (IIC) poster presentation event organized by Ayan E-Cell of Thakur Institute of Management Studies, Career Development & Research on March 22, 2024 aimed to honor the achievements of women entrepreneurs who have excelled in various domains of the corporate world and society and they delivered session on "How to plan for Startup and Legal & Ethical Steps".

Guest of Honors: Shwetha Ashok, Nutritionist and Gut Guru, Krupa Joshi, Proprietor of DigiMark5; Gunjan Pai, Founder of Copylove and a Copywriter & Branding Specialist, along with being a TEDx

Also, various events such Smart Shark Business Challenge (IIC Activity), Bull vs Bear Blitz: Financial Clash of Titans, Brain Blitz: Heads Up Edition and Celebration (Traditional day) were conducted as a part of E-day 2023.
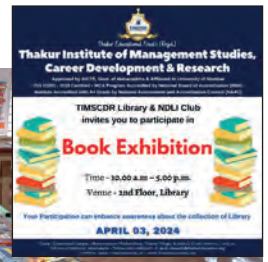

PERSONALITY DEVELOPMENT AND MENSTRUAL HYGIENE

WDC cell of TIMSCDR organized a Guest lecture on "Personality Development and Menstrual Hygiene, by Ms. Pooja Sejpal on October 05, 2023.

BOOK EXHIBITION

Annual Book Exhibition is organized by the Library on April 3-4, 2024.

DEGREE CERTIFICATE DISTRIBUTION CEREMONY

Chief Guest Dr. Kannan M. Moudgalya, Core Faculty, Professor, IIT Bombay; Guests of Honor Rtn. Jennifer Isaac, Director at CrossAsyst Infotech Pvt. Ltd.; Dr. Sangeeta Shirname, Founder, Inseed; Ms. Vertika Chandra, Lead Consultant, Datamatics, TIMSCDR Alumnus (Batch-2005) for Graduates of A.Y. 2022-23 Batch on Saturday, March 30, 2024.
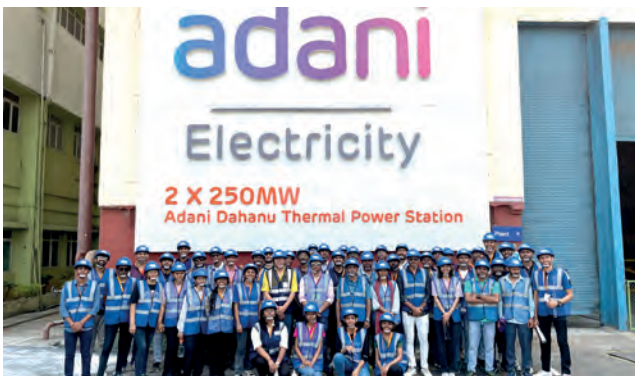
BLOOD DONATION CAMP

DLLE Cell of TIMSCDR in association with Mahatma Gandhi Blood Centre, Blood Donation Camp, February 29, 2024.

INDUSTRIAL VISIT

TIMSCDR students visited Adani Dahanu Thermal Power Station on 27 March 2024. Students witnessed firsthand the intricate processes involved in converting coal into electricity, gaining valuable insights into thermal power generation.

ISTE APPROVED STTP – 2024 ON "INFORMATION TECHNOLOGY IN AGRIGULTURE AND HEALTHCARE FOR SUSTAINABILITY –VIKSIT BHARAT

Yoga Session : Ms. Supriya Baikerikar, Bayoga, Yoga Shala - June 18, 2024.

Work-Life balance through Sahajayoga Meditation: Ms. Vineeta Gupta Facilitator & Coach, HR Consultant, Consultant - Content & Design - June 18, 2024.

Online IPR in collaboration with RGNIIPM Government: Dr. Bharat Suryawanshi Assistant Controller of Patents & Designs - June 19, 2024.
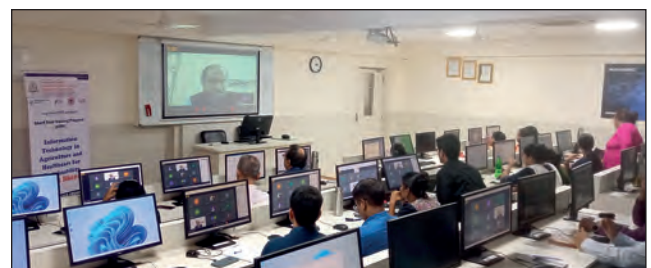
Aahaar Kranti - "Nutrition for a Viksit Bharat": Dr. Yelloji Mirajkar, Former Executive, Director, Hindu Swayamsevak Sangh, USA, Global Indian Scientist & Technocrats (GIST), Dr. Rashmi Kulkarni, Director & Co-founder of ARNA Genext Solutions Pvt Ltd, Dr. Srinivasa K. Rao from the USA - June 19, 2024.

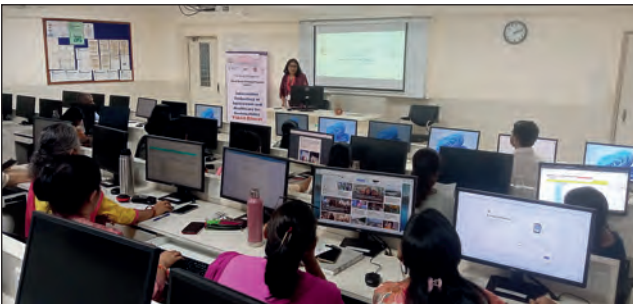**Overview of Communication in the Digital Marketing Industry:** Mr. Rajesh Patalia, Media Industry Specialist, Agency 9 - June 20, 2024.

Sustainability Practices in India using IKS: Water Resource Development and Management using Ancient Indian Knowledge Systems Dr. Seema Jagtap, Professor & HOD Civil, TCET - June 20, 2024.

MATLAB for Data Processing, Visualization, and Statistical Methods: Mr. Kunal Khandelwal, Application Engineer at MathWorks, DesignTech Systems Pvt Ltd, Pune - June 21-24, 2024.

NEP for PG Program: Dr. Rajesh Bansode, Professor & HOD - I.T Department ACM Branch Counselor, TCET- June 25, 2024.

One-Day Design Thinking Workshop: Ms. Devanshi Sihare, Senior Facilitator, Tinker Labs - June 26, 2024.

AI Healers : Impact of AI on Healthcare: Mr. Harsha Udupi, Chief Mentor Ms Anjali Mogre, AI Healers - June 27, 2024.

Water, land conservation, and Biodiversity: Mr. Afzal khatri, Mrs. Nusrat Khatri Environmentalist - June 27, 2024.
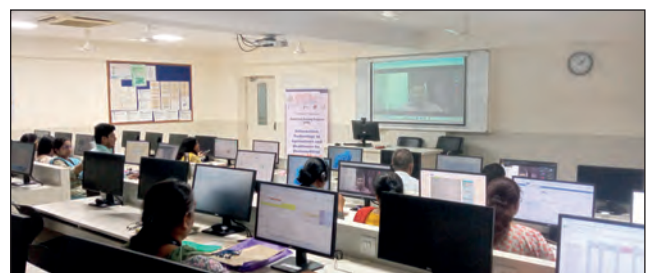
Online Session on "How to make Research Proposal for grant of Funded Project" Dr. Umakant Butkar, Research Director, VB SOLUTIONS - June 28, 2024.

Valedictory Function: Dr. Vinita Gaikwad, Director, TIMSCDR - June 28, 2024

INTERNATIONAL CONFERENCE ON ADVANCES IN INFORMATION TECHNOLOGY AND MANAGEMENT - ICAIM-2024

- Editorial Team
TIMSCDR

International Conference on Advances in Information Technology and Management ICAIM 2024 was organized on February 10-11, 2024. Theme of this year's conference was "Leveraging I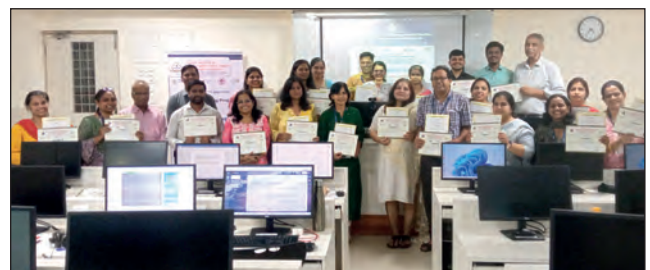nformation Technology for Sustainability in Agriculture and Healthcare – Women Empowerment". It was arranged in association with AMC (Association of Medical Consultants), MACCIA (Maharashtra Chamber of Commerce, Industry and Agriculture) and Nordic Center for Sustainable Healthcare (NCSH). ICAIM 2024 was conducted in a blended mode where eminent personalities from all three fields – IT, Agriculture, and Medicine participated.

ICAIM-2024 was a unique virtual interdisciplinary International Conference enabling various IT solutions leveraged in the domains of Agriculture and Healthcare. Leading experts from all three disciplines also spoke about further cutting-edge directions for utilizing IT in these domains from the perspective of women's empowerment.

Guest of Honor Dinesh Kumar Singh a Group Leader and Digital Farming Initiative (Fisheries and Livestock) at Tata Consultancy Services in augurated the conference on February 10 2024 with an opening speech high lighting the importance of education in women empowerment. Ms. Ritu Rungta, Associate VP, Xoriant, along with Miss

Rasika Phatak a renowned agricultural consultant focused on their views of empowering women in the field of industries and agriculture. Mr. Johannes Brunding, Energy and Climate Manager at Nordic Center for Sustainable Healthcare, and Dr. Shantanu Sharma a Researcher at Lund University, Sweden emphasized the importance of sustainability in the healthcare sector. They introduced us to the concept of Green Hospitals for a cleaner environment. Dr. Padmaja Samant from KEM Hospital, spoke about women's health and Dr. Sangeeta Shirname

a profound researcher with INSEED discussed in brief about the Literacy Project in tribal Pada's.

The event also had panelist, Mrs. Anjali Churi a founder member of Nisarg Nirman certified financial planner Ms. Rekha Mohnot, AVP, Finnovate reflecting views on women empowerment. The panel discussion summarized women's empowerment in terms of literacy, healthcare, agriculture, and financial domain.

Their second day of the ICAIM 2024, held on 11th February 2024 with an inaugural ceremony attended by Chief Guest Dr. Ashok Shukla, President AMC with an opening speech on bridging the gaps between doctors and technology. The other dignitaries on the dais were Dr. Vikrant Desai, Honorable, Secretary AMC, Dr. Mukesh Gupta, Chairperson- Media & Communication Cell, AMC, and Dr. Jayesh Lele, Vice President, IMA. A brief panel discussion on "Empowering Doctors with Technology- Health/ Literature/ Finance" included our esteemed guests Dr. Hemal Maniar, President, MMA, Mr. Manoj Sharma, Portfolio Manager, and Jaimin Bhatt an alumnus of TIMSCDR. Dr. Vinita Gaikwad, Director of TIMSCDR also shared her thoughts the importance of technology in empowering doctors to face the challenges of tomorrow. The panel discussed and summarized embracing technological advent with wisdom and awareness.

Prof. Sonu Gupta discussed the significance of Search Engine Optimization (SEO) in building a strong social media presence. Prof. Mira Gohil created awareness about, securely navigating the Dark Web and mitigating risks through vigilance and adopting safety measures.

Further, the second day concluded with Doctor's Workshop on "Use of AI in Daily Practise for Doctors" headed by our knowledgeable faculty members of TIMSCDR also attended by doctors from all over Mumbai. The topics for the workshop are stated as follows: –

1. Role of AI in transforming Medical Practice
2. AI for Personal Enhancement
3. AI Tools for Doctors in Practice
4. AI for Social Media Marketing
5. UPI Platform: Do's & Don't

The workshop provided a valuable experience to the doctors on the usage of technology in their day-to-day practice and empowered them in the same.

1. Dr Mishu Tripathi, HOD at Thakur Institute of Management Studies & Research
2. Dr Astha Sharma, Asst. Professor at Thakur Institute of Management Studies & Research

3. Dr. Dinesh Kumar Singh, Group Leader, Social and Mobility Innovation, TCS

4. Dr. Suresh A. Shan, Chairman, CSI – Mumbai Chapter

5. Dr Abdul Moid, Director ERTL WEST

6. Mr Smith Gonsalves, Cyber Security Expert, Director at Cyber Smith SECURE

Faculty -1st Prize : Study of Leveraging IT for enhancing literacy to empower tribal women in the Sange village of Palghar district of the State of Maharashtra

Dr. Vinita Gaikwad, Ms. Anamika Dhawan, Ms. Shweta Waghmare

Faculty – 2nd Prize : Sentiment Analysis for Education for analyzing students' feedback

Ms. Rupali Jadhav, Dr.Rupal Parekh

Faculty -3rd Prize : A Review on Software-Driven Solution for Authentication and Authorization in the Google Play Store

Mr. Shirshendu Maitra, Dr.Padma Nilesh Mishra

Student -1st Prize: Study of NLP models and their efficacy in the detection of early signs of depression and suicidal tendencies.

Atman Shastri

Student -2nd Prize: Uncovering the Dark Patterns of Persuasive Design (UI/UX)

Arjun Sharma

Student -3rd Prize

Empowering Farmers: An Intelligent Crop Recommendation System Based on Predictive Analytics   Aditya Salaria

Research Poster

Student -1st Prize

IOT Based alarming system for hospitals (Role of IT)

Yadav Sanjana, Yadav Sanyog, Yadav Sudha, Dubey Aryan

Student -2nd Prize

Menstrual Hygiene and Access to Sanitary Products for School Going Girls (Role of IT)

Kshatriya Ananya, Mishra Gaurav, Pal Rahul, Singh Aachal

Student -3rd Prize

Elevating Maternal Well-Being Navigating Factors

Kotre Siddhi, Mayekar Aditya

Student -3rd Prize

Early Detection of Breast Cancer using ML Techniques & AI

Dholam Sayli,

Fernandes Josephine, Gaud Sonal,
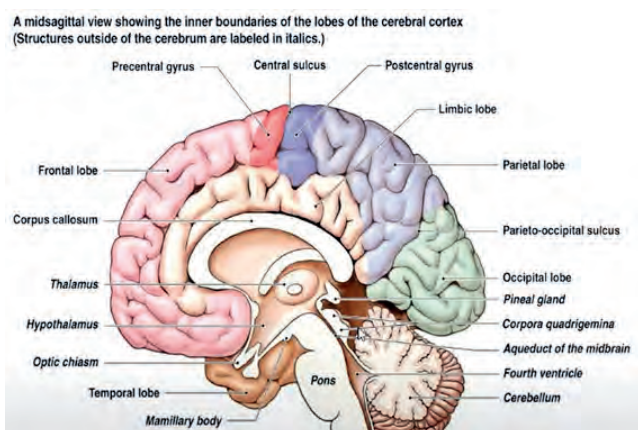
Gupta Annapurna

Building healthy habits through NLP -
Neuro Linguistic Programming

Dr. Mrs. Ashwini Renavikar
Professor

Human beings possess one of the greatest wonders on Earth: the human brain. It is the most powerful and enigmatic part of the body, and we utilize less than 20% of its potential. Remarkably, this untapped potential can be harnessed to build positive habits.

The human mind has long intrigued scientists, doctors, and psychologists, leading to numerous studies on this elusive yet fascinating aspect of our being. The brain, one of the most complex entities in the universe, can be divided into two distinct yet interconnected systems: the conscious mind and the subconscious mind.

A midsagittal view showing the inner boundaries of the lobes of the cerebral cortex (Structures outside of the cerebrum are labeled in italics.)

Structure and functions of human brain

The conscious mind is the logical part of brain that processes information from the five senses and is responsible for thinking and rationalizing. It operates under the principles of logic, but it does not control our actions. Instead, our actions are largely governed by the subconscious mind. This part of the brain is driven by emotions and instincts, playing a crucial role in fulfilling our basic needs and urges, such as reproduction, hunger, thirst, safety, and intimacy. The subconscious mind is a powerful force that acts without reasoning or judgment, often dictating our actions.

These two aspects of the mind work together to shape the behavior, influencing one's success or failure, happiness or anxiety, and achievement or frustration. The outcomes in one's life are determined by how one utilizes them. It is not possible to surpass the self-image stored in your subconscious mind, which often limits our success. For instance, hesitation to ask someone out due to fear of rejection or avoiding a job application out of fear of failure is the subconscious mind at work. Without a positive self-image in the subconscious, achieving consistent success can be nearly impossible.

In contrast to the conscious mind, where feelings and cognition are readily acknowledged, the unconscious mind involves deeper mental processes. Measuring events in the unconscious mind is challenging because it lacks a specific neuroanatomical structure. It operates automatically and beyond our conscious awareness, yet researchers believe it has a significant influence on human behavior.

What is NLP?

Neuro-Linguistic Programming (NLP) might sound complex, but its essence is straightforward. NLP explores the relationship between our mind (neuro), the language we use (linguistic), and our behavior patterns and emotions (programming). It is a powerful approach used in communication, personal development, and psychotherapy.

Neuro

This aspect focuses on how our sensory experiences (sight, hearing, smell, taste, touch) influence our thoughts and behaviors. It's about understanding the connection between our neurological processes and how we perceive and react to the world. Techniques in this area include sensory acuity and representational systems, which help in identifying and utilizing the preferred sensory modes of individuals.

Linguistic

Language shapes our reality, influencing how we think and interact. In NLP, linguistic patterns are studied to understand and modify thought processes. Techniques like reframing, meta-model questioning, and the Milton model (inspired by Milton Erickson's hypnotic language patterns) are used to help individuals shift perspectives and communicate more effectively.

Programming

This refers to the habitual patterns and behaviors we develop over time. These can be seen as 'programs' that can be reprogrammed. Techniques such as anchoring, swish patterns, and timeline therapy are employed to change undesirable behaviors and beliefs into more positive and resourceful ones.

This came into existence in the year 1970s by Richard Bandler and John Grinder. NLP is founded on the concept that by emulating the thought patterns of successful people, one can achieve similar success. It provides methods for understanding and altering human behavior, increasing self-awareness, and reshaping limiting beliefs.

NLP is nothing but self-instructions(affirmations) to the brain over a period tune the brain to believe in them and act upon. This is like changing the brain programming. The habits are a result of beliefs, values and knowledge which are instilled through the environment, into the humans.

Benefits of NLP in Habit Formation

1. Rapid Behavior Change: NLP techniques can lead to faster shifts in behavior compared to traditional methods, with individuals often experiencing changes in just a few sessions or even minutes.

2. Understanding the 'Why': NLP helps uncover the root causes of habits by exploring underlying beliefs and triggers, making it easier to address core issues rather than just symptoms.

3. Visualization Techniques: By mentally rehearsing desired behaviors or outcomes, NLP helps associate positive emotions with these behaviors, increasing the likelihood of their adoption.

4. Reframing Perspectives: NLP techniques assist in reframing narratives and beliefs, allowing individuals to view situations from a new perspective and choose more empowering responses.

5. Building Self-Awareness: NLP enhances self-awareness of thought patterns, emotions, and behaviors, which is crucial for recognizing and changing undesirable habits.

6. Mind-Body Connection: NLP emphasizes the relationship between the mind and body, recognizing that habits are repetitive behaviors involving both neurological and behavioural components.

7. Language Patterns: The way we talk to ourselves affects our habits. NLP helps in framing thoughts more positively and constructively by being mindful of language patterns.

8. Anchoring: This NLP technique links specific stimuli to emotional responses, similar to how habits form. Manipulating these anchors can assist in forming or changing habits.

9. Modelling: By emulating the thought patterns and behaviors of successful individuals, NLP facilitates faster habit formation and behavior change.

In summary, NLP provides effective developing better habits by focusing on the mind-body connection, language patterns, and behavioural triggers. It offers a thorough set of tools for modifying behaviors and fostering personal development.

According to Freud, the unconscious mind stores repressed thoughts and feelings, which can resurface in everyday and unexpected situations, often triggered by specific events. For example,

suppressed anger towards a parent's alcoholism might be triggered by the smell of liquor.

Although measuring the unconscious mind is difficult, Freud believed that psychoanalytic therapy could access it. This method aims to "lure out" repressed thoughts and feelings, which are often considered the root of many psychological issues.

In addition to the unconscious, the subconscious mind is a secondary system that regulates various aspects of our lives. Psychologically, the subconscious is the part of the mind not currently in focal awareness. It acts as a barrier created by the brain to manage the constant influx of sensory information. While this barrier doesn't block everything, it stores information for later retrieval. The saying that our mind forgets nothing reflects the subconscious's role as a filter, preventing us from being overwhelmed by environmental stimuli.

Hidden potential of subconscious mind

The conscious mind includes Fantasies, Feelings, Memories, Perceptions, Self-awareness, Sensations, and Thoughts

The conscious mind represents the brain's bioelectric processes that create awareness. It includes everything we are currently aware of, such as our thoughts, feelings, memories, perceptions, and sensations. The conscious mind is located in the cerebral cortex, which makes up about 40% of the brain's mass and is composed of billions of neurons.

We can't keep every thought, memory, or feeling in our conscious awareness at all times. Instead, some information is maintained in our awareness, some stays outside our immediate awareness but is still accessible, and other information is hidden from our awareness.

Freud identified two key processes that govern these systems:

- **Primary Processes:** These are aimed at discharging unacceptable urges originating from the unconscious mind. They often involve creating mental images or fantasies as substitutes for acting on these urges directly.

- **Secondary Processes:** These involve managing conscious urges through delayed gratification. Instead of acting immediately on a thought or desire, individuals use secondary processes to wait for a more appropriate time to act.

Interaction Between the Conscious, Preconscious, and Unconscious Minds:

- **Preconscious:** Closely related to the conscious mind, the preconscious includes information that is not currently in our active awareness but can be easily brought to consciousness.

- **Unconscious:** Information that the conscious mind wishes to keep hidden is repressed into the unconscious. Although we are unaware of these repressed thoughts, feelings, and urges, Freud believed they can still influence our behavior.

- **Accessing the Unconscious:** The contents of the unconscious are accessible to the conscious mind only in disguised forms, such as through dreams. Freud suggested that analyzing dream content could reveal the unconscious influences on conscious actions.

Human personality is built before the age of 7

Samuel Johnson's quote, "The chains of habit are too weak to be felt until they are too strong to be broken," highlights how our habits profoundly influence our lives. Most of what we do is driven by habit, so if an individual struggles with eating healthy or find it difficult to move past old issues, it's often a matter of ingrained habits rather than simple preferences or past grievances. What we consider to be our natural behavior is actually shaped by a series of habits—some that help us progress and others that hold us back.

If you're finding it hard to change certain bad habits, NLP (Neuro-Linguistic Programming) practitioner training can offer relief. NLP provides techniques for altering habits that obstruct your goals.

The problem often arises when we mistake our habits for our identity, allowing these fixed patterns to unconsciously dictate our behavior. We get stuck in routines, thinking they are the only way to live and act. When habits start to dominate and reinforce a negative self-view, it's essential to take control and make changes.

NLP training and coaching can help overcome bad habits. The first step is to identify which behavior or habit needs addressing. Each habit has an unconscious driver, and many people struggle to change because they can't identify these underlying reasons. This is where an experienced coach can be crucial. Recognizing a bad habit is one thing, but changing it requires significant effort and time. Engaging a coach sooner rather than later can accelerate the process of eliminating bad habits.

If you're committed to changing your habits, combining this NLP mind power technique with other habit management strategies will provide you with powerful tools for long-term success.

How Is This Possible?

You might wonder how it's possible to break stubborn daily habits in just minutes. The key is this mind power technique, which helps you step outside yourself and view yourself from an observer's perspective as you'd like to be.

Though it might seem simple—just stepping out and seeing yourself the way you want to be—when done deliberately and in a specific way, this technique can make your ideal self-image so compelling that it motivates you to shift from old habits to a new identity.

The NLP Mind Power Formula

This technique's effectiveness is based on imagination, visualization, and repetition. Since your unconscious mind doesn't distinguish between reality and imagination, mental rehearsal and repetition can help form new habits without the need for physical practice.

Steps to Change Your Habits Using NLP Mind Power

1. Identify the Habit: Determine the unwanted behavior, feeling, or attitude you want to change.

2. Find the Cue: Identify the specific cue that triggers the unwanted behavior. This could be an object, a symbol, or an internal voice.

3. Visualize the Cue: Create a mental image of the cue that appears just before the unwanted behavior and set this image aside for now.

4. Create a New Self-Image: Imagine yourself with the new behavior. Visualize this new self in vivid, appealing detail, noting changes in posture, facial expressions, and internal dialogue.

5. Evaluate the New Image: Assess how attractive and desirable this new self-image is. Adjust it if necessary until it addresses any objections you might have.

6. Shrink and Combine Images: Reduce the image of the new self to a tiny dot. Place this dot in the centre of the cue image you established.

7. Swap Images: Rapidly exchange the cue image with the dot. The cue image should lose color and shrink, while the new self-image should grow larger and brighter, filling your vision.

8. Repetition: Repeat the process quickly. As you see the cue, the dot with the new self will expand, and the old cue will disappear.

9. Speed Up: Continue the process faster and faster. See the cue and the dot, letting the new self-image replace the cue.

10. Finalize: Repeat the last two steps five more times, then another five times even faster, until the process feels natural and automatic.

By consistently applying this technique, one can effectively reprogram your mind to replace old habits with new, desired behaviors.
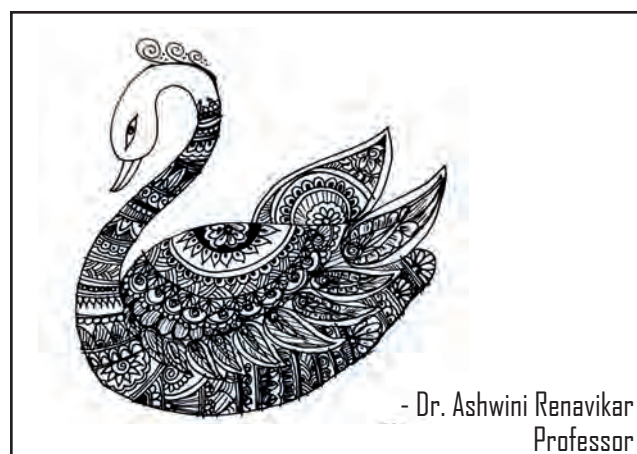
- Dr. Ashwini Renavikar
Professor

Ph.D. - Second Innings of my life

Dr. Shiksha A. Dubey
Asst. Professor

In 2012, I embarked on my teaching career at Bandra College, fuelled by a deep passion for education. My bond with my students was profound, and I felt a significant responsibility for their successes and failures. As I progressed in my career, I faced the challenge of passing the NET/SET exams. It took three years of perseverance, during which I balanced my roles as a new wife and mother, to finally succeed.

The key to passing these exams lay in meticulous preparation. However, once I cleared them, I felt an unexpected void. I searched for new goals but struggled to find anything that truly excited me. One day, while watching television, I saw a politician engaged in a trivial argument, yet he had "Dr." before his name. This moment sparked a revelation: if he could earn such a title, so could I. That day, I decided to pursue a Ph.D.

This decision marked the second chapter of my life, post-motherhood. My first task was to find a reputable college for my Ph.D. I aimed high and discovered the Computer Application department at VJTI. I applied immediately and, to my surprise, was exempted from the entrance test, proceeding straight to the panel interview. Although I had not conducted any preliminary study in my research area, fate intervened, and I was accepted in 2018.

The first year involved rigorous coursework, where I had to complete four subjects to prove my worth as a Ph.D. candidate. Thanks to the support of my peers and the conducive environment at VJTI, my first year went smoothly. I cannot forget my Ph.D. guide, Dr. Anala Pandit. Despite her frail physical appearance, she possessed a strong drive for perfection. Her cultural sophistication and dedication to excellence left a lasting impression on me.

The second year was a whirlwind as I had to decide on my research domain and topic, ultimately choosing healthcare with applications of machine learning. Identifying a feasible thesis topic and gathering research data were critical milestones. Data collection, especially primary data from hospitals, was challenging and required ethical committee approval. I opted for secondary data collection online, which was validated by domain experts.

Annual Progress Seminars (APS) were conducted yearly to assess our progress. The COVID-19 pandemic delayed our APS, bringing unprecedented challenges. Despite this, I wrote my first journal article during the pandemic, a review of various datasets and methodologies in my research domain. This article was presented at an IEEE conference and published in an indexed journal.

The second APS focused on implementing machine learning algorithms on the pre-processed dataset and analyzing the results. By now, I had met the minimum requirements for Ph.D. completion, and my subsequent research article delved deeper into the core of my thesis. In 2023, after successfully submitting my thesis, my final research article was published.

Before submitting my thesis, a pre-synopsis seminar was held to evaluate the quality and quantity of my research work. Following this, I needed approval from three external examiners, one of whom would attend the final defense. My thesis received unanimous approval, and on April 19, 2024, I presented my open defense confidently and was awarded my Ph.D. that very day.

Today, I am proud to be the first "Doctor in Computer Application" from VJTI. This seemingly impossible dream came true through the blessings of the Lord, patience, perseverance, and hard work. I am now exactly where I always aspired to be.

The Power of Connection: Making Connections in College

- Sanjeevani Murlidhar Gupta
SY-36

"Your network is your net worth." - Porter Gale, a very famous quote that states the importance of networking in your life, personal as well as professional. Personal networking is the practice of developing and maintaining a personal network.

Let's break down the concept of networking or personal connections to a simpler definition. Networking is the intentional and strategic process of establishing and nurturing relationships with individuals for personal, academic, or professional purposes. It involves building a community of connections, often with peers, mentors, colleagues, and professionals, to share information, advice, and opportunities.

Networking can take place in various settings, including social events, online platforms, and professional gatherings, and it plays a crucial role in career development, knowledge exchange, and personal growth. Successful networking involves effective communication, active listening, and maintaining meaningful connections over time.

When learning about college life, being able to navigate social networks is as important as getting good grades or choosing a major. College network goes far beyond interactions such as social and community events; It is this emotional relationship that can influence personal growth and development. This article explores the transformative power of communication, examining in depth its many connections and how these connections shape university education and practice, illuminating the path to future success.

Networking in a college setting goes beyond the business perspective, exchanging business cards, attending industry events, industry associations, etc. It is designed to build relationships with peers, professors, students, and professionals who play important roles in education and work. This is a great way to build support beyond the confines of the classroom. It acts as a bridge between education and real-world experience, providing students with

insights, tips, and opportunities that textbooks cannot provide.

Whether you're looking for career coaching, finding a business partner, or simply expanding your horizons, communication is what enables students to reach their full potential. The campus is a veritable treasure trove of resources supporting overall development. These include departments, alumni associations, and student associations, which play a special role in connecting people in education.

Recognizing the power of networking is pivotal for students, as it not only enhances their academic experience but also lays the foundation for a robust professional network that can shape their future endeavors. In essence, networking in college becomes a transformative journey of shared knowledge and mutual empowerment.

College campuses: offer a rich tapestry of networking resources essential for student development. Career centers serve as hubs for guidance, workshops, and job fairs, fostering connections with potential employers and even providing students with tools to learn about future careers. From resume writing to interview preparation, these resources give students the skills they need to succeed.

Alumni Associations: Bridge past and present, providing platforms for mentorship and industry

insights. Students participate in community events, workshops, and conferences to bridge the gap between current students and graduates in entering the world of technology.

Student organizations: spanning diverse interests, create communal spaces where networking thrives naturally. Leveraging these resources, students can attend events, workshops, and networking sessions, connecting with peers who share passions and goals.

Building relationships: with professors and engaging faculty through these avenues opens doors to mentorship and academic collaboration. Ultimately, these campus resources form a dynamic network, catalyzing valuable connections that extend far beyond graduation. Teachers often bring extensive communication skills to their work, and being a memorable and caring student can bring advice, guidance, and a deeper understanding of the learning environment.

Social media and online platforms: In the digital age, the role of social media on the Internet should not be ignored. Platforms like LinkedIn have changed this by providing a virtual space where students can showcase their skills, connect with professionals, and explore career opportunities.

LinkedIn: LinkedIn, commonly known as networking, is what encourages college students to go online. Creating and optimizing your LinkedIn


profile involves more than just uploading your resume. It is about creating a personal brand that reflects one's talents, experiences, and thoughts. Participating in content, joining meaningful groups, and accessing experts in your field can open up a world of opportunities.

The beauty of social media is its ability to transcend physical boundaries. Students can connect with people from different fields, industries, and backgrounds through online platforms, thus expanding their school network.

Participation and Socialization: Participating in social events and training is like entering a layer of time. From career fairs to industry-specific hybrid events, these events provide a great environment for students to interact with employers, professionals, and their peers.

Attending such an event is more than just getting a business card. It's about getting involved, asking questions to learn, and showing your passion for your chosen field. Effective online training can help students develop the skills to handle these situations safely, making each interaction last longer.

Peer Network: While professionals and experts are the main connection, the power of peer networks should not be underestimated. Today's friends can be tomorrow's partners, colleagues, and lifelong friends. Peer-to-peer networks do more than exchange contact information. It's about encouraging collaboration, sharing understanding, and creating a community of people who support each other in learning and working. Group projects, discussions, and school events help develop connections.

A **Server** based Network   A **Peer-to-Peer** based Network
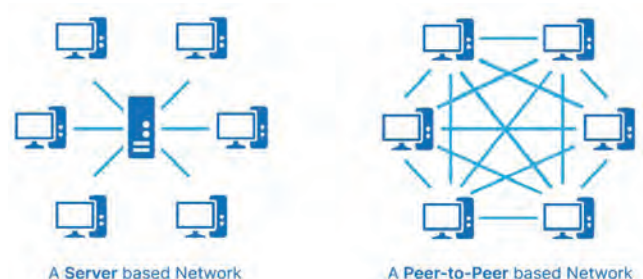
Discussions and Tutorials: Interviews with experts. These interviews give you insight into different jobs, business models, and the skills you need to be successful. They also have the opportunity to expand their network and find mentors. Finding a mentor, whether from a professional or personal

relationship, can provide guidance, direction, and a way to learn the complexities of the world and meet those challenges.

Network Rules: Effective communication depends not only on the number of connections but also on the quality of the relationship created. In the realm of technology, the principles of networking extend beyond sheer connectivity to emphasize the significance of fostering high-quality relationships. Consider, for instance, the impact of a straightforward yet potent gesture like sending an appreciation email following a virtual meeting. This seemingly simple act not only promotes professionalism but also reflects a sincere interest in forging genuine connections.

Competing Challenges: Although the Internet is a revolution, it is not difficult. Many students face issues such as shyness, fear of rejection, or uncertainty about starting a conversation. Overcoming these challenges requires ongoing improvement and discomfort support. Setting small goals, practicing, and gradually expanding your comfort zone are good ideas. Additionally, students who know that communication is a skill that can be improved over time may view it as a journey rather than a career.


Success Stories: The power of the Internet is often best described through success stories. Countless people attribute their success, opportunity, and career advancement to the connections they made while in college.

Consider a student immersed in the IT sector who initially embarked on a compelling part-time gig. What began as a role with intriguing responsibilities and technical challenges evolved into a full-time position, shaping the trajectory of their budding career. Similarly, envision another individual attending an industry-leading tech conference, where a serendipitous encounter sparked a collaborative synergy. This unforeseen connection resulted in a groundbreaking project and, in turn, unveiled unforeseen professional opportunities. These real-life narratives not only inspire but also underscore the tangible rewards derived from dedicating time and energy to cultivating and nurturing impactful alliances within the ever-evolving landscape of the IT sector.

As students begin this path, it is important to know that the power of the web depends not only on the number of links but also on the depth and accuracy of the link. A conversation with a professor, colleague, or professional can have a lasting impact. The university interview is an investment in one's future.

It is generally believed that success is not just about the recruitment process, but also successful collaboration through knowledge sharing, support, and good communication. As the saying goes, "Your connections are your debt," and in the world of college networking, dividends go far beyond profits.

- Dr. Ashwini Renavikar
Professor
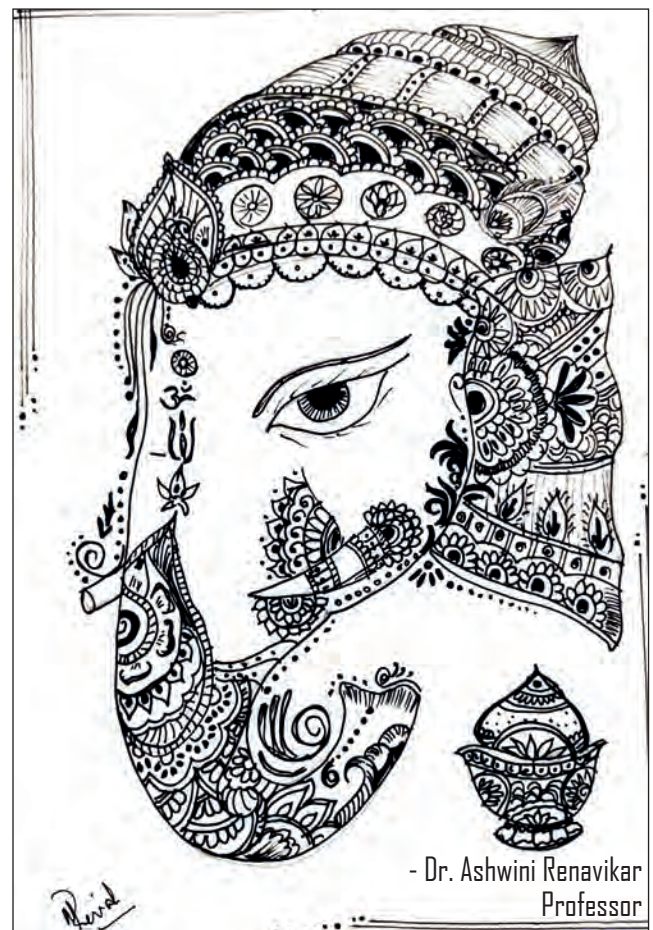
The Imperative of Mental Health Awareness: Nurturing Well-Being in a Complex World

Muskan Akbar Ali
SY - 62

Introduction:

In the ever-evolving tapestry of human existence, the fabric of mental health is intricately woven into our thoughts, emotions, and actions. The importance of mental health awareness has gained unprecedented significance in contemporary society. As we grapple with the complexities of modern life, the recognition and prioritization of mental well-being have become indispensable. This article embarks on a comprehensive exploration, delving into the multifaceted layers of mental health awareness and its profound impact on individuals, communities, and society at large.

Understanding Mental Health:

To comprehend the essence of mental health awareness, we must first appreciate the dynamic nature of mental health itself. It transcends the mere absence of mental disorders and extends into the realm of emotional resilience, psychological equilibrium, and social connectedness. Mental health influences how individuals navigate life's challenges, form relationships, and make decisions. As an integral component of overall well-being, it requires a nuanced understanding that goes beyond stereotypes and preconceived notions.

The Stigma Surrounding Mental Health:

One of the primary barriers to mental health awareness is the persistent stigma attached to mental health issues. Misconceptions and stereotypes surrounding mental illnesses perpetuate a culture of silence, where individuals often hesitate to seek help due to the fear of judgment, discrimination, or social ostracization. Breaking down these stigmas is paramount in fostering an environment where open conversations about mental health can transpire without the shackles of prejudice.

The roots of stigma are deeply entrenched in societal perceptions, often fueled by misinformation and a lack of understanding. Addressing this issue necessitates a collective effort to challenge stereotypes, promote empathy, and encourage compassion. Educational initiatives, media campaigns, and community dialogues play pivotal roles in dismantling these stigmas, fostering an environment where mental health is regarded with the same importance as physical health.

Impact on Individuals:

The repercussions of neglecting mental health are profound, affecting individuals on various fronts. A heightened awareness of mental health enables individuals to recognize the signs of mental health challenges in themselves and others. This early

recognition becomes a cornerstone for intervention and support, preventing the escalation of mental health issues.

Moreover, a robust mental health awareness fosters the development of coping mechanisms and resilience. Individuals equipped with a comprehensive understanding of mental well-being are better equipped to navigate life's tumultuous waters. They can cultivate healthy habits, engage in self-care, and seek professional help when necessary, promoting a holistic approach to their own mental health.

Relationships and Communities:

The ripple effect of mental health awareness extends far beyond the individual, influencing the dynamics of relationships and communities. Healthy communities are built on a foundation of interconnectedness, empathy, and understanding. As individuals within a community become more attuned to mental health, it strengthens the social fabric, creating an environment that encourages seeking help and fostering a collective responsibility for mental well-being.

Communities that prioritize mental health also serve as a safety net for individuals facing challenges. When individuals feel supported and understood, they are more likely to reach out for help, fostering an environment where everyone's mental health is valued and prioritized.

Academic and Professional Spheres:

The academic and professional spheres are arenas where the significance of mental health awareness is acutely felt. The demanding nature of educational pursuits and the pressures of the workforce can significantly impact mental well-being. Students juggle academic expectations, extracurricular activities, and social pressures, while professionals navigate deadlines, performance evaluations, and workplace dynamics.
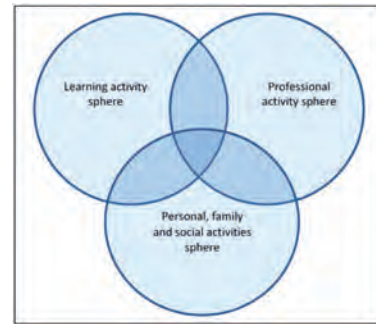
In educational institutions, a focus on mental health awareness can lead to the implementation of support systems, counselling services, and stress-management programs. Similarly, workplaces that prioritize mental health create environments where employees feel valued and supported, leading to increased job satisfaction and productivity.

Addressing Mental Health in Different Cultural Contexts:

The perception and treatment of mental health vary across different cultural contexts. Understanding and addressing mental health in diverse cultural settings is essential for developing inclusive approaches to mental health awareness.

Cultural nuances play a significant role in shaping attitudes towards mental health. Some cultures may stigmatize mental health issues, viewing them as signs of weakness or personal failure. Others may emphasize communal support and interconnectedness as integral components of mental well-being. Recognizing and respecting these cultural differences is crucial in promoting effective mental health awareness that resonates across diverse populations.

Global initiatives should aim to bridge the gap between cultural perspectives on mental health, acknowledging the strengths of different approaches and fostering a universal understanding that prioritizes mental well-being irrespective of cultural backgrounds.

The Role of Education in Mental Health Awareness:

Education emerges as a potent tool in dismantling barriers surrounding mental health. Integrating mental health education into school curricula and workplace training programs can contribute significantly to destigmatizing mental health challenges.

In educational settings, students should be equipped with the knowledge and skills to navigate stress, peer pressure, and academic challenges. Educational institutions can provide resources such as counselling services, workshops, and peer support programs to address the unique mental health needs of students.

Similarly, workplaces can foster mental health awareness through training programs that educate employees about stress management, work-life balance, and the importance of seeking help when needed. By creating a culture that prioritizes mental health, organizations can contribute to the overall well-being of their workforce.

Advocacy and Policy Initiatives:

Advocacy efforts and policy initiatives play a pivotal role in shaping a society that prioritizes mental health. Governments, non-profit organizations, and advocacy groups can influence public opinion, allocate resources, and implement policies that support mental health initiatives.

Legislation should aim to reduce barriers to accessing mental health services, ensure the availability of affordable treatment options, and promote mental health parity in insurance coverage. By destigmatizing mental health challenges at the policy level, societies can create an environment where individuals feel empowered to seek help without fear of repercussions.

Public awareness campaigns are instrumental in disseminating accurate information about mental health and challenging prevailing stigmas. These campaigns can be conducted through various mediums, including social media, traditional media, and community events, amplifying the message that mental health is an integral aspect of overall well-being.

Conclusion:

In conclusion, the imperativeness of mental health awareness resonates as a fundamental tenet of human existence. It transcends individual experiences, permeating through the fabric of relationships, communities, and societies at large. By nurturing a culture that prioritizes mental well-being, we embark on a transformative journey toward a more compassionate, understanding, and supportive world.

Embracing mental health awareness is not just a personal endeavor; it is a collective responsibility that requires the active participation of individuals, communities, institutions, and policymakers.

As we navigate the intricate labyrinth of human emotions, thoughts, and experiences, let us champion mental health awareness as an enduring beacon that illuminates the path to a healthier, more empathetic, and interconnected society.

Through our collective efforts, we can dismantle the barriers that shroud mental health in silence and foster a world where every individual's mental well-being is valued, nurtured, and safeguarded.

Golden rules to make Happy Life

Kiran Dubey,
Librarian, TIMSCDR

When we look at the lives of the happiest people around us, we see that they have a lot in common. There are certain actions, ways they behave and believe that all work together to create the perfect foundation for a beautiful, happy and fulfilled life.

We can learn a lot by taking a closer look at people who are just being nice and happy, and observing what they have in common. It is interesting that we can imitate the things of happy people and their attitude towards life. We can look at what works for them and maybe try to identify areas that we could improve in our lives.

Imitating the characteristics of happy people is not about trying to be someone or something that we are not, but rather being open to learning and realizing that we may need to make some adjustments to live the life we want. . By observing the characteristics and habits of happy people and reading hundreds of self-help books for a happy life, there are golden rules for living a happy and fulfilling life.

Golden rules to make happy life:

Smile when you mean to: Even if you're not very enthusiastic, developing a happy thought and then smiling about it can increase your happiness and make you more productive. It is important to be sincere in your smile. According to one study, faking a smile when experiencing negative emotions can actually make your mood worse.

Focus on present moment: People who are truly happy focus on the present rather than the past or the future. If you don't focus on the present, you won't be happy in the present either. Remembering the past is important but dwelling on it is negative, just as planning for the future is important but dwelling on it is unhealthy. Focus on being happy now.


Embrace changes - accept: Life changes every moment and happy people tends to be aware of it. To cultivate happy thoughts for yourself, it's important to be open to accept changes in your life. Listen to the suggestions of your well-wishers, respect and consider all opinions, and take criticism constructively rather than offensively.

Believe - everything happens for a reason: Always remember that everything happens for a reason. Life can take you through hard times, but there is always something to learn and there is always something you can take away from the situation. Difficult situations shape us mentally, emotionally

and physically; and help us become the people we are meant to be.
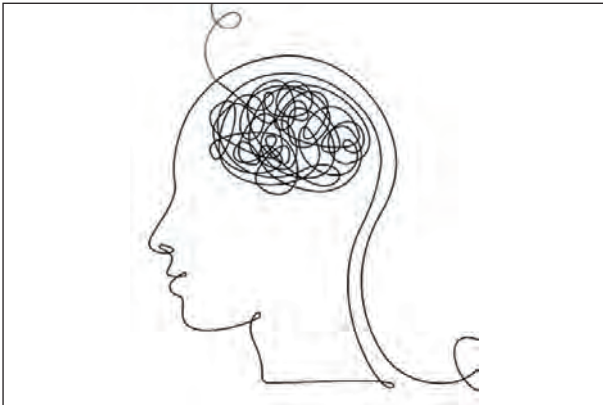
Gratitude: Gratitude is essential to lasting happiness. You have to honestly appreciate everything you have in life to be happy with it. If you are not grateful, you will always be looking for more, no matter how much you already have. Publicly and regularly express your gratitude for all the good things in your life and forget what you "could" have - focus on what you do have.

Exercise: Stress and negativity can seriously damage your body. You yourself will notice that the accident manifests itself as wrinkles and weight, among other things. Happy people tend to have

Eat well: If you don't eat healthy, you will be sick and surprisingly unhappy. Avoid this fate by starting to eat fresh, healthy and delicious foods. Look at what you eat and look for ways to improve it. Use your time to donate: If you can donate some of your time to others, you will feel good and have high self-esteem. According to a new study, volunteering is good for mental and physical health. Volunteers tend to be happier and experience better physical health and less depression.

Surround yourself with happy people: Happiness is contagious. Studies have shown that those who are surrounded by happy people are more likely to be happy in the future. That's a good enough reason to ditch the negativity and spend more time with uplifting people.

Don't just have career or academic goals. Set goals to give you a balanced, successful life. Balanced means ensuring your health, relationship, and mental peace are all in good order. There is no point of getting a promotion on the day of your breakup.
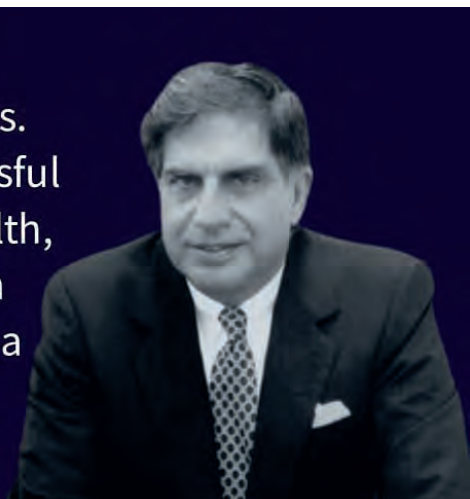
Life Story

Kiran Dubey,
Librarian, TIMSCDR

In the picture: The man does not know that there is a snake below and the woman does not know that the man is also buried under a stone.

The woman thinks: "I'm going to fall! If I climb snake is going to bite me." Why can't the man use a little more strength and pull me up!

The man thinks: "I'm in so much pain! Yet I'm still pulling her as hard as I can! Why doesn't she try and overcome the slightly tougher climb?"

Ethics:

You cannot see the pressure that the other person is facing, and in the same way the other person also cannot see the pain that you are in.

This is life, be it work, family, emotions, friends, family, you should try to understand each other, think differently, think about each other and get along better.

Everyone is fighting their own battle in life and everyone has their own sorrows, that is why at least when we all meet our loved ones, instead of blaming each other, enjoy each other's love, affection and happiness of being together. ...

"Be kind to everyone we meet, we all fighting our own battle"
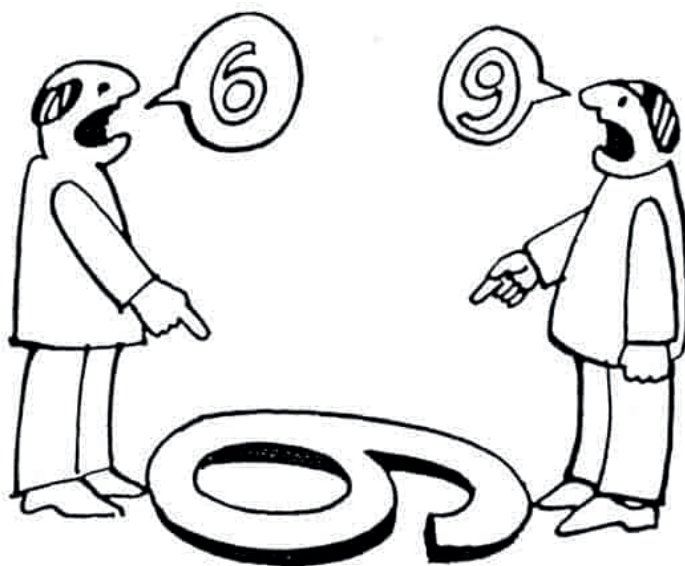
Both are right

Seeing life from a unique perspective means to view your life in a way that is different from the usual or conventional way.

It involves stepping back from your current situation and looking at it from a different angle or viewpoint.

# The River of Hope

Udhav Narendra Patil
FY - 135

As the sun sets low, a river flows and sighs,

With each gentle wave, it reaches for the skies,

Whispering secrets, untold and unheard,

Its voice a soft murmur, like a forgotten word.

Deep inside us all, a longing takes hold,

A yearning for more, a story yet untold,

A spark of hope, a flicker of light,

A dream that ignites, burning ever so bright.

Through time we wander, lost and searching,

In rhythm and rhyme, we seek understanding,

For beyond the horizon, a purpose awaits,

A path to follow before it's too late.

Let us cling to that glimmer of hope,

And face our fears, learning how to cope,

For even though life is fleeting and small,

We still have a chance to make it worth it all.

So let's take the leap and chase our dreams,

Through the highs and lows and all extremes,

For with each step, we can make life sublime,

And create a legacy that will stand the test of time.
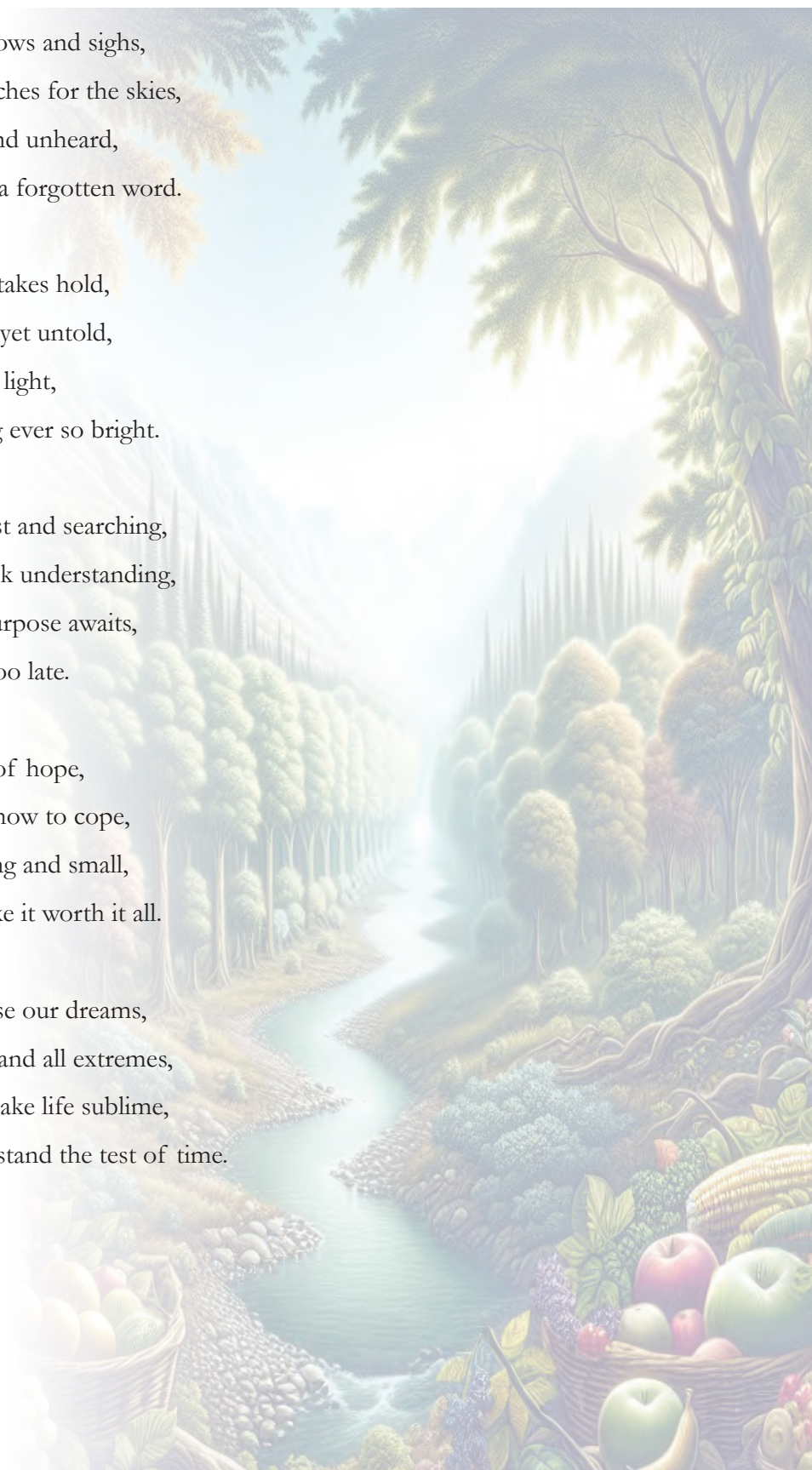
अगर कुछ कह पाती मैं रब से...

नेहा पाल
FY - 118

अगर कुछ कह पाती मैं रब से!

जो था चाहा मेरे दिल ने तो ख्वाहिशों की आज यूँ फरियाद नहीं होती,

जिदंगी बस जिदंगी होती...उसमें कोई दौड़ भाग नहीं होती।

पर क्या जिदंगी तब भी होती इतनी दिलचस्प?

या उसमे अब वाली वो बात नहीं होती।

क्योंकि ये जो दौड़ भाग है ये इतनी भी आसान नहीं होती,

कुछ अच्छी तो कुछ सच्ची पर बेकार नहीं होती।

कुछ ने इनसे सीखा तो कुछ ने इनको कोसा,
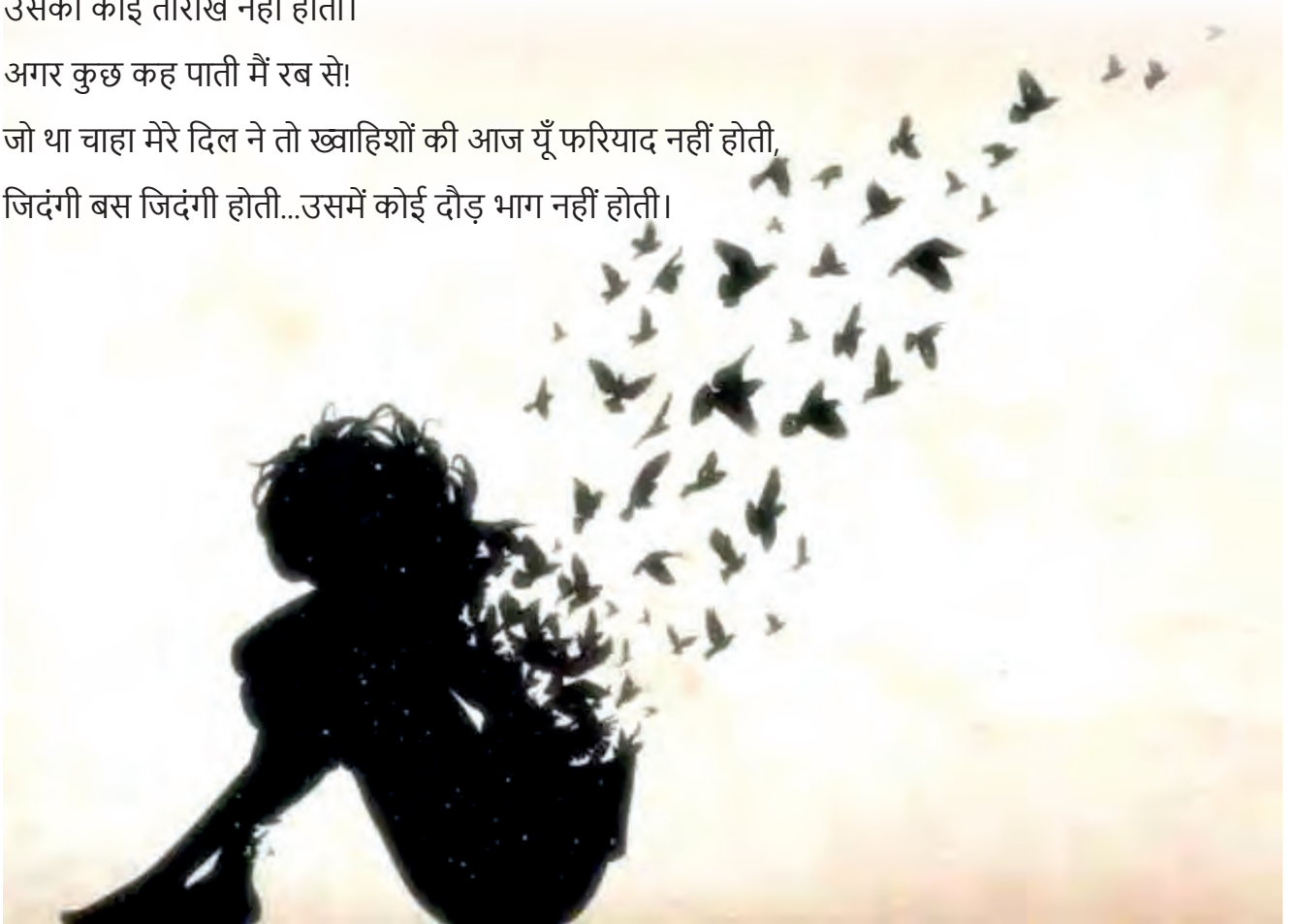
सबने अपना अपना काम किया !

थमा अगर कोई भी तो उसने पुनः विचार किया।

क्योंकि मजिंल तो मजिंल है साहिब ,

उसकी कोई तारीख नहीं होती।

अगर कुछ कह पाती मैं रब से!

जो था चाहा मेरे दिल ने तो ख्वाहिशों की आज यूँ फरियाद नहीं होती,

जिदंगी बस जिदंगी होती...उसमें कोई दौड़ भाग नहीं होती।

Journey of Life Ride

Shaikh Israr Yusuf Ishrat
FY - 170

May we become the centre of attraction from a person on the side,

A person who's famous worldwide,

With dignity, pride and having kind people beside,

Who has the power to turn the tide?

And guide the negativity aside,

Just through our powerful stride,

God provide us a beautiful journey of life with love a happy ride.

Time

This period will pass,

And we'll surpass it with class,

Because we are strongest as a diamond & not bronze or glass,

It won't outlast & won't be vast,

And soon the forecast will be contrast,

Because we'll rock it very fast,

Then we'll have a blast,

And very soon this phase will only be our sweet past.

Million Dollar Smile

Shaikh Israr Yusuf Ishrat
FY - 170

Know that some days they do make us weak,

Sometimes for a month, months or a week,

When life feels bleak,

And happiness tends to plays hide and seeks,

But I feel that this is the time when we shouldn't freak,

Because this is just a small sad peak,

Which will soon become a beautiful creek?

And jubilant days will return & say peek-a-boo & won't just peek,

With our million dollar smile on our beautiful face from cheek to cheek.

मेरी राहे

इस नदिया की धारा में शीतल हवा आती तो है,
नाव टूटी ही सही लहरों से टकराती तो है ।।

एक चिंगारी कहीं से ढूंढ कर लाओ दोस्तो,
इस दीपक में अभी थोड़ा तेल बाकी तो है ।।

मेरे दिल का फूल जंगली ही सही,
आज भी इस दिल की पीर गाती तो है।।

अगर शाम पूरे शहर पर छा जाती है तो क्या,
भोर तक अँधेरी सड़क अभी भी जाती तो है।।

उपलब्धियों के नाम पर कुछ भी नहीं है तो क्या,
मेरे दिल में जलता हुआ दीपक बाकी तो है।।

किरण दुबे,
लाइब्रेरियन

NOT EXPRESSIVE

Not Expressive

Yet Impressive

Thousand thoughts flow through their mind

They don't know how to speak it

Their soul is one of a kind

They don't know that they are worth it

NEXT CHAPTER

Living like a stranger,

Embracing the journey merrily.

No words to utter,

As everything changes verily.

Continuing from the previous chapter,

Into the new beginning steadily.

TIME

The past has gone by,

Just like a passerby.

The present is a flight,

Board it to reach a new height.

The future holds what is unknown,

But in time, its seeds will be grown.

STAYING CONNECTED

We grow apart as we follow our dream,

But sometimes it's not the dream, but another scheme.

The small things are the moments that gleam,

Where old days, when reminiscing, are serene.

Staying connected, even though separated,

Is all we can do now, with lives complicated.

THE SKY

Whenever u cry,

Look at the Sky.

The picturesque view,

Is cherished by few.

Clouds floating like cotton,

Melts worries that will be there often.

Banafsha Patel

FY-C 131

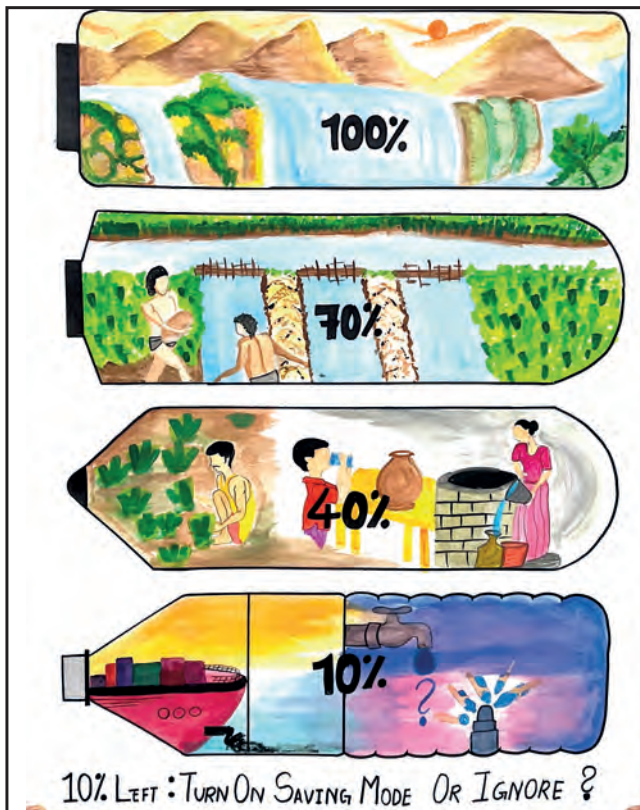# स्वराज्यरक्षक..

विकास बालाजी शेलार
FY-175

छत्रपती शिवाजी महाराज,
ज्यांनी उभारिले स्वतः स्वराज्य ।।
झाले हिंदवीस्वराज्य संस्थापक,
बनले एक थोर, चांगले अध्यापक ।।
लढाया लढण्या घेतले आऊसाहेबांचे आशिर्वाद,
रयतेला दुःख देणाऱ्यासी केले अनेक वाद ।।
महाराष्ट्रास केले मुघलांच्या हातातून मुक्त,
जनतेला दिला स्वर्गातील आनंद सुप्त ।।
एके दिवशी झाली त्यांना पुत्र प्राप्ती,
बघण्यास त्या राजकुमारास वाढली रयतेची व्याप्ती ।।
होता तो सोन्याचा दिवस रायगडासाठी कारण,
तोच होता अस्सल राजा स्वराज्यासाठी ।।
नाव ठेवले गेले त्यांचे शंभु,
ही खबर ऐकताच हलले औरंगाचे तंबू
म्हणूनच होता तो शंभु ||
रूप बघता राजकुमाराचे,
त्याच्या समोर लाजावे कुबेराने ।।
दर्शन घ्यावे 33 कोटी देवाने,
अवघे पुरंदर झाले स्वर्ग त्यांच्या येण्याने ।।

रूप काय बघता त्यांचे फार,
घडविल्या आऊसाहेबांनी त्यांना हुशार ।।
दिम्माख ही चाल फार वेगाने,
तलवार ही फिरे उत्तम त्यांच्या फिरवण्याने ।।
होता तो दहा वर्षाचा,
तेंव्हा गेला मिर्झाच्या शामियान्यात ।।
निडर खेळत बुद्धीबळ,
त्याच्यावर केली छान मात ।।
करुनी मात, हसत खेळत आला त्याच्या दारी,
त्याच्या स्वागताची खूप केली होती तयारी ।।
तो दिवस होता सण दिवाळी सर्वांच्या दारी,
म्हणूनच होता तो संभाजी...
होता तो निष्ठावंत,
दाखवली सर्वांस स्वतःची बुद्धी म्हणून तो बुद्धिवंत ।।
केले होते आग्र्याला जाऊन येण्यासारखे कार्य
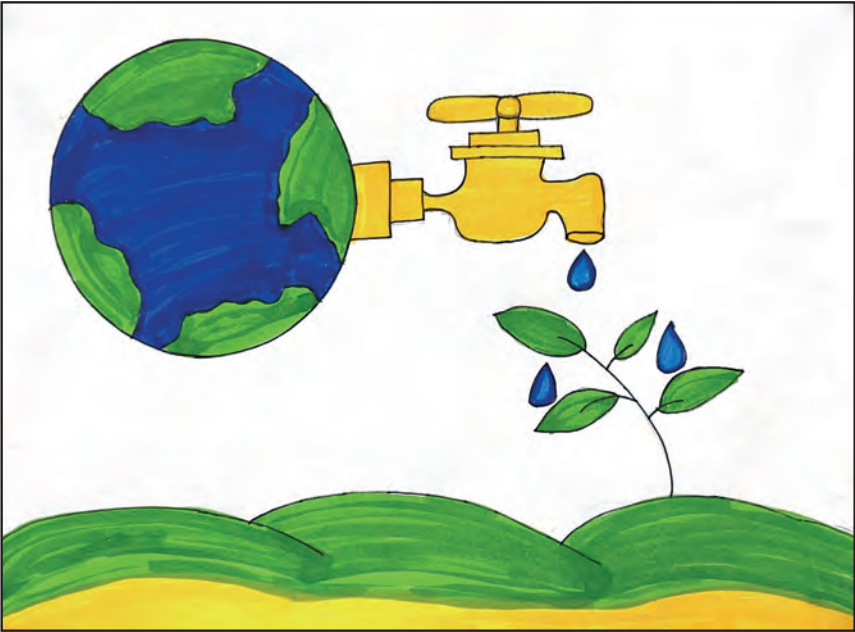म्हणूनच होता तो कीर्तिवंत...

Green Club Poster Competition

10% Left : Turn On Saving Mode Or Ignore ?

DRIP DROP, DRIP DROP. THIS KIND OF CLOCK MUST BE STOPPED.

CONSERVE WATER

149- Aniket Vishwakarma   178-Khusboo Jamodkar

"Water Conservation"

Who am I ?

1
My voice is tender, my waist is slender and I'm often invited to play. Yet wherever I go I must take my bow or else I have nothing to say. What am I?

2
What is harder to catch the faster you run?

3
I have branches, but no fruit, trunk or leaves. What am I?

4
The more of this there is, the less you see. What is it?

5
A red house is made from red bricks. A blue house is made from blue bricks. A yellow house is made from yellow bricks. What is a greenhouse made from?

6
They fill me up and you empty me, almost every day; if you raise my arm, I work the opposite way. What am I?

7
First I am dried, then I am wet. The longer I swim, the more taste you get. What am I?

8
Which three letters can frighten a thief away?

9
I have four wings, but cannot fly, I never laugh and never cry; On the same spot I'm always found, toiling away with little sound. What am I?

10
Take one out and scratch my head, I am now black but once was red. What am I?

1. A violin; 2. Your breath 3. A bank 4. Darkness 5. Glass 6. A mailbox 7. Tea 8. ICU 9. A windmill 10. A Match

Celebrations

ICAIM 2024

DOCTOR'S WORKSHOP

Glimpses

Beyond Lectures

FDP

SPORT DAY

Celebrations

YOGA DAY

STTP