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ISSUE 51







TIPS TO CONTROL YOUR MIND

VOLUME 52

DURING MEDITATION



It was a dream come true and it was a moment to cherish forever when 157 of our II and III year students completed their Business English Certificate examination successfully on 17th and 18th March 2017 as part of the LSRW programme. All our students are really talented and good at communication skills and we, at Language Learning Centre wanted to add value to them with an international certificate. I congratulate all the students who underwent the BEC exam for their perseverance, trust and hard work.

So far, we have been focusing on students who were struggling to communicate by providing them help through Rostrum Club (Language Club) outside the classroom and peer tutoring inside the classroom. Now, the need for providing opportunities for the students who are already good at English came to the forefront. We conduct periodical competitions for those students and we have also enrolled few first year students in IIT-Bombay "Communication Skills for Engineers and Scientists" to give them an opportunity to raise their level to the next. We have started German Language and IELTS training for willing students. We also provide opportunities for students to write in Crusade, our college magazine.

The college has got enough opportunities and support system for those who want to excel. The mentoring system should work towards making the facilities known to the students and motivate them periodically because any reinforcement should be continuous and gradual. Once students trust the mentor, there will be lots of scope for improvement but it's a herculian task. I think the mentors need to be open to listen to the students without any prejudice and that's when the real counselling will take place. Faculty members need to become more approachable and provide help at the right time as things delayed may cause more damage.





HISTORY'S GREATEST MIGRATION- JUMPING INTO THE UNKNOWN

According to United Nations Human Rights council, about 14 million people have migrated across boundaries during the last two centuries and this is considered to be the largest migration of people in Human history till date. I know that the numbers might seem astonishing or rather unbelievable, but you would be even more surprised to know that this migration took place during the partition of India. While many of us still don't know about what caused the most conflicting partition of two brotherhoods, I was taken aback when I went through the history pages of India-Pakistan partition. I might sound stupid if I told you that the pages of history tells us.

In 1918 Muhammad Ali Jinnah (A lawyer & founder of Pakistan) went to Karachi in search of a job. He refused to work under his employer because Jinnah had demanded a salary package of Rs 100 which his employer was clearly not willing to pay him. So, Jinnah went back to Mumbai and started to walk in the path of politics. He then later joined Congress and started his life as a politician thereafter. Then in 1920, after coming back from South Africa, Mahatma Gandhi chose to join the Congress as a politician. Jinnah always believed that Muslims and Hindus could never walk the path of freedom together. Jinnah started to influence the Muslim population and imparted a strong desire in the minds of Muslim population to demand a separate country named as Pakistan. In 1940, in Lahore, Muslims adhered to their demand of a separate country for the Muslim population.

In 1944, Gandhi met Jinnah 16 times to convince him about ruling out the idea of a separate country but Jinnah refused to convince himself and adhered to his own demand and idea. In 1946, the British Cabinet came to India to hold the end talks with the Indian Politicians. At the same time Jinnah had put forth his demand of a separate country in front of the British cabinet. Congress confronted Jinnah's demand and wanted Jinnah's demand to be ruled out. Hearing this conflict, the British Cabinet went back without holding any further talks. Then came the decision of Direct Action by Jinnah.



The country witnessed the greatest and widespread bloodshed ever. In Kolkata, thousands of Hindus were Killed by Muslims and in retaliation, thousands of Muslims were killed in Bihar by the Hindu Population. At this time, the British started to pressurize the Indian politicians about the separation of the country into two because they were witnessing a civil war in India in the brink of the growing conflicts. The last Vice Roy of India, Lord Mountbatten decided to split the country into two dominions- Hindustan for the people of Hindu and Pakistan for the people of Muslim. On 3rd June 1947, the whole country came to know through radios that the country was getting partitioned.



Then started the wide spread chaos throughout the country. Just 13 days before the Independence of India, about 14 million people had migrated across the borders and nearly10 lakh people from both the Hindu population and the Muslim population died in the widespread conflicts and violence. Just hours before Independence of India, the last train from Lahore to Amritsar had witnessed a huge loss of lives. When the train arrived at Amritsar, not even a single human being was found alive on that train. Each and every person on that train including children and women were mercilessly killed at Lahore. At last Muhammad Ali Jinnah had achieved his goal of finding and forming the Independent Pakistan. While we celebrated our Independence on 15th August 1947, Pakistan celebrated their independence on 14th August 1947. A country which was once a homeland to two brotherhoods was later partitioned which involved huge loss of lives. If Muhammad Ali Jinnah had

happily accepted the salary package of Rs 100 which was offered to him at Karachi, then may be India would have remained united and may be the slogan "Unity In Diversity" would have got its real meaning.

SUKESH





The problem with many of us to do good meditation is that we cannot make our mind peaceful. All sorts of thoughts will run through our mind when we sit for a meditation. Although we try to control our mind from temptations, our conscious mind will give a wide way intentionally to a flow of thoughts and this is the nature of the mind. When we meditate, we don't mind the involuntary actions like heartbeat, respiration, etc. but we only try to control our brain. What we all want is our brain to be calm or not to do any work and be idle at that time. Meditation is to focus our mind but it doesn't happen. So, why are we not able to control the thoughts?

Usually, we don't consider the involuntary things in normal day to day life. The moment we sit to meditate, the first thing that comes in our mind is that we should not think of anything and be clam. Otherwise the instructor may also tell the same thing. There is a subtle difference between voluntary actions and involuntary actions. Suppose, if we write an exam, we normally want our brain to function normally or while listening to a lecture our attention is drawn in a bit of time automatically. The thing is that when an organ functions normally, we will not notice it.



When we try to meditate, the unknown control of mind intentionally comes to action and it doesn't allow us to be calm. If it functions smoothly or effortlessly, we will not notice it but once we become aware that we are doing something new with some effort, mental process will be disturbed. The brain is much more sensitive than any other organs. All other organs have specific functions and the brain has a few specific functions and the rest is left open. Only a human being is wondering, "Why am I here? What is the nature of my life? Where do I come from? Where do I go?" The main difference between human beings and other creatures is the cerebral cortex and the other parts of the brain that flowered. Thinking is the food for brain which needs some effort but during meditation things should happen effortlessly.

Tips for a peaceful mind during meditation

- Sit with your back straight

- Think of your favorite colour and have it in your conscious mind

- A set of illusions come to your mind automatically just like the background effects in the windows media player

- Concentrate in the center of the image you get in your mind

- You may not get your mind calm in a single day but you will definitely, in a couple of days or later.

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II MECH



HAPPINESS IS NOT BOUGHT WITH MONEY

Yes, I am a creature named human. God created me and asked me to live a life on the earth. But actually what I do is keep on running beyond something at each stage of my life. Now it's my time to land on the earth. Yes, I came out of my most lovable mother. When I was born, instead of enjoying my birth, the creatures around me started to dream what I have to become in future. When I started walking, people around me including my parents wanted me to join the school instead of enjoying my activities.

Time passed on and I somehow managed to get out from nursery education and entered into secondary level. This time they wanted me to be the topper and excel in all other activities including sports but they never minded about what I was interested in. Yes, now I am the topper in academics and became a decent sports person. I entered into the teen stage. I scored good marks in my higher education and I wanted to continue my studies related to fashion designing. But my surroundings refused and at last I was placed in a good ranking engineering college. I completed my B. Tech degree in Information Technology and I was selected in campus interview. I got my job at one of the well named MNC with a good salary. I also got my foreign offer after two years and started earning more than my expectations. Am I happy? It doesn't make any sense when people say that if a person dresses well and earns more, he/she is happy. Actually, I wanted to serve my country and start an orphanage to help the poor and needy.

Now, I am well settled and I live abroad. They wanted me to get married to a girl who they found for me after matching their status, wealth, caste and religion. The final match between the hearts was an utter mismatch. I dropped my love for a girl because my surroundings won't accept her. It happened, not just for me but for the girl too.

"INDIA IS A COUNTRY WHICH NEVER MINDS WHETHER THE BOY AND GIRL LIKE EACH OTHER, INSTEAD, THE BOY'S FAMILY HAS TO LOVE THE GIRL'S FAMILY AND THE GIRL'S FAMILY HAS TO LOVE THE BOY'S FAMILY AND BOTH WILL FORCE THE BOY AND THE GIRL TO LOVE EACH OTHER AND THE FAMILY".

This is where I learn that it's not about my happiness but I have to sacrifice my happiness for the happiness of everyone around me. Now the question is who is happy then? Everyone has sacrificed their happiness for someone else.



Now I somehow managed to live with a girl and now I am a dad. The moment my son came to earth I promised him I won't dumb my wishes and thoughts on him. Let him live in the way he wishes. Let me teach him the noble values instead of sending him to tuitions for his schoolings. Let he be an average student, I never mind. I will trust him that he will achieve something because I learnt that "Life is lived only once on the earth, so Let's live". Let's achieve in the natural way without sacrificing the present happiness. Let's come out from the caste, religion and status quo. Let's create a world where people live and love instead of dying in the names of caste, religion, country and language. Let us admire nature instead of buildings. Let us spend time in our native instead of going abroad and get separated from our parents. Let's make life worthy for a peaceful living. Let's enjoy the nature and people instead of technology. Get updated to technology, gain knowledge and make inventions but never get overruled by it. Let's live and let's not act like living.



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CHILD LABOUR

One of the major problems in India is Child labour. This is not a problem faced by India alone but also by many other developing countries. The basic strategy in involving child labours is to reduce the labour cost but industries would say that they are helping the poor people to increase their income. According to great leaders, children are the backbone and pillars of any nation.





These children are forced to forget that they are children during the tireless work and sleepless nights. They are denied of their primary and secondary education which in turn make them completely ignorant of the society and knowledge. Money makes the parents and the owners blind and the children are treated as the empty papers that they roll. Here is an anecdote that I would like to share. Every year we hear the news that "Death of hundreds of children in the cracker industry", in different places in Tamilnadu.

The child labours are made to work in small scale industries, restaurant service, domestic aid, shopkeeper's assistant, stone breaking, book binding, etc., where they are paid less and work more. Parents, out of their poverty and lack of education send their wards to work in such dangerous places.

"Everything is with us and within us"

The child labour laws need to be strictly enforced by the government. Public awareness about the consequences of the child labour should be given by the NGOs by ensuring that every child gets the opportunity to go to school. In spite of all the above, never ever employ a child when you start a company tomorrow.



Solutions

The child labour laws need to be strictly enforced by the government - This country has law for everything and enforcement officers in nooks and corners but then why is it not happening? Child labour issue is visible and open in the society. Does corruption play a role? Do our social justice system work?

Public awareness about the consequences of the child labour by NGOs - This task cannot be accomplished by the government alone but it can be achieved with the help of NGOs that run as non-profit organizations. Awareness could be spread with the help of college students through their clubs.

Ensuring that every child gets the opportunity to go to school - Not all the parents have the privilege to send their kids to the school to provide a decent education, especially villages and tribal tribal areas. Government should fund this education and big companies should volunteer to adopt village schools.

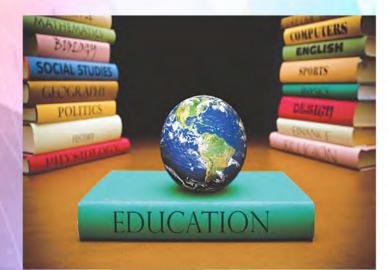
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IMPORTANCE OF EDUCATION

"Art is long and life is short" It is true as the old adage above states, education has no boundaries. It exists everywhere in our surroundings. Education is not something that is only merely learnt from books but also what we have learnt from the surroundings.



Even though, we are not trying to study anything, our mind gets some new information through many sources. We have many ways to educate ourselves but it is we who impede our mind from getting hold of knowledge.

A good education makes you solve the problems of any kind at any situation. If we are educated, we would be able to know the policies, rules and regulations of the society as well as the government. It also helps us to realise who we are and moves us close to the purpose of our life and existence. One can and should prove oneself to the society at one point of time. Dr.APJ Abdul Kalam precisely quoted, "a good education to the upcoming generation will help us change our society".



Education not only helps to elevate the financial status of the individual but also helps to hoist the whole country up financially. Education is needed for us to become independent and by gaining a good education, we will be able to qualify ourselves and get a good job.

The employers desire for highly competent people since they are not willing to dissipate their money and time by providing training, etc.., to ill-equipped ones. So, by gaining education one can be recuperating not only financially but also socially and ethically. The one who doesn't value the importance of education, will definitely pay for it and they will have a propensity to face many problems.

Reading something regularly makes our leisure hours very useful and we can spend our time usefully in reading. Education not only increases one's academic standards but also their standard of living. There is no perimeter for acquiring information. There is also no age limit for eruditing something. Education plays an important role in all the areas of our life. If we are sentient of the pros of education, we can defend us from danger at any unpleasant situations.

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EVERYTHING ABOUT AIRPORTS

50 years back, when planes and airports were introduced first, pilots used landmarks such as seas, towers and large towns for take-offs and landings. But it lead to accidents when the pilots couldn't spot the landmarks during a bad weather or at night time. Fortunately with the latest technology, radio receivers are installed in the airports for take-offs and landings. So, when planes emit radio waves it will be received by the nearest radio receivers in airports and pilots will be intimated that they are nearing a particular airport. It is important that the take off's and landings must also be viewed by the controllers in control station for perfect landings and take offs. So in the airports, the control rooms are placed at the top floors of the airport buildings or they are placed in a tower that is raised high.

Cleanliness

The jets which are heavier than the planes carry 3 times more passengers than other planes and they are also longer and wider than other planes. So the runway need to be wider for the airports to manage the heavy jets such as AIRBUS A380. The engines of the jets and planes can also suck the wastes in the runway which might cause damage if the waste goes inside the heavy machines. It also becomes difficult for the service engineers to spot the error. So the airport's runway must be clean. When the airports grew bigger for meeting the landings and take offs of large planes and jets, it became difficult for the passengers to walk a long way through the airports and go outside the terminal.



So this lead to the invention of conveyor belts and escalators for the ease of carrying passengers inside the airports and luxury buses, bullet/metro trains to carry the passengers outside the airports.

Next concern was security which became one of the major concerns in all the airports. During the period of 1950-1970's, air travel was one of the easiest ways for the terrorist to plan attacks. This lead to the invention of metal detectors. It emits electromagnetic waves every second which detects the hidden metals in bags and also in the passengers. Now the officers can easily track people with metal equipment and take necessary actions.

Next concern was baggage handling and the number of passengers visiting the airports have increased three times more and it became a nightmare for the airport officials. This lead to the invention of the computer based baggage handling system. A tag will be stuck with each bags which consists of a barcode. The barcode displays the exact information such as price, the owner and the weight. The baggage scanner scans the barcode in the bag but the problem was not over, yet. The tag containing the barcode may be anywhere in the bag (up/down/right/left). So a scanner was made to scan 360 degrees correctly pointing to the position of the tag. So when the barcode in the tag is scanned, the scanner directs the bag to the plane automatically.



For the plane to run, it needs fuel. Each airport has a fuel generation centre which generates huge volume of fuel every hour. When a plane is getting ready to take off in the next 1 (or)2 hours the fuel tank needs to be filled. The airport officials fill the tank with enough fuel, so that the plane never run out of fuel in between the many hours of flight.

Apart from these, how do things going inside the plane come outside the plane? From every plane there comes tonnes and tonnes of wastes such as juice bottles, eating plates etc... What does the airport do with the wastes? This lead to the invention of waste handling centre in the airports. In the waste handling system, the wastes from the planes are fed into a machine which crashes and squeezes the wastes and do the necessary process thus producing manure out of it. So nothing goes waste from the waste.

We only talk about the process taking externally such as checking in, take off and landings, if we are asked about airports. In this article we have seen the process that are taking place inside the airports to handle the passengers efficiently. I conclude my article by thanking the Almighty who helped me in knowing what happens inside the airports and deliver a writing so that everyone will know it. Thank you.

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India Today

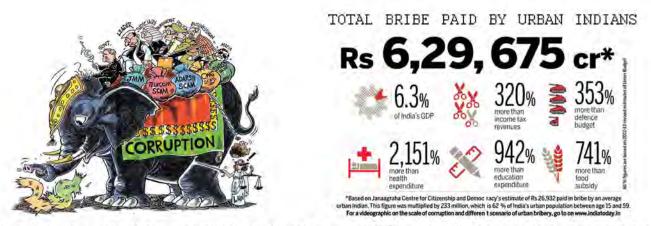
Challenges & Opportunities

INDIA, one of the most well known countries in the world was the best countries among all, years back. India was leading the world with its rich culture, languages and other material resources. The whole world looked at India for resources and even today we are leading with human resource supply. But today, India is still a struggling developing country in the world. The main reason for this is corruption and it is the only cause for the lack of development. All the higher officials and even the normal workers in the government are polluted by corruption. They don't earn money by their hardwork, instead they get money by sucking others' hardwork. Because of this India is still behind.

Corruption in Sports

Recently too, in Rio Olympics, India had won only 2 medals, whereas last year it had won 5 medals. This is also because of corruption as the officials get money for not letting the good players but get bribe and allow people who don't have the real talent. It is a shame that India is in the 70th place in the olmpics held last year. This can only be stopped when talent is respected and politics is kept away from the sports.

WE WANT DEVELOPMENT WE WANT "CORRUPTION FREE INDIA"



If I get a chance to do something in this world I would stop this corruption in India and then I am 100% sure that India will be the top country in the world just as before. There must be strict punishment for the corrupted people, so that the hard work of the freedom fighters will not go waste and we need not be dependent on any other countries.

Corruption and Economic Development

Corruption in India is an issue that adversely affects its economy. A study conducted by the Transparency International in 2005 shows that more than 62% of Indians had a first hand experience of paying bribes or influence peddling to get jobs done in public offices successfully. In a study conducted in 2008, Transparency International reports that about 40% of Indians had first hand experience of paying bribes or using contacts to get jobs done in offices.

In 2015, India was ranked 76th out of 168 countries in Transparency International's Corruption Perceptions Index, compared to its neighbours Bhutan (27th), Bangladesh (139th), Myanmar (156th), China (83rd), Nepal (130th), Pakistan (117th) and Sri Lanka (84rd). The largest contributors to the corruption are entitlement programmes and social spending schemes brought by the Indian government. Other sources of corruption include India's trucking industry which is forced to pay billions of rupees in bribes annually to numerous regulatory and police stops on its interstate highway.

Save India Fr m Corruption

Black Money

Some of the main reasons for corruption are black money, unhealthy politics, the education system, the caste system, the unemployment, differences in religions and the greediness in the people. In the above reasons, the one reason which stands on top is the black money. People earn money in illegal way against the ethics of the country and increase the corruption in the country. Because of this, rich become richer and poor become poorer. People with power, deposit their black money in swiss banks to be hidden from the income tax department, and use them in future elections.

Who will stop this

If this continues in India, this country will never become a developed country. Only we, the citizens of this country can stop it. But for that to happen, the leaders of our country must be true. If the leader himself is corrupt then there is no use of the citizens putting their effort for their country. The main thought each one must have in this country is that "One person being ethical and truthful can change nothing in this country but together we can acheive this and let the change begin from us".

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We are presently living in an era where most of our lives have become a part of a range of social networking sites on the move through the help of the mobile phones. With the increasing penetration of these networking sites, a new term has also entered into our lexis – Social Media. Over the last decade, the popularity of social networking sites has risen to a massive scale. People seem to love the idea of communicating with each other through pictures, videos, messages and voice mails than talking face to face.

Now-a-days, most of the youngsters spend hours on popular social media sites like Facebook, Twitter, Myspace, etc. Our private space has been invaded by social media and there are very few things that others cannot find out about us with a click. Similar to the characteristics of a young child who wants a new toy after he gets bored of playing with the old ones, the youth is also looking for new things to keep themselves busy and discard anything that is outdated. Hence, the changing trend of social media! Earlier, a social networking website like Orkut was a fad amongst the youth. But slowly the interest of the youth developed and they wanted something new, that is when Mark Zuckerberg saw an opportunity in the social media market and invented a new social networking website called Facebook, taking the world by storm. He got what he wanted but the world has seen enormous amount of crime, betrayal and stealing.



Social media is a platform where the youth can form groups and discuss upon various topics ranging from music to education and politics to films. It is also an opportunity for young entrepreneurs to market their business ideas and promote them by creating a page. This helps the youth in building connections and opportunities for their career. One can showcase their talents here as well! The most astonishing part is that, this comes handy amidst the time of crisis.

But every medal has its own reverse. So, there are some cons of using the social networking sites too. The internet is a place to interact with new people and a way to expose oneself to the strangers. One should be cautious while using social media and there are risks that your account may be hacked by someone else and they can pretend to be you by stealing your identity in the virtual world. Youngsters also spend six hours in social networking sites at an average, wasting their valuable time.Social Media is here to stay and we are the people responsible to see that it is a boon for us and that it doesn't turn into a bane.

"If you change the way you look at the things , the things you look at will change"

Gayathri II EEE



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தன்னம்பிக்கை தான் வாழ்க்கை!



செல்வம் இருந்தது பொருளை பெற்றேன் ! அம்மா இருந்தாள் அன்பை பெற்றேன் ! நண்பன் இருந்தான் நட்பினை பெற்றேன் ! சொந்தங்கள் இருந்தனர் மகிழ்ச்சியை பெற்றேன் !

அப்பொழுது சிந்தித்தேன் ! இது ஒரு பொன் வசந்தகாலம் எதையும் சாதிக்கமுடியும் என்று நினைத்தேன் ! ஒரு நாள் இதையெல்லாம் இழந்தேன் ! தனிமரம் ஆனேன் பொருள், அன்பு, நட்பு, மகிழ்ச்சி இது எதுவும் கைகொடுக்கவில்லை என் தன்னம்பிக்கை மட்டும் தான் கைகொடுத்தது அப்போது சிந்தித்தேன் திறமையை வெளிகாட்டுவதற்கு ஒரு அழகான மாளிகை வீடு ട്ടേഖെധിல്லെ ஒரு குடிசை இருந்தால் போதும் என்றேன் ! அதுதான் என் எண்ணத்தை கவிதையாய் எழுத ஆரம்பித்த

முதல் இடம் !

அப்போது,

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