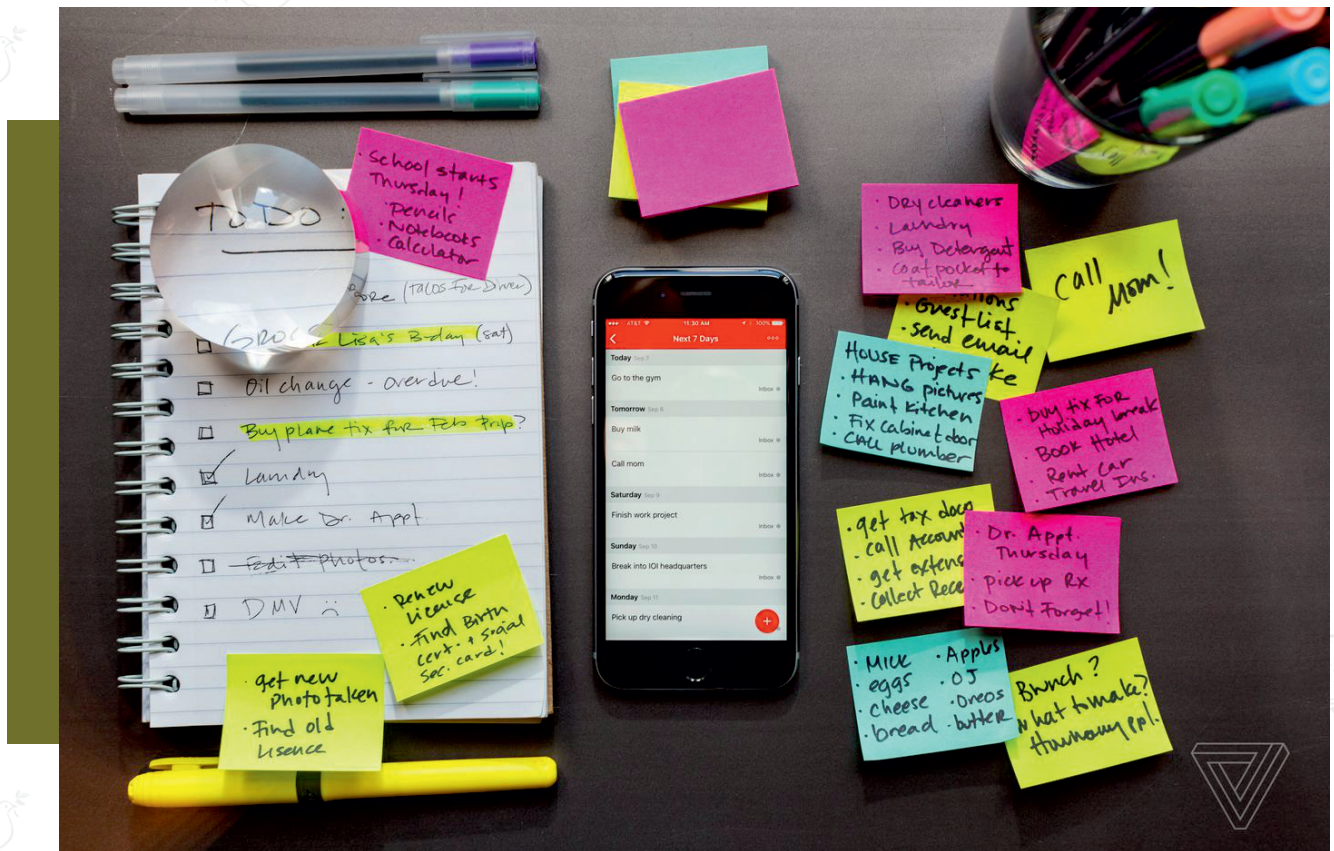


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HOW MCET HELPED TO GROW MY VERSATILE SKILLS

One of the good things that one could get in his/her engineering college life would be the exposure to academics and co-curricular and extracurricular activities. The young novice of engineering could very well have had considerable share of exposure to sports and games during their school days. MCET offers array of opportunities for all the MCETians to explore, experience and what more gives a platform to nurture their innate talents which they have already experimented in their schools. But for the amateurs-artists in the making, it would mean world of inner discovery as they showcase the hitherto unknown potentials in their chosen domains like sport, music, paintings or even photography. Learning of a new skill at times would be tedious and tiresome in the nascent stages of nurturing the talent.

My personal testimony holds very true on this score. I experienced that reluctance and self-annihilating embarrassment when I spoke in front of many people for the first time. That was a real breakthrough as I discovered the orator in me on the platform of Youth Parliament.

I thank my seniors and fellow companions in Youth Parliament for breaking my shyness free through the tonic of constant encouragement and words of appreciations as and when I dared to speak. Forever grateful am I !!! for the productive quality evenings spent in participating and organising the YP weekly sessions. All the experiences that I have gathered in attending sessions gave me opportunities to handle sessions and organise both intra and inter collegiate literary events. When it comes to YP, it is more of speaking, debating skills. The more crowd I faced the more, fear I became speaking in front of large crowd. It totally banished my stage freight and helped me keep myself

calm and composed whenever I sang a prayer song in front of thousands of students. The facilities and opportunities I had, made me a proud person I am today. I also imbibed a sense of **sports psychology** and never-say-die spirit playing games. Glad that I pushed my frontiers during my first couple of years at a greater extent.



HOW MCET HELPED TO GROW MY VERSATILE SKILLS

I joined ball badminton – a game which I never knew until seniors introduced it to me. Badminton is my favourite sport that I enjoyed playing in neighbourhood and school sometimes. Learning ball badminton from seniors and peers was fun. Whenever you are in a club or a sport you get to visit other colleges and compete with other, representing the college. Be it club or YP, MCET has a very good reputation and made us to push our boundary throughout the literary fests. The fact our seniors had bagged many winner and runner up trophies during our college years motivated us to participate even more vigorously to achieve more in games. I also gained more friends from different departments and districts. Spending time in the extra -curricular activities and academics simultaneously helped me balance my academic and non-academic aspirations. I have transformed from being timid to gregarious in expressing myself.

“If somebody offers you an amazing opportunity but you are not sure you can do it, say yes -then learn how to do it later.”

- Richard Branson

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DO YOU THINK WE HAVE LESS TIME IN OUR LIVES?

Imagine what you would do if you had 86400 rupees credited into your bank every morning and it would vanish that night. Won't we be desperate to use every penny?

Yes, this is the same way time works. We have short life spans in our lives and we realise that time is a precious commodity and slipping through the fingers as each day unfolds itself. All right! Enough of this cliché, we have heard this repeatedly in our lives but have we ever spared a thought to this reality or have we ever thought how this perception of time impacts our perception of our lives?



People who emphasize the adage that Art is long and Life is short, also propagate the doctrine that our life- expectancy or life span on this planet earth is limited and that we must not take life for granted. Fact is that Time is short kind of statement would make us stop taking time for granted. Yes, it helped a few people realize that time is valuable. But for the rest, this happens,

The perception of having less time arises a sense of fear and anxiety out of which we act upon. We rush up things and stay busy all the time. The busier we become the less productive we are

Ask yourself this question if you think the time you have is short, when the average human life span of 79 years, how much time is sufficient for you?



500 years? Maybe a 1000? Imagine, how you can use a 1000 years if you cannot use the given 79 years. So what is the alternative?

We have to embrace the truth; we have sufficient time in our lives. Neither less nor more. This new perspective helps us to enjoy the time we get. We all want to spend our lives happily doing things we love, following our passion, living out our dreams etc...To do so, we have to live at the moment rather than dwelling in the past or the future. Stay time conscious and live your lives to the fullest!



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MIND YOUR THOUGHTS

Hello All! Just a moment.

What do we do when we suddenly happen to grind a small twig in the morsel of food that we have taken?

We immediately stop eating, remove the twig and throw it out. We are cautious of what we eat because we know, for sure, that any contamination in food, if consumed, will jeopardise our health.

In the park, while walking, if the crow flying overhead “consecrates” us, we run in search of water to wash head to foot. We know that the consecration will present us to others as a laughing stock. We are very conscious of all such external “attacks.”



But are we conscious about the type of thoughts that invades and pervades us constantly and continuously? No.

Mind is a collection of thoughts. And the quality of the mind depends on the quality of thoughts that it harbours. Good attitude and behaviour spring only from a healthy mind. Hence it's obvious that we must do a quality control of our thoughts. But the issue we face is in identifying which thoughts are good and acceptable and which are the bad ones to be rejected.

For this, Sister BK. Shivani* gives a clear-cut classification of the thoughts as

1. Positive thoughts
2. Negative thoughts
3. Necessary thoughts
4. Waste thoughts

Positive thoughts are pure and selfless thoughts that are based on fundamental virtues like kindness, acceptance and compassion. Such thoughts equip us with self-confidence, stop fear of failure, make us internally strong and hence we stop our expectations from others. Positive thoughts give the strength to accept others and situations as they are and hence stop complaining about external matters. We must

MIND YOUR THOUGHTS

learn to recognize such thought patterns and nurture them.

Negative thoughts are based on deadly vices like anger, hatred, pride, greed, laziness.

These are self-defeating thoughts. Example thought patterns are

“How dare he could say that to me; I will blast him” (anger);

“Let me deposit all the money in that finance company – they are paying highest interest now (greed)

I am his superior – let him greet me first (pride or ego)

Let me do it tomorrow, there is much time left (laziness)

Such thoughts deplete the energy and if we don’t have a check on such thoughts they shall also prove to be destructive. Clearly we must be able to identify such destructive thoughts and deweed them.

Necessary thoughts relate to our daily routine either at family or workplace and the responsibilities we hold. “What can I have for breakfast?”, “I must inform my team lead about the agenda for the evening meeting” are some such thoughts. Such thoughts are natural and necessary, but if they are repeating again and again then they become useless, unproductive and disturbing thoughts. We must keep such repetitions under check.

Waste thoughts, produced at untimely moments, fill us with anxiety, fear, worry, etc. These are thoughts on which we have no control. They are connected to things of the



past or the future like - “the teacher should not have scolded me like that”; “I have forgotten all the things I prepared for exam”; “How will I fair in the interview tomorrow? Concentration is weakened, more energy is expended leading to exhaustion and error in tasks we do. We must obviously learn to avoid such pattern of thoughts.



Clearly such a classification comes handy in our understanding and recognizing each type of thought that we have.

MIND YOUR THOUGHTS

If we, however, have a flurry of thoughts how are we going to have the time to stop and observe each one? The traffic is so heavy that it's very difficult for the police-person to check every person.

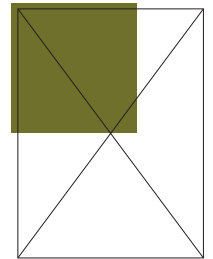
What is the way out for this? We must reduce the number of thoughts generated (3000 to 5000 thoughts per hour, as psychologists infer) so that we are able to recognize each thought, pay attention to them "thoughtfully" and do a perfect quality control. Lesser thoughts, that too positive, improves our concentration and make us mindful and devoted to the task on hand.

Meditation holds the key to slow down or calm down our thought process.

**From "Unlimited happiness" – Commentaries by Sister BK. Shivani*

MR.A.SRINIVASAN

Professional Skills Coordinator



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அம்மா

தோள் கொடுப்பான் தோழன் எனினும் - உன் தோள்களில்
சாய்ந்து உறங்கிய உறக்கம் வேண்டும்
வழிகாட்டிகள் பல வண்ணம் இருந்தும் - உன் கை விரல் பிடித்து
நடந்த நாட்கள் வேண்டும்
பசி இல்லை என்று இருக்க - அம்மா எனும் சொல்லை கண்டு
பயந்துண்ட நாட்கள் வேண்டும்
உறக்கம் கெட்டு கவலைகளுடன் இருக்க - உன் கண்களை கண்டு
அஞ்சி உறங்கிய நாட்கள் வேண்டும்
நேரம் தவிர்க்க காக்கை குளியல் பழக - உந்தன் சிரிப்பில்
மயங்கி உன் காலிடையில் மாட்டிக்கொண்டு நீராடிய நாட்கள் வேண்டும்
பரட்டை எனும் பெயரோடு அலைய - உன் கரங்கள் நினைத்து
என் கூந்தல் வாரிய நாட்கள் வேண்டும்
முகம் பார்க்க நேரம் ஒதுக்கிடா மனம் - உன் மனம் மகிழ்ந்து
என்னை அழகு பார்த்த நாட்கள் வேண்டும்
மனம் திசைமாலும் காலத்தில் வாழ - மனம் விட்டு மழலை
பருவத்துடன் உன் கால்களை சுற்றி விளையாடிய நாட்கள் வேண்டும்
ஏமாற்றி அழவைக்கும் மனிதர்களிடையில் - உன் கவனம் என்
மேல் மட்டுமே இருக்க அழுத நாட்கள் வேண்டும்
நிரந்தரமின்றி சுமைகளை சுமந்திருக்க - உன் கைச்சுமைகளை
நான் சுமந்து உனை கைவீசி நடக்க வைத்த நாட்கள் வேண்டும்
கடுஞ்சொற்களை வீசும் மாந்தர்கள் இங்கே - எங்கோ உன் குரல்
கேட்டால் புன்னகையிட்டு உனை தேடிவந்த நாட்கள் வேண்டும்
வேண்டும்மம்மா மீண்டும் ஒருமுறை உன் கருவறையில்
துள்ளி விளையாடிய நாட்கள்



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Thought & Snap



Red Dragon fly

They bring joy and smile with the rain.



Pee- kaboo of a spotted owlet

I started adjusting the focus and it was already watching me.

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