



Crusade  
CLARION CALL

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FOR THE NEW ERA

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Covid-19 has taken our lives to another dimension. Life as we know it has ended. Social gatherings have stopped. Weekends became quiet. Schools and colleges remain closed. We stay away from our neighbours and relatives and most of us started working from home. We have seen how hard it is to cope with the lockdown. The governments around the globe are taking measures to relax or lift the lockdown. I wonder how our lives will be after lockdown. Even though COVID-19 has affected our global economy harshly, by living a simple life and co-operating with the government, we can bring it up back. Covid-19 has shuddered our lives but has also made a positive impact on the environment. It has dramatically reduced the pollution, bringing back the clearer sky, cleaner air and water. People have become more creative and technology has played an important role in keeping us alive. Mobile apps and online streaming platforms are a few to mention. Technology has made it possible for us to move forward even at an uncertainty. Video conferencing and webinars are the new way of making business and people have embraced this change. Teachers are busy preparing videos for online classes and students can now learn from home in their most comfortable space. The best quality of our society is that, we find opportunities even in an adversity. We unite and build up courage in fighting against anything that hinders our peaceful life.

### **A Blessing in Disguise**

Recently, I watched a video of an engineering graduate from Bengaluru who made a positive impact on our environment by inventing a waste segregating machine. Nivedha, a 23-year-old lady, now CEO and founder of Trashcon, realized the necessity for segregating waste when she was a 3rd year engineering student. She would go to dumb yards thinking of a solution to the problem that affects millions of people and the environment.

After successfully completing her degree with a handful of job opportunities to take up, she decided to choose an unusual path. Despite the

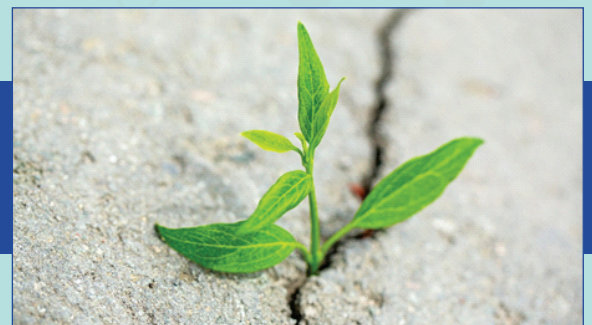
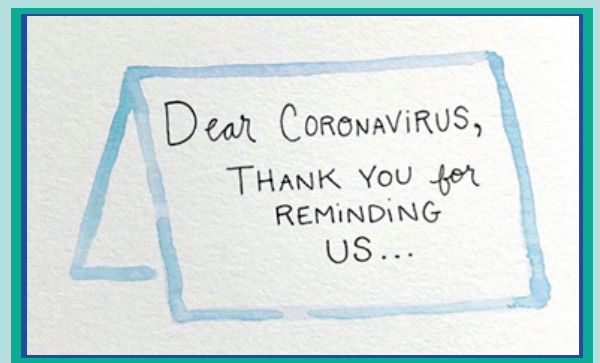


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discouragements and disapprovals, she took up the challenging work of building a machine that can segregate biodegradable waste from non-biodegradable waste. What led Nivedha to fight against waste is a small incident that happened in her neighbourhood. Watching a small girl dying mercilessly in a pile of burning garbage shook her. At that moment she decided to bring a change. It took months of perseverance and courage to find its way to success. Of course, she failed in the beginning. She nearly gave up in the middle. But she found courage and confidence in herself which led her to a beautiful end. Now, her 'Trashbot' (waste segregator machine) is available in four capacities – 500 kg, two tonnes, five tonnes and ten tonnes. Not only did she find a solution to segregate waste, but also managed to generate income from the recyclable waste. While she sells her Trashbot, she buys back the non-biodegradable waste to create boards which are an alternative to plywood. Her recyclable boards made into benches and desks now bring happiness to many poor children of our country. Nivedha succeeded because she survived her failures and hardships. She succeeded because she didn't give up. When others said it's impossible, she wanted to prove it's possible. She has impacted thousands of lives with her determination and effort. Every one of us has a call to succeed in our lives.



Whether it is our personal life or career, we have to find the purpose that can lead us to success. From Nivedha's story, we can comprehend that even waste can make a positive change.

### **Transforming Technology**

This is the era of technology. Technology has brought digital transformation literally in everything. By the emergence of artificial intelligence and Internet of Things (IoT), communication has become easier. In the near future, our whole world will become compact, allowing us to

communicate with plainly anything around us. Smart homes and smart cities demonstrate the potentials of IoT in our daily life. IoT generates a golden opportunity for the new graduates as its applications are vast.

Even though IoT is in its beginning stage, its pace of expansion, versatility, ingenuity and scope is astounding. At the same time, it poses security threats. IoT has paved the way for IoE (Internet of Everything) which makes it possible even for the human brains to connect. Prof. Alberto Sangiovanni-Vincentelli from the Department of Electrical and Computer Science Engineering at Berkeley says, "The future IoT-centric world will not dabble in simple fridges and coffee makers – it will be a world of trillion devices, existing not only around us, but within us." Ten years from now, our thoughts alone will bring us answers and solutions. Google wouldn't even need our voice to search for what we need. Sensors will be all that would matter. Similar to using wi-fi, we will be using sensors. Human wearable gadgets, which are in their developing phase, will be our family doctors. We won't need to go to hospitals or clinics for regular check-ups. The wearable gadget will do the work for us by transmitting our vital to the doctor's computer.

Like we have seen in many sci-fi movies, a common man's life would be so technology-relied in a matter of time. We will all be controlled by technology. You might be familiar with Brain-Machine Interface. This technology helps in decoding brain waves to measure brain activity and convert the features of it into outputs that replace, restore, enhance, supplement or improve human functions. On one hand, it is a boon to many who suffer from paralyses or those born handicapped. On the other hand, it makes us vulnerable to





security threats and our privacy will be negotiated. Imagine a time when someone can hack into our brains! This might seem scary. But we don't have to fear technology, however, be aware of its pros and cons. Even the Smartphone that we use has its advantages and disadvantages. It all depends on how we see it and how we use it, whether it would become a boon or curse in our lives. Let's hope as technology improves, the security system improves as well.





# BE YOUR OWN **SUNSHINE**



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HELLO READERS!!!

Hope you all are doing well. I'm very much excited to share a short story of a girl, which keeps me motivated and helps to move forward with faith and hope.

A sensitive, cuddled kid was brought up by a lovely, optimistic mom and an ambitious, gentle Dad. She also had a lovely younger sister who was mischievous and naughty. The girl was gifted with a comforted society which pampers her with righteous deeds. All is fine except money that shatters their peace every now and then. Her Dad, the bread winner of the family could earn only a few bugs, which was barely sufficient to full fill their basic needs. The girl was good at academics and in extracurricular activities. Her talents outshined her inner beauty of confidence in all her activities. She was more passionate about dance, sports and drawing, but couldn't even tell her family about these, as she knew it would surely overburden her family.

At their young age, when other kids went for their priorities like toys, fancy items, dresses etc., the sisters were matured enough to be aware that, it was just a temporary happiness and shouldn't fall for it. They both had that level of understanding at a very young age, which surprised their parents many a times. They knew the values of life, which made them more different from other kids of their age.

Finally, the girl completed her 10th grade by scoring the 2nd highest mark in her school. She made her parents proud on the annual day by receiving an award for that. Icing on the cake was when the school management came forward to offer her scholarship. She completed her 12th grade too with good scores.

Then came the confusing moment like every child at that point in time, which Career path to choose. As the girl was too sensitive, parents denied her wish to stay in hostel. So they decided to join her in a

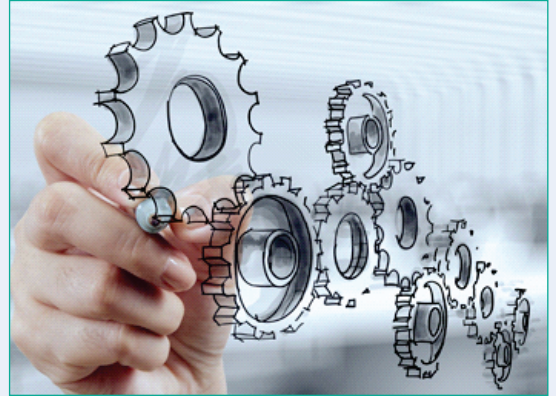






Pharmacy College in the same town, but that was clearly against her wish. Although she wrote the entrance exam of the college and topped it too, but still she was half-hearted to join. She just wanted to move out of her pampering surroundings and explore unfamiliar territory.

She had the first fight with her Dad, which shocked him, asking him to accept her wish to pursue her BE course. After lots and lots of arguments she could convince her parents and her dream came true. Now everything has completely changed, from a cuddled up kid, she had transformed to become a quite brave and independent girl. Now, she handles things on her own, she travels on her own. Now even her parents are proud of her.



Yes! if u could guess, that girl is none other than me, myself with quite a lot of changes, and still lot more to explore, in our beautiful and featured college, MCET. So, my dear friends, I wished to share this to display that, "IF YOU KNOW YOUR DESTINATION IN YOUR LIFE YOU WILL FIND THE WAY OUT". Don't search for external motivation, be DISCIPLINED and internally motivated. Whenever you face the tough times, just listen to your heart and remember the tough situations you and your parents successfully overcame. It would surely give you the spirit and courage you need. 'THE BEST PERSON IS ONE WHO REALISES THE PURPOSE OF HIS LIFE. Find your purpose and fight for it, until u get it and once you get it enjoy every moment of the journey and create good memories for life.

Don't ever forget to make your parents proud through your deeds. Just 'Be ready to face and defeat obstacles and create miracles'.

Come on just go for it.....

CHEERS!!!! For your colorful life ahead....





## Drive your **PASSION**

A man can be truly successful only when his passion becomes his profession. Making money out of your own hobby brings a lot of happiness and satisfaction. This fact led me to start a YouTube channel named "JEFFIE". I love drawing and photography. I have chalked out to start a channel for almost two months. At first, I had no idea in making a good quality content for my viewers as I am a novice. Then one day I received my headphones which I had ordered and I thought, "why not make a video of unboxing it?" So, I posted it on YouTube and shared it with my friends. I received a lot of positive comments regarding this. These catalysts made me to move further and every time I see a good comment it boosts me to do another video.

During my week days, it was hard for me to do videos. So, I started making small tasks each day. First, I would plan for the video then I would film the next day and edit the videos for the next two days and upload the video by Saturday or Sunday. At times, these fruitful planning and doing will dupe due to some technical hitch which de-motivated me a lot. On the other hand, sometimes I will be in cloud nine like when my first shot videos came out successfully without any flaws.

YouTube is not just a medium to earn money but it is a platform to build your profession. Being an artist, you upload videos related to that, then there is a good chance of getting absorbed to a good job by employee who notices it. More than all these, I need a public forum to exhibit my talents with minimal gadgets facilities.

So, In my channel I have made videos on five Mobile photography tips, How to make a 3D image using snap seed, Best mobile camera lens, How to draw a portrait easily, How to draw a caricature. Then I started a series "STAMP IT OUT" where I would be recreating the photographs and drawings of someone. So, I have made 5 videos under this series. Then I made a doodle using colour pencils and another one digitally.

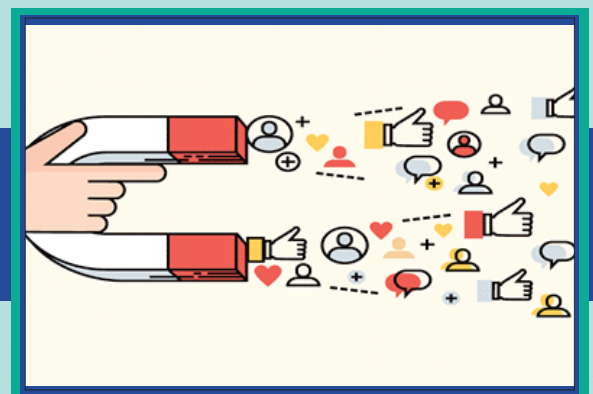
Further, I have made five quarantine photography ideas, customized my abstract painting, and made a scribble art of Tony Stark. In addition to this, I have



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made a videos on 5 creative Instagram story hacks, a total explanation of manual mode in our smartphone and how to use it to capture excellent photos, listed five photo editing application.

I have also tried my hands on making two entertainment videos, customizing my phone case, which was my recent one and redrawing my childhood drawing. My next leap is to do a realistic drawing tutorial on how to draw our face, eye, nose, ears and mouth. I have also planned a video on how to shoot BROLL using our smartphone, and I am so excited to make this video.



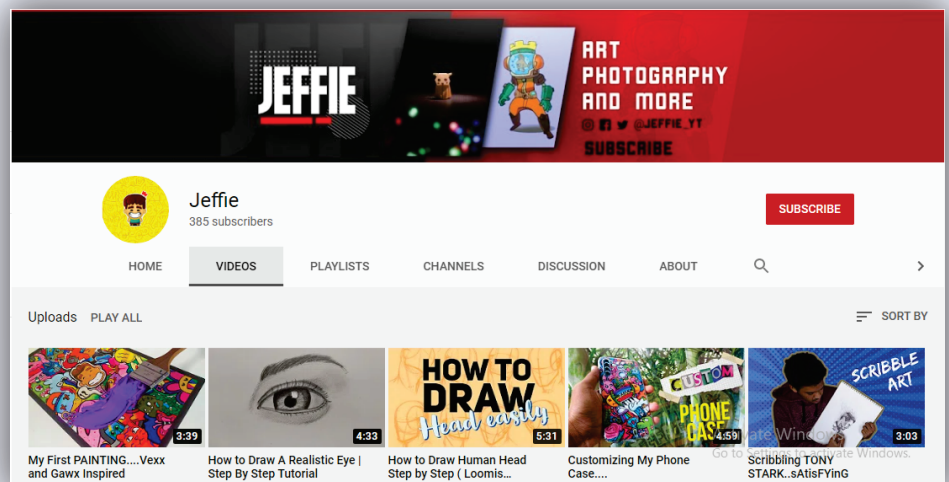
I have started my YouTube videos with a tripod and phone. The phone quality was not good but still I made videos without waiting to get a new phone. Recently I have upgraded the gadget which will surely add colours to my preparations. We don't need any fancy DSLR's or costly camera to grow in YouTube. Being consistent in posting videos will automatically grow our channel and balancing your studies with this exploration is also important.

Hardwork and determination are all that you need to shine in any field you choose. One interesting aspect is that when you start working hard on something you really love the most, you won't feel it as a burden, and instead you get ignited to achieve greatness.

Do the work you love so you won't regret in the future.



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# YOGA FOR THE NEW ERA



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“Yoga doesn’t transform the way we see things it transforms the person who sees and does”

Everyone knows that a good building needs good foundation. If you set your base well you will find it much easier to keep the practice going in a sustainable manner. Many people decide to improve their lives-pick up a sport or a new diet but unless they have a good will tend to drop the practice. Youngsters and teenagers of this era are more stressed and spend hours staring at the screens. From education to health, personal relationships to business mobile devices are fundamentally changing our world and ruling us. Every coin has two faces, same here if the technology is a blessing for us on one side, it is also a curse on the other side. For instance, Text Neck is the talk of the town now, hunched back became a common of all who are glued to screens. This enrouts to musculoskeletal issues, annoying eye pain and physical disorders.

Due to this pandemic, the outdoor activities of the teenagers have been reduced drastically and every one of us became couch potato or technophile. Is mobile a convenience or problem? Every notifications from instagram, facebook, youtube, twitter, Whatsapp, etc., distracts and disturbs us. We all don’t have time to relax and we are stressed-out due to lack of sleep and much disturbed sleeping schedule. Self-care is very important and one of the best ways to get relaxed at home is to perform yoga by spending at least 30 minutes a day. Yoga practice helps develop the body and mind bringing a lot of health benefits yet is not a substitute for medicine. Yoga rejuvenates your body, mind, and soul and kicks out stress or anxiety.

Yoga is a practice intended to lead us to a more blissful and calm life. With a healthy body and a serene focused mind we can achieve everything. The practice of yoga helps us to understand who are we and how to transverse the perceptions of our mind.

Doing yoga has a balancing and calming effect. It relaxes the body and calms the breath, improves





sleep, relieves stress. We can also perform asanas which benefit by:

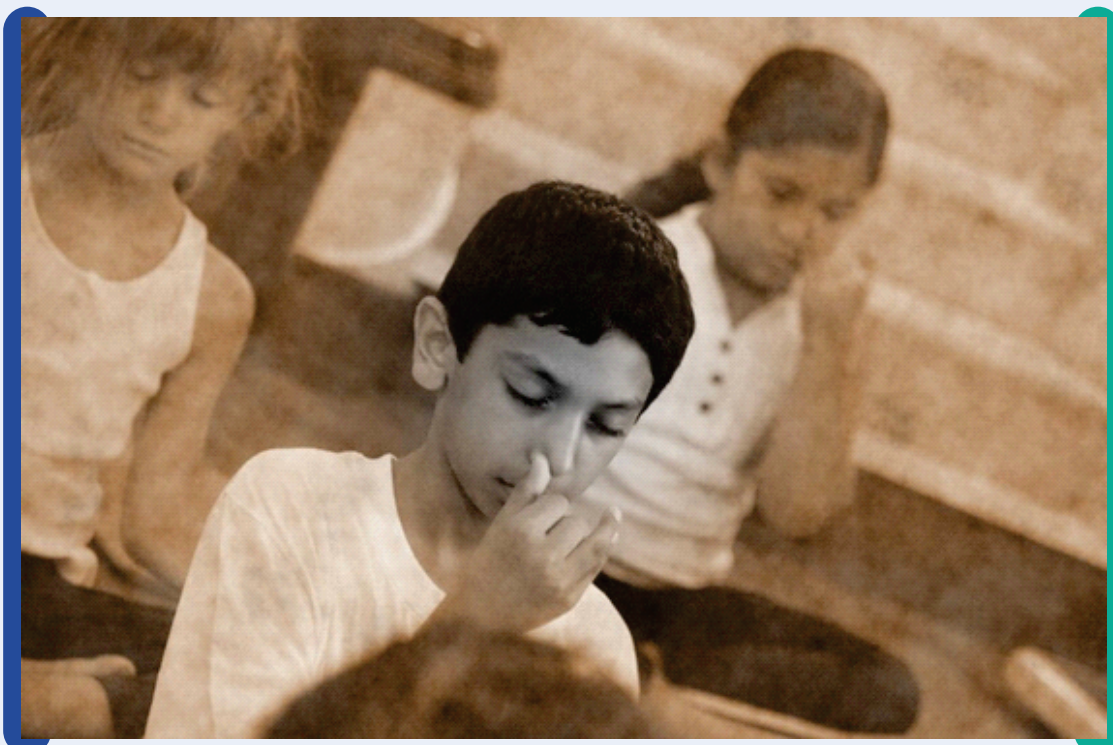
- ✘ Physical (blood circulation, inner organs, glands muscles, points)
- ✘ Developing emotional balance and stability.
- ✘ Improving the ability to concentrate
- ✘ Increasing the memory power
- ✘ Purifying and clarifying consciousness /awareness and et.al.

There are seven chakras in human body. The seven chakra are the Root Chakra, Sacral Chakra, Solar Plexus Chakra, Heart Chakra, Throat Chakra, Third Eye Chakra and the Crown Chakra revitalize these by performing yoga. It maintains that chakras are center points of energy, thoughts, feelings, and the physical body. According to yogic teachers, chakras determine the way people experience reality through emotional reactions, desires or levels of confidence or fear, and even physical symptoms and effects. We all must perform some basic yoga for mental stability and good mental health...some of the yoga which are easy to perform at home are kapalbhati, Pranayam, breathing exercise, the laughter yoga etc. Yoga is for all an equally necessary for the digital generation. A personal experience, perform yoga to adhere to a healthy living which ensures you to build your future effectively. It is the right time to do it as this pandemic surge paved a way for us to be more Nomophobic and also become a couch potato.



Don't become a gadget slave; guys live in the real-world with real eyes.  
Virtual world is not a real world remember this.

Choice is yours !



# “DON'T JUDGE A BOOK BY ITS COVER”, SAYS ONE, WHILE THE OTHER SAYS “FACE IS THE INDEX OF THE MIND”

Looks are one of the most important aspects of one's life. In this materialistic world, people judge and are judged by others. Judging should be replaced by understanding. People now-a-days are so narrow minded that the coverings are valued more than the content itself, outside toppings are praised without even tasting the cake inside. So why is this type of opinion fixed in our minds? Why don't we pull out those nails from our brains? Why do we permanently fix things in our brain? Why are each and everyone in this world worried only about looks and not the inner beauty?

Well the answer to all these are that we people are quite judgemental and narrow minded. When we look at a person, it is obvious that our human brain is trained to look at the dressing, hair, makeup and such, through which a person is misjudged, sometimes teased or even commented upon. But the sad reality is that even a glossy apple can be rotten from inside, which people fail to realise. Judging through looks is one of the worst attitude people can show to others. Understanding is lost now-a-days. Understanding and knowing about a person can make one realise that even from unclean dirty water, lotus can grow. Until and unless one knows about a person completely he has no rights to judge him.

Inner beauty and goodness is vanishing in today's world of social media, where people live their own lives in the opinion of others. Why should one dress up just to impress others? Inner beauty cannot be seen, but goodness can be felt in the heart. Skin depth beauty always fades away, in time. It is not a constant one. Looks don't matter at all. Even a person with glossy skin may get wrinkles as time passes, sweet voices may turn rough and even fashionable bodies may also lose its shape. So with time everything may change but not the inner beauty and goodness that one has. Outside looks are temporary while inner beauty is always a permanent one. So one should never judge a person through looks, so goes the idiom, 'Don't judge a book by its cover'.

While one is arguing about judging, someone says, 'Face is the index of the mind'. One's face tells about



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one's character. Facial expressions can tell about one's personality. This is actually accepted by all. This idiom is taken from the Tamil Literature and is one of the most commonly used and believed one. Can one be judged with facial expressions? Is it right or wrong?

So looking into this one can't argue. In fact we can't go by this. Face is just part of one's appearance which cannot go with personality and character. Character and personality is dynamic and developed day by day. One is moulded into a great personality, slowly just as clay is made into a pot. A pretty decorated pot, with just a small hole in it, makes the whole pot useless. None would buy it even though it is well decorated from outside. Likewise even though one has beautiful looks, there may be lots of holes and prickles like jealousy, rudeness, hatred because of which the person becomes useless and unfit to contribute to the society. Only in some cases 'Face is the index of the mind' can be applied, but that may also go wrong sometimes.



The face reflects the inner feeling of an individual. The tongue tastes the food first and then it goes to the stomach. If the food tastes bad it gets spitted out automatically. In this way our activities are controlled by our mind, which is shown clearly in the face. Our face shows the impressions, such as, love, care, peace, hatred, depression and such. So from one's face a lot of information can be found. One's feeling is showcased in one's face. Even though these match with the saying, 'Face is the index of the mind', one cannot completely rely on it. Some people have venom in their heart and jealousy all over their body but still keep a smiling face as though they are angels.



So taking into account, both the idioms, even though both have opposite hidden meanings it should be applied at appropriate places and situations. One should know where to apply what and at which situation. If this type of clarity is fixed in our human brains, just as the roots of a banyan tree, then judgemental minds would turn into beautiful ones with colourful thoughts. The world would become a beautiful place to live. So "Don't judge a book by its cover", and at the same time remember, "Face is the index of the mind".

Last but not the least, let's quote Paulo Coelho and say, we can never judge the lives of others, because each person knows only their own pain and renunciation. So judge less, accept more, and restore your happiness.



# Is Sports ... A Support To Studies...!!!



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It is usually said, "Sound mind is the Sound body".

Yes, all are supporting sports. Even in the 16th century, the great English play writer Shakespeare has said, "If anyone has no sports or music in himself or herself, is fit to be spoils or treasons". Playing a sport is a great way for students to take a break from academics and release the pent-up energy. It also helps to lead fuller and happier lives as regular sports and fitness activities have proven to provide not only physical benefits but also social and psychological benefits. There is an important question in today's fast - paced world "Is it better to stick only to academics or to try and balance both academics and sports?".

One of the most practical ways for children to learn about themselves and about their skills is through sports education. Several studies recommend playing sports advances a child's self-confidence and self-esteem. A pat on the back, high-five from a co-player, or handshake after a match really lifts a child's confidence. Words of praise and cheer from the coach, parents and other players raise the self-respect. A significant entity to remember is that a child's self-esteem should not be distinguished by victory or loss. Constructive criticism is key to children accepting and working on their weaknesses. It also helps when you ask 'did you enjoy the game?' rather than "did you win?"

A sport teaches a lot like manage emotions, patience, team work, accept defeat, respect authority, follow rules and achieve life goals. In addition to this it hones up, one's physiological benefits too like reduce risk of obesity, healthy growth, strengthens lungs, reduces sugar level, regulates blood pressure, improves coordination and sleep.

A recent research tells us that children who participate in sports perform better in academics too. Participating in athletics has been known to improve cognitive and memory functions and helping them to perform well in academics, find their passion and travels in the right path. Everybody is supporting the sportsmen, because of their spirit and optimism. Our Founder Arutchelvar Dr. N.



Mahalingam was "A Man of words and deeds, like a garden full of seeds and not weeds". The Founder of our Institution had been an Inspiration and motivation for all of us in both academics and in sports field. In most of the schools and colleges more importance was given to exam grades and not for skill development or extra-curricular activities. But in recent days the concept of education has changed drastically over a period of time. Moving forward, a vital change in the mind-set of the parents and community as a whole to take up some form of sports or physical activity along with their children's studies will happen.

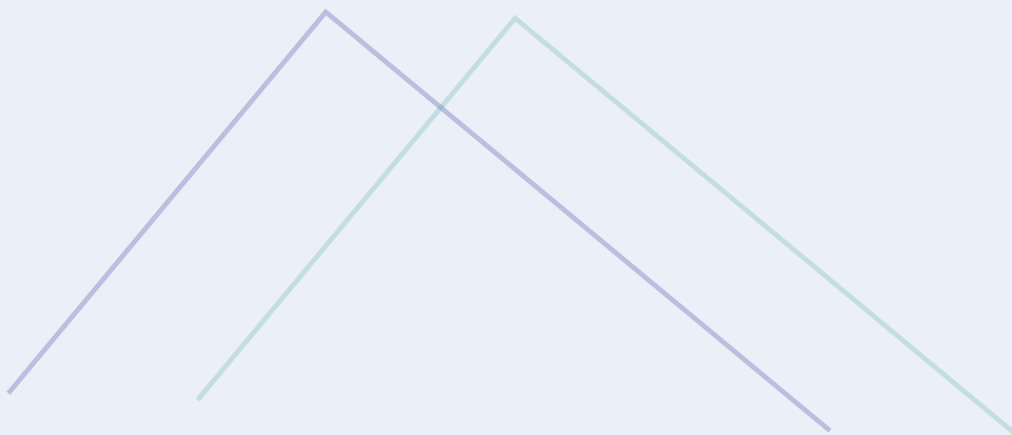
Especially in our MCET both sports and academics are equally balanced and this is the major reason for our student's overwhelming success. It was our Founder who, optimistically approached everyone to be an active participant in sports especially in Coimbatore District. The Former President of Olympic Games Thiru. Pierre de Coubertine has said,

"Winning is not at all Important, but mere participation is essential".



Telling you the fact "Every flower tells us that life is a sports field, and it is our duty to make it successful". To be frank, I assure everybody that, "Life is like an ice-cream, and we have to taste it before it melts". The important question that the parents and students are afraid of "How one can manage both academics and sports?" The simple answer to this question is managing our time efficiently in the necessary efforts and avoiding time in video games, movies etc...

Playing college sports has some serious benefits. Besides just being fun, sports can help you perform better in school, relax more and worry less, deal with setbacks, work better with others and increase your energy — all of which helps you balance academics and everything else going on in your life.



The NEP (National Education Policy)-2020 made under the visionary stewardship of former ISRO chief Dr. K. Kasturirangan, paved a great pathway to the new Education Era. It was accepted by the union government of India and Proposed States to follow it, though it has lot of possible results, still there is a responsibility of our union government to an answer the question. Whether NEP-2020 language proposal is a possible one? Is it Discriminate the federal structure of our country?

The answer for both the one is same that it's an acceptable one but it also affects the federalism of our country. Before that we just briefly examine our Indian Government Structure After 1947, When India got Independence the first Deputy PM of India Sardar Vallabhbhai Patel tends to enable India as an Union of different states without discouraging its, own cultural heritage. Due to the development process, there is an need of official language for our country. The problem begins here, it was decided to make Hindi as an Official language of our nation because it was spoken by almost 42 percentage of population but what about the rest of people? It was condemned and criticized by many great leaders such as Honourable Mr. KAMARAJ and Honourable Mr. C N ANNADURAI who were the former CMs of Tamil Nadu.

Mr. Annadurai speech on language Policy in Rajya Sabha Said, "India is a federal state our society and political system is plural. India consists of various ethnic groups, Various Language. The government has accepted two national anthems, "VandeMataram and Jana GanaMana". Neither of these from Hindi, they are Bengali. It is that this 42 percentage cannot be taken into Consideration. If Hindi were spoken throughout INDIA by at last 20 percentage of population, we can accept it. But what is the logic behind presently 42 percent, in a compact area of UP, Rajasthan, Bihar, MP. I can understand it but I cannot support it. I can understand the logic behind it, but I can't accept it." Said by him. Meanwhile the reality is our government declared Hindi as an Official one.



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Due to Globalization there is a vital role of trading activities across the countries now a day, the Whole earth becomes very tiny. The Novel Corona Virus is a better example that it affects the whole world with in a brief time. To stand along with the world nations there is an importance of communication to us. We need to know the universal language, (i.e.) ENGLISH. Well more over all countries knows the importance of English. All the world countries are under one Shed and Shed refers to English. To Know English better will make a better upliftment in one's individual prospects. It also overcomes language clashes between states like India.

In my perspective, I must always encourage that one must have a better fluency in his own mother tongue and secondly he must be fluent in universal language. The rest of options are purely depends upon their own interest. All in all, while the NEP policy is not legally bound to any action, it definitely makes clear the government's vision to escort in some landmark changes to the education sector.



**“HOPE FOR THE BEST AND PREPARE FOR THE WORST”**



# Creativity shakes hands

with technology



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