



Crusade
CLARION CALL

Issue 91 | Volume 92



November & December '20 EDITION

1

HOW TO MAKE **GOOD** HABITS AND
BREAK BAD ONES

2

CHOOSE YOUR CHOICE WISE



**Article
Inside**

3

DREAMING
BIG ENOUGH

4

The **Cambridge** Assessment
webinar

and more...

Crusade Editorial Team

Chief Editor

Dr.C.Ramaswamy,
Secretary NIA Educational Institutions

Editor

Dr.A.Rathinavelu,
Principal, MCET

Co-Editor

Dr.A.Sakthivel,
Head of the Department,
First Year Programme

Designing Team

Mr.A.Joseph Jerold,
Junior Technical Assistant
Media Centre

Editorial Team

Mr.K.ArulKumaresan,
Coordinator, CIBIE

Ms.K.Rajalakshmi,
Assistant Professor, English

© Articles are welcome from students and faculty members. One can share their perspective on write-up that would benefit the students to augment their personality and personal growth.

© Interested authors can contact the following email ids of the editorial board.

✉ akr@mcet.in

✉ rajalakshmi@drmcet.ac.in

✉ llc@drmcet.ac.in

HOW TO MAKE **GOOD** HABITS AND **BREAK** BAD ONES

Our habits define our life.

In this article we will see how to make them and break them.

"It is not hard to learn more. What is hard is to unlearn when you discover yourself wrong."

– Martin H. Fisher

It is very natural to find it hard to change a habit suddenly. But why? Before understanding this let us understand how our brain works.

Neuroplasticity

Think of the subjects you read often and how easily you solve problems in that particular subject. Now think of subjects that you didn't prepare for a long time. When you try to solve problems in these subjects you will find it hard even to approach the easiest problems. Now, what is the reason behind this? The answer is practice. Yes practice.

What you practice grows stronger. Our brain follows this. Neuroplasticity is nothing but forming strong neural connections over time adapting to change. How can we make the connections strong again? The answer is the same, practice. When we practice a particular thing for a long time say you practice typing, the muscle memory associated with it grows stronger and the neurons responsible for this makes a strong connection between them. So when you are typing for a month you will find a drastic change in your muscle memory and you will type with ease comparing to the previous month. This is the same way we make habits.

Habits

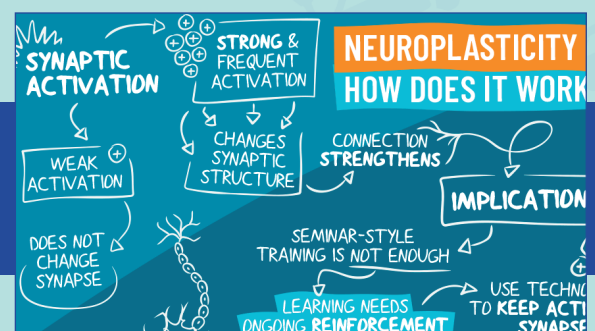
The main thing to notice here is that our brain cannot distinguish whether the habits are good or bad while forming it. Yes of course our brain knows to distinguish good and bad but while forming habits as you do it often our brain's neural network related to it gets activated again and again. So you find it easy to do next time whether it is good or bad.

Now how to break them? Simply by not ignoring,



Murali Prasanth

III B.Tech IT



yes, that's the option. If we stop doing the bad habits like staying awake till late night. If we stop doing that for a few days, our brain finds it unusual way to stay late at night and it starts finding it hard.



Every habit works this way. We all know the 21/90 rule. It takes 21 days to build a habit and 90 days to make it your lifestyle. So be conscious of the habits you form. Your brain doesn't know whether it is good or bad, if you keep doing it, your brain makes it a habit.

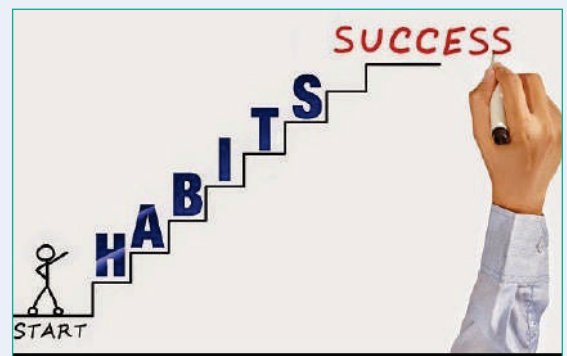
Micro Habits

True and lasting transformation requires kind attention .

Now you can't change all your habits overnight. Take one habit and work on it and then another one. Sometimes we can change a lot of habits in a day but most of other habits cannot be broken in a day. Don't be hard on yourself. Take one habit and change it. If you are forming good habits try your best to stick to it. If you want to break a habit, have a strong reason for not doing it. Say you want to prevent your eyes from getting myopia. You will stop using your mobile for long time in a day. You will start doing eye exercises. You will buy blue ray blocking glasses to prevent your eyes from strain. So the strong reason here to prevent your eyes from damage. That one strong reason here makes you build new habits and stick to it. And it also makes you break bad habits. Since you have a strong reason now, you are less likely to go back to your old habits again. To make a habit strong and long lasting, have a strong reason to not do bad habits and to do good habits

Rewards

If you succeed in making it a habit reward yourself. Our brain likes rewards. Say you stop eating sugar a Reward yourself with something you always wanted to buy. It might sound silly but it makes it easy forming new habits since there is a reward in the end. Since these rewards make our brain feel happy we are more likely to form more habits since there are rewards.



How to prevent yourself from going back

"Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny."

- Mahatma Gandhi

Always be mindful of what you do. Be mindful of your thoughts. If you feel like going back to a habit that you don't want to do as I said earlier, think of the strong reason that you made for not doing these habits again.

When you are triggered by your brain to do a habit which you don't want to do, observe what is happening in you. Be mindful. Analyse whether starting the habit again benefits you in any way. It is better to write down things you want and don't want to do. It is an effective way to make your mind work in the way you want. Read what you have written about the habit. If it doesn't benefit you, get rid of the habit. Instead of getting satisfied after doing that bad habit has the satisfaction of letting it go.



DHEVADHARSHNI PONNARASAN

II B.E ECE

OPTIMISM.
IT'S
NOT
JUST
A MIND-SET,
IT IS
BEHAVIOR.
-LARRY ELDER

KEEPINSPIRING.ME

During childhood we all have that one motto to get up and walk to get the object we want. We all might have gone through several failure throughout the attempt yet we never thought of giving up because that is our choice to reach our goal by learning from our failure. As a child we valued our goal instead of emotions and that's why we never cried for the failure instead we accepted with laughter. Here choosing the goal as our priority is our wise choice so that we succeed in that process.

Now as an adult, we all are giving more value to our emotions rather than goals which leads to drastic decrease in progress since it doesn't let us out of our comfort zone. We all are afraid of failure even before giving it a try. But the truth is humans are designed in such a way to learn from our own mistakes. Elbert Hubbard says that the greatest mistake a person can make is to be afraid of making one. It is our choice to choose being afraid of taking risks or learning from mistakes.

When it comes to opportunities, we failed to grab them by doubting ourselves. If our plan doesn't meet our talent, we still have the choice between declining the offer and improving our talent for giving a try. Most of us would've declined the offer due to doubting our ability. But if you commit yourself to take risk and determined to reach your goal nothing can stop you from master your skills. THE CHOICE WE MAKE TODAY DECIDES WHO WE ARE TOMORROW. We should try to learn from others mistakes too since we didn't have enough time to explore by doing ourselves.

When we are in bad situation, it is our choice to be an optimist or pessimist. The former looks for solution while the latter looks for reason to complain on it. Also it is our choice to be grateful for what we have or complaining for what we didn't. However, complaining would be a terrible waste of time and it never be an answer to our challenges. You'll live once, so feel yourself as a complete one rather than complaining imperfections. WHAT YOU BELIEVE IS WHAT YOU BECOME. We can't control other's

behaviour but we can always choose how we respond to it. It is our choice creates our own company or end up with nothing when we get fired from our company. It is our choice to be positive even in negative situation. We all are granted rights to choose to overcome failure. We all must learn the importance of making a choice, as every choice has the ability to accelerate our destination. Never a choice ends up in misery unless it affects someone. However we all must learn to choose the right choice which will drive us in the successful path. IT IS OKAY IF YOUR CHOICE IS NOT A BED OF ROSES but it is worth to chase if it will drive you from RAGS TO RICHES.

Though we all know the power of being an optimist, we failed to be the one since we failed to make our choice wise. Always choose to develop a positive attitude and enthusiasm towards life. Finally it is YOUR choice to just read the article or take active step to make WISE CHOICE.



"Aim for moon. If you miss, you'll land among the stars", such a beautiful quote, always reminds us of dreaming big enough.

A dream always reflects your intensity of inner thoughts. They always make you think something innovative, creative and is the reflection of what you think, what you idealise each and every time in your mind. They make you feel and make you live on what your inner thoughts focus on. Dreams can be of any type, but how intelligently you think, makes you a beautiful dreamer, not just a dreamer when you take it out in an ideal way, you could make wonders out of it.

Turning out dreams into reality is not just an easy process. But once done is a hilarious success ever. Your dreams are one of the most important catalysts which take you up to reach great heights and make out a huge success. Yes, dreaming alone is not enough, but turning them into a real one does matters the most. Recognizing on what you can do, and what you focus on is two different scenarios. And what you focus on is more important! what you can do because the probability of success depends on what you focus on than what you actually can do. Recognize your capabilities; be responsible and resistant on things to be avoided.

Making out plans, according to your time and managing them smoothly is one the basic and possibly essential talent you need to know. If you don't have plan for the day, you cannot have the plan for your life. "plan your work for today and every day, then work your plan accordingly" is a very simple way of time management. Everything which calls your name is not for you. Hence, manage your time wisely.

As Planning and recognizing is important, is so working hard as well as smarter absolutely important. There is no success, facing no struggles or obstacles. When we go through struggles and obstacles, it does mean you really try something new and different, but do it in a distinct manner.

At times you may not work according to your plan. You lose, fail, fallBut, and Bounce back energetically



SANDHIYA.S

II BE ECE



double the times you fall. This part of your life tests your patience, and perseverance towards your dream and goal. Your ultimate focus is to achieve your dream. So, Dream big, Do big, Achieve big. Make an identity of yourselves. Create your own path. Train your mind to see good in any situation.

Criticisms struggles and pain are the scar marks of your success. They prove that you are really trying something hard and good. Organizing your thoughts and ideas makes you disciplined and obedient. The probability and possibility of your success is damn sure. It's all those little things that make you explore something really big. Fix your dreams and standards high, Work for it.



Dream, Achieve, live

Difficult events occur for our spiritual growth. Take them as your steps of success. Beautiful sunset wait after heavy rain. Wishing you all only good luck and success! Just rock your life!!!

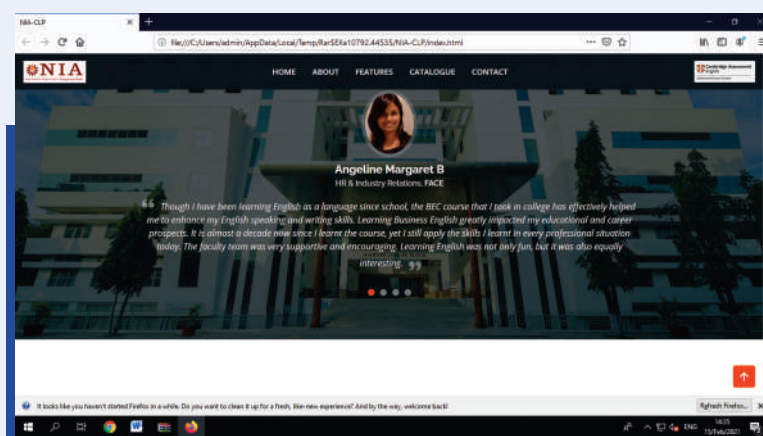
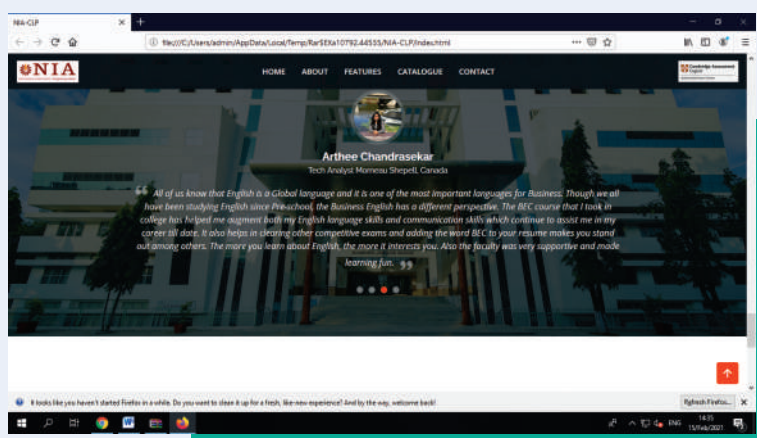
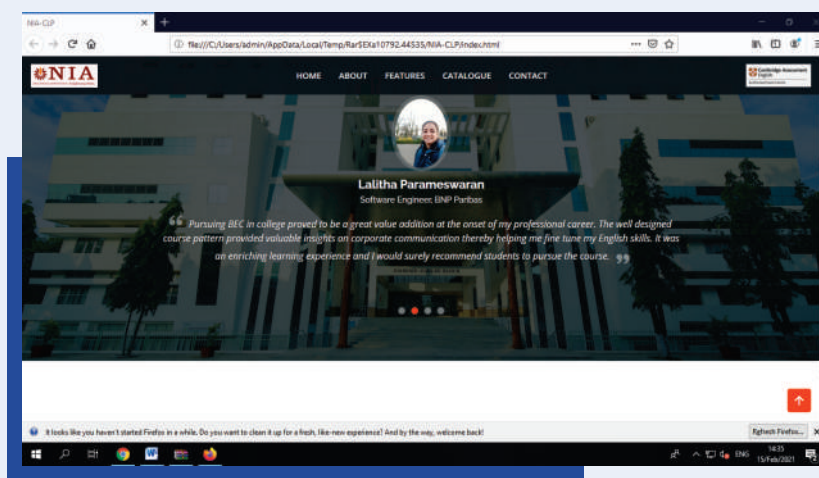
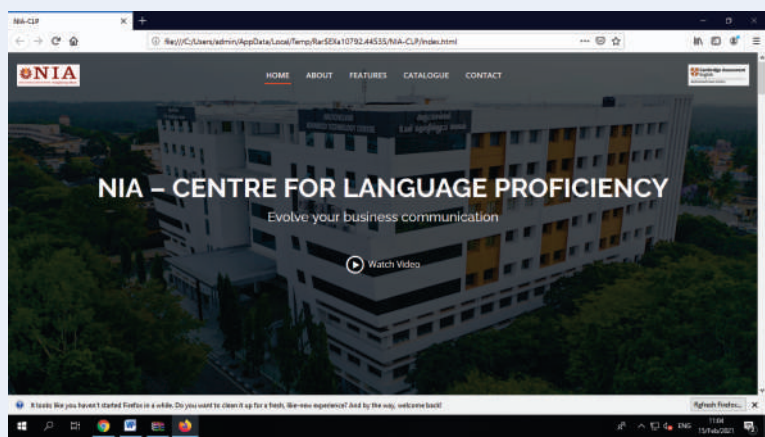




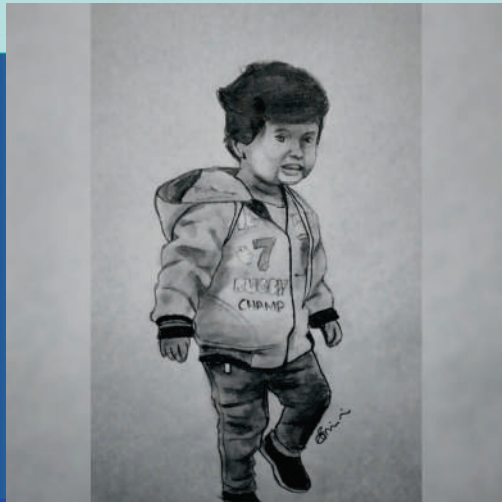
The Cambridge Assessment conducted a webinar on the topic face-lifting your website as a follow up activity they organised best website competition on 20th May 2020 with the following criteria: Content, Navigation, Design and structure, Appearance and multimedia, Uniqueness. Further, informed the Centres to submit the entry with a link to the website or Cambridge page along with a write up for more than 200 words, on why our website deserves to win. This competition was open to all the centres in India, Sri Lanka, Bangladesh and Nepal. The entry submission for the competition was on 31 July 2020.

Based on the inputs received, we the English Team with the following members Ms. K. Rajalakshmi, Ms. V. Arunadevi, Ms. R. Bhuvaneshwari, Ms. D. Nivetha and Ms. B. Pooranitogether prepared the content for web page under the following subheadings: Mission, Our plan, Vision, About NIA-CLP, Cambridge English Centre in NIA, Features, and Catalogues apart from this, we have received few testimonials from the students who have completed BEC Certification. Followed by, the student named Mr.T.Meiarasan of SGS IT Wing designed the web page with the content provided and we submitted the web page link for evaluation to Ms.Gajalakshmi Sendil, Customer Services Manager, South Asia, Cambridge Assessment English on 2nd August 2020.

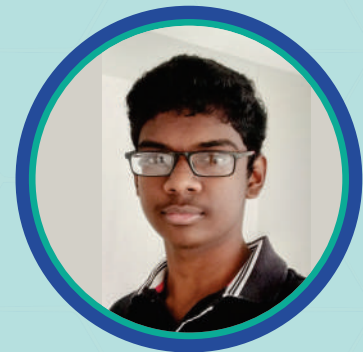
In continuation, we received an invite to the event named Coffee with Andy a virtual meeting with Andy Page, Director of Customer Services Manager, South Asia to discuss on global updates, local initiatives and innovations followed by the most awaited announcement of the website competition winners. This event was held on 3rd September 2020. After completion of discussion, the results for website competition was announced and it was declared that our Centre NIA – CLP won the Special Recognition for Best Marketing campaign – Website and digital assets.



Pencil Drawings



A good rugby player is a Child.



R. SRIVISHNU

I BE ECE A



Swipe away the starvation in the person
who keeps away our starvation.



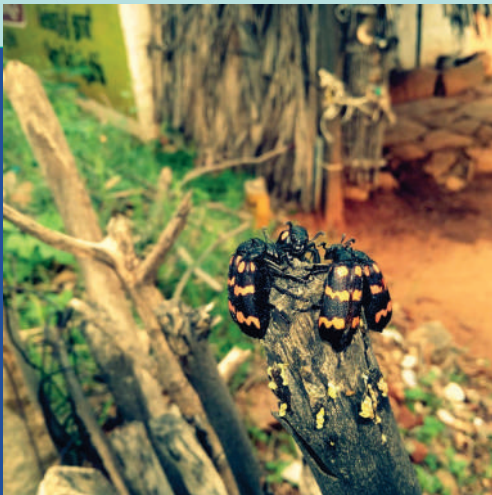
A Sparkling Hope!!!

Clicks by Niki



Nikilesh.S

I ECE A



Meet the Team



Everyday a new adventure



