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- **LIVE A HEALTHY LIFE**
- **KERALAM – The Land of Coconut**
- **CHERISHING MEMORIES THROUGH INDUCTION PROGRAM**

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Are we all following a healthy lifestyle?



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First of all what is a healthy life? Most of the people in this generation were spending most their time in their workplaces and the remaining time social media. We all are forgetting to maintain our life cycle which means living a healthy life includes a lot of categories if we fail in any one of those, it will result in a different way called diseases or amnesia.

Basic categories of healthy living:

1. Healthy diet
2. Physical fitness
3. Mental fitness
4. Sleep
5. Healthy environment

1. Healthy diet:

Having a healthy diet gives as standard living. Because food plays the major role in humans body providing sufficient proteins, nutrients, fibers and micro nutrients. Plan your diet wisely with varieties of vegetables,

fruits, fluids, and meat with dairy products. Plan it according to your work activities, if you're a sports person you should take lots of proteins and less carbs or if you are regular person your diet should be balanced with all kinds of nutrients. Drink plenty of water every day (an adult should take 6 litres of water every day).



2. Physical fitness:

Exercising on regular routines makes our body physically fit. And if we maintain our physique properly, it will be giving us a separate motivation about ourselves. At the same time maintaining our physique is not an easier process we need should have patience, determination, good motivation and also a healthy diet. Always plan to workout with buddies because we can compare our potential with our buddies and we can improve our skills.



3. Mental Fitness:

As like Physical fitness mental fitness is also an important part of being healthy. We can maintain our mental health easily by few steps maintaining good social life with people, spending quality time with friends and family and loneliness at some times. Spending time with our loved ones (friends and family) refreshes our mind and we will feel better after a little conversation, it gives as a satisfaction of reducing our depression and stress.





Akshataa U
IIT

We all know that Kerala is known as God's Own Country, but only a few might have known that the name actually comes from 'Kera, meaning coconut tree and 'Alam, meaning land. Yes!! The land of coconut trees.



Kerala, a glorious and magnificent place filled with trees, paddy fields, ponds etc., can be with no doubt an amazing place to visit. One could spontaneously identify and visualize the place just by coming across all the greeneries. There will be no place where you will not find any green foliage out.

Although Kerala as a whole is a splendid place, I often visit a particular city out there Nemmara (my native) which is located in Palakkad district. I often travel out there for all my vacations till date and our house would literally be surrounded with trees and shrubs which would be such a beautiful vision. I also get to spend some valuable time with my 'grandparents', listen to their life experiences and get cool advises which has indeed helped me to mould myself in many ways.



The most popular festival at Nemmara is the 'Nemmara-Vallanghi Vela', which is a temple festival that falls mostly around the first week of April every year. It is celebrated at 'Nellikulangara Bagavathy' temple, usually after the paddy harvest. This festival of colours is best known for its colourful fireworks which have a magnificent view, known to be the loudest in Asia.



Huge unique infrastructures would be building out of bamboos and woods for the shelter of the elephants which will be lit up with decors. The finest elephants are gathered there and they greet the 'Goddess Nellikulangara Bagavathy'. This is definitely one of those amazement's one should never miss to experience in a life time. I always feel very happy and enjoy being at my native with my family.





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In this Modern technological world everyone wants to be successful but what is success? Perspective of success varies from one person to another. One may have their own view. Success and failures are like both sides of same coin. Self-belief in one can give vision which is strong enough to defeat the negative thoughts and gives a way to success in achieving all the goals. Success doesn't bank on the talent or skills. Without fear and giving up, Balancing work and passion is a part of success. Never Being late, working more with confidence and expecting little with smile always is a key to favorable outcome. The Biggest Enemy of success is the "Fear of failure". Success Stories give only message but Failure gives idea to win.

Sometimes challenges, Hard times offers us much more value than any other time. Without struggle no one can grow.

No one can survive or get stronger without resistance. The Harder time in life makes us better to overcome hardness. Our greatest struggles will

always form our greatest strength. Sometimes sacrificing something which is very hard gives us success. Getting grateful for struggles and working on ourselves to make our future better is much effective than pain. Failures were the moments of discovery and learning new things which

cannot be forgot. There won't exist a thing called as failure it is the way of learning in a different way. There will be a great failure behind a Great success. Willing to try again after failure will give a ladder to climb to reach success.

"Aha Moment"

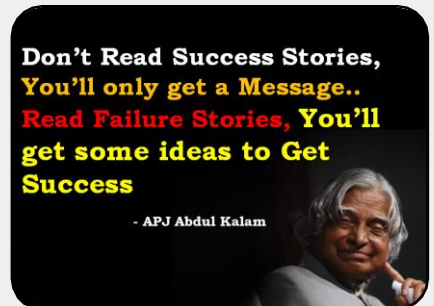
It creates a "aha" moment where one realizes or found or understood in a way like they have never seen. It is Just like solving a complicated Math problem. At first it won't be understood, then it will be slightly known if we go through it, sometimes it may struck and we may fall and could know where to go and it took

some time, suddenly a idea will be dicked to overcome failure and to solve that problem. Getting the sweetest victory is the one which is most difficult. Even plants and trees expand its roots downwards to be a big tree. Failure is accompanied by a variety of emotions. The failure is one of motivations to inspire us to keep trying until achieving success.

Failure is the closer answer to success. You should not let your success to rule your mind and let your failure to go to your heart. Pass failure in your own way to success. "We didn't practice to walk by following rules. We have fallen seven times and we managed to walk in the eighth time by doing it and by falling over." Treating failure as your teacher for life gives a successful lesson for living our successful life.

"Experiencing failure is an adventurous thrilling experience."-Karmukilan

"Dreaming Higher, thinking more than twice to analyse the best plan, getting failed, learned to manage and trying to execute with confidence, then success is yours."



As more and more AI enter into the world
More and more emotional intelligence enter into
leadership - Amit Ray, Famous AI Scientist



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The intelligence shown by machines, unlike natural intelligence displayed by animals including us humans. AI is much older than you imagine. Even there is myth of Mechanical men in Ancient Greeks and Egyptian Myths.



Let's take a look at some important milestones in the evolution of AI: 1943- Warren McCulloch and Walter Pitts proposed the model of artificial neurons.

1949- Donald Hebb demonstrated an updating rule for modifying the connection strength between neurons. This gave rise to the Hebbian rule.

proposed a test that can check the machine ability to exhibit its intelligence behavior equivalent to human intelligence.

BIRTH OF ARTIFICIAL INTELLIGENCE

1955- Allen Newell and Herbert A Simon created the first artificial intelligence program which named as "LOGIC THEORIST". This program had proved 38 of 52 Mathematics theorems, and find new and more elegant proofs for some theorems.

1956- The word "Artificial Intelligence" first adopted by American computer scientist John McCarthy at the Dartmouth conference. For the first time, AI was coined as an academic field.

THE GOLDEN YEARS - EARLY ENTHUSIASM

1966- The researchers emphasized developing algorithms which can solve mathematical problems. Joseph Weizenbaum created the first chatbot in 1966, which was named as ELIZA. 1972- The first intelligence humanoid robot was built in Japan which was named as WABOT-1. The duration between years 1974 to 1980 was the first AI winter duration. AI winter refers to the time period where computer scientist dealt with a severe shortage of funding from government for AI researches.

The duration between the years 1987 to 1993 was the second AI winter duration. Again investors and government stopped in funding for AI research as due to high cost but not efficient result. The expert system such as XCON was very cost effective.

THE EMERGENCE OF INTELLIGENT AGENTS

1997- IBM deep blue beats world chess champion, Garry Kasparov, and became the first computer to beat a world chess champion.

2002- For the first time, AI entered the home in form of Roomba, a vacuum cleaner

2006- AI came in the business world till in the year 2006. Companies like Facebook, Twitter, and Netflix also started using AI.

What the future may look with AI



USES OF ARTIFICIAL INTELLEGEENCE

1. NAVIGATION APPS

Every day we use AI to communicate, work, cleaning, educating, etc. Even in navigation apps we use AI to help us to find places and location. It tracks our location and navigates us to the exact location.

2. 3D PHOTOGRAPHY

3D photography has become an impressive way to capture and display photos. The LucidPix, for example, allows you to capture 3D photos or convert 2D without the need for multiple cameras. The advanced artificial intelligence behind LucidPix is able to infer which parts of your photo have higher level of depth compared to other parts of your photo.

3. FACIAL RECOGNITION :

Apps such like Snap chat, Face book, Instagram, and other apps which use facial recognition technology. These things works with a strong base called AI. AI world plays a important role in our day today life

4. SMART ASSISTANTS

Perhaps the most use of AI comes in the form of digital, such as Siri, Alexa and Google assistant. These A.I- powered personal assistants are able to take in your voice command and translate them into action, such as adding item to your shopping list or calling a friend. There's no question that voice assistants will continue to grow and become even more capable of assisting us in our daily lives

5. AUTONOMOUS VEHICLES

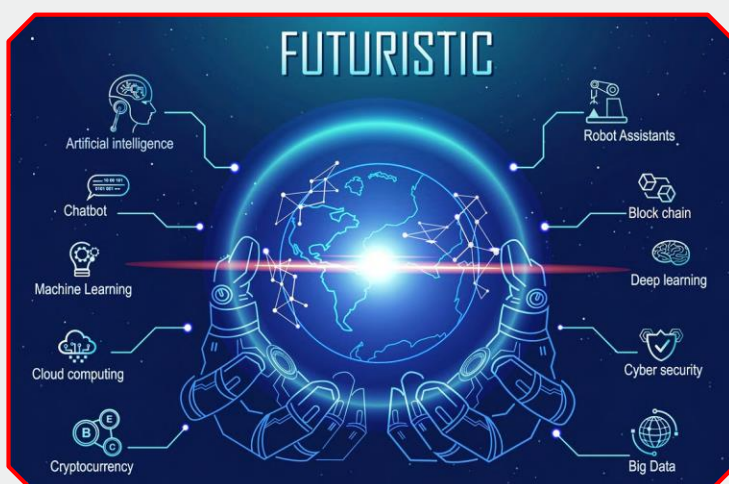
Self driving and parking cars, also known as autonomous vehicles, use machine learning to recognize the space around a vehicle in order to dive a passenger without them ever having to control of the vehicle. Tech company Nvidia uses A.I to (empower) autonomous vehicles to process large volumes of sensor data and make real time driving decisions" and partners with car companies such as Tesla, Toyota, Mercedes-Benz, Audi, and Volvo.

TO KNOW MORE:

1. <https://builtin.com/artificial-intelligence/artificial-intelligence-future>

2. https://www.hpe.com/in/en/what-is/artificial-intelligence.html?jumpid=ps_czxkg6qts3_aid-520061736&ef_id=CjwKCAiA5t-OBhByEiwAhR-

hm6kGhpzHF4Ys_mzo9FOnkSo1oiFxpP5E0DD0cR8AB247Xmef1rXHZhoCVmMQAvD_BwE:G:s&s_kwcid=AL!13472!3!558204153013!p!!g!!learn%20about%20artificial%20intelligence!14386686690!132037195587





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INTRODUCTION

Patience is the capacity to accept or tolerate delay, problems or suffering without becoming annoyed or anxious. In Bible, the quality or virtue of patience is presented either as forbearance or endurance. Patience teaches us to value the effort not just the success. Through patience, we can achieve great heights in our life. Self observation is the observation of one's own appearance. Self observation also plays a vital role in human's life. It helps to judge ourselves efficiently. It is the act of literally examining the world inside us by focusing on our inner thoughts and emotions. Patience and self observation are the two necessary things, humans must build themselves. This essay features the main ideas about patience and self observation.



IMPORTANCE OF PATIENCE IN SELF DEVELOPMENT

Patience is an important life skill. It occupies a specific place in self development. When developing our skills in us, it takes time. There enters the patience which makes us to withstand and helps to progress towards the goals. Hardwork plays a major role in achieving our targets. In that hardwork, without patience there is nothing. By knowing the importance of patience in life, we will be able to build and maintain strong relationships. We should accept our mistake in our life and keep pursuing the ultimate goal. Developing patience in ourselves helps to face any situations in our life. Patient people have a greater sense of gratitude. Gratitude is the most important thing in self development. Developing the patience in ourselves helps to keep our mind fresh and relieves us from mental stress which is the most faced problem by the people in this pandemic.

BENEFITS OF PATIENCE

- It helps to keep moving on our long term goals.
- Helps to maintain mental and physical health.
- Enables us to analyze things and situations effectively.
- It improves our capacity in a particular thing and brings out the inner talents in us.
- Patience brings hope. It brings a continued renewal of belief in our desired goals and in the heights we are striving to achieve.
- Talent is long earned patience. It develops excellence.
- Being patient gives away remarkable results.
- Patience makes thoughtful decisions.

POWER OF PATIENCE IN PERSONAL LIFE

Apart from education and business, building patience is essential one in personal life. Especially, in this covid-19 pandemic, everyone is forced to stay in home and they are not able to explore the outer world. Some spends the time with their family members happily. But, few of them who are supposed to stay alone feel depressed. Many had no jobs and suffer from starving. They become weak in mental health and lose their calm. So, we must withhold patience in various stages of our life. Whatever we may be

PATIENCE
is
power



lose or win, or face a bad situation, become weak, we must keep the patience in ourselves and continue towards our targets. Without failures, shame, distractions we cannot achieve anything. Everything will cross in our life. But, we must keep the patience constant and maintain our temper.

SELF OBSERVATION IN LEARNING

We are the mirrors of ourselves. We must make judgement of ourself first. In learning process, we must self check ourself which helps to shine in our studies. It helps to become a good decision maker and problem solver. In addition, it develops the leadership qualities in us. In learning, we admit many faults. Self observing the faults in that specific thing, helps to be successful.



CONCLUSION

Patience is one of the most valuable virtues in life. The power of patience helps us to empower our life leading to wisdom and success. It must be made as one of the pillars of life.

If we shower patience in us, we can gain new skills and talents. It helps to overcome in any stressful situations and emotional ups and downs. Success breeds happiness and happiness is the product of hardwork and patience. Patience and self observation are the key elements of success.



CHERISHING MEMORIES THROUGH INDUCTION PROGRAM

College life is the most memorable part of everyone's life. It is a combination of happiness, enjoyment, hard work, struggle and seriousness. Many of us might imagine what college might be like. But we will realize the reality only when we enter into a college. Each of us might be from diverse places, with various talents and capabilities. College is a platform where we can turn our dreams into reality and showcase our talents.

I'll share my personal experience in our college as a fresher. On my first day at MCET, I was so nervous since I got into a new environment. But I was very happy and filled myself with tonnes of positive vibes to step into the most important part of my life. I visited the temple in our campus and prayed to the God

to shower my college life with beautiful memories and also success. Our college offered a Student Induction Program (SIP) for the first ten days. It was very useful for us to

get adapted to the college environment. It was conducted in the CC hall with all the freshers of MCET seated together.

The program helped us to build connections among the students of various departments. It helped us understand each other better. During those days, I personally gained some self-confidence and I got a clear outline of how my college life is going to be.

We were given an introduction about the various departments, about the faculties of each department and about the HODs of every department. Also, we came to know about the rules of our college, its policies and the facilities available in our college. Then we had an interactive session with our seniors, sharing their views about our college. It gave me some positive vibes and a good opinion on our college. They gave us the information about various clubs and its features and achievements in an interesting manner. They insisted us to be a part of the clubs and bring out our talents. It inspired us to join various clubs and develop our qualities.

After that we were taken for a college tour. I was stunned by the infrastructure of our college, NPT, the software companies inside the campus and various places. The campus was so green, with many trees, making the college campus a peaceful and soothing environment. Then we went to the central library. It had a vast variety of books of various genres, e-resources and magazines. I was personally interested to join the library's club-Reader's park. I made a resolution to go to library and make use of the vast resources apart from my academics.



Sneha R

B.Tech - AI & DS.

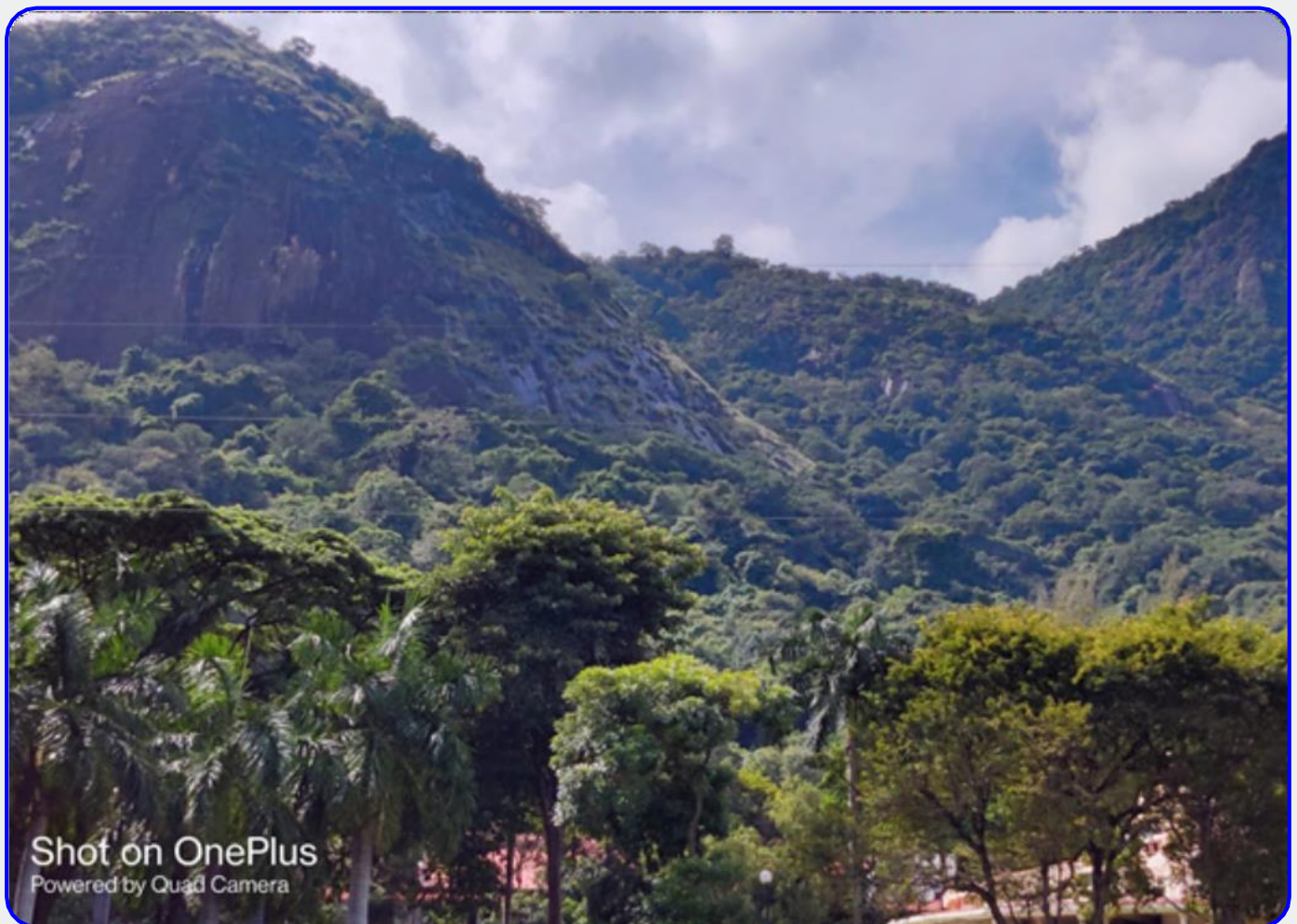
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Cherishing Memories During Sip

Then, we had Universal Human Value programs as a main part of our SIP. It was so important and at the same time interesting. We all came to know about different perspectives about our classmates and also about their abilities. As a part of that, we involved ourselves in some activities like poster making, fable weaving etc. These activities reminded us our school life and gave us refreshment and an inner joy doing such activities.

During the SIP, we had two days of yoga and meditation class to make us refreshed. They taught us some easy aahsanas and advised to do it every day. Those two days, we felt peaceful and positive. It made our mind fresh and we came to know about our body and mind. Then, we were taken out to the Aliyar, to the Temple of Consciousness. It was found by Vethathiri Maharishi. It was a very quiet and calm place and had green, beautiful ambience. This was the first trip from our college and also a trip after a long while, after the Covid period. We enjoyed the trip a lot with our entire class and clicked some photos capturing those memories for lifetime.





Er. J.P. Gowtham M.E.,
Alumni – B.E. Civil

தவறு செய்வது இயல்பு
மன்னிப்பு கேட்குறவன் மனுசன்
மன்னிப்பவன் பெரிய மனுசன்

மன்னிப்பு கேட்காமலயே அவர்களை மன்னிப்பவன் ஞானி
தவறென்று தெரிந்தும் அதை செய்பவர்களை மன்னிப்பவன்
முட்டாளர்
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தூண்டுதலாகலாகிறான்
உடனடியாக கொடுக்கப்பட்ட மன்னிப்பும், கொடுக்கப்படாத
தண்டனைகளும்
நம்மையே திரும்பத்தாக்கும்.

மன்னித்தல் என்பது பெரும்பண்பு, அதை உணராமல், மன்னித்தவரும் அதே
தவறை செய்திருப்பார் என நினைப்பது எதிர்மறை சிந்தனை

விசித்திரங்கள் நிறைந்த உலகம்
இதையும் கடந்து போவோம்

மனுசனா வாழ்வோம்
மனசாட்சியோட வாழ்வோம்

மன்னிப்பு நாம் கொடுக்கும் மிகப்பெரிய தண்டனை
மன்னிப்போம் மறப்போம் வாழ்த்துவோம்



Pencil Drawings



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