



Inside Out

Department of Information Science

03 Editors' Desk

- Vision and Mission of the Institute
- Vision and Mission of the Department

04 Principal's Desk

- Department Profile

05 State-of-the-art technologies

07 Research

08 Event Reports

10 Student Achievement

11 Faculty Achievement

12 Students' Corner

11 Faculty's' Corner

“The art challenges the technology, and the technology inspires the art.”

- John Lasseter (Director)

Dear Readers,

It is indeed a pleasure to introduce the Inside Out Newsletter which we hope you will enjoy reading. We take this opportunity to thank all those who have contributed to this issue. The assistance provided by the Editorial Committee is highly appreciated. Here you have “INSIDE OUT”, the long-awaited NEWSLETTER of GAT for the AY 2023-2024 ODD Semester. This is a platform that exhibits the skills and innovative ideas of students and teachers. The editorial team has striven hard in coordinating with the Department in bringing out this Newsletter. These contributions required a generous amount of time and effort. It is this willingness to share knowledge, concern, and special insight with people of common interest that has made this newsletter possible.

Vision and Mission of the Institute

Vision

- Become a premier institution imparting quality education in engineering and management to meet the changing needs of society.

Mission

- Create environment conducive for continuous learning through quality teaching and learning processes supported by modern infrastructure.
- Promote Research and Innovation through collaboration with industries.
- Inculcate ethical values and environmental consciousness through holistic education programs.

Vision and Mission of the Department

Vision

- To excel in teaching and research in the field of Information Science & Engineering to meet emerging challenges of society.

Mission

- To inculcate strong academic foundation in the Information Technology domain for successful career and lifelong learning
- To strengthen research and development activities through interaction with industry

It's indeed a matter of great satisfaction and pleasure to inscribe a few lines as Preface of the Inside Out, the newsletter of Dept. of Information Science and technology at Global Academy of Technology. Inside Out truly portrays all the flavors of the department encompassing academic, co and extra- curricular outcomes and achievements of both students and faculty members. ISE Dept @ GAT is galloping with zeal to uplift the department. Students get ample opportunities and platforms to exhibit their talent, sharpen their skills and acquire new ones. The research indices of the team also call for appreciation. The high placement record and the earned university ranks in recent times are testimony to the commitment, dedicated inputs and strategic outcomes by the students and the faculty members of the department. I hope Inside Out continues to capture happenings, highlight achievements, and brings out creativity in the team members behind the good show. Wishing the team and the newsletter all the success in future endeavors. Keep rolling the good work!

Department Profile

The Department of Information Science & Engineering that started in the year 2001 is known for imparting quality education and carrying out cutting edge research. In addition to the strong UG program and research facilities for M.Sc. (Engg) and Ph.D. courses are also offered. The Department has a well-equipped R&D Centre and is currently headed by Dr. Kiran Y C.

The Department is associated with professional bodies like Computer Society of India and Indian Society for Technical Education. Major areas of specialization of the faculty include Machine Learning, Image Processing, Computer Vision, Pattern Recognition, Data Mining, Wireless Sensor Networks and Network Security. The Department has attracted some of the brightest students and faculties to its portal. Faculties are involved in the Campus Connect Program of Infosys, and they are reviewers of reputed National and International Journals and have chaired National and International Conferences.

The Department regularly organizes Faculty Development Activities, workshops, technical talks and industrial visits for students as well as faculties so that they are abreast of recent trends. The students are placed in leading IT companies with handsome pay packages. They also pursue higher studies in reputable universities across the globe.

Ferret-UI

Background:

The "Ferret-UI: Grounded Mobile UI Understanding with Multimodal LLMs" addresses the challenge of developing a large language model (LLM) that can effectively understand and interact with mobile user interfaces (UIs). Mobile UIs have distinct characteristics, such as elongated aspect ratios and smaller objects of interest, which can make it difficult for general-domain MLLMs to comprehend these interfaces accurately.

Abstract:

The Ferret-UI, a multimodal LLM specifically designed to understand mobile UIs. This model incorporates several key features to enhance its performance:

Any Resolution: Ferret-UI is trained to handle UI screens of various resolutions, allowing it to magnify details and leverage enhanced visual features.

Curated Training Data: The model is trained on a dataset of elementary UI tasks, such as icon recognition, find text, and widget listing, as well as advanced tasks like detailed description, perception/interaction conversations, and function inference.

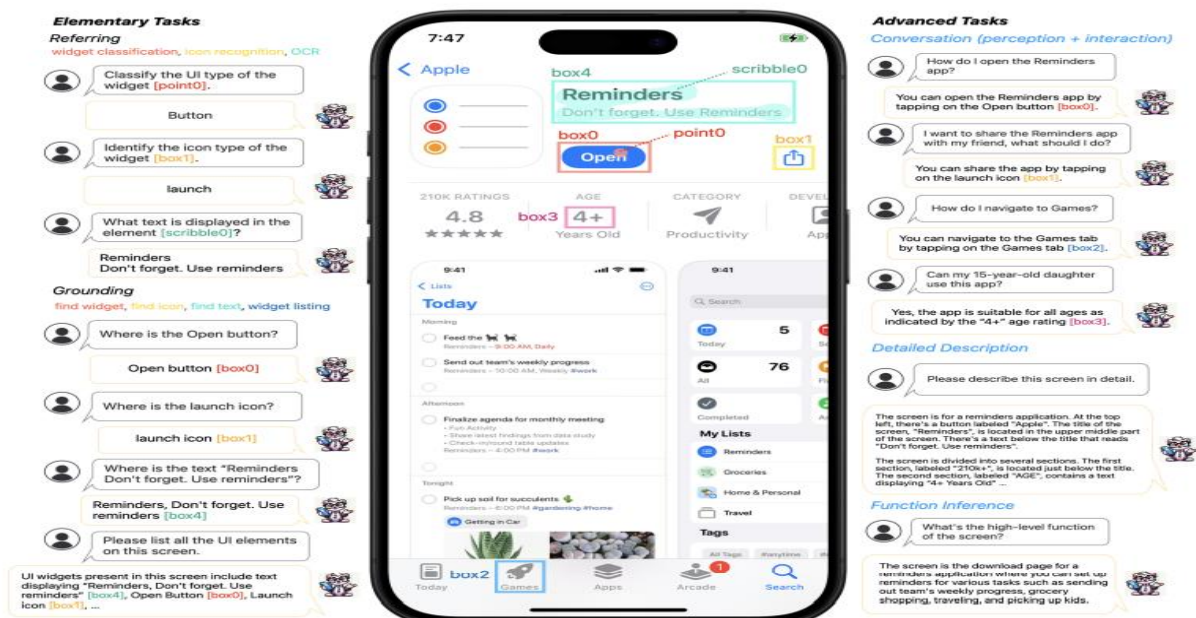
Multimodal Capabilities: Ferret-UI is designed to comprehend UI screens through a combination of visual and textual inputs, enabling it to understand the context and relationships between different UI elements.

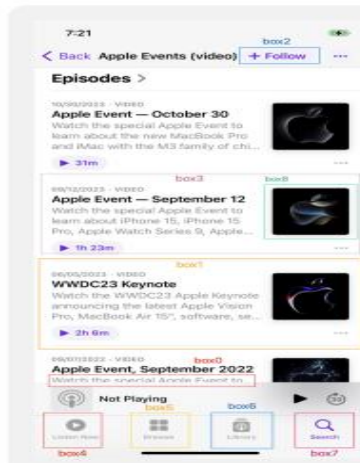
Enhanced Reasoning and Grounding: The model's referring, grounding, and reasoning capabilities allow it to comprehend UI screens fully and execute open-ended instructions.

The authors evaluate Ferret-UI's performance on a range of tasks, including elementary UI tasks and advanced tasks that require more complex understanding. The results show that Ferret-UI outperforms GPT-4V on all elementary UI tasks and demonstrates outstanding comprehension of UI screens. The potential applications of Ferret-UI include enhancing Siri and improving user experience on mobile devices.

Summary:

The overall it's a novel multimodal large language model (MLLM) designed to comprehend and interact effectively with mobile user interfaces (UIs). This model, called Ferret-UI, is tailored to address the unique challenges of UI screens, such as elongated aspect ratios and dense small-sized elements.





Q: What text is displayed on the widget [box0]?
A: Apple Event, September 2020

Q: Classify the type of UI widget located in the element [box1].
A: Button

Q: Classify the type of UI widget located in the element [box8].
A: Picture

Q: How can I follow Apple Events?
A: You can follow Apple Events by tapping on the "Follow" button [box2].

Q: What's the function of this screen when users interacts with this app?
A: The screen is for a video streaming application where users can view different episodes of Apple events, play them, and navigate through different tabs such as "Listen Now", "Browse", "Library", and "Search".

Q: How long is the September 12 Apple Event?
A: The September 12 Apple Event is approximately 1 hour and 32 minutes long.

Q: How do I start watching the September 12 Apple Event?
A: You can start watching the September 12 Apple Event by tapping on the corresponding button [box3].

Q: What tab options do I have on this screen?
A: There are four tabs at the bottom of the screen. They are "Listen Now" [box4], "Browse" [box5], "Library" [box6], and "Search" [box7].



Q: What's the function of this screen when the user interacts with application?
A: The screen is for an online shopping application where users can browse and purchase products, specifically the AirPods Pro, with options to shop by product, accessories, and other features like Store Mode, Search, and Bag.

Q: Can I customize my AirPods?
A: Yes, you can customize your AirPods by tapping on the "Shop by product" text [box0].

Q: Do I need to pay for the engraving?
A: No, the text on the screen indicates that the engraving is free [box1]. However, you will need to pay for the AirPods Pro [box2].

Q: Amazing! I want to buy AirPods!
A: You can do that by tapping on the "Buy" button [box2] on the screen.

Q: Let me check what's in my bag.
A: You can view the items in your bag by tapping on the "Bag" tab [box3].

Q: Please provide a detailed description for this screen.
A: The screen appears to be a shopping page for a product, specifically the "AirPods Pro". The product is displayed prominently in the middle of the screen with a description stating "New Memorji engraving available, for free.". There is also a "Buy" button located towards the right side of the product description.

At the top of the screen, there is a "Shop" text centered, likely indicating the current page or section of the app. Below this, there is a section titled "Accessories", which is likely a category for the product.

At the bottom of the screen, there is a navigation bar with five tabs. From left to right, these are labeled "Shop", "Store Mode", "Memorji", "Search", and "Bag". The "Shop" tab is currently selected, as indicated by its position at the far left of the navigation bar.



Q: Classify the type of icon displayed in the element [box0].
A: wifi

Q: Classify the type of icon displayed in the element [box1].
A: chat

Q: Classify the type of icon displayed in the element [box2].
A: mail

Q: Classify the type of icon displayed in the element [box3].
A: list

Q: Classify the type of UI widget located in the element [box4].
A: Dialog

Q: What text is displayed on the widget [box5].
A: AirDrop

Q: What text is displayed on the widget [box6].
A: Messages

Q: What text is displayed on the widget [box7].
A: Mail

Q: What text is displayed on the widget [box8].
A: Reminders



Q: Classify the type of UI widget located in the element [box0].
A: Picture

Q: Where is the play icon located?
A: play icon [box1]

Q: Where is the search tab located?
A: search tab [box2]

Q: What podcasts are available on this page?
A: There are several podcasts available on this page. They include "How to Make Steak" by Team J [box3], "Snowquame Falls to..." by Sam's Dogcast [box4], "Sakura Rain" by Lily's Garden [box5], and "A Place of Cake" by Zen with Zhang [box6].

Q: I want to listen to Sakura Rain, what should I do?
A: You can start listening to "Sakura Rain" by tapping on the corresponding picture [box4]

Q: What's the category of the podcasts listed on this screen?
A: The podcasts listed on this screen are about various topics such as cooking, gardening, and a place of cake. They are categorized under "New & Notable" [box7].

Q: How do I go back?
A: You can go back by tapping on the "Browse" button [box8]

Q: What's the function of this screen when the user interacts with application?
A: The screen is for a podcast application where users can browse and play new and notable podcasts, with options to play, download, and search for specific podcasts.



Mind, Brain, and Consciousness
Conference- 2023

The Influence of Carnatic Music Raagas on Emotional States: An Investigation into Hormonal and Brain Wave Correlations

S. Jayanth Vishaal¹, S. Bharath Gowda¹, Dhanashan N² and Vimuktha Evangelinem Salis³

¹ Student Dept. of ISE, ² Student Dept. of CSE,

³ Professor, Dept. of Information Science & Engineering,
Global Academy of Technology

Abstract

We present the role of Classical Indian Carnatic music in the intertwined relationship between Music and emotions. Carnatic music, a rich and ancient art form, which has a profound place in Indian culture. Its aesthetic value and ability to evoke deep emotions in listeners are a testament to its historical development. The system of ragas (melodic frameworks) and talas (rhythmic cycles) forms the foundation of Carnatic music, which has been meticulously preserved through oral traditions, guru-disciple relationships, and written compositions. We attempt to analyze the role of ragas and the emotion associated given that each raga has its own distinct character and emotional quality, which is skillfully manipulated by musicians harnessing the nuances of ragas to evoke specific emotional states, leaving a deep impact on the listener's psyche. Scientific research suggests that Carnatic music's emotional impact is influenced by its neurological components, generating alpha and theta waves that promote relaxation, attention, and heightened emotional states. Thus we suggest its possibilities in areas therapy, meditation, and healthcare settings. Carnatic music's unique melodic and rhythmic structures contribute to its relevance in current culture and its potential as an educational tool and transformative art form.

Introduction

Music is a universal language that has been deeply interwoven with human emotions since ancient times. Classical Indian Carnatic music is an ancient art form that has a rich history spanning centuries. It holds a profound place in Indian culture, not only for its aesthetic value but also for its ability to evoke deep emotions in listeners. This essay explores the historical development of Carnatic music, its role in evoking emotions, the associated brain waves, and the potential benefits it offers, paving the way for various applications in enhancing well-being. Carnatic music finds its roots in the ancient scriptures and musical treatises of India. It has evolved through the contributions of renowned composers and musicians over centuries. The system of ragas (melodic frameworks) and talas (rhythmic cycles) forms the foundation of Carnatic music, preserved through oral traditions, guru-disciple relationships, and written compositions, shaping the unique and enchanting art form that it is today. One of the captivating aspects of Carnatic music lies in its ability to elicit a wide range of emotions in listeners. Each raga possesses its own distinct character and emotional quality. For example, the raga Bhairavi is known for evoking a sense of devotion and tranquility, while the raga Todri can invoke a feeling of pathos. Through skilful rendering and improvisation, Carnatic musicians skillfully manipulate the nuances of ragas to evoke specific emotional states, leaving a deep impact on the listener's psyche.

Literature Survey

Sangeeta Shankar et al. [1] examine the ancient Indian concept of Rasa, which explores the relationship between music, emotions, and the state of mind in classical Indian performing arts and David Frawley et al. [2] explore the ancient Indian philosophy of Nada Yoga, which delves into the transformative power of sound and music on emotions and the state of mind. Apama Nandakumar et al. [3] investigate the therapeutic effects of the same in mental well-being, discussing how specific ragas (melodic frameworks) can influence emotions and the state of mind. Priyanka Agrawal et al. [4] in their study explore the correlation between Indian classical music and meditation, focusing on how specific musical elements and ragas induce specific emotional states and affect the mind. Rakesh Ranjan, Kumar et al. [5] examine the emotional responses elicited by Indian classical music, analysing the impact of different ragas and musical compositions on various emotions and the state of mind.

Methods and Materials

Selection of Raagas :

Through meticulous analysis of historical literature and consultation with renowned music scholars, a set of Carnatic music raagas with purported emotional impacts was selected for the study.

Participants:

A diverse group of volunteers was recruited for the study. They had no prior musical training and belonged to various age groups and backgrounds.

Data Collection:

Response taken while participants listened to different raagas.

Listening Sessions:

- Participants were exposed to the selected raagas while their brain waves were recorded using EEG and were analyzed to observe brain wave patterns and correlate them with the sound waves of the respective ragas.

Results

Brain Wave Patterns:

Analysis of EEG data revealed that certain raagas, like Yaaman, elicited delta waveforms in participants' brains. In contrast, raagas like Shivrangini induced beta waveforms. brain wave patterns, and hormone production. The raga Yaaman's impact on delta waves aligns with its potential to induce relaxation and tranquility, as serotonin is associated with positive mood regulation. On the other hand, the raga Shivrangini's influence on beta waves corresponds to its uplifting and joyous nature, which aligns with dopamine's role in promoting feelings of pleasure and happiness.

Implications and Future Discussion

Understanding the neurological aspects of Carnatic music has broad implications for its therapeutic use in various fields, including stress reduction, emotional regulation, and cognitive enhancement. By tailoring musical experiences based on brain wave responses, music therapy can be personalized to cater to individuals' emotional needs. Future research could explore the long-term effects of listening to specific raagas and investigate the role of neural plasticity in shaping emotional responses to music. Additionally, studies examining the impact of Carnatic music on patients with neurological and psychiatric disorders may uncover its potential as an adjunct therapeutic tool. In short, this research highlights the profound influence of Carnatic music raagas on brain wave patterns, offering valuable insights into the neurological underpinnings of emotional experiences evoked by music. By acknowledging the neurological aspects of music, we can harness its potential to enhance well-being and emotional health, making it an essential element in our lives.

Acknowledgement

We extend our heartfelt gratitude to Mrs. Hemalatha, Headmistress of Vidyaniketan PU College, for her invaluable guidance and support throughout the practical aspects of this research. Additionally, we express our appreciation to Dr. Vimuktha E Salis from the ISE Department at Global Academy of Technology for her expert insights and contributions during the course of this study. Their unwavering support has been instrumental in making this research a reality. The observed modulation of brain wave patterns by Carnatic music raagas indicates a direct influence on neural activity. Such synchronization could be attributed to the auditory system's ability to resonate with specific musical frequencies, triggering emotional responses and cognitive processes. Additionally, the entrainment of brain waves suggests the potential of Carnatic music to promote states of collective harmony and shared experiences during performances.

Conclusions

This research provides compelling evidence that certain Carnatic music raagas have the ability to modulate brain wave patterns and influence hormone production, resulting in distinct emotional experiences for listeners. Understanding these mechanisms can open up new possibilities for utilizing Carnatic music as a therapeutic tool for mood regulation and emotional well-being.

Contact

S. Jayanth Vishaal
Student, Dept. of ISE,
Global Academy of Technology
Mail: jayanthvishal30@gmail.com
Contact: 97398 60216

References

- [1] S. Shankar, "Rasa Theory: An Ancient Indian Theory of Aesthetics and Emotions,"
- [2] D. Frawley, "Nada Yoga: The Indian Philosophy of Sound,"
- [3] A. Nandakumar, "Indian Music Therapy: The Effect of Classical Music on Emotional and Mental Well-Being,"
- [4] P. Agrawal, "Indian Classical Music and Meditation: A Study of the Impact on Mind and Emotions,"
- [5] R. Ranjan, "Emotional Responses to Indian Classical Music: An Empirical Study,"
- [6] P. Choudhary, "The Influence of Indian Music on Emotional Well-Being: A Cross-Cultural Perspective,"
- [7] K. Boudine, "Music, Emotion, and Indian Aesthetics,"
- [8] S. Lovatness, "The Role of Indian Classical Music in Affecting Mood and Emotional States,"
- [9] S. Srinivasan, "Ragas and Emotional States: Exploring the Indian Classical Music Tradition,"
- [10] V. Salis, "Music Therapy in Ancient Indian Texts: A Comprehensive Study,"

Event Reports

Career Building Program: A Talk on Networking and Brand Building On 04th January 2024, @11:00 AM to 2:00 PM



Mr. V Neeraj Kumar
CEO at Edutain Learning Systems

Overview of the Program

The report provides an overview of a session conducted by Mr. V Neeraj Kumar, a highly acclaimed trainer and Certified Independent Corporate Director, focusing on the importance of creating a robust network and personal brand in today's competitive landscape. Mr. V Neeraj Kumar, drawing from his extensive experience and expertise, sheds light on the significance of personal branding for professionals and outlines strategies for effective networking.

The session delves into practical insights and guidance on crafting a personal brand and expanding one's network in today's dynamic professional environment. Through examples, tips, and strategies, Mr. V Neeraj Kumar provides attendees with actionable steps to enhance their networking efforts and establish a strong personal brand, ultimately contributing to their professional growth and success.

Overall, the session facilitated by Mr. V Neeraj Kumar offers invaluable insights into the significance of personal branding and effective networking for professionals. By imparting practical strategies and highlighting the benefits of building a network, the session equips attendees with the tools necessary to navigate and thrive in today's competitive landscape.



Intra Department Cricket Tournament

Hosted by Information Science and Engineering Department

On 02nd February 2024 @2.00 PM to 4:30 PM



In nations where it is played with great fervor, cricket is sometimes described to as a religion. It instills a spirit of friendship and healthy rivalry in engineering college students. This ethos is demonstrated by the Intra-Department Cricket Event, which brings together staff, instructors, and students from within a department to demonstrate their cricket skills and strengthen ties within the academic community.

The Information Science and Engineering Department at Global Academy of Technology successfully organized an intra-departmental cricket tournament that united staff, instructors, and students in a spirit of good sportsmanship and friendship. The Sports Committee created the competition with the goal of encouraging participants' physical fitness, cooperation, and healthy rivalry.

The College Cricket Event was a huge success, bringing together students from various backgrounds and encouraging good sportsmanship and camaraderie on campus. The occasion gave kids a chance to demonstrate their skills at cricket while also creating a platform for enduring connections and memories.

The event's success may be ascribed to the careful preparation and implementation of the 7th and 3rd semester students who volunteered as coordinators, the eager involvement of the teams, and the resolute backing of the college administration. As another incredible cricket event came to an end, attendees took away priceless memories, fresh friendships, and a rekindled love for the game.



Industrial visit -IISC OPEN DAY On 24th February 2024



The Indian Institute of Science (IISc) Open Day is an event designed to provide visitors with an opportunity to explore the institution, interact with faculty and researchers, and gain insights into the various research and academic programs offered. Here's a general description of what to expect:

Activities and Highlights:

Campus Tours:

Guided tours of the campus, including laboratories, research facilities, and other significant areas. Opportunities to see the state-of-the-art facilities and learn about ongoing research projects.

Presentations and Talks:

Talks by faculty members and researchers about their work and the institute's various research areas. Information sessions about the academic programs, admissions process, and other academic opportunities.

Interactive Sessions:

Q&A sessions where visitors can ask questions about specific research areas, academic programs, and career opportunities. Discussions with current students and alumni about their experiences at IISc.

Workshops and Demonstrations:

Hands-on workshops or live demonstrations showcasing research innovations and technologies developed at IISc. Overall, the IISc Open Day offers a comprehensive view of the institution's vibrant academic and research environment, helping attendees make informed decisions about their educational and professional futures.



IT BEYOND PROGRAMMING On 12th June 2024 @11.00 AM to 1.00 PM



**Mr. Naman Sinha,
Tech Lead,
Carl Zeiss Group, Bengaluru**

Mr. Naman Sinha, Tech Lead from Carl Zeiss Group was the resource person to this event. Students of 4th and 6th semester from ISE department had participated in this event. This event was focused on to the students who are in 2nd and 3rd year to overcome the dilemma in choosing the right domain and right career path.

The talk covered all the tools, technologies, scopes, job duties, and responsibilities for each IT professional domain in detail, catering directly to their needs and comprehension. Additionally, the topics of data science, data engineering, and devops were covered in this session. Cybersecurity, Full Stack Development, Data Analytics, Software Testing, and Mobile App Development as well as others. Pupils were eager to learn about the needs of the industrial world, which enables them to they get ready for the future. Every student had a successful participation in this event.



Blockchain Technologies and Its Applications on 16th July 2024 @11.00 AM to 12.30 PM



Mr. Srinivas Aprameya
Developer Relations Engineer
Accelchain, California, USA

This talk provides a comprehensive overview of blockchain technology and its diverse applications across various sectors. It will cover the fundamental principles of blockchain, including its decentralized nature, cryptographic security, and consensus mechanisms. Attendees will gain insights into how blockchain technology operates, its key components, and its potential to revolutionize multiple industries.

A practical approach to comprehending and utilizing blockchain technologies is provided via this interactive talk. To obtain practical experience with blockchain development, participant took part in interactive exercises that involve developing and implementing use cases.



Bengaluru, Karnataka, India
79, Aditya Layout, Rajarajeshwari Nagar, Bengaluru, Karnataka 560098, India
Lat 12.927669°
Long 77.527102°
16/07/24 12:44 PM GMT +05:30

ISR ACTIVITY: Visit To Jana Seva Orphanage On July 13th 2024 @ 2.00 PM to 4.30 PM



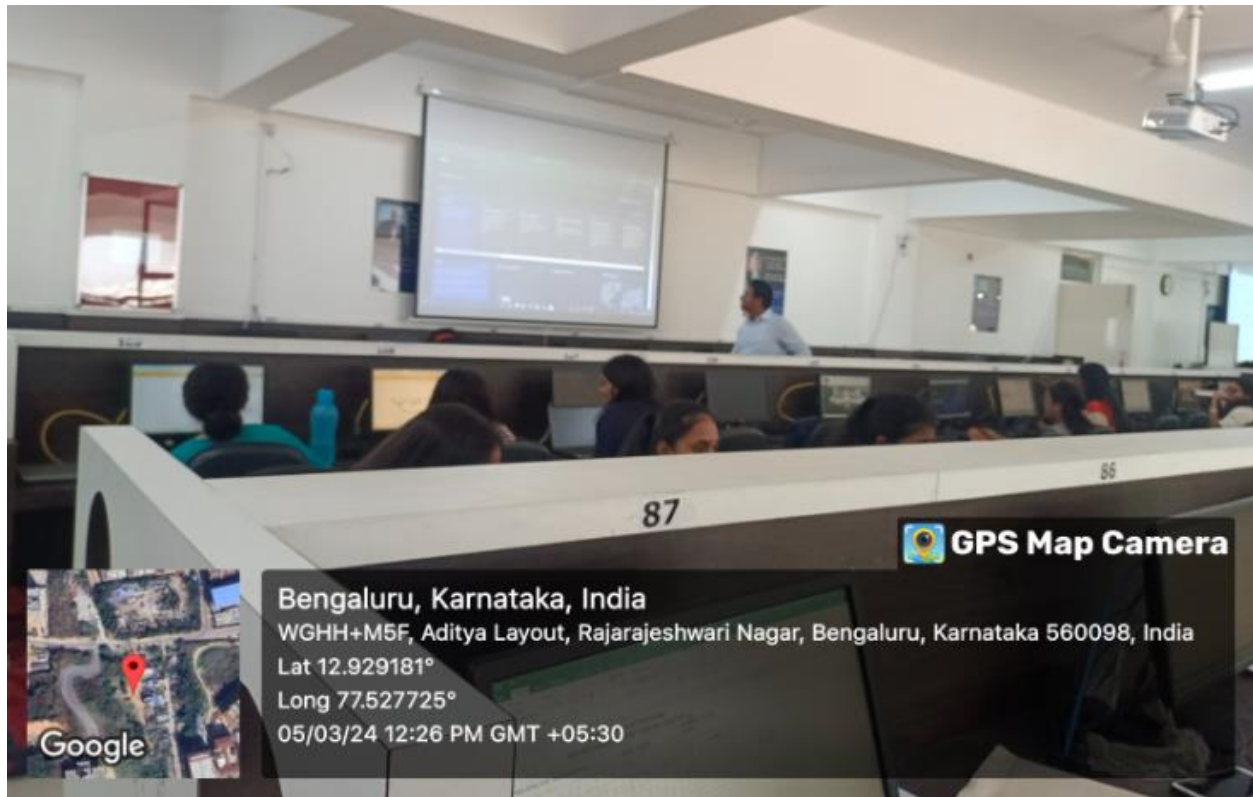
As part of our department's ISR activity. The primary objective of this visit was to provide emotional support and engage the children in activities like games to broaden their horizons. In preparation for this event, students and faculty members spent a week collecting items for donation boxes.

On July 13th, students and some faculty members departed from our college premises in the afternoon and travelled to the orphanage by the college bus. Upon arrival, we were introduced to the children and the staff members at the orphanage. We began with an introductory session, followed by an interactive session where we taught the children to recite prayers, sang and danced with them, and discussed their daily routines. We also donated the collected items and distributed snacks we had brought.

After enjoying many fun-filled moments, we took pictures and bid the children farewell before returning to our college. This activity helped us recognize our role in supporting and helping others in the community.



IBM skills Build Program on 4th to 6th March 2024 @9:00 AM to 5:00 PM



Mr. Piyush Pankaj

SkillsBuild for College Program is an initiative by IBM that aims to provide students with essential technical skills and training to enhance their employability and prepare them for the industry. The program offers a range of online courses and resources designed to develop both technical with hands on project experience as well as professional skills. Key features of the Skills Build for College Program include:

- **Courseware:** Access to courseware that offers the foundation for technology jobs of tomorrow, including emerging technologies, data science, cybersecurity, artificial intelligence and cloud computing
- **Access to IBM Cloud and Software:** Enhanced access to the IBM Cloud and select cloud-based resources, applications, and software's used in present day jobs
- **Hands-on Projects:** The program includes practical assignments and projects that enable students to apply their knowledge and gain hands-on experience in real-world scenarios.
- **Badges and Certifications:** Upon successful completion of courses, students earn digital badges and certifications from IBM, validating their skills and accomplishment.

This IBM SKILLS BUILD program helped the students to Understand Cloud Computing environment and its usage in various application areas. Also allow students to apply the basic principles, models, and algorithms of AI to recognize, model, and solve problems in the analysis and design of information systems. Also implement various machine learning algorithms in a range of real-world applications.

User Interface Design using FIGMA

On 20th December 2023 to 28th February 2024
@ 2.00 to 4.00 PM

BY
Prinston Smart Engineers,
Begur Road, Bangalore-560068

Figma is a collaborative interface design tool that's revolutionizing the design world with its powerful features and intuitive interface. Unlike traditional design tools that require installation and are platform-dependent, Figma operates entirely in the cloud, allowing designers to work seamlessly across different operating systems and devices. This accessibility makes Figma an ideal choice for design teams looking to collaborate in real-time, regardless of their geographical locations. Key features include real-time collaboration, vector networks for creating complex shapes, reusable components and assets, and built-in prototyping tools. Figma also supports design systems, ensuring consistency across projects, and offers automatic version history, extensive plugins, and integrations with other tools like Slack and Jira. The user-friendly interface comprises a toolbar, layers panel, properties panel, and canvas, making it easy to navigate and use.

This guide will walk you through creating your first Figma project, from basic shapes and text to interactive prototypes and advanced features like team libraries and branching for version control. Whether you are a seasoned designer or a beginner, Figma's robust capabilities will help you create beautiful, functional designs while fostering efficient and effective team collaboration.



Value Added Program on React JS
On 26th ,27th July 2024 ,8th ,9th ,10th August 2024
@ 9.00 AM to 4.00 PM



Mr. Prashanth K A
Software Engineer,
Virima Technologies



Mr. Shanthanu Nagesh
Senior MERN Developer,
TATA Consultancy Services



Mr. Faiz Ahmed
SAP Consulting,
Cognizant @Walmart

The value-added program on React JS is designed to provide an in-depth understanding of React JS, one of the most popular JavaScript libraries for building user interfaces. The program combines theoretical knowledge with practical experience, aimed at equipping participants with the skills needed to develop dynamic, high-performance web applications using React JS.

Participants will gain a comprehensive understanding of React JS, including core concepts, advanced techniques, and best practices for building modern web applications. By the end of the program, they will be equipped with practical experience and skills to develop, test, and deploy high-quality React applications. The resource people led an interactive discussion on the experience, difficulties, and career development roadmap for MERN.



Faculty Development Program On IoT and It's Applications on 23rd to 27th July 2024

BY
**SST Technologies,
Bangalore-560078.**



The objective of this FDP is to unite practitioners, researchers and people from industry to discuss the progress on state-of-the-art research and the practical usage of industrial IoT device management, focusing on the application and the technologies relying on it. Specifically, this FDP is to promote discussion on theory, progress, development, deployment and the practical usage of IOT device Management. This program covers issues in different kinds of Sensors & IOT components. During this course, you will work on real-world case studies to gain active expertise. The hands-on session part will extend the discussion to address the practical evaluation of protocols, and techniques used in different scenarios. After each session, group activity will be conducted where key topics from the current session are addressed with participants helping identify recent trends and research gaps. At the end of FDP, a summary of key findings and takeaways will be presented.

Objectives of the FDP

- Modern Information and communication technologies require high security on data communication over the Internet.
- The main objective of this program is to give an opportunity to participants such as faculty and researchers to get acquainted with IoT techniques.
- The FDP programs aim to upskill the emerging threats and trends and provide guidelines for exploring security opportunities in technological domains. Outcomes of FDP • Understand the concepts of IoT and its applications.
- Exposure to IoT and Cloud Security.
- Explore various IoT applications across different industries, such as smart cities, healthcare, agriculture, and industrial automation.
- Demonstrate how to integrate IoT systems with cloud platforms for scalable data storage, processing, and analytics.
- Discuss emerging trends in IoT technology and identify potential research opportunities for further exploration.
- Discuss application and research perspectives in the field of IoT with different domains.

Career Guidance -Master Class On 9th July 2024

By
Mrs.Shachi R Yelandur

Mrs. Shachi R Yelandur's Master Class on Career Guidance might provide a unique perspective and specific strategies based on her expertise and experience. Although I don't have details about her specific curriculum, a Master Class led by a seasoned professional like her would likely include the following elements:

1. Introduction and Background

Mrs. Shachi R Yelandur's Journey: Insights into her career path, experiences, and accomplishments. Philosophy and Approach: Overview of her career guidance philosophy and methodologies.

2. Advanced Self-Assessment Techniques

Personal and Professional Strengths: In-depth analysis of individual strengths and how they align with career goals. Customized Assessment Tools: Use of advanced tools and techniques for personalized career assessment.

3. Strategic Career Planning

Long-Term Career Vision: Techniques for creating and refining a long-term career vision and strategic plan. Goal Setting and Action Plans: Detailed strategies for setting career goals and developing actionable plans.

4. Industry-Specific Insights

Current Trends and Future Outlook: Detailed analysis of industry trends and future opportunities. Role-Specific Guidance: Insights into various roles, their evolution, and how to align career aspirations with industry needs.



Career Guidance for 8th Semester: Preparing for Campus Placement Success

On 24th May 2024 and 25th May 2024

Specializing in the MERN stack can open numerous career opportunities for students in their 8th Semester. By focusing on core concepts, advanced topics, practical experience, and professional networking, students can position themselves as competitive candidates in the job market. This guidance aims to equip students with the knowledge and skills needed to excel in the dynamic field of web development.



Student Achievement



- Secured 2nd place in 16th South Zone National Netball Championship 2023-24 (Men & Women) held at D.S.A Indoor Stadium , Mahbubnagar, Telangana on 11-01-2024 to 12-01-2024.
- Secured 2nd place in VTU Bangalore zone Netball tournament held at Acharya Institute of technology on 17-01-2024
 - Kushagra Sinha - 1GA23IS066
 - V Harsha Sai Charan - 1GA22IS177
 - A G Aditya Singh - 1GA21IS011
- Secured 3rd place in VTU Inter-zone Netball tournament held at Malnad College of Engineering, Hassan on 20-01-2024.
 - Kushagra Sinha - 1GA23IS066
 - V Harsha Sai Charan - 1GA22IS177
 - A G Aditya Singh - 1GA21IS011



South West Zone inter University
karate women championship 2023-24
held at LNCT UNIVERSITY
(MADHYA PRADESH)
ALL INDIA REPRESENTED



VTU intercollegiate
state level KARATE
women championship
held at R V I T
1st place



Solo western dance
(GENESYS 3.0)
held at
Global Academy of Technology
1st place



VTU intercollegiate state level TAEKWONDO
women championship (-46kg) held at GLOBAL
ACADEMY OF TECHNOLOGY 1st place



VTU intercollegiate state level
Athletic Championship 2023-24
(High Jump) held at
VTU Regional Centre, Mysuru
GOLD MEDAL



Our college students participated and stood 2nd out of 5 teams in the “young upstart entrepreneurial design thinking program” conducted by SAP at SAP labs India Pvt

The idea pitched in was about curating the tasks and providing a work/study-life balance of young teenagers and corporate people and providing the overall well-being mental health of individual through a holistic approach using the build-app platform of SAP.

Team ExcentriX 2.0

- 1.Sai Disha G S (ISE)
- 2.Puneeth S (ISE)
- 3.Likhith (ISE) along with other department students (Akshitha K , Darshan N ,Nikhil A (AI&DS) and Sinchana S , Shreya Kumaran (AI&ML))



Faculty Achievement

NPTEL CERTIFICATE

Sl. No	Faculty Name	Subject	Year
1	Sharmila Chidaravalli	Introduction To Internet Of Things	Jan-Apr 2024
2	Dr.Vimuktha Evangeleen Salis	Introduction To Internet Of Things	Jan-Apr 2024
3	Pathanjali Chowdaiah	Natural Language Processing	Jan-Apr 2024
4	Dr. Nirmala H	Introduction to Industry 4.0 and Industrial Internet of Things	Jan-Apr 2024
5	Poornima R M	Introduction to Automata, Languages and Computation	Jan-Apr 2024
6	Vijay Kumar S	Natural Language Processing	Jan-Apr 2024
7	Vijay Kumar S	Machine Learning For Engineering And Science Application	Jan-Apr 2024
8	Dr.Kavita K Patil	Introduction to Industry 4.0 and Industrial Internet of Things	Jan-Apr 2024
9	Dr.Kavita K Patil	TechA Git Foundation	Feb-09-2024
10	Dr.Kavita K Patil	Introduction To Internet Of Things	Jul-Oct 2023

Sl. No	Staff Name	Name of Event	Duration	From date - to Date DD/MM/YYYY	Details Organised by/ Sponsored by ..etc
1	Dr.Vimuktha E Salis	Introduction to IOT	12 Weeks	Jan to April 2024	NPTEL-FDP
2	Dr.Nirmala H	Introduction To Industry 4.0 And Industrial Internet of Things	12 Week	Jan-24 to Apr-24	NPTEL-FDP
3	Vijay Kumar S	Natural Language Processing	12 Weeks	Jan to April 2024	NPTEL-FDP
4	Vijay Kumar S	Machine Learning for Engineering and Science Application	12 Weeks	Jan to April 2024	NPTEL
5	Poornima R M	Introduction to Finite automata and formal Language	12 Week	Jan-24 to Apr-24	NPTEL
6	Dr.Nirmala H	Opportunities and Challenges in Entrepreneurship	2 Weeks	3rd-19th Jan 2024	JSSATE, Bengaluru
7	Dr.Manjunath S	Opportunities and Challenges in Entrepreneurship	2 weeks	3rd-19th Jan 2024	JSSATE, Bengaluru
8	Dr.Kiran Y C	Opportunities and Challenges in Entrepreneurship	2 Weeks	3rd-19th Jan 2024	JSSATE, Bengaluru
9	A.S.Vinay Raj	Opportunities and Challenges in Entrepreneurship	2 Weeks	3rd-19th Jan 2024	JSSATE, Bengaluru
10	Sharmila Chidravalli	Gray Box Probing Generative AI	1 Week	8th-13th Jan 2024	Fr. C. Rodrigues Institute of Technology, Vashi, Navi Mumbai
11	Dr.Vimuktha E Salis	Gray Box Probing Generative AI	1 Week	8th-13th Jan 2024	Fr. C. Rodrigues Institute of Technology, Vashi, Navi Mumbai
12	Pathanjali C	Gray Box Probing Generative AI	1 Week	8th-13th Jan 2024	Fr. C. Rodrigues Institute of Technology, Vashi, Navi Mumbai
13	Dr. Kavitha Patil	Artificial Intelligence for Enhanced IoT	5 days	15 Jan to 20 Jan 2024	All India Council for Technical Education
14	Dr.Nirmala H	On "Sustainable & Eco-friendly Products, Digital & E-commerce Businesses	3 Week	7th- 24th Feb 2024	JSSATE, Bengaluru

15	Indushree M	IoT and Cyber Security	1 week	19/02/2024 to 24/02/2024.	B.M.S.College of Engineering
16	Rajyalaxmi	Bites Annual Convention 2024	2 Days	01 & 02 March 2024	Global Academy of Technology
17	A.S.Vinay Raj	IOT, Embedded Systems & AI	22 days	4th-29th March2024	JSSATEB STEP
18	Kavitha V Horadi	Design Thinking for Product Development	6 days	15th to 20th April 2024	Vidyavardhaka College of Engineering, Mysuru
19	Anusha U A	Advancement in Quantum Computing and Sensor Technology	13days	15 - 27 April 2024	Oxford college
20	Manjula B S	Advancement in Quantum Computing	15 days	15th-27th April 2024	Oxford college
21	Akshatha Preeth P	Full Stack Development	5 days	22 to 26th April 2024	BIT
22	Manjula B S	Full Stack Development	5 days	22 to 26th April 2024	BIT
23	Anusha U A	Full Stack Development	8 days	22 - 26 April 2024	BIT
24	Dr.Kiran Y C	Analysis Of the Performance of the customized ANN Model for Accurate Breast Cancer Detection	2 Days	2 & 3 May 2024	CMR Institute of Technology
25	Priyanka H V	Artificial Intelligence, Machine Learning and Data Science for Engineering Applications	10 days	2nd-11th May 2024	SJBIT, Bengaluru
26	Sharmila Chidravalli	Artificial Intelligence, Machine Learning and Data Science for Engineering Applications	10 days	2nd-11th May 2024	SJBIT, Bengaluru
27	Dr.Vimuktha E Salis	Artificial Intelligence, Machine Learning and Data Science for Engineering Applications	10 days	2nd-11th May 2024	SJBIT, Bengaluru
28	A.S.Vinay Raj	Unlocking potential- Emerging Technologies in Computing Techniques	5 days	6th-10 may-2024	Chennai

29	A.S. Vinay Raj	Quantum Computing	6 days	27/05/24 to 1/06/24	Sai Ram Engineering College, Chennai
30	Hemanth Chandra N	Quantum Computing	6 days	27/05/24 to 1/06/24	Sai Ram Engineering College, Chennai
31	Ganesh HJ	Quantum Computing	6 days	27/05/24 to 1/06/24	Sai Ram Engineering College, Chennai
32	Ganesh HJ	Image processing using open cv	2days	14/06/2024 to 16/06/2024	DAIT College, Bengaluru
33	Rajyalaxmi Arjun	Acquistion to Image Creation	1 Day	22-Jun-24	Global Academy of Technology
34	Poornima R M	Introduction to IOT	12 weeks	July-October 2024	NPTEL
35	Dr. Nirmala H	Introduction to Machine learning	8 Weeks	July-Sept 2023	NPTEL
36	Indushree M	Recent Trends in Blockchain Technology and Cybersecurity	5 days	26/9/23 to 30/9/23	JIS University
37	A.S. Vinay Raj	Introduction to Artificial Intelligence	6 days	9th - 14th Oct 2023	G.Pulla Reddy Engineering College, Kurnool
38	Manjunath S	Entrepreneurship and Innovation	14 days	2nd -16th Nov 2023	Jyothi Institution
39	Priyanka H V	Applied Cloud Computing for Full Stack Web Development	5 days	6/11/2023 to 10/11/2023	TechSaksham
40	Mahendra M k	Research symposium on synergetic innovation	1 day	17th November 2023	RNSIT
41	Poornima R M	Building advanced data analytics application with cloud	5 days	4/12/2023-8/12/2023	Next Gen Employability Program
42	Dr. Vimuktha E Salis	Quantum-Enabled Intelligence: Innovations in Computing and Communications	1 Week	04 to 09 Dec 2023	Ramarao Adik Institute of Technology
43	Pathanjali C	Quantum-Enabled Intelligence: Innovations in Computing and Communications	1 Week	04 to 09 Dec 2023	Ramarao Adik Institute of Technology
44	Dr. Sridhar R	Quantum-Enabled Intelligence: Innovations in Computing and Communications	1 Week	04 to 09 Dec 2023	Ramarao Adik Institute of Technology

CONFERENCE (05)

IEEE (04)

1. Cascading based Hybrid Recommendation Model

Author: Prashanth J

Conference details : 2024 5th International Conference on Mobile Computing and Sustainable Informatics (ICMCSI), 18th January 2024, Lalitpur, Nepal,

2. IoT-Based Framework For Smart Agriculture

Author: Hemanth Chandra N

Conference Details: International Conference for Women in Innovation, Technology and Entrepreneurship, ICWITE, 6th – 17th February 2024, Vemana Institute of Technology, Bangalore

3. Optimal Feature Selection using Enhanced Bacterial Foraging Optimization for Healthcare Application Based Big Data.

Author: Subhash Kamble

Conference Details: International Conference for Women in Innovation, Technology and Entrepreneurship, ICWITE, 6th – 17th February 2024, Vemana Institute of Technology, Bangalore

4. Mobile Menagerie: Evaluating and Implementing CNN's for Real Time Animal Species Recognition on Smart Devices.

Author: Subhash Kamble

Conference Details: IEEE International Conference for Computational Intelligence for Security, Communication, and Sustainable Development, 25-26 April 2024, DBRAIT, Port Blair, India

SPRINGER (01)

5. Secure User Authentication Protocol for Roaming Services in Mobile Networks Using Blockchain

Author: M. Indushree

Conference Details: International Conference on Data Science and Network Engineering - ICDSNE 2023, 2-3 June NIT AGARTALA, India.

Journals (10)

1. Sensor-Based Intelligent and Efficient Smart Wheelchair with Alert System to Assist Disabled Individuals

Author: A S Vinay Raj

Journal Details: YMER Journals (SCOPUS), ISSN: 0044-0477, VOLUME-23: ISSUE 01 (Jan) – 2024

2. An Enhanced RNN-LSTM Model for Fundus Image Classification to Diagnose Glaucoma

Author: Dr. Kavita K Patil

Journal Details: SN Computer Science Journal (SPRINGER) , 02 May 2024, Volume 5, article number 514, (2024)

3. OCC-MP: An optimal cluster-based congestion aware technique multipath routing protocol in WSN using hybrid evolutionary techniques

Author: Dr. Kavita K Patil

Journal Details: Measurement: Sensors journals (SCOPUS), Volume 31, February 2024, 101007

4. Cascading based Hybrid Recommendation Model

Author: Prashanth J

Journal details: IEEE, 11 April 2024, Electronic ISBN:979-8-3503-9523-5

5. IoT-Based Framework For Smart Agriculture

Author: Hemanth Chandra N

Journal details: IEEE, 23rd April 2024, Electronic ISBN:979-8-3503-8328-7

6. An efficient recognition of Handwritten Kannada Script using Variable Attention-based Coati Integrated Bi Directional Long Short-Term Memory

Author: Dr. Y C Kiran

Journal Detail: Multimedia Tools and Applications (SPRINGER), 27th March 2024

7. Handwritten Text Recognition for South Indian Scripts

Author: Dr. Y C Kiran

Journal Detail: International Journal of Advanced Computer Science and Applications (IJACSA) (Scopus Indexed Journal), ISSN : 2156-5570 (Online), ISSN : 2158-107X (Print)

8. Secure User Authentication Protocol for Roaming Services in Mobile Networks Using Blockchain

Author: Indushree M

Journal Detail: Lecture Notes in Networks and Systems (SPRINGER)

9. A novel Blockchain-based authentication scheme for telecare medical information system

Author: Indushree M

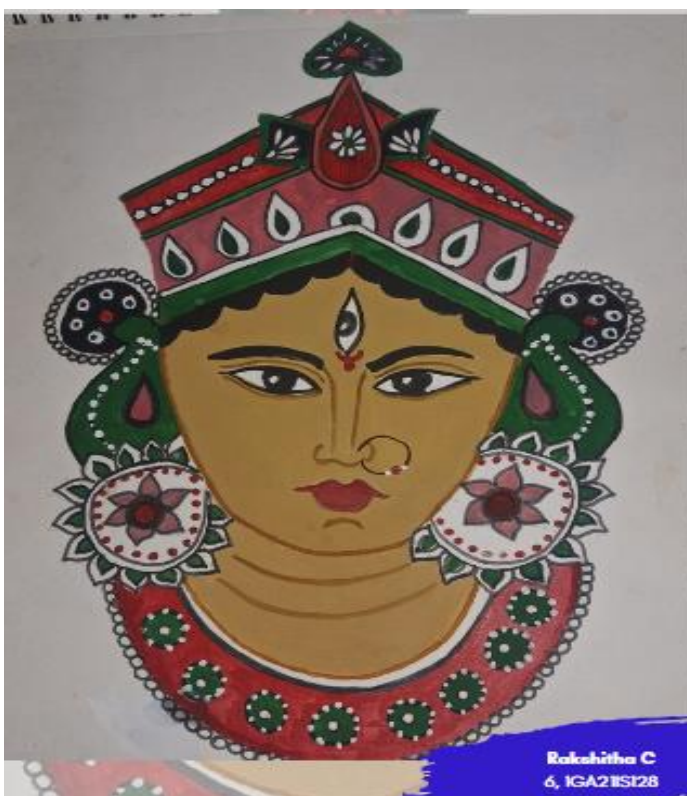
Journal Detail : The Journal of Supercomputing (2024) 80:1080–1108 (SPRINGER)

10. Optimal Feature Selection using Enhanced Bacterial Foraging Optimization for Healthcare Application Based Big Data.

Author: Subhash Kamble

Journal Details: IEEE, 23rd April 2024, Electronic ISBN:979-8-3503-8328-7

Student Corner





Ashwini R Dange
6, IGA2IIS025

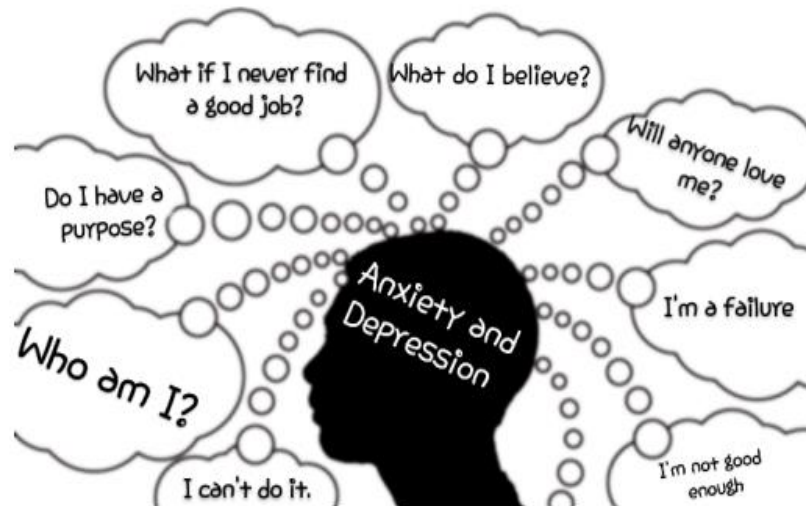


ಎರಡನೇಯ ತಾಯಿ

(ಓಂ ಭೂರ್ಭುವಸ್ಸು ವಃ ತತ್ಸ ವಿತುರ್ವರೇಣ್ಯಂ ಭರ್ಗೋ ದೇವಸ್ಯ ಧೀಮಹಿ | ಧಿಯೋ ಯೋ ನಃ ಪ್ರಚೋದಯಾತ್)

ಇವತ್ತು ನಾನು ಹೇಳಲಿಕ್ಕೆ ಹೊರಟಿರುವ ವಿಷಯ ಗಾಯತ್ರಿ ಮಂತ್ರ . ನಮ್ಮ ಕಡೆ ಒಂದು ಮಾತಿದೆ, ಹುಟ್ಟಿನಿಂದ ಉಪನಯನದ ವರೆಗೆ (ಮುಂಜಿ) ಹೆತ್ತ ತಾಯಿ ಕಾಪಾಡ್ತಾಳೆ, ಉಪನಯನದಿಂದ ಸಾಯುವ ವರೆಗೆ ಗಾಯತ್ರಿ ಕಾಪಾಡ್ತಾಳೆ ಅಂತ. ಅಷ್ಟು ಮಹತ್ವ ಈ ಮಂತ್ರಕ್ಕೆ ವೇದ ಮತ್ತು ಪುರಾಣಗಳಲ್ಲಿ ಇದೆ. ಇದರ ಶ್ರೇಷ್ಠತೆಗೆ ಇನ್ನೊಂದು ಪುರಾವೆ ಬೇಕು ಅಂದರೆ, ವಿಜಯನಗರ ಸಾಮ್ರಾಜ್ಯದ ಸ್ಥಾಪಕರಾದ ಹಕ್ಕ-ಬುಕ್ಕರ ಗುರುಗಳಾದ ವಿದ್ಯಾರಣ್ಯರು. ಇವರು ಪ್ರತಿ ತಿಂಗಳು ಲಕ್ಷ ಲಕ್ಷ ಗಾಯತ್ರಿ ಮಂತ್ರವನ್ನು ಜಪಿಸಿ ತಿಂಗಳ ಕೊನೆಯಲ್ಲಿ ಗಾಯತ್ರಿ ಹೋಮವನ್ನು ಮಾಡ್ತಾ ಇದ್ದು, ಹೇಗೆ ಹಲವಾರು ವರ್ಷಗಳೇ ಕಳೆದರೂ ಸಹ ದೇವತೆ ಪ್ರತ್ಯಕ್ಷವಾಗಲಿಲ್ಲ. ಒಂದು ದಿನ ಒಬ್ಬ ಬೈರಾಗಿ ಹತ್ರ ಈ ಬಗ್ಗೆ ಮಾತನಾಡಿದಾಗ, ಅವರು ವಿದ್ಯಾರಣ್ಯರಿಗೆ ಕ್ಷುದ್ರ ದೇವತೆಯನ್ನು ಆರಾಧಿಸುವಂತೆ ಸಲಹೆ ಕೊಟ್ಟರು. ಕೆಲವೇ ತಿಂಗಳ ಆರಾಧನೆಗೆ ಪ್ರಸನ್ನಳಾದ ಕ್ಷುದ್ರ ದೇವತೆ ವಿದ್ಯಾರಣ್ಯರಿಗೆ ವರ ಕೇಳುವಂತೆ ಆಗ್ರಹಿಸಿದಳು. ಏನಿದು ಬರಿ ಅಶರೀರ ವಾಣಿ ಬರ್ತಾ ಇದೆ ಯಾಕೆ ಕಣ್ಣಿಗೆ ಏನೂ ಕಾಣಿಸ್ತಾ ಇಲ್ಲ ಅಂತ ಕೇಳಿದ್ದಕ್ಕೆ , ದೇವತೆ ಹೇಳಿದಳು, ನೀನು ಆ ಪರಿ ಗಾಯತ್ರಿಯನ್ನು ಜಪಿಸಿದ ಕಾರಣವಾಗಿ ನಿನ್ನ ಎದುರಿಗೆ ನನಗೆ ಪ್ರಕಟಗೊಳ್ಳೋಕೆ ಆಗ್ತಾ ಇಲ್ಲ ಅಂತ. ಅವತ್ತಿನಿಂದ ವಿದ್ಯಾರಣ್ಯರು ಮತ್ತೆ ಗಾಯತ್ರಿಯ ಉಪಸನೆಯನ್ನು ಮುಂದು ವರಿಸಿದರು. 8 ಅಕ್ಷರಗಳ 3 ಪಾದಗಳಿರುವ ಎಲ್ಲ ಮಂತ್ರಕ್ಕೆ ಗಾಯತ್ರಿ ಅಂತಾನೆ ಹೆಸರು ಆದರೆ ಎಲ್ಲಕ್ಕಿಂತ ಈ ಮಂತ್ರ ಸರ್ವ ಶ್ರೇಷ್ಠ ವಾದ್ದರಿಂದ ಇದಕ್ಕೆ ಮಾತ್ರ ನಾವು ಗಾಯತ್ರಿ ಅಂತ ಕರಿಯುತ್ತೇವೆ. 3 ವೇದಗಳ ಸಂಕ್ಷಿಪ್ತ ರೂಪ ಪುರುಷ ಸೂಕ್ತ. ಪುರುಷ ಸೂಕ್ತ ದ ಸಂಕ್ಷಿಪ್ತ ರೂಪ ಗಾಯತ್ರಿ ಮಂತ್ರ . ಮತ್ತೆ ಇದರ ಸಂಕ್ಷಿಪ್ತ ರೂಪ ವ್ಯಾಹೃತಿಗಳು ಅಂದರೆ ಭೂ ಭೂವಃ ಸುವಃ. ಕೊನೆಯದಾಗಿ ಈ ವ್ಯಾಹೃತಿಗಳ ಸಂಕ್ಷಿಪ್ತ ರೂಪ ಓಂ. ಹೀಗಾಗಿ ಒಂದು ಸಲ ಗಾಯತ್ರಿ ಮಂತ್ರವನ್ನು ಜಪಿಸಿದರೆ , 3 ಸಲ ಸಂಪೂರ್ಣ ವೇದವನ್ನು ಜಪಿಸಿದ ಹಾಗೆ. ನಮಗೆಲ್ಲ ತಿಳಿದ ಹಾಗೆ ಗಾಯತ್ರಿ ಮಂತ್ರವನ್ನು ವಿಶ್ವಾಮಿತ್ರ ಋಷಿ ಕಂಡು ಹಿಡಿದಿದ್ದಲ್ಲ. ತತ್ಸವಿತುರ್ವರೇಣ್ಯಂ ಇಂದ ಪ್ರಚೋದಯಾತ್ ವರೆಗಿನ ಗಾಯತ್ರಿ ಮಂತ್ರವನ್ನು ಕಂಡು ಹಿಡಿದವನು ಬ್ರಹ್ಮ. ಆದರೆ ತನ್ನ ತಪಯಸ್ಸಿನ ಶಕ್ತಿ ಇಂದ ಓಂ, ವ್ಯಾಹೃತಿಗಳು ಮತ್ತು ಗಾಯತ್ರಿ ಮಂತ್ರದ ಸಂಯೋಜನೆಯನ್ನು ಮಾಡಿದವನು ವಿಶ್ವಾಮಿತ್ರ ಋಷಿ. ಈ ಮಂತ್ರವನ್ನು ಬೇರೆ ಭಾಷೆಯಲ್ಲಿಯೂ ಜಪಿಸಬಹುದು ಆದರೆ ಸಂಸ್ಕೃತದಲ್ಲಿ ಜಪಿಸಿದರೆ ಅತಿ ಹೆಚ್ಚು ಪರಿಣಾಮಕಾರಿ ಅಂತ ಇತ್ತೀಚೆಗಿನ ವೈಜನನಿಕ ಸಂಶೋಧನೆಗಳು ತೋರಿಸಿಕೊಟ್ಟಿವೆ. ತಾಳ್ಮೆ ಇಂದ ಗಾಯತ್ರಿ ಮಂತ್ರವನ್ನು ಜಪಿಸಿದಲ್ಲಿ ನಮ್ಮೊಳಗೆ ಅಡಕ ವಾಗಿರುವ ಪ್ರಚಂಡ ಶಕ್ತಿಯನ್ನು ನಮಗೆ ತೋರಿಸಿಕೊಡಲು ಇದು ಅತ್ಯುತ್ತಮ ಸಾಧನ.

Embracing Mental Wellness and Path to Well-Being



Introduction:

In recent years, the discourse around mental health has significantly evolved. What was once a taboo subject confined to whispers and stigma is now gaining recognition as a crucial aspect of overall well-being. In today's fast-paced world, mental health has become one of the most significant topics of conversation.

We are coming across more and more impact of conditions like depression and anxiety on our lives. Despite increased awareness, misconceptions persist, and many individuals still struggle silently with their mental health. However, amidst the shadows, there is also the beacon of well-being—a journey towards balance, resilience, and inner peace. This article touches upon the intricate connections between mental health, depression, anxiety, and the path for pursuit of well-being.

Understanding Depression and Anxiety:

Depression and anxiety are not mere states of temporary sadness or worry; they are complex mental health disorders that can profoundly impact one's thoughts, emotions, and behaviors. Depression often manifests as persistent feelings of sadness, hopelessness, and disinterest in activities once enjoyed. Depression and anxiety aren't just feelings; they're complex conditions that can deeply affect how we think, feel, and act. Anxiety, on the other hand, can flood us with worry and fear, making it hard to cope with daily life. These struggles can truly disrupt our sense of well-being.

Impact on living:

Depression and anxiety don't just affect our mental state; they can also take a toll on our physical health, relationships, and overall satisfaction with life. The stress and sleepless nights they bring can weaken our immune systems and strain our connections with others. Feeling disconnected and purposeless is common.

The Journey to Well-Being:

Finding well-being isn't a one-size-fits-all journey. It's about getting to know ourselves, taking care of our bodies and minds, and bouncing back from setbacks. Acceptance of reality & maturity to adapt to the situations are very vital. Practicing mindfulness, staying active, and surrounding ourselves with supportive people are all part of the process. Finding meaning in our lives and being grateful for what we have can also make a big difference.

Seeking Support and Treatment:

Acknowledging our struggles is the first step toward healing. Talking to a therapist or counsellor can provide valuable insights and coping strategies. Connecting with others who understand what we're going through can also be incredibly comforting. Asking for help isn't a sign of weakness—it's a courageous act of self-care. Additionally, peer support groups and online communities offer a sense of solidarity and understanding for individuals navigating similar challenges.

Promoting Mental Health Advocacy:

Advocating for mental health is crucial for breaking down barriers to care and spreading awareness. Advocacy plays a pivotal role in effecting systemic change and breaking down institutional barriers to mental health care. By ensuring accessible and affordable mental health services, challenging discriminatory practices, and promoting policies that prioritize mental well-being, we can create a more inclusive and supportive society for all individuals. Arranging mental health awareness camps in societies, educational institutions, organizations can help mainly in identification of people suffering from mental illness. Mental health assessment to be mandated as part of any kind of health checkups. Promoting religious and spiritual practices enhancing the human values and virtues can ensure overall wellbeing of an individual.

Battling the Demons Within: My Journey with Depression and Anxiety

For years, I lived under the dark cloud of depression and anxiety, though I didn't fully comprehend what I was experiencing at the time. The unrelenting sadness and emptiness I felt made even the simplest daily tasks feel insurmountable. I frequently found myself gripped by panic attacks and consumed with worries, both rational and irrational. Too ashamed to speak up, I suffered in silence, withdrawing from life.

It wasn't until I finally opened to close friends that I realized how common mental health struggles truly are. One loved one's own experiences with anxiety gave me the courage to seek professional help. As I began therapy and explored treatment options, everything finally started to make sense.

Depression, I learned, is so much more than just feeling sad or going through a rough patch. It's a legitimately debilitating mental illness that can hijack your mind, sapping your motivation, concentration, self-worth, and basic ability to function or find joy. For me, it felt like being smothered by a heavy darkness that constantly whispered cruel lies about how hopeless and worthless I was.

Similarly, anxiety isn't just feeling worried or nervous occasionally. It's excessive, persistent anxiety and fear that can manifest in both emotional and physical ways. My anxiety disorders led to countless sleepless nights consumed by unlikely worst-case scenarios and paralyzed me with panic in seemingly unthreatening situations.

Both conditions can devastate your overall well-being and quality of life. However, they are also highly treatable, especially with the right support system and tools. Over the past few years, I've made my mental health a priority through a combination of therapy, meditation, exercise, and mindfulness practices. I've learned helpful coping techniques and how to challenge the destructive thought patterns that fed my depression and anxiety.

On my journey, I've accepted that recovering from mental illness is an ongoing process with ups and downs, not something that gets resolved instantly. But I've made incredible strides. My moods have stabilized, my outlook is much more positive, and I'm able to better control anxiety attacks through various grounding methods. I find joy in hobbies I once abandoned and can be present with loved ones.

Conclusion:

In the complex tapestry of life, mental health, depression, anxiety, and well-being are all woven together. By fostering empathy, understanding, and change, we can create a world where mental wellness is valued, and everyone can thrive. Let's continue this journey together, with compassion, resilience, and a shared commitment to well-being. If you're struggling with depression, anxiety, or any other mental health issue, please don't suffer alone like I did. Reach out for help and practice self-compassion. Take it from me: With support, lifestyle changes, and the right treatment plan, you can take your life back from these insidious conditions and rediscover your sense of hope, serenity, and self-worth.

Faculty Corner

The New Generation of Students: Navigating Education in the Digital Age

The landscape of education is continually evolving, and at the forefront of this evolution are the new generation of students. This cohort, often referred to as Generation Z or the digital natives, has grown up in an era characterized by rapid technological advancements, significant social changes, and a wealth of information at their fingertips. Their unique experiences and the environment in which they have been raised have shaped their learning styles, expectations, and interactions with the world in unprecedented ways.

Technological Integration in Learning

One of the most defining characteristics of new-generation students is their seamless integration with technology. From a young age, they have been exposed to smartphones, tablets, and computers, making technology an integral part of their daily lives. This constant interaction with digital devices has influenced their approach to learning. They are adept at using online resources, educational apps, and digital platforms for research, collaboration, and problem-solving.

The traditional classroom setting, with its reliance on textbooks and lectures, is increasingly being supplemented or even replaced by digital tools. Interactive whiteboards, online quizzes, and virtual reality experiences are becoming commonplace, catering to the new generation's preference for interactive and multimedia content. This shift not only makes learning more engaging but also allows for personalized education, where students can learn at their own pace and style.

Emphasis on Collaboration and Social Learning

New-gen students are inherently collaborative. Social media and other online platforms have fostered a culture of sharing and collective problem-solving. In the educational context, this translates to a preference for group work, peer-to-peer learning, and collaborative projects. Platforms like Google Classroom and Microsoft Teams facilitate this by providing spaces for students to work together, share ideas, and give feedback in real time, irrespective of geographical boundaries.

This collaborative spirit is also evident in their approach to problem-solving. Instead of working in isolation, new-generation students are more likely to seek out their peers for advice, form study groups, and engage in discussions that enhance their understanding and broaden their perspectives. This social approach to learning not only improves academic performance but also prepares them for the collaborative nature of the modern workplace.

Adaptability and Lifelong Learning

The rapid pace of technological advancement and the ever-changing job market have instilled in new-gen students a sense of adaptability and a recognition of the importance of lifelong learning. They understand that the skills required today might not be relevant tomorrow and are thus more open to continuous education and skill acquisition. Online courses, webinars, and MOOCs (Massive Open Online Courses) have become popular among this generation, allowing them to acquire new skills and knowledge on the go.

Moreover, the concept of learning has expanded beyond formal education. Informal learning through podcasts, YouTube tutorials, and online forums has become a significant aspect of their educational journey. This diverse approach to learning equips them with a broad skill set and a versatile knowledge base, making them well-prepared for the uncertainties of the future.

Therefore, Indian women enjoyed respect, education and respect in ancient times. As time passed, Indian culture became contaminated by the conservative cultures of the Middle East and Britain. As a result, the power and respect that women enjoyed was lost.

After independence, women gradually began to regain the power they had lost. Today, women are everywhere. The country has had a Prime Minister and a President, and many important sportswomen; this country has been blessed with talented women scientists. In India, women join the military without hesitation.

However, many women in India still find it difficult to escape patriarchal control, especially in rural areas. Empowered women must speak out, protest and appeal to other women to seek help from the authorities.

In India, a variety of factors, including age, caste and class, education level, and geographic location (rural versus urban) greatly influence the empowerment of women. Women's empowerment initiatives are implemented at the state, local (panchayat), and federal levels. However, women still face the discrimination in most areas, including political participation, health and medical aid, education, and economic chances. This shows that there is significant gap between strategy advancements and real exercise at the community level.

No woman can be empowered if she is not financially independent. Gone are the days when women had to depend on their fathers or husbands to get things that they wanted. From the 20th century onwards, women got more opportunities to join the workforce.

Benefits of Women Empowerment:

Women empowerment adds to confidence of women in their ability to lead meaningful and purposeful lives. It removes their dependence on others and makes them individuals.

They can lead their lives with dignity and freedom

It adds to their self esteem

It gives them a distinct identity

They can gain positions of respect in society

As they are financially independent, they can spend on all their needs and desires

They can make meaningful contributions to the well-being of society

They act as capable citizens to make the country achieve enhanced Gross Domestic Product (GDP) growth

They get fair and equitable access to resources of the country

Empowering women helps make society and the world a better place to live and advances their participation. It means increasing happiness for families and societies where women make a

- Priyanka H V.
Asst. Professor

Impact Of Skill Development Courses

Skill development courses during higher education play a crucial role in contributing to nation-building in several ways due to the democratic dividend it enjoys. These courses equip students with hands-on, experience-based, practice-oriented learning that is essential for personal growth, competency building, and the transformative development of the nation.

Skill development courses make students more job-ready by providing them with industry-relevant skills. This reduces the unemployment rate and helps individuals secure stable and better-paying jobs, ultimately boosting the nation's economic growth.

Skill development encourages innovation and entrepreneurship. It equips students with the skills needed to start their enterprises or contribute to the growth of existing ones. Entrepreneurship leads to the creation of jobs, economic development, and a more vibrant business ecosystem.

REDUCED DEPENDENCE ON IMPORTS

When a country's workforce is skilled in various fields, it can reduce its reliance on imported goods and services. Skilled individuals can produce high-quality products and services domestically, which can contribute to economic self-sufficiency and reduce trade deficits.

TECHNOLOGICAL ADVANCEMENTS

In an increasingly digital and technology-driven world, skill development courses in cutting-edge aspects of IT, computer science, and engineering are crucial.

These courses produce professionals who can drive technological advancements and innovation (including cyber security), positioning the nation as a leader in the global technology landscape.

ENVIRONMENTAL SUSTAINABILITY

Courses in environmental science and sustainable development contribute to a nation's efforts in protecting the environment and conserving natural resources. Skilled professionals can help implement sustainable practices in industries and communities.

GLOBAL COMPETITIVENESS

Nations with a skilled workforce are more competitive in the global market. Skilled professionals are better equipped to adapt to changing market conditions, participate in global trade, and contribute to a nation's economic growth on an international scale.

In conclusion, skill development courses during higher education are instrumental in nation-building by producing a skilled and competent workforce that can drive economic growth, innovation, and social development.

(Collection)
- Prof. Harsha
Asst. Professor

My Recent Milestones

It is My Pleasure to share the moments of attending 6th Annual Convention organized by BITES-Infosys on March 1st and 2nd, 2024, at the Mysore campus. The theme of the convention was Intelligent Systems. That was a great opportunity to interact with excellent resource personalities from Industry and the universities. The hospitality provided by Infosys during the event was Amazing. The topics covered on the latest trends providing valuable insights and fostering meaningful discussions among the attendees.

Focus was to empower customers and partners through AI. Such of these events provides, an opportunity to grow and make defining connections with experts from around the world.

Generative artificial intelligence (gen AI) can revolutionize the nature of work, reshaping how businesses deliver value and better experiences for employees and customers. Furthermore, gen AI can significantly advance operations across departments, increasing productivity and driving cross-team innovation. It can also be used to explain legacy business applications

Let us discuss and learn with one of the tools available in the market KNOWN AS -The Smart Answers tool Is made available for use “as is”. The Smart Answers Responses have been created by an AI language model and are intended to provide general information. While we strive to seek guidance and verify the research independently before making decisions based on the Information. Any actions taken based on the Smart Answers.

Sales in era of Generative AI. (sharing a Brief case study in Sales Area)

Gen-AI is changing every Industry.

Every company needs an AI strategy now (Firstly with Sales Team)

AI has potential to help people sell faster, sell smarter and sell more efficiently.

It can create more productivity and boost capacity.

Gen AI central to IT strategy learning models have the potential to unlock rapid IT iteration.

- Prof. Rajyalaxmi Arjun
Asst. Professor

Placement

More than 55% of those who qualified for placement have achieved their goals of working in core businesses, consulting, and IT each year.



