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Institute of Technology

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EDITION

2020

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SAYS

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CLASS OF
2020



STUTALK | VBIT

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2020


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Mythri
VethaVarshini

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Mythri

LinkedIn 101:
VethaVarshini

MEET THE TEAM



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FROM THE EDITOR

*"We fell asleep in one world and woke up in another.
Suddenly, Disney is out of magic
And Paris is no longer romantic."*

Disney being shut down is not quite the concern right now, I know. But things are not the same for all of us. Some of us are probably spending time studying, while some may have volunteered. Some may also be taking a bit of their time to learn a new skill and some may simply be taking out some time off our grinding routine.

To some, this phase is daunting. To some, this is a much-needed break. While some of us feel the pressure to be productive, at the other end of the spectrum are those taking the binge-watch game very seriously.

But above all, it's the perfect time to do what we've always wanted to but could never find the time for. Go finish that book, make that blog go live, shoot that video, build your portfolio. The pandemic has changed the course of our day-to-day lives and the short term goals we set, in ways we did not expect.

That's why this Issue of StuTalk has just what you'll want to read. What will life after the pandemic look like? Oh, and all that is going on about *Abnormal Being the New Normal*-quite an insight in here this edition. Hope you enjoy reading this issue. Happy reading!

And hey, Disney will have its magic back for sure and while we're waiting, let's skill-up!

A pandemic holds the ultimate power to change the axis on which the earth, as we knew it, rotated. To break it down further, it refers to an outbreak worldwide, a breakout that questions our perception of normal. COVID-19 is one of the pandemics this society has faced and will certainly not be the last of its kind. If history has taught us anything it would be, regardless of any challenge, the humankind will definitely find a way to thrive and not succumb to the pressure. While COVID-19 has impacted every walk of our lives, it has brought about humongous changes when it comes to lifestyle. While most of it is positive, there have been negative aspects which have led to a fall in the economy of countries. Through these trials, mankind has found a way to ensure continual growth.

WHAT WILL THE WORLD LOOK LIKE AFTER THE PANDEMIC?

LIFE IN THE CITY

If Pandemic Becomes The New Normal

- Straining digital infrastructure
- Intensified mental health challenges
- Demolished commerce
- A cashless economy
- Virtual delivery services
- Reduced urban housing costs



Teaching and Learning after COVID-19

Technology To The Rescue

- A blended system combining traditional classroom teaching and e-learning.
- Tapping the full potential of open educational resources and platforms.
- Easy access to high-quality learning resources.



On the Work Front

The future is performance-driven. Your competitive edge will be your competency, your delivery time will decide your worth.

Things that will no longer matter to your employer

- Your physical location
- Gaps in your employment
- Visible tattoos and piercings
- Your dressing sense
- Your age, religion, gender, and sexuality
- Your salary history
- Your offline personality
- Work hours per day



HOW TO GET STARTED WITH YOGA

Always warm-up

Just like any form of physical exercise, you will need to do a couple of stretches so your muscles are not tense and prone to muscle cramps and pulls.

Do not expect immediate results

Similar to other physical activities, yoga does not give you instant results either. So do not await the outcome, rather work towards it!

Avoid distractions

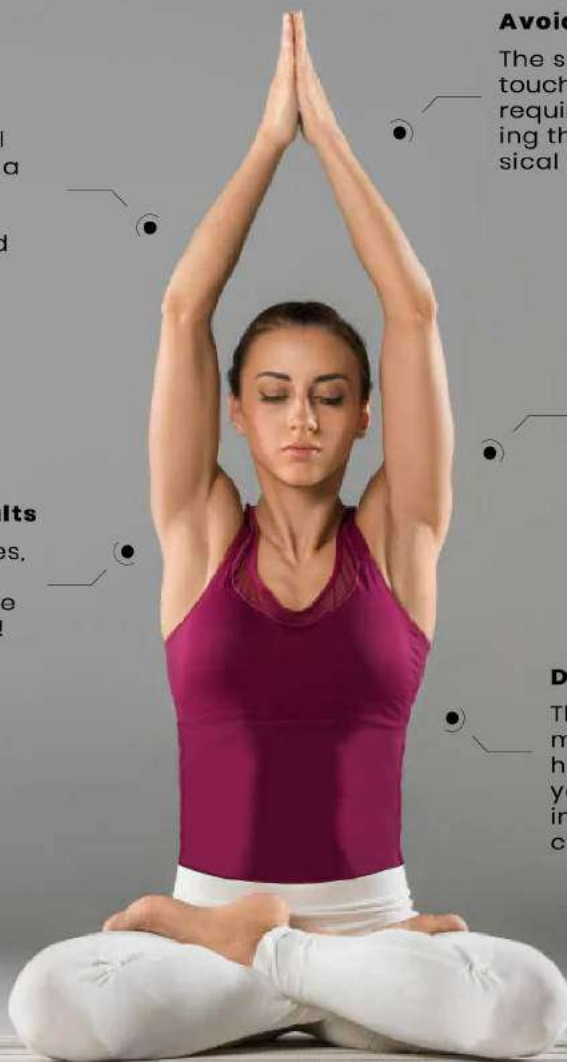
The significance of yoga is getting in touch with your own self. This would require you to stay away from anything that does not constitute your physical being.

Wear Loose Comfortable Clothes

Clothes that do not restrict movement are the key to stretching, which is a huge part of yoga.

DO NOT GIVE UP

This may sound like a cliché, but much alike other activities or hobbies, yoga demands the same, your full commitment. And investing in it would change you in ways you could never imagine.



It is no secret that Yoga has proven to be one of the most efficient ways to unwind as it is an amalgamation of spiritual, physical, and mental well-being. Not only does it reduce stress, but studies have shown that it can also tremendously boost your immune system, which is the need of the hour to combat the pandemic. Moreover, yoga is one form of physical activity that people of all age groups can follow as it ranges from simple breathing exercises and extends up to splits, backbends, and many more complex poses. Continue practicing to connect with nature by balancing the mind-body connection!

Talk To The Expert

How can one be sure that they are mentally healthy?

Mental health relates to three fundamental aspects. Firstly, cognition which includes thinking, concentration, memory, logic, among others. Secondly, emotional balance, if you feel that you are emotionally stable and are not indulging in negative emotions such as fear, anger, frustration, dejection, and distress too frequently. The third signal is your behavior. It has a lot of relevance in different contexts of your behavior academically, socially, and with your family. Not deviating from the norm in terms of your interpersonal interaction and efficiently functioning in your day-to-day life are the traits of a mentally healthy person.

What are the symptoms one needs to be on the lookout for in case they are inclining towards mental illness?

Not being mentally healthy does not mean that you are abnormal. A few indicators to look out for include, any deviations like your attention span going low, not being able to concentrate, or feeling very irritable, lost and anxious. Also, not liking the company of others, sleeping for long hours, and overeating or under-eating could be signs, too. If there's an incident that causes you to be desolate, it is normal to have an imbalance in your emotions. These deviations should not take very long to restore your normal balance but if they do prolong for a considerable period then it talks about your unhealthy mental state.

Has there been a change regarding mental health due to social media?

Yes, social media addiction is also included as one of the symptoms of mental illnesses. It causes what is called an 'addiction'. But unfortunately, any mental illness is getting termed as depression. Either depression can be standalone or it can be in combination with mania. A person can switch between manic phase and depressive phase during their lifetime, with the cycle changing frequently. There are umpteen number of mental illnesses so depression is one which is spoken of among the common people.

Do sleep patterns or sleeping habits influence one's mental health?

Of course! There is a very close relationship between sleep and mental health. Sleep follows five different stages and a person should at least reach stage three. A hormone called melatonin has a strong correlation with our screen behaviour. Excessive use of television, laptop, or smartphones until you go to bed will disrupt your melatonin secretion, impacting your sleep. To prevent it, you should stop your interaction with any screens at least three hours before you rest and have a consistent sleep pattern with a definite time to go to bed and wake up. The various devices you have in the room and the activities that you do just before you sleep also matter.

Is there a specific age at which people are highly prone to face mental illness?

No. There are certain critical stages like adolescence, where one normally goes through natural turmoil in life because of the changes in the hormonal secretions and also due to the emphasis on building their career. From every angle, adolescence is very stressful so that age group has a little more susceptibility but there is no hard-and-fast rule that at any particular age one is more vulnerable to mental illness.

Does 'being happy and bubbly' mean that you are at the best point when it comes to health?

Not necessarily. Being in an equilibrium state is what one should aim for. Sometimes there is a defence mechanism that we talk about in Psychology, a reaction formation where an individual would manifest just the opposite of what he or she is feeling inside. The truth is that the person nurtures a sense of frustration and hopelessness deep inside. But being bubbly and full of life as a manifestation need not indicate their sound mental Health.

Prof.
**Meena
Hariharan**



Head, Department of health psychology, HCU.

[Visit Profile](#)

TWEAKING ONLINE PRESENCE USING LINKEDIN

Hang on. Even if you're not looking for a job right now, this is for you!

Most students directly assume that LinkedIn is meant either for professionals or for those who are on a job hunt. And that belief is in dire need of a revamp. LinkedIn is also for you if you are pursuing graduation, in fact, a greater reason to get yourself out there before it is too late. But like most things around us, you can reap its benefits only when you

know the right way to use it. From someone who has been here for quite some time now, here is what I think you would need, to commence building your online presence. Start with showcasing everything that does not fit on your resume. Then read on and follow.



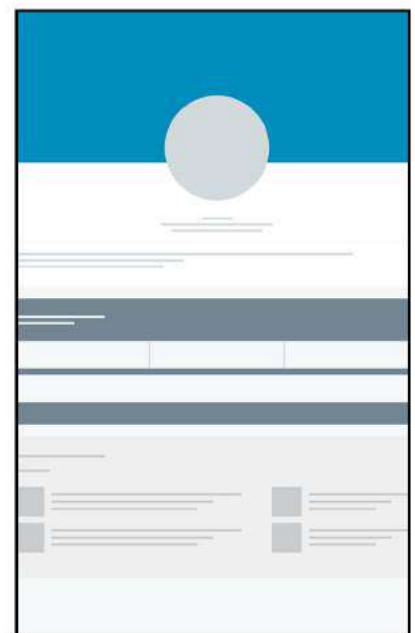
PRO TIP

Treat yourself like a personal brand.

A WELL-TWEAKED PROFILE

For any visitor, your profile must tell them who you are, what you do, and what you have to offer. Put all of your experiences under corresponding categories in there. Be it your projects, your internships, your certifications—all of it is worth finding its place on your profile.

Get as specific as you can, while you describe your work. For example, do not say that you are a “great communicator” (even if you are one). Instead, give details of your communication skills and cite examples of how you have used them.



2

NETWORK, BUT SNOOP BEFORE YOU DO

This is more than just connecting with the people you personally know. Strategically connect with people who work at your dream companies in the same industry of your interests. More often than not, you will find your dream figures sharing their mottos, projects, tips, tools, and strategies. Having an insight into their work and interests can work quite a charm at inspiring you to go that extra mile in getting that dream job.



INSPIRE GROWTH WHILE YOU GROW

While you are out there learning and making progress every day, be sure to share it. You could be sharing the most basic thing you recently learned but it could serve as engaging content to someone somewhere who is just getting started with this. Sometimes, putting your thoughts out on LinkedIn can also be the ground for people to voice their takes on the same leading to a spectrum of perspectives.

3

THROW YOURSELF IN THE RIGHT GROUP

You can join/set-up groups on LinkedIn to network better. It's where you connect with and share knowledge among those from the same field as you. Go hit that search bar to look for interesting groups and chances are when you get yourself into one, it will be a valuable source of information, ideas, and support. When you share your proficiency in such groups, they will, in all probability, respond in kind. In other words, just put yourself out there. Because why the heck not?

4



Dear Class of **2020**



All the work that you've put in to get your education is still one of the best investments you could make. Graduation marks your final path into adulthood.

You will prevail

Don't lose that impatience. It'll create the next technology revolution. Be impatient. It'll create the progress the world needs. Take the time to find something that excites you more than anything else in the world. Be open, be impatient, be hopeful.



While this period is certainly unprecedented it is not a complete anomaly. Not only can you do better than those who came before you, but you will



Keep pushing. Forget the fear.
Forget the doubt. Keep investing
and keep betting on yourself.

You're learning the most important
lesson of all: Every obstacle is an
opportunity to grow, to change.
Make an effort to learn more and
more every single day



You are the leader of your
own life



You are every bit as capable of
accomplishing incredible things





11-05-2020

National Virtual Workshop on "Scientific Article Writing" by Prof. A. Vasan, BITS Pilani, and Dr. Sri Kalyana Rama J, VBIT. - Dept of CE.



14-05-2020

FDP on "CYBERSECURITY" by Mr. Sai Satish, CEO of Indian Servers was hosted by the Depts of CSE & IT.



15-05-2020

National conference on "Emerging Engineering & Technology-NCEET-2020" in the presence of Sri Ankathi Raju, Project Director -DRDL, DRDO - Dept of EEE.



04-06-2020

National Webinar on "Understanding Entropy" by Dr. G.Amarender Rao, Principal VBIT - Dept of ME.

EVENTS



08-06-2020

Mr. Prabhakar Murugan, Cloud Support Engineer, Reddigton India Ltd imparted knowledge on "Microsoft Teams EDU Faculty Overview", organized by the Dept of EEE.



08-06-2020 to 15-06-2020

TASK, Bentley, ICI, Smart Infr-Est, Capricot in association with Dept of CE organized an FDP on "Performance of Engineering Structures under Extreme Loading".



11-06-2020

A technical session on "Advances in IC Engines" by Dr. G. Amarender Rao, Principal, VBIT, and Mr. N. Rama Krishna, Entrepreneur, Pavitra Industries assembled by the Dept of ME.



24-05-2020

Online training on beginner course in Maps, " HERE MAP CREATOR " by R. Dharma, Senior Lead- Community Partnership, South Asia - Dept. of CE.



29-05-2020

Web conference on " Career Guidance Session " by Sri V.V. Laxminarayana, IPS(Retired).



01-06-2020 to 06-06-2020

FDP on "Simulation of Data Communications and Networks using NS2 and Wire SHARK" by Dept of ECE.



07-06-2020

Webinar on "What COVID 19 means for Marketing? Issues and Challenges" presented by Mr. Murali Nagendra Kumar, Senior Sales Manager, McAfee, New York, USA - Dept of MBA.



12-06-2020

Ms. D. Subhasree, Senior Embedded Engineer, Beta Technologies Pvt.Ltd addressed the webinar on "Introduction to the Internet of Things (IoT)" hosted by the Dept of EEE.



18-06-2020 to 20-06-2020

Workshop on "Applications of MATLAB in Electrical Engineering" by Mr. N. Krishna Prakash, Assistant Professor, Amrita School of Engineering Dept of EEE.



25-06-2020

Dept of CSE & IT organized a Webinar on "Machine Learning", addressed by Mr. Sai Satish, CEO - Indian Servers.

GALORE



CHERNOBYL

This historical drama revolves around one of the worst nuclear disasters in the history of mankind. The series focuses on the many heroes who put their lives on the line to save Europe.

Ratings

IMDb : 9.4/10 Rotten Tomatoes : 9.3/10
 Rotten Tomatoes : 96% Google : 97%



CITIZENFOUR

This documentary captures the true essence behind Edward J. Snowden's quest to expose sweeping government surveillance of citizens. It is thrilling and thought-provoking, a combination rarely achieved.

Ratings

IMDb : 8/10 Rotten Tomatoes : 7.6/10
 Rotten Tomatoes : 96% Google : 90%



RISK

If you are looking for a political documentary then you do not have to look any further. Risk follows the life of WikiLeaks founder, Julian Assange, over several years, offering deep insights.

Ratings

IMDb : 6.3/10 Rotten Tomatoes : 7.2/10
 Rotten Tomatoes : 81% Google : 78%



the PURSUIT of HAPPYNESS

This 2006 drama has been one of the most highly decorated movies of all time. It portrays the trials in life while reinforcing belief in hope and faith.

Ratings

IMDb : 8/10 Rotten Tomatoes : 6.4/10
 Rotten Tomatoes : 87% Google : 95%



ABNORMAL IS THE NEW NORMAL

– Dr. K. Shirish Kumar
Assoc. Prof. of Chemistry
Dept. of H&S

The potential downside of this COVID-19 crisis looks terrible enough for wealthy societies. Even with outstanding economic management, they may be in for grisly downturns, both painful and protracted. But, the situation for the population of low-income countries and least developed, fragile states could prove disastrous. Not only are governments in these locales less capable of responding to pandemics, but undernourished and health-compromised people are more likely to succumb to this outbreak. While we can hope for the best, the worst could be much worse than most observers can currently imagine.

Working in an office could turn into a superficial point of interest. Jobseekers may think of it as an allurements to working for an organization with a physical area, which could support brand reputation and in general impact the business. Most meetings could be replaced by email and messages. People have been patient in learning new technologies and engaging with them, simply because they've had to. I think these best practices will live on, as all of us are developing a new affinity to work virtually with a more agile way of working and communicating with each other.

To battle the spread of coronavirus, all the businesses in the nation, have started checking the temperatures of their representatives before they are permitted to work. Wearing a face mask around the office has become common. Health and legal experts predict that on-the-job medical screening, such as antibody tests, will be a reality for those who return to work in the months ahead. This could be an open door for the material business to advance with numerous working environments presently being compelled to work remotely. Long haul adaptability could be setting down, permitting more ladies to stay in the workforce while adjusting home and work life. A more flexible work culture could also create more equity at home as both men and women can spend quality time with their families.

The current wellbeing emergency has, from various perspectives, inhibited representatives to telecommute and thus, constrained managers to encounter the truth of work-from-home choices and increasingly adaptable work routines. This new methodology could emphatically influence working ladies. They could start to have greater adaptability to work around the extra duties they have.

POST

Has anyone ever anticipated the turmoil that prevailed in recent times? The COVID-19 outbreak wasn't something anyone saw coming in their near future. Streets all over the world went eerily quiet, every step outside questioned the survival of a person. For the first time, the world came to a standstill while nature rejoiced. Masks and sanitizers became armors to tackle the spread of the virus and only physical distancing guaranteed

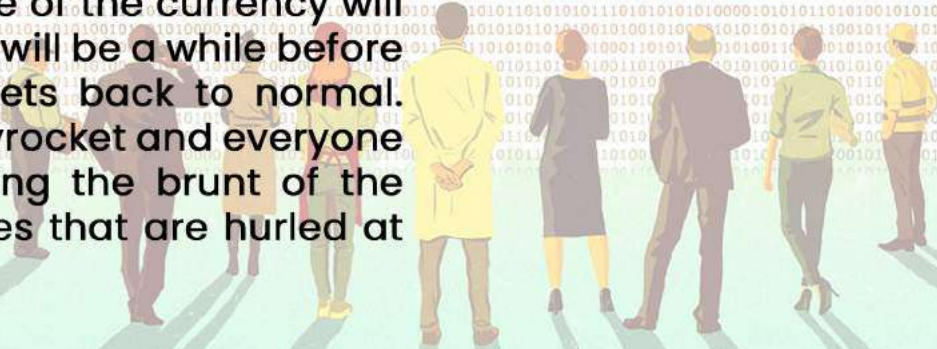
the safety of a person's life. The real struggle began when people who lived paycheck to paycheck and those who were financially dependent on others were also compelled to stay at home for a while. So what would happen once the pandemic ends? How will it even affect the world that we know?

This pandemic is a deep scar and it won't fade away easily. Everything that we knew till now will be changing; the way we look at our environment, the countries, the trades, the imports, the exports, and the value of the currency will slow down. It will be a while before everything gets back to normal. Prices will skyrocket and everyone will be bearing the brunt of the heap of losses that are hurled at the markets.

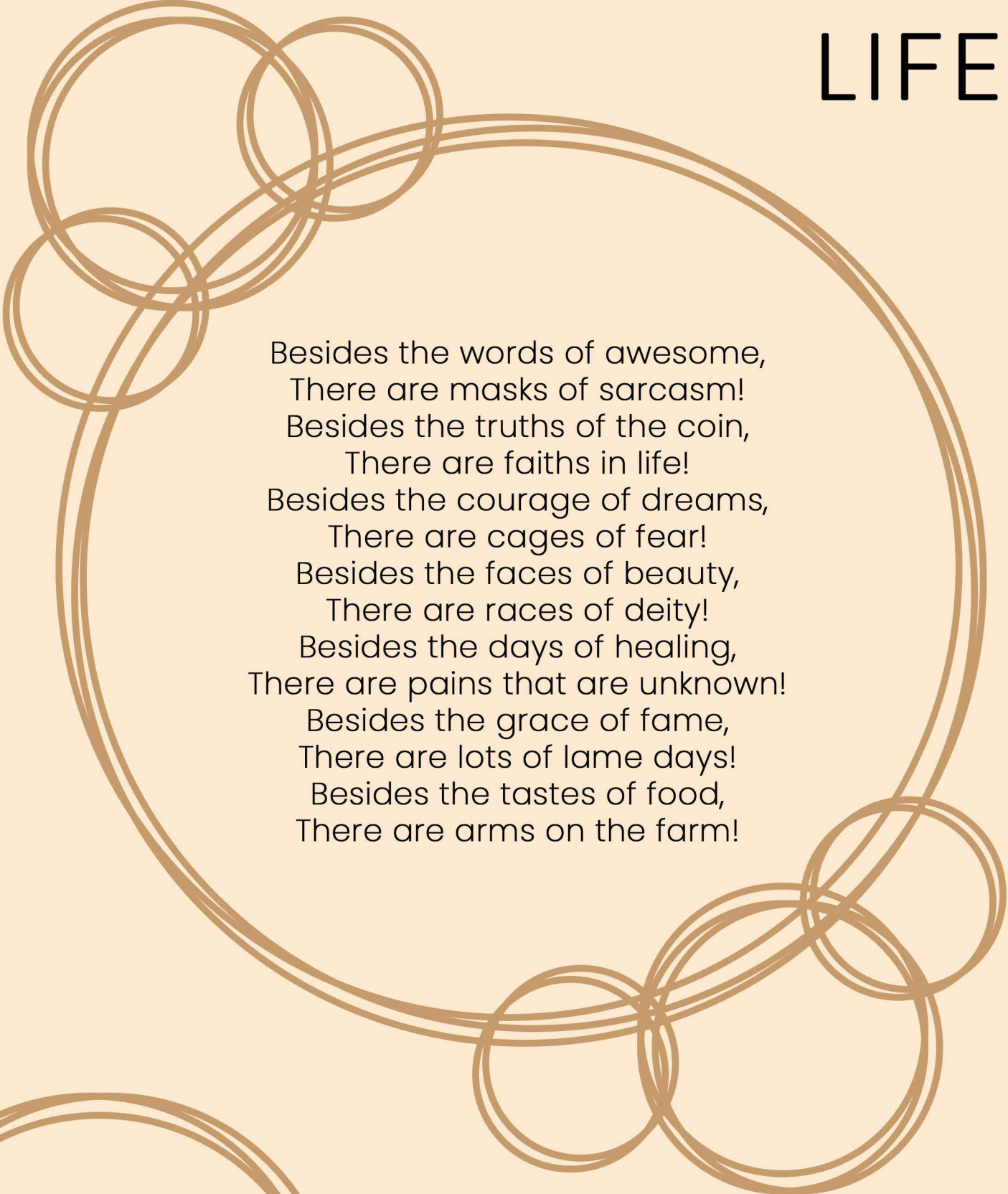
Life is not going to be a piece of cake, we would have to give it our all to succeed because it's only the people that can bring their country back to its glory. Once the pandemic is over, the markets, the companies, the factories, the universities, all of them are going to get back on track and survive the crisis with an altered pattern of routine. It is the perspective of things that we see and experience in nature that must change. However difficult life may seem, humanity has always survived it with two things - Hope and Patience, they always gave way to a new age of mankind over the years and maybe that is what it takes to survive and rebuild the world again.

- Revanth Thoutam
IIT-B

PANDEMIC



COINS OF LIFE



Besides the words of awesome,
There are masks of sarcasm!
Besides the truths of the coin,
There are faiths in life!
Besides the courage of dreams,
There are cages of fear!
Besides the faces of beauty,
There are races of deity!
Besides the days of healing,
There are pains that are unknown!
Besides the grace of fame,
There are lots of lame days!
Besides the tastes of food,
There are arms on the farm!

Avinash Reddy
III EEE-A

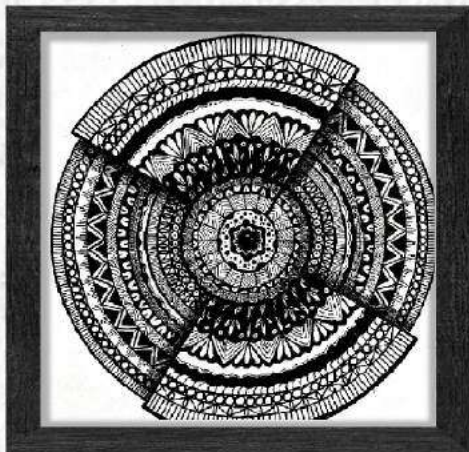
Artworks



R. Ujwala, III CSE – C



KartEEK Yadav, II CSE – B



A. Aishwarya,
III CSE – A



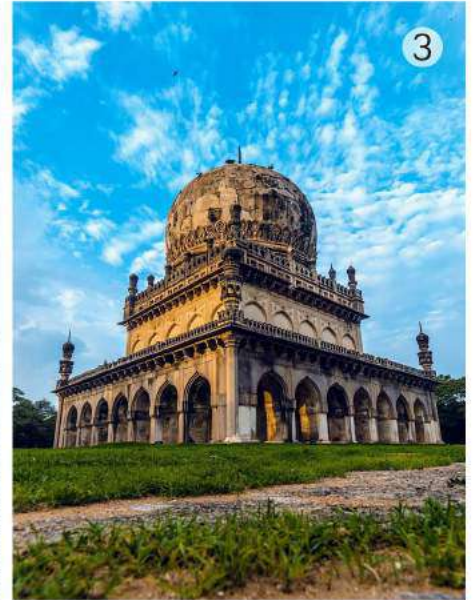
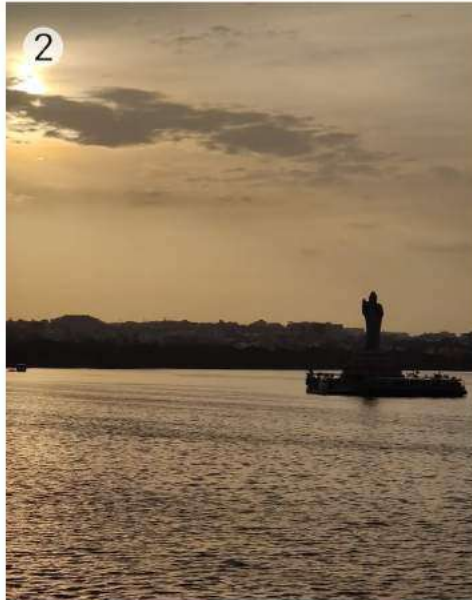
Akhil Kumar, III CIVIL – A




Indhuja, II CSE – B



R. Chandrika, III CSE – C




**PHOTOGRAPHY
CORNER**



1) T. Revanth
I IT - B

2) B. Shalini
III CSE - A

3) N. Srinivas
II CSE - C

4) Ishani Jha
II ECE - B

5) Akkaldevi Hemanth
III ECE - A

6) B. Yogesh
IV CIVIL - A





R. Ujwala, III CSE - C