

WISEN

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FIND YOUR WAY THROUGH LIFE'S LABYRINTH



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INSTITUTE VISION:

To emerge as a premier institution for technical education in the country through academic excellence and to be recognized as center for excellence in Research and Development.

INSTITUTE MISSION:

To establish a strong institute by consistently maintaining state of the art infrastructure and a cohesive, world class team by providing need based technical education.

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ADULTING

“

ADULTING
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”

Growing up, we all wondered - what it would be like to be older, to be an 'adult'. Would we have everything we ever dreamed of? Could we become who we wanted to be? Would we lead a life exactly like we imagined?

Everyone around you may have told you to take responsibility, work hard and study to achieve your dreams. You turn 18, and boom, you are an adult. But did you ever think about what happens at 18? Do you automatically know how to be an adult? Is there any course you take? Does anyone tell you what to do?

Sadly, getting older never comes with a manual. It is more of a vibe check. You learn adulting by trial and error. The question is whether you are just being an adult or you are adulting. On one hand, it could feel like looking both ways before crossing the street and then getting hit by an aeroplane. On the other hand, it gives you the freedom to choose your bedtime.

A mature definition of Adulting is that it's a process of gradual learning and continuous navigation of adult life. It's the practice of behaving in a way characteristic of a responsible adult, especially accomplishing mundane but necessary tasks. Adulting requires proactiveness, initiative and the ability to make sound decisions. It's not always easy, and there's a constant learning curve. You may fail multiple times before you get it right. But the effort and willingness to learn and take responsibility are hallmarks of being an adult.

MINDSETS IN TRANSITION

FROM TEENHOOD TO ADULTHOOD

Managing your Emotions

Dealing with Conflicts

Self-Advocacy

Independency

Now that you know what adulting is, you might wonder, "How can I become an adult?" or "What separates me from other adults?". Well, here are some scenarios that give a glimpse of how a responsible adult would behave differently:

MANAGING YOUR EMOTIONS

Who doesn't feel like our emotions are a rollercoaster we can't control while arguing with our parents or facing academic stress. Most of us would react impulsively in such situations, whether by arguing back, lashing out or withdrawing ourselves. In such instances, an 'adult' would step back, breathe, assess the situation calmly and communicate their feelings respectfully.

DEALING WITH CONFLICTS

We have all been caught up in drama, be it academic competition, relationships or even peer pressure. Our first instinct would be to deal with it by trying to deny it, seeking revenge or venting about the situation to other friends. Before acting upon the conflict, an 'adult' would try talking to the person or group of people they have an issue with and understand both perspectives.

SELF-ADVOCACY

In many cases, we may remain silent when faced with challenges such as bullying, medical appointments or boundary violations. Often, we ignore these issues, suppress our emotions or conform to other's expectations. However, an 'adult' would be assertive in voicing their concerns and opinions, establishing their boundaries clearly and expressing their opinion.

INDEPENDENCY

We frequently find ourselves relying solely on our parents for guidance, handing over responsibility or waiting for someone else to assume leadership roles. In these circumstances, we would continue to rely on others while avoiding accountability for our actions. As opposed to this, an 'adult' would adopt a more balanced approach to making decisions after consulting with trusted individuals and accepting responsibility for them.

MILESTONES



Applying for College

The initial milestone of adult life begins with the application process. The sheer happiness of being accepted into your dream college is incredibly fulfilling.



Moving Out

Living on your own is like unlocking a new level in the game of adulthood. It might be cozying up in a college dorm or claiming your own space, it's where your responsibility, maturity and independence come into play!



Cooking your First Meal

There is nothing like the satisfaction you get after you successfully cook your first meal. It might not be the best, but all the hard work that you put in adds to that extra yum factor.



Obtaining a Driver's License

Getting behind the wheel and earning that driver's license is like discovering a whole new kind of coolness! It's not just about learning to drive but also about embracing a sense of understanding and responsibility along the way.



First Solo Travel

The thought of traveling alone may seem daunting at first, but it is one of the most fun and exciting experiences for a student or teenager, especially if it involves stepping out of your comfort zone or journeying from one city to another.

IN ADULTING



Opening a Bank Account

The joy and sense of independence you feel when you open your bank account for the first time are incomparable. Maintaining a bank account helps you realize how important it is to keep track of your expenditure.



Casting your First Vote

The pride that you get in fulfilling your social responsibility by casting your first vote is a sure sign of a great accomplishment. It makes you feel heard and reminds you that your opinion matters.



Setting Goals

Putting aside the fun and games, it is crucial to set goals, be it short-term or long-term; once you do, chasing them is what pushes you to grow as an individual.



First Job / Internship

Nothing quite compares to the thrill of hitting that long-awaited bull's eye; whether it's snagging the perfect internship or landing that dream job, the sense of achievement is off the charts and immeasurable.



Getting your First Paycheck

There is no better feeling than receiving your hard-earned paycheck after a month of hard work and the thrill of spending it on something you have always wanted.

FINANCIAL LITERACY

To build ourselves a secure financial future we must learn to manage our money efficiently. So, below are a few things that we think could help you understand financial literacy.

1

The 80/20 Split

This rule suggests allocating 20% of your income towards savings, emergency funds and financial goals. The remaining 80% can be used to cover your living expenses, groceries and other utilities. This encourages saving consistently and prioritizing your financial goals.

2

Credit Score

It is a number that represents how likely a person is to pay back their loans, so remember to pay your bills on time to keep your credit score high and only spend what you can afford on credit cards.

3

Investing

This term means using your money to buy things that can increase in value over time, like stocks or property. It is a smart way to grow your savings for future goals. Investing comes with risks, so do your homework and be patient.

4

Trading

Buying and selling assets like stocks, currencies or commodities to make a profit is called trading. People do it to make quick profits by buying low and selling high or selling high and buying back at a lower price. The goal is to predict short-term price changes in the market.

5

Income Tax Return (ITR)

Filing your ITR is required by law and shows how honest you are about your money. It helps you get refunds if you have overpaid taxes and also serves as proof of your income, which you might need for loans or visas.

6

Recession

A recession is a period of economic decline when there is a decrease in economic activity across a location, usually a country. During a recession, things like GDP, employment rates, consumer spending and business investment often decrease, leading to lower wages and higher unemployment. It makes life difficult for those who live there.

NAVIGATING CAREERS

You are probably asking yourself right now, "How do I make money so I can manage my finances?" That leads us to another important question, what do I do for a living? Choosing a career might be difficult at first, but trying out these tips might make it a little easier:



Career Exploration

Start by identifying your area of interest and strengths, then look into industries, professions and educational paths that are relevant to your interests. Gain experience through internships and jobs while keeping an open mind as you explore your options.

Goal Setting

Goals can be set by breaking them down from long-term aspirations to attainable short-term accomplishments, which also helps you keep track of your progress effectively. You can also seek support from your mentors, parents or peers to help you stay accountable and ensure your goals stay achievable.

Decision Making

The last course of action would be decision-making. Making the right choice requires careful consideration of your values and objectives, the identification of all available options and a pros and cons analysis. Once you have made your final decision, act accordingly while remaining open to changes, ensuring your choices are in line with your long-term goals.

MAPPING YOUR FUTURE

Now that you know how to pick your career, let's delve into a few options that might not be conventional career picks but may spark your interest!

<h2>Designing</h2>	<h2>Web Development</h2>
<p>Designing is a creative process that spans various fields like graphic designing, UI/UX designing, architecture, fashion and more. It incorporates innovative thinking, experimentation and the ability to communicate through visual elements.</p>	<p>Web development includes building and maintaining websites or web applications using programming languages such as HTML, CSS and JavaScript. They ensure that the website's structure, layout and functionality remain stable and responsive.</p>
<p>Entrepreneurship entails identifying opportunities, developing innovative solutions and taking risks to start and grow businesses. Entrepreneurs prioritize learning continuously, networking and building strong teams to execute their ideas efficiently.</p>	<p>Content creation involves crafting various digital content, such as videos and social media posts, to engage and inform audiences worldwide. They tailor their content to specific viewers with different storytelling concepts.</p>
<h2>Entrepreneurship</h2>	<h2>Content Creation</h2>

NETWORKING NEXUS

Networking can get challenging and confusing at times. There are many platforms that you can use to get an edge over your peers; here are a few that we believe could be useful:



LinkedIn

A professional networking application that allows users to create profiles similar to online resumes, connect with professionals, explore job opportunities and participate in industry discussions.

GitHub

Primarily used for collaboration on software development projects, it is a web-based service that allows developers to store, manage and share code repositories with their team or others to keep track of changes and oversee code revisions.

Behance

This is a platform for creative individuals such as designers, artists, photographers and illustrators to showcase their portfolios, discover creative works and connect with other experts in the industry.

ResearchGate

It is a social networking site for scientists and researchers. It enables them to share papers, collaborate on projects, ask and answer questions and also connect with peers in their field.

MILLENNIALS V



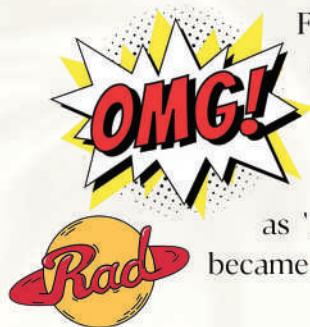
Millennials grew up with film cameras for capturing memories. For many of them, their earliest experiences with photography involved loading a roll of film into a camera, carefully framing their shots and waiting eagerly to see the developed prints. Film cameras demanded patience and skill without instant feedback on photo quality. Yet, despite these limitations, Millennials treasure the nostalgic process of using them, with each roll of film holding tangible memories frozen in time.

In the early 2000s, skinny jeans became a cultural phenomenon for Millennials, epitomizing Y2K fashion popularized by influencers and celebrities. Sleek and versatile, they were loved by both genders for their ability to be dressed up or down for any occasion, from casual office days to social gatherings. Whether paired with a clean button-down and a blazer for a professional look or a graphic tee and sneakers for a more relaxed vibe, they became a staple for a generation that wanted to express their individuality through fashion.



Millennials, coming of age in the late 1990s and early 2000s, were shaped by digital music platforms like Napster and iPod. Pop-punk, hip-hop and R&B dominated their musical landscape, led by icons like Britney Spears, Eminem, and Beyoncé. Millennials witnessed the shift from CDs to digital downloads. As new musicians emerged, they experienced a revolution in music consumption and sharing.

Millennials experienced the emergence of social media platforms like Facebook, Tumblr, Twitter and Instagram, coinciding with the evolution of smartphones. Facebook stood out as the most popular platform for connecting with friends, sharing updates and joining interest-based groups. Instagram revolutionized visual storytelling through photo and video sharing, while Twitter became a favored space for short-form content and immediate news updates.



For Millennials, who came of age in the late 1990s and early 2000s, their slang often reflects the pop culture of the time, as well as the rise of the internet and social media. Phrases like 'cool beans', 'rad' and 'on fleek' were popular among Millennials, reflecting a blend of nostalgia for the '80s and '90s culture with a modern twist. Additionally, Millennials popularized internet slang such as 'LOL' (laugh out loud), 'OMG' (oh my god) and 'FTW' (for the win), which became a huge sensation and is still used to date.

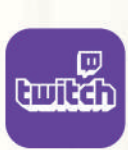
S GENERATION Z

In contrast to the conventional method of photography, Gen Z has come up with a digital camera, particularly those found in smartphones, becoming a primary tool for capturing and sharing moments. Digital cameras offer instant feedback, allowing users to review and retake photos on the spot. Social media platforms like Instagram and Snapchat have boosted Gen Z's love for photography. Despite lacking the charm of the film, digital cameras, especially those on smartphones, offer convenience and accessibility, enabling Gen Z to capture and share their lives instantly.



Conversely, Gen Z has re-introduced a new era of hip-hop inspired fashion, favoring oversized silhouettes over skinny jeans. Influenced by artists like Billie Eilish and A\$AP Rocky, Gen Zers embraced a carefree, streetwear-inspired style with baggy trousers, hoodies and oversized t-shirts as wardrobe essentials, prioritizing comfort and self-expression. The rise of gender-neutral clothing has further blurred traditional fashion boundaries, allowing Gen Z to experiment with more diverse and unconventional styles.

On the other hand, Gen Z, who grew up during the age of streaming services, are true digital natives. Their broad tastes and shorter attention spans make them prefer singles and carefully curated playlists over traditional albums. Social media sites like TikTok have a major impact on Gen Z's musical preferences because recent trends exposed users to new musicians and genres, creating a more inclusive and varied musical landscape.



While Millennials were early adopters of social media, Gen Z has embraced platforms like Snapchat, TikTok and Twitch for communication, entertainment and self-expression. Snapchat's instant messaging aligns with Gen Z's authenticity and privacy preferences. TikTok's short-form videos and viral challenges have become cultural phenomena, influencing music, fashion and internet trends. Twitch has also gained popularity, offering live streaming and interactive experiences tailored to their digital preferences.

With the massive impact of social media and technology, Gen Z has created its own distinct lingo. The slang of Gen Z is more fluid and dynamic, with new expressions and terms appearing frequently and changing quickly for various instances. For instance, terms like 'yeet', 'skssk' and 'stan' are now recognized as typical examples of Gen Z culture and are often used to convey enthusiasm, approval and unity. Internet memes and terms like 'spill the tea', 'cap', 'cancel' and 'Lowkey/Highkey' gained popularity among Gen Z on TikTok and X.



OPINION

In a broader sense, the term 'alchemy' can refer to any process of perfectly. Evolving from an uncertain freshmen to a seasoned

“I don't have a great plan right now, but as far as I've thought, I want to make some fond memories with my friends and classmates and bag some good internships. I was quite skeptical about the college in the beginning and honestly, I was a bit lonely because I had no clue about anything or anyone. I imagined that's how college was supposed to be at the time, but now it's getting better and better as I've opened up a lot more and made some really good bonds.”

–First year, Bharati, MECH

“When I first joined college, I was curious about a lot of things. I wanted to learn and explore as much as I could. My dreams and aspirations have been the same since the start: I want to be an entrepreneur and build my own company. I am working on a few of my ideas, some of which I believe have the potential to be revolutionary. One of the most important things I have learned over the past year is to never give up on your dreams, which I think has been my main driving force up to this point and will continue to be. In the next two years of college, I plan to work hard to achieve my goals and hopefully, be successful by the end of my B.Tech.”

–Second year, Akshay, CSD

“I was very confused and shy at the beginning of college, but now that I'm in my third year, I feel much more confident. College taught me many things, from making good friends and thinking creatively to speaking up and putting my thoughts into words. I used to think I wasn't good enough to be in my domain, but now I feel like I have improved a lot, especially in terms of my technical skills. In my first year, I was afraid to take part in tech competitions, but now I am an active participant. At this point in my life, it's getting a little confusing; I can't seem to stick to one goal. Sometimes I want to get a job and other times I want to pursue further education abroad.”

–Third year, Malik Junaid, CSM

“I would say that I accomplished most of what I set out to do but there are still a lot of things that I wanted to do. The past three years flew by in a wink. When I entered college in 2020, everything was online. This caused me to feel detached from college. While I didn't experience the magic associated with the first few years of my B.Tech. life, I did witness significant personal growth in the next few years. During my second year, I joined various forums where I gained invaluable memories and technical skills, of which I am very proud. While it may sound simple, my advice is to avoid procrastination and maintain consistency. These small habits can make a substantial difference in your academic journey.”

–Fourth year, Sreeya, CSE

ALCHEMY

transformation or change, and the college experience conveys this alumna, each chapter is marked by growth and self-discovery.

“I graduated in 2023 and I’m currently working at Zenoti with dreams of building a startup in the future. I would say that I succeeded in doing most of what I set out to do, and the rest is in progress. I was able to build the knowledge to seek opportunities and confidence to sustain them. My college life taught me a lot of things, not just knowledge of subjects but also many skills like teamwork, time management, creativity and much more, through the forums I’ve joined. Looking back at the last few years, I find all these little things that I could’ve changed, but then I realize that those are the ones that shaped my life right now. However, one thing I would want to redo is making certain decisions that could have better shaped my career and, maybe, given a better ending to my B.Tech. life. An advice I would like to give all of you is to try not to be so introverted and just enjoy the moment.”

–Alumnus, Revanth, ECE

“I’m grateful to be an alumna of VBFT, and in all honesty, when I started my first year, I didn’t have any concrete plans for the future. While this might not have been ideal, I was filled with excitement but lacked clarity about my goals. However, one overall goal I did possess was to build up my self-confidence and I can proudly say that by the end of that year, I had gone a long way towards achieving that. Later on, I adapted to the new paths I discovered, actively pursued various roles and seized any opportunities for personal and professional growth. Now I work as a Consultant at a SaaS company in the health and wellness sector. Reflecting on my journey, I realize that I wouldn’t alter much, except perhaps being gentler on myself about not having a clear-cut goal. I spent too much time fretting over what others might think about even the smallest missteps, which led to unnecessary stress. If I could turn back time, I wish I could tell myself to take a more relaxed and liberated approach, recognizing that letting go of this concern would make my journey far more enjoyable and fulfilling.”

–Alumna, Veda, IT



FORUM



Nirvighna Eco Club

A one-day event was held by Eco Club on 16th Sept 2023, to promote the usage of eco-friendly Ganesha idols over idols made of Plaster of Paris.

Orientation 2k23 Virinchi

This event was organized by Virinchi on 16th Sept 2023, to welcome and familiarize the freshmen with VBIT. It encouraged the students to showcase their talent through dancing and singing performances.



IoT Workshop Robotics Club

A two-day workshop was conducted by the Robotics Club on the 25th and 26th of September 2023 that introduced students to the working and development of applications using Raspberry Pi practically.



Elevate IEEE - VBIT SB

IEEE - VBIT SB, in collaboration with IEEE Hyderabad Section Young Professionals - Affinity Group, hosted Elevate on the 29th and 30th of September 2023, which provided participants with a thorough grasp of AI-ML and their forthcoming advancements.



A Handful of Rice Dyuthi NSS

This three-day event was organized by Dyuthi NSS from the 11th to the 13th of October 2023. The staff and students generously donated rice bags, oil cans and pulses to various NGOs. This initiative benefited many people in need.



Building AI for India Robotics Club

Robotics Club hosted a tech talk on 12th Oct 2023, where Dr. Y. Kiran Chandra, Founder and Chairman of Swecha spoke about the need for India to leverage AI to address critical issues such as healthcare, agriculture and education.

EVENTS



THE SPACE FEST 2.0 IETE-ISF VBIT

IETE-ISF VBIT organized a two-day event on the 12th and 13th of October 2023 that helped participants understand the technology behind satellites in space by using G-MAT software and educated them on astronomical events.



Aspire, Learn, Attain Dhrona

Dhrona hosted a guest lecture on 15th Oct 2023, featuring Dr. N. S. Rao, a retired Lieutenant Colonel, who discussed "Achieving Academic and Personal Excellence" and Mr. S. Bharath Kumar, Sah Kshetra Pracharak in RSS, highlighting "Dr. Kalam's Vision for a Vibrant Student Community".



CodeQuest IEEE - VBIT SB

IEEE - VBIT SB organized CodeQuest on 16th Oct 2023, where the participants solved technical challenges across various realms, enabling a comprehensive assessment of their programming capabilities.



UTKRIST ELITE

ELITE held this event on 12th Dec 2023, in collaboration with the Dept. of CSB, which helped students improve their analytical and debating skills. This was a multi-round event with Prashnottar, Case Bite, Sangramam and a Young Manager bonus round.



Sambhrama Ganith

Sambhrama was a two-day event conducted by Ganith, the official Mathematics club of VBIT on the 15th and 16th December 2023 for the freshmen. This event was conducted to build the logical and reasoning abilities of the students, as well as to emphasize the value of teamwork and innovative thinking.

FORUM



Info Summit Vaarta

Info Summit was a debate contest conducted by Vaarta on 18th Dec 2023. It provided a platform for open dialogue and critical thinking and helped foster diverse perspectives and intellectual exchanges.



WiEducate 2.0 IEEE - VBIT SB

WiEducate was organized by WiE - Affinity Group under IEEE - VBIT SB on 13th Feb 2024, to create awareness about scholarships and promote academic success in higher education among students.

Elocution Srishti

In commemoration of National Youth Day, Srishti organized an Elocution for first and second-year students on 10th Jan 2024 which fostered confidence, language skills, research, creativity and collaboration among them.



Rangoli and Kite Fest Virinchi

This event was hosted by Virinchi on 12th Jan 2024, where the students got to participate in Rangoli competitions, fly kites and create a festive atmosphere for Sankranthi.



Blood Donation Camp Dyuthi NSS

Dyuthi NSS VBIT, in collaboration with the Indian Red Cross Society, organized a Blood Donation Camp on 20th Feb 2024 to create awareness about the critical need for blood donation and its numerous benefits.



Design Thinking and Innovation IEEE - VBIT SB

On 27th Feb 2024, IEEE - VBIT SB conducted a webinar in collaboration with IEEE Hyderabad Young Professionals - Affinity Group that introduced participants to the complex nature of design thinking and its practical applications in various fields.

EVENTS



Image Processing using MATLAB IEEE - VBIT SB

This was a two-day workshop hosted by IEEE - VBIT SB on the 27th and 28th of February 2024 which helped participants understand various image processing mechanisms, intricate algorithms and advanced methodologies.



c.S();I/O

On 2nd March 2024, the I/O (Input/Output) marked the beginning of a new tenure for coding.Studio(). This event welcomed coding enthusiasts and concluded with the announcement of positions and the distribution of offer letters to the recruits.



BI NEXUS: A Power BI Odyssey Data Vedhi.Club

This event was hosted by Data Vedhi.Club on 4th March 2024 and delved into the world of data visualization and analysis. Participants engaged in interactive sessions where they explored diverse visualizations and dashboards.



TEDxVBIT

On 16th March 2024, TEDxVBIT held Season 5 with the theme "Where Audacity Meets Hope" and speakers included - Ramesh Loganathan, professor at IIT Hyderabad, Dr. Varun Kapoor, AGDP, IPS, Indore, Heet Tike, co-founder, Ripen, Lalitha S. A. Nayak, VP, SPID, Vidyadhar Kagita, filmmaker, Padmaja Evuri, relationship and happiness coach, Syed Bashaar, stand-up comedian, and Lt. Cdr. Bijay Nair. The event concluded with a mesmerizing band performance.

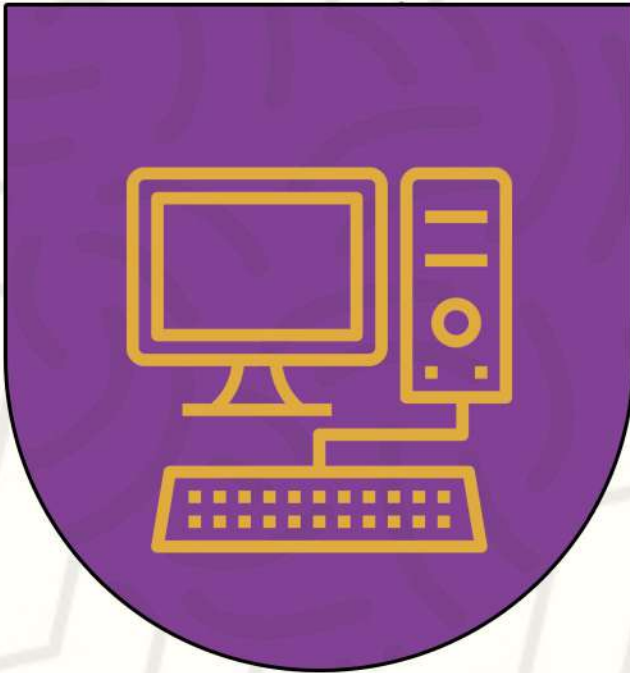


Motif 4.0 SAE

SAE organized a 3D Modeling competition on 23rd March 2024, to encourage students to improve their cognitive thinking and design capabilities. Students explored their creativity by trying out various techniques and styles of designs.

TECH

Technology has come a long way since the 1900s. Think about it, we went from chunky computers and slow internet to sleek phones, speedy Wi-Fi and cool gadgets. Today, technology lets us do tons more stuff, like watching movies, chatting with friends, exploring virtual worlds and running our homes with smart gadgets. It's been quite the journey - let's take a glance into this fascinating evolution!



Computers

The first ever modern computers were developed by the British to break down German codes during World War II. The computers used in that era were limited to large rooms and required a lot of manpower to run. However, the emergence of microprocessors in the 1980s resulted in the development of PCs, which were portable and easy to use. The computers we use now are slim and stylish, work at a superhuman pace and can solve complex equations in a matter of seconds!

Mobile Revolution

The evolution of mobiles throughout the years has been nothing short of remarkable. Landlines and payphones were once our primary sources of communication, but the launch of smartphones with 5G connectivity, touchscreen interfaces and computational power has altered how we connect and entertain ourselves. Landlines and payphones were only for communication, whereas today's smartphones can do everything from making a phone call to real-time language processing!



EVOLUTION



Cloud Storage

Previously, storing files was restricted to physical devices such as hard drives or floppy disks. However, with cloud storage, we now have new options to store and access our digital data. Services like Google Drive, Dropbox and iCloud have changed the way we manage files. Rather than relying on a single device, we can access our documents, images and movies from any location as long as we have an internet connection. Additionally, this provides a reliable backup solution for our data, ensuring it remains safe even if our devices are lost or damaged. These services are useful across various fields like art, business, data storage and backup services, education, entertainment, management, social networking and many more!

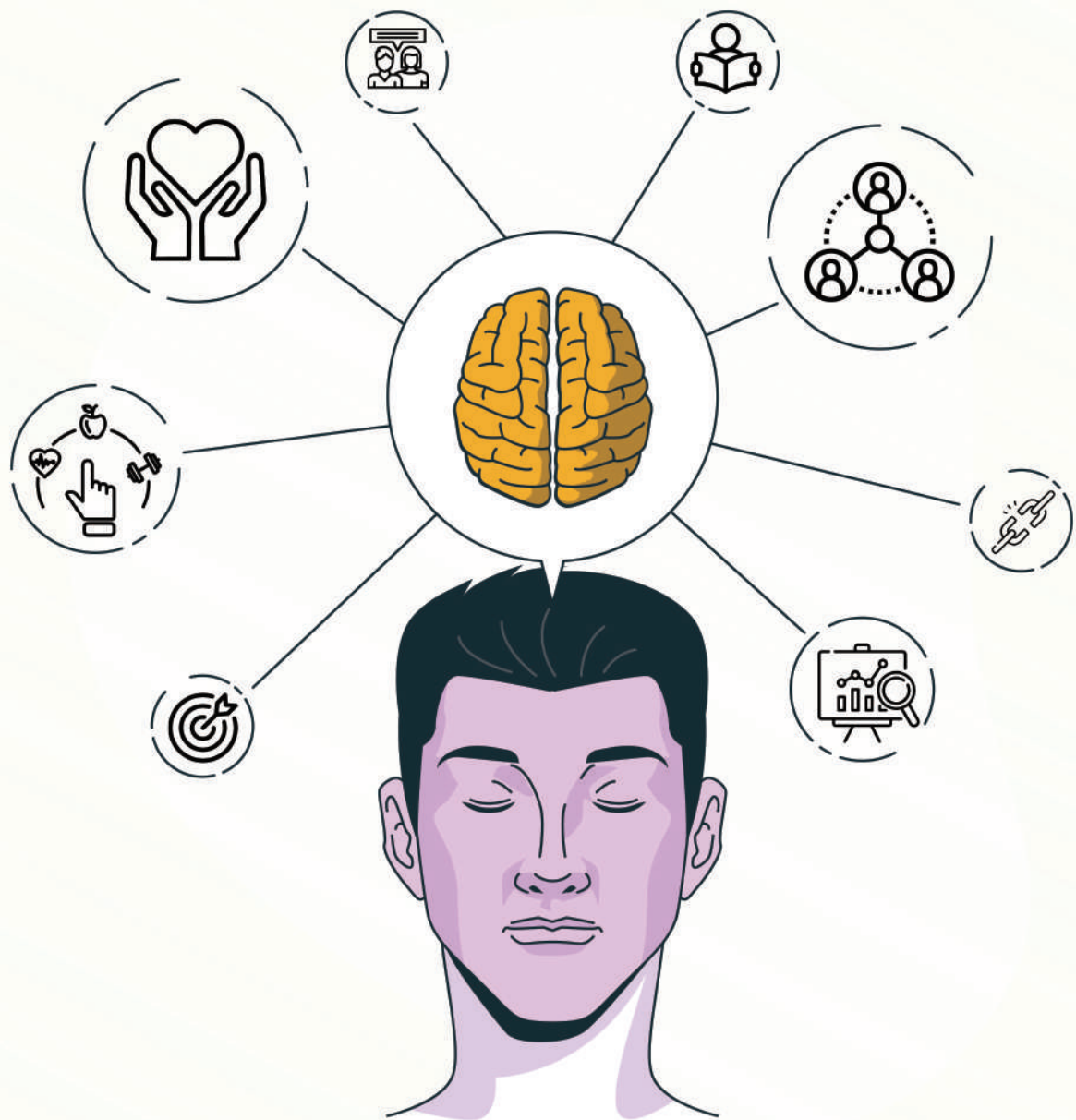
E-Commerce Revolution

In the past, we used to rely on markets and physical shops for all our shopping needs. We would stroll through bustling marketplaces, check out various stalls and chat with sellers. But now, with the advent of several e-commerce sites, we have a whole new way of shopping. We can browse through virtual stores from the comfort of our own homes, exploring various products with just a few clicks. While we may miss the charm of physical shops, there's no denying the convenience and accessibility that online e-commerce brings to our lives. It's a modern-day shopping revolution!



MIND MATTERS

Throughout our lives, we go through many changes, both big and small. Every incident we experience affects us. There will be moments in life when it seems like you are fighting all alone in this vast world. When that happens, we often feel isolated, overwhelmed or burnt out. While we may brush it off as something insignificant, taking care of our mind should be of utmost priority.



Mental health is a very personal experience. Each of us have varied coping mechanisms that work for us. While this is not an all-encompassing guide, here are a few things that might help you out.

Self-Care



Take time out to look after yourself. Make sure you include things like exercise, mindfulness and meditation in your daily routine while also indulging in activities that you enjoy. This can help reduce stress and improve overall well-being.

Healthy Lifestyle Choices

Pay attention to your physical health by eating a well-balanced diet, getting enough sleep, staying active and avoiding substances like drugs and alcohol, which can exacerbate mental health issues.



Set Realistic Goals



Break down large goals into smaller, achievable ones. Setting realistic expectations for yourself can help you feel less overwhelmed and increase your sense of accomplishment.

Develop Coping Strategies

Identify coping mechanisms that work for you, be it journaling, practicing deep breathing exercises or engaging in creative outlets. Experiment with different techniques to find what helps you manage stress effectively.



Know When to Take a Break



It's okay to take breaks and prioritize your mental health. If you're feeling drained, allow yourself to step back, rest and recharge. It's easier to take a break now than to recover from burnout.

Stay Connected

Try maintaining relationships with your loved ones, even when things start getting difficult. Make an effort to stay in touch with your friends and family. Reach out to people you trust, if you are going through a hard time.



Educate Yourself



Learn about mental health conditions, symptoms and treatment options. Understanding what you're going through can help you feel more in control and better equipped to seek appropriate help.

Therapy and Counseling

Seek professional assistance from therapists or counselors who can provide valuable support. They can help navigate your challenges, develop coping strategies and provide a safe space to express your thoughts and emotions.



ARTICLE

Decision Fatigue



Do you often find it difficult to make a decision? Does it feel like you have too much to consider and not enough time to make the right choice? If so, you're not alone. Decision-making can be challenging, and it's common to feel fatigued when faced with too many options. For example, deciding what to eat for dinner might not seem like a big deal on a regular day. However, after a long and exhausting day at work or school, you might find yourself spending an extra hour trying to figure out what to eat.

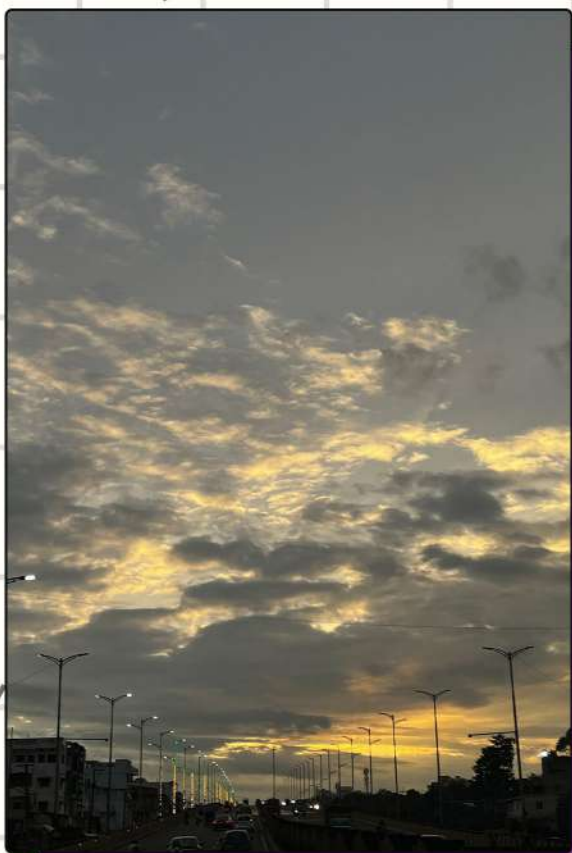
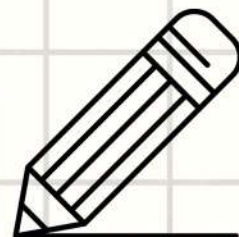
Decision fatigue is a common problem that can affect anyone, regardless of age or occupation. Fortunately, there are some effective ways to combat it. I know most of us probably snoozed through those lectures on time management in our school days, thinking we had it all figured out. But let me tell you, managing time feels like trying to juggle coconuts on a unicycle. One hot tip I have for you is to prioritize your tasks and keep track of them. Trust me, it's easier to navigate an organized to-do list than a chaotic mess.

Another way to tackle decision fatigue is by taking breaks. You don't want to be running on fumes all the time. So, go ahead and take a breather. Maybe indulge in some personal hobbies. As much as we all want to be superheroes, even Batman needs a coffee break. Another way is to normalize saying no as an answer. Most of you might find it difficult to do so, but you need to prioritize your time and energy. So, go ahead and say no to that extra project or social event - your well-being is more important. And if you're still struggling, remember that you can always call a friend for backup.

Finally, making decisions is like playing a game of chess - you need to think ahead and make strategic moves. But reading tips on decision-making is like studying chess tactics; it won't make you a grandmaster if you never actually play the game. You need to figure out what works best for you and stick to it. And if all else fails, just flip a coin and blame it on fate. Just kidding, don't do that. But seriously, take a deep breath, trust your instincts, and remember that every decision is an opportunity to learn and grow.

**- Batta Sreeya
IV, CSE-A**

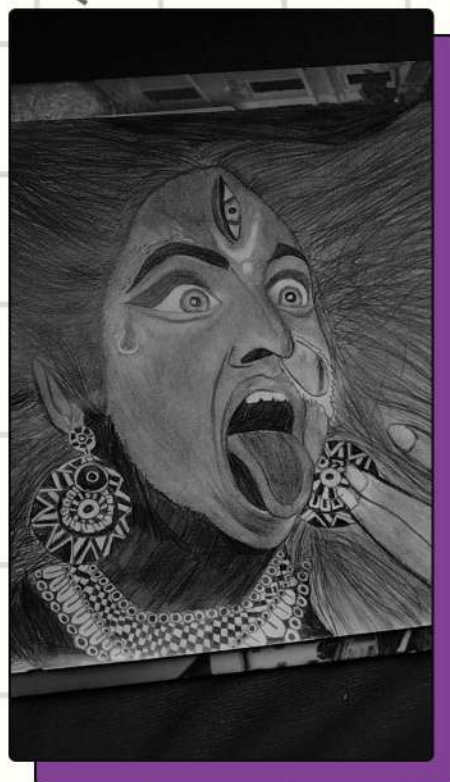
CREATIVE CORNER



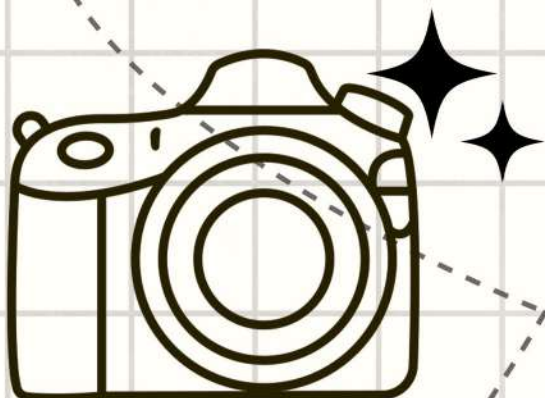
Chandana
II, CSE - C



Saranya
III, CSE - C



C. Tejaswnini
III, CSM - A




EB RECOMMENDS

Solo Traveling

Embarking on a solo journey can feel intimidating, especially for first-time travelers who may find themselves filled with questions. However, rest assured, we're here to address your concerns and provide a path to ease your mind.

Here are some tips to keep in mind before planning a solo trip:



Step 1: Choose your destination – Decide where you want to go based on your interests, budget and the time available.

Step 2: Consider the local language – It's very crucial to know the basic terms and lingo of the place you're visiting to tackle any kind of situation.

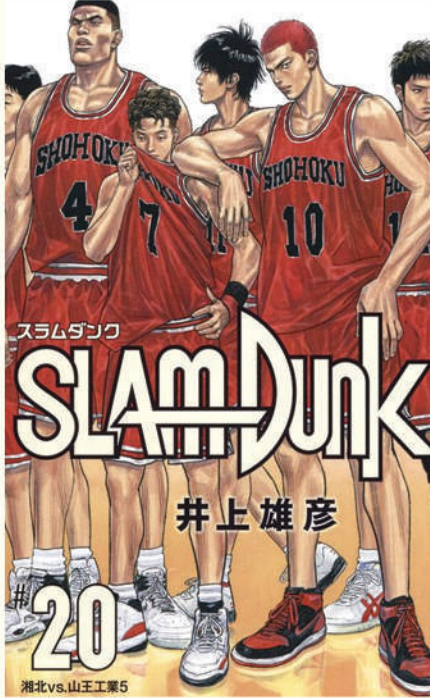
Step 3: Plan your itinerary – Create a rough itinerary, outlining the places you want to visit and the activities you want to do. It is recommended to book hotels or other places to stay well in advance to avoid last-minute mishaps.

Step 4: Pack strategically – It is advisable to pack moderately and according to the climate of the particular place. Packing light will make going from place to place easier.

Step 5: Plan for safety – Your plan must consider all possible scenarios, especially security and safety; keep in constant touch with close friends and family. Also, have all of your emergency phone numbers ready and memorized.

During your trip, you will learn all kinds of things, from independence and self-discovery to cultural differences and adaptability, along with a whole lot of other experiences.

ADULTING THROUGH ANIME



Contrary to popular belief, anime not only provides us with entertainment but also gives us multiple lessons like overcoming difficulties, embracing empathy and compassion, working hard and persevering through pain. These are some anime that highlight the value of life lessons through diverse characters and narratives.

“ Move well, study well, play well, eat well, rest well. That is the turtle master way! ”
- Akira Toriyama



DAMN

STUTALK
VOICE OF VBITIANS

1989
TAYLOR'S VERSION

FRENCH EXIT

