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SARANATHAN COLLEGE OF ENGINEERING

FORWARD:

The Department of Instrumentation and Control Engineering appreciates and encourages the students positive growth oriented outcomes. The students show their keen interest in projects and in transforming their knowledge into credential performances. The students are continuously monitored to introspect themselves in terms of academic as well as their performance improvement activities. They are always guided to work for the worst and hope for the best. ICERYX would always be a media to patronize the achievements of the department.

> -Dr.S.M.Girirajkumar HoD/ICE

Editor's Desk:

Continuing with our enthusiastic efforts, for this issue the Editorial board has again assembled a diverse group of articles that provide something of interest to our varied readership and update our students with department activities. On behalf of the editorial board, I would like to thank our contributors for their efforts and hope our readers continue to find useful and interesting information in the ICER-YX. I encourage all our readers to consider submitting to the magazine regularly. This magazine stands a medium of communication between the student community of ICE and department. Our efforts to improve and expand the IC-ERYX will be greatly assisted by additional submissions.

PR TEAM:

B.IRFHANNA AMEER, PRE-FINAL YEAR R.MILAN PATEL, PRE-FINAL YEAR G.SUBBIAH SRINIVASAN, PRE FINAL YEAR S.P.MAHALAKSHMI, SECOND YEAR R.AKASHAMI SECOND YEAR P.SHARVIN SHAKESH SECOND YEAR.

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INTERNSHALA STUDENT PARTNER 10 PROGRAM

from Saranathan Milan Patel College of Engineering, has been a part of the Internshala Partner program Student 10 and hosted an Internshala seminar on the topic, 'Power of Internships & How to Get One' during the tenure. The ISP successfully fulfilled all the responsibilities given during the event. We appreciate the effort put in and wish ISP Milan Patel all the best for future endeavours.



To Be Successful...

Usually we can see people saying that they will never give up anything in their life but there are certain things that one must give up to grab success. Sometimes, to become successful we don't need to add more things—we need to give up on some of them where you can give up on some of them today, while it might take a bit longer to give up on others.

Give Up On The Unhealthy Lifestyle.

Everything starts here, first you have to take care of your health which is a small step, but you will thank yourself one day.

Give Up The Short-term Mindset

People who keep long time goals are known for their success, and they know these aims are merely the result of short-term habits that they need to do every day and they embody.

Give Up On Playing Small

If you never try and take great opportunities, or allow your dreams to become realities, you will never unleash your true potential. So voice your ideas, don't be afraid to fail, and certainly don't be afraid to succeed too.

Give Up Your Excuses

Realising that you are responsible for what happens next in your life is both frightening and exciting, that becomes the only way you can become successful, because excuses limit and prevent us from growing personally and professionally.

Give Up The Fixed Mindset

Invest an immense amount of time on a daily basis to develop a growth mindset, acquire new knowledge, learn new skills and change their perception so that it can benefit their lives. Remember, who you are today, it's not who you have to be tomorrow.

Give Up Believing In The "Magic Bullet

Make small continual improvement every day will be compounded over time, and give you desirable results, that is why you should plan for the future, but focus on the day that's ahead of you, and improve just 1% every day

Give Up Your Perfectionism

Nothing will ever be perfect, no matter how much we try. Fear of failure (or even fear of success) often prevents us from taking an action and putting our creation out there in the world. But a lot of opportunities will be lost if we wait for the things to be right.

Give Up Multi-tasking

Choose one thing and then beat it into submission. No matter what it is—a business idea, a conversation, or a workout.

Give Up Your Need to Control Everything

Detach from the things you cannot control, and focus on the ones you can, and know that sometimes, the only thing you will be able to control is your attitude towards something.

Give Up On Saying YES To Things That Don't Support Your Goals

To accomplish your goals, you will have to say NO to certain tasks, activities, and demands from their friends, family, and colleagues.

Give Up The Toxic People

There are people who are less accomplished in their personal and professional life, and there are people who are more accomplished than us. If you spend time with those who are behind you, your average will go down so take a look at around you, and see if you need to make any changes.

Give Up Your Need To Be Liked

Think of yourself as a market niche. You remain authentic, improve and provide value every day, and know that the growing number of "haters" means that you are doing important things.

Give Up Your Dependency on **Social Media & Television**

Impulsive web browsing and television watching are diseases of today's society. These two should never be an escape from your life or your goals. Unless your goals depend on either, you should minimise (or even eliminate) your dependency on them, and direct that time towards things that can enrich your life.

> Article Summarized by, Subbiah Srinivasan.G II Year

Qualities of a Leader Industrial Visit:

A leader has got multidimensional traits in him which makes him appealing and effective in behavior. The following are the requisites to be present in a good leader:

1.Physical appearance- A leader must have a pleasing appearance. Physique and health are very important for a good leader.

2.Vision and foresight- A leader cannot maintain influence unless he exhibits that he is forward looking. He has to visualize situations and thereby has to frame logical programmes.

3.Intelligence- A leader should be intelligent enough to examine problems and difficult situations. He should be analytical who weighs pros and cons and then summarizes the situation. Therefore, a positive bent of mind and mature outlook is very important.

4.Communicative skills- A leader must be able to communicate the policies and procedures clearly, precisely and effectively. This can be helpful in persuasion and

5.Objective- A leader has to be having a fair outlook which is free from bias and which does not reflects his willingness towards a particular individual. He should develop his own opinion and should base his judgement on facts and logic.

6.Knowledge of work- A leader should be very precisely knowing the nature of work of his subordinates because it is then he can win the trust and confidence of his subordinates

> JAGADHISH **IV YEAR/ICE**

51 students from III Year went to Industrial Visit at ooty tea factory on 15.09.2018 & 16.09.2018

Graduation Day:

From 2013-2017 Batch 48/49 Students had attended the graduation day on 08.09.2018.

"The first step toward success is taken when you refuse to be a captive of the environment in which you first find yourself."

How to awaken your creative soul?

In 1881, famous inventor Nikola Tesla had fallen seriously ill on a trip to Budapest. There, a college friend, Anthony Szigeti, took him on walks to help him recover. As they were watching the sunset on one of these walks, Tesla suddenly had an insight about rotating magnetic fields-which would in turn lead to the development of modern day's alternating current electrical mechanism.

We all clearly know how Tesla was a creative genius and he revolutionized the world with his amazing discoveries and theories. What we don't know is that he was just another human like us who had his uncreative times. Wouldn't you recall thinking about the most brilliant ideas on complete off tasks be it walking, playing or even doing any other works? He was no different His inventions were not made with a forced state of mind. And that's what every inventor, scientist or an artist will tell you. Every intelligent thought is a result of randomness, that makes our mind wander. This is the reason that companies like Google, Twitter and Facebook have made "disconnected time" or "nothingness" a key aspect of their workplaces.In simple words, being creative is not about doing a set of things and automatically reaching there. It's about letting yourself free. If you feel confused about how to do that, these steps may help

Eliminate the fear of miss ing out!.

In this age of connectivity, we

know almost everything about everyone. The advantages of this are many, but there is one aspect which troubles many: The fear of missing out. Looking at Instagram profiles and Facebook photos, we all feel at some point in time, "I wish I was like them". This, in turn, creates a sense of resentment in our mind and this is the point where our creativity goes in for a toss. The best out to nurture creativity is to eliminate this fear. And now you are thinking, "It's always easier said that done". I would agree with this statement but there is one thing you would want to agree to as well. Every human is different and so are their lives. No one is perfect and there are good and bad bits of everything. What you usually see are the good bits and you immediately want your soul to be transferred to theirs and thus living an amazing life. But you didn't think about the bad bits, did you? Once you start living their life, you would face unimaginable problems you never signed up for. The moral of the story stands tall. You are not missing out on anything. Your life is as competent as you want it to be. This is where creativity is born. Not thinking about others but only about yourself. When you have enough liberty in your brain to know about yourself, creativity will automatically stem in. Here are some ways to awaken your creative soul:

Be open to everything!

An inventor, an artist or a scientist has one thing in common: they are always open to new ideas. This is where creativity stems from. Only when you have an idea, you can think of a thousand more. It sounds very simple, doesn't it?It's not. Most of us actually fail to implement this in our lives. We are so much bound by our ideas and beliefs that we feel insecure of someone breaking the shell. The sad part is that creativity always lies outside that shell. Only when you crawl out of the shell you have built around you with your beliefs, creativity with come to you. When you are open to various beliefs and ideas, you have the choice to select whichever suits you the best. Let's not lock ourselves in a shell imagining the entire world inside it. Only when you get out of it, you would know the possibilities that lie outside.

The art of nothingness!

This is one of my favorite points. Very often we relate creativity to hard work. But it's actually completely opposite to it. Some of the biggest artworks and inventions have come at a time when their creators were lost in the sea of nothingness. And it works like wonder. Very often, when we are working too hard on an idea, we restrict ourselves with a single line of things and this is where creativity is left behind. At times like these, let your mind free, let your mind wander. Do nothing for few moments, let it free from every thought of yours. Once you do that, your mind is open to many possibilities and that's when the magical idea originates. Feel free to do it in any way you wish to, listening to your favorite song, going for a walk or dancing, whatever works for you.So be yourself and live happy with some creativity.

> Article by B.Akshaya 3 rd year ICE

TRAINING & PLACEMENT:

The total strength of the final year students in the batch 2018 was sixty four. Out of the sixty four students 46 students are interested to attend the campus out of these 6 students have job offers in hand.

S. NO.	COMPANY NAME	STUDENTS NAME
1.	INFOSYS	Harii Harren.G Jagadeesan.R Nagimma Begam. M Saikamala.C.M Uma Maheswari. K
2.	ZENTRON labs	Varshinee.R

Apart From this:

*48- III Years & 19- IV years take test for CELCOM o 30.07.2018 (16 Students shortlisted for CELCOM)

*Infosys training classes conducted from 15.09.2018-27.08.2018. 32 students from final year had attended the training.

*6/12 students shortlisted for VUROM Placement drive at Ramakrish na College of Engineering on 17.08.2018

*OASYS drive Final year Aakash attended on 28.09.2018. Waiting for the list.

WORKSHOPS HELD IN CAMPUS

S.NO.	DATE	RESOURCE PERSON	CONTENT	STUDENTS
1.	24.09.2018	Prof. T. Venkate- san Managing Director, Fifth Wheel Drive, Trichy	Character analy- sis to be modu- lated as a better performer.	II& III Year Students

WORKSHOPS, INTERNSHIPS, IPT ATTENDED

S. NO.	STUDENT'S NAME	TITLE	PLACE	DATE
1.	Subbiah Srinivasan	RYLA-Leadership Awards	Rotary club dist.3000	29.09.2018- 02.10.2018
2.	Milan Patel Subbiah Srinivasan Akashsami Mahalakshmi	Youth leadership summit	ICT Academy at Sri Krishna college of Engineering	12.10.2018
3.	Milan Patel (III Year)	Internshala Student Part- ner(Internship)	Internshala	June-Aug 2018
4.	Milan Patel (III Year)	Internship	AICTE sponsored, Abdur Rahman Uni- versity, Chennai	09.10.2018
5.	Varshinee.R (IV Year)	Internship	Bangalore	01.10.2018

STUDENT'S ACHIEVEMENT

-	S. NO.	STUDENT'S NAME	YEAR	EVENT NAME	COLLEGE NAME	PRIZE
2. 2. 2. 2	1	Ahamed Zuhoor.A.G (physics)	п	Paper presentation "De- fence technology" (winner).	Paavai college of engi- neering, Namakkal	First Prize
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S. NO.	STUDENT'S NAME	YEAR	EVENT NAME	COLLEGE NAME	PRIZE
2.	Ahamed Zuhoor.A.G (chemistry)	Π	Paper presentation "Hy- brid Train" (winner).	Paavai college of engi- neering, Namakkal	First Prize
3.	Fahad . M Mahalakshmi . S.P (Physics)	II	Paper presentation "smart waste manage- ment system"(Winner).	Paavai college of engi- neering, Namakkal	First Prize
4.	Fahad . M Mahalakshmi . S.P (chemistry)	Π	Paper presentation "smart waste manage- ment system"(Winner).	Paavai college of engi- neering, Namakkal	First Prize
5.	Akashsami R SharvinShakesh P (Maths)	II	Paper Presentation on "Fuzzy Logic" (Winner)	Paavai college of engi- neering, Namakkal	First Prize
6	Akashsami . R Fahad . M Sharvin Shakesh . P Mahalakshmi . S.P	п	International Confer- ence on "Sustainable Energy"	Bharathidasan Univer- sity, Trichy	Participated
7.	Sharvin Shakesh . P Akashsami . R	II	Paper Presentation on " Hybrid Trains"	Bharathidasan Univer- sity, Trichy	Participated
8.	Fahad . M Mahalakshmi . S.P	II	Paper Presentation on "Production of Valuable resources with the help of emerging Pollutants generated from cities"	Bharathidasan Univer- sity, Trichy	Participated
9.	Ahamed Zuhoor.A.G	II	Paper Presentation	Kongunadu College of Engineering , Erode	Second Prize
10.	Ahamed Zuhoor.A.G Ravikiran.B Rahul.J Renuga.S Karthikeyan.M Karthikeyan.S Charukanth.M.S	П	Madurai Quiz Regionals – TN Chamber	Tamil Nadu Chamber of Commerce, Madu- rai,	Participated.
11.	Ashwin Sivaram	IV	Project Presentation	Ramco Institute of Technology, Rajapa- layam	First Prize
12.	Subbiah Srinivasan	III	RYLA Competition Award Mr.TYSON	Rotary Club, Trichy. 03.09.2018	Title Winner
13.	Fahad.M Mahalakshmi.S.P	Π	Festember 2018 (Technical events)	NIT, Trichy. 14.09.2018	Participated.
14.	Kirthika.G Anitha.S	III	MEMS Sensor design competition	Saranathan College of engineering 14.09.2018	Participated.
15.	Yaamini.A Sanchhali.R.S	III	MEMS Sensor design competition	Saranathan College of Engineering, Trichy. 14 09 2018	Participated

16.	SreVignesh Saran Kumar Milan Patel R.G.Hariharan Sudhershanan	ш	Meddica Workshop	Sastra University 23.09.2018	Participated
17.	Mahalakshmi & Sanchali	II,III	Youth talk event	Saranathan College of Engineering, Trichy 28.09.2018	Participated
18.	Kirthika.G Anitha	ш	Idea Paper Presentation	PSG College of Tech- nology 14.10.2018-15.102018	Third Prize
19.	Akshaya B Rukmani	IV	Circuitron Event	PSG College of Tech- nology 14.10.2018-15.102018	Third Prize
20.	Jayshree Priyadharsh- ini, Yaamini,	ш	Tellus Event	PSG College of Tech- nology 14.10.2018-15.102018	Second Prize
21.	Aakash.R, Yaamini, Raviendran.P K, Sanchali R S	ш	Light follower Robot	PSG College of Tech- nology 14.10.2018-15.102018	First Prize
22.	Mahalakshmi . S.P Kirthika.S Nisha Francy.S Bhuvaneshwari.S	II	AICTE-ECI Chhatra Vishwakarma Awards 2017		Participated
23.	Akashsami . R Fahad . M Sharvin Shakesh . P Surya .S	II	AICTE-ECI Chhatra Vishwakarma Awards 2017		Participated
24.	Fahad . M Sharvin Shakesh . P	II	India International Sci- ence Festival, August 2018		Participated.
25.	Kirthika.G Anitha.S Logeshwari.S	III	Texas competition		Submitted the Proposal
26.	Akashsami . R Fahad . M Surya .S Sharvin Shakesh . P Mahalakshmi S P	II	Texas competition	6	Participated

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SPORT ACTIVITIES (NATIONAL / DISTRICT, & INTERCOLLEGIATE EVENTS)

S. NO.	STUDENT NAME	YEAR	EVENT NAME	EVENT DATE/ COLLEGE NAME	PRIZE
1.	M.Karthikeyan	Π	Interzone Batmiton Tournaments	Kamaraj College of Enigneering & Technology, Virudhunagar	Silver Medal
2.	A.Ganesh Kumar	Ш	Interzone Batmiton Tournaments	Kamaraj College of Enigneering & Technology, Virudhunagar	Silver Medal
3.	V.K.Guruprasath	IV	Zonal Football Tournaments	J. J. College of Engineer- ing and Technology, Trichy	Bronze Medal
4.	T.Kiruba Govind Ban- garu	IV	Zonal Basket Ball Tournaments	B.I.T Campus, Trichy	Bronze Medal
5.	S. Riyazdeen	IV	Zonal Football Tournaments	J. J. College of Engineering and Technology, Trichy.	Bronze Medal
6.	S.Abbas Abdul Salam	III	Tennis match in Anna University Zonal level	J. J. College of Engineering and Technology, Trichy.	First Prize
7.	S.Alan Rodick	III	Tennis match in Anna University Zonal level	J. J. College of Engineering and Technology, Trichy.	First Prize
8.	Manoj Kumar	ш	Zonal BasketBall Tournaments	B.I.T Campus	Bronze Medal
9.	Renuga	IV	Chess Competition	J. J. College of Engineering and Technology, Trichy.	Second Prize
10.	Logeshwari	ш	Chess Competition	J. J. College of Engineering and Technology, Trichy.	Second Prize
11.	Saminathan	IV	Chess Competition	J. J. College of Engineer- ing and Technology	First Prize
12.	V.K.Guruprasath	IV	100 M, 200 M Relay	J. J. College of Engineer- ing and Technology	Gold Medal
13.	S.Abbas Abdul Salam	ш	Short Put	J. J. College of Engineer- ing and Technology	Silver Medal

S. NO.	STUDENT NAME	YEAR	EVENT NAME	EVENT DATE/ COLLEGE NAME	PRIZE
14.	S. Riyazdeen	IV	Relay 4*400	J. J. College of Engineer- ing and Technology 12.10.2018	Silver Medal
15.	Sanawaz	IV	Relay 4*400	J. J. College of Engineer- ing and Technology 12.10.2018	Silver Medal



TECHNICAL ACTIVITIES OF FACULTY IN ICE DEPARTMENT

The faculty of ICE, have participated in number of FDPs/Seminars/Worhshops/Conferences, that covers technical, research areas, and it includes the organizers from NIT, AICTE sponsored etc. Most of the staff in the department of ICE, have attended external programs. The details are as follows

S. NO.	NAME OF THE STAFFS ATTENDED	WORKSHOP/FDP/SEMI- NAR ATTENDED	ORGANIZER/ VENUE	DATE
1.	Dr.S.M.Girirajkumar,	Internship	AICTE sponsered	09.10.2018
2.	Ms.A.Christy Arockia Rani			
3.	Ms.Ezhilarasi	STTP Course on "Biomedical Optics and Instrumentation"	IIT Madras	3.12.2018 - 7.12.2018
4.	Ms. B Deepa			

What is GST?

•The name itself suggests, it is a tax levied when a consumer buys a good or service.

• It is meant to be a single, comprehensive tax that will subsume all the other smaller indirect taxes on consumption like service tax, etc.,

•This is what the most developed countries are following.

•It was introduced in the Lok Sabha on December 19, 2014 by Finance Minister Arun Jaitley.

•The Bill seeks to amend the Constitution to introduce a goods and services tax (GST) which will subsumes various Central indirect taxes.

•It also subsumes State value added tax (VAT), octroi and entry tax, luxury tax, etc.,

•The Bill inserts a new Article in the Constitution make legislation on the taxation of goods and services a concurrent power of the Centre and the States.

•The Bill seeks to shift the restriction on States for taxing the sale or purchase of goods to the supply of goods or services.

•The Bill seeks to establish a GST Council tasked with optimising tax collection for goods and services by the State and Centre.

•The Council will consist of the Union Finance Minister (as Chairman), the Union Minister of State in charge of revenue or Finance, and the Minister in charge of Finance or Taxation or any other, nominated by each State government.

•The GST Council will be the body that decides which taxes levied by the Centre, States and lo- sequences cal bodies will go into the GST.

to decide when GST would be levied on various categories of fuel, including crude oil and petrol.

•The Centre will levy an additional one per cent tax on the supply of goods in the course of inter-State trade, which will go to the States for two years or till when the GST Council decides.

Parliament can decide on compensating States for up to a five-year period if States incur losses by implementation of GST.

This is all about GST

7 Critical Skills For cause the access to misinformathe Jobs of the Future

•Critical Thinking and Problem Solving. Before you can solve a problem, you must be able to critically analyze and question what is causing it. This is why critical thinking and problem solving are coupled together.

•Collaboration Across works and Leading by Influence important than knowledge." We should see an increasing fo- We consistently spoon-feed stucus on global online collabora- dents with information instead of tion, where "digital tools are used empoweringthemtoaskquestions to support interactions around and seek answers. Inquisitivecurricular objectives and mote intercultural understanding." Leadership among a team is no longer about commanding with top-down authority, but rather about leading by influence.

Adaptability •Agility and The impact of technology has meant we have to be agile and adaptive to unpredictable con-

disruption.

•Initiative and Entrepre-•It will be up to the GST Council neurship. Initiative has been something students show apart from regular work. For most students, developing a sense of initiative and entrepreneurial skills has often been part of their extracurricular activities.

> •Effective Oral and Written Communication. Clear communication isn't just a matter of proper use of language communicating clearly is an extension of thinking clearly. Can you promote yourself or a product? It is a success of effective communication

> •Assessing and Analyzing Information Our access to information has dramatically increased, so it tion too While navigating the digital world, very few have been taught how to assess the source and evaluate the content of the information and as we update our knowledge base faster than ever before.

•Curiosity and Imagination Curiosity is a powerful driver of new knowledge and inno-Net- vation. "Imagination is more pro- ness and thinking outside the box

> Summarised by, Subbiah Srinivasan G III Year ICF

POEMS

FRIENDS FOREVER

Time elapsed from orange to grey, Years passed with the touch of ray, Standing in a pace holding to ourselves, With all those muddy hair, stinky breathe, altercations and fights, We held on. We held on together to gall, to abuse, to make fun of each others. But Hey buddy!! Do you think one day is enough, enough to flood our love? With a ting of smile they replied.. Everyday is our friendship day!!

> - SANTHOSINI IV YEAR/ ICE



அம்மா

அம்மா!!! அன்பின்உறைவிடம்... ஆதியின்அறிமுகம்... இன்னலின்மறைவிடம்... ஈகையின்பிறப்பிடம்... உவகையின்உருவகம்... உவகையின்உருவகம்... ஊக்கத்தின்பெருக்கிடம்... எண்ணற்றகாவியம்... ஏவாளின்ஓவியம்... ஏவாளின்ஓவியம்... ஒப்பற்றபூமுகம்... ஒயாதஉழைப்பிடம்... ஔவைபோன்றபொக்கிஷம்... இஃதேதாய்மையின்இரகசியம்...!!!

> - Sabthami II Year ICE

"When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us." -Helen Keller

This secret teaching of Swami Vivekananda will give you magical powers for a second

When you go into this state, outside world will become a blank screen for you. When you come back, you will get what you were looking for before going into this state.

September 1893, Swami In Vivekananda became world famous when he gave speech at the Parliament of World Religions, Chicago. The path to his success was not smooth. He faced massive obstacles and monstrous difficulties. He overcome them with a small technique taught to him by his master. It is taught in several forms in Yogic tradition. I will explain it in a modern way. The basic principle behind this technique is that whatever you want exists out there in the universe, we just need to attract it.

When Swami Vivekananda reached America, he faced three massive obstacles: (1) The last date of registering as a delegate speaker for the Parliament had already passed. (2) A letter of recommendation was required to register for it which he didn't have. (3) There was still almost a month to go for the parliament to start. He didn't have enough money to survive for that long.

An ordinary human being would have thought of returning back to India but not Swami Vivekananda. He applied this technique and obstacles cleared up like a magic. An unknown old lady came to him and helped him to survive. She also introduced him to a Harvard Professor who knew the organizers of the Parliament. So all problems got olved, all obstacles got cleared

Whatever we desire exists out there which will process these sig in the universe. Swami Vivekanan- nals and say, 'This object has da knew that the solution of all his such and such smell... such and problems existed out there. He just such appearance... it is Mango.' needed to attract it with the Yogic technique. Like a magician pulls If you uninstall App 2 from out rabbit from hat, a Yogi can pull your mind, you won't be able out anything he/she desires from to recognize mango even if it is the universe using this technique. placed before your eyes. Your

Everyday scientists are discovering object but I don't know what and inventing something new: some it is. It is some strange object." new bacteria, some new space object, some new machine and so on. If we uninstall both App 1 and App Scientists also say that regardless of 2 from your mind, you will not be how advanced humanity becomes, able to see the object at all. Your regardless of how advanced ma- mind will say, 'There is no obchines we make, we can never dis- ject out there,' even if the mango cover 95% of the universe. They call is placed right before your eyes. this unknown part of the universe as 'dark matter' (27%) + 'dark energy' If we remove all thousands of (68%) = 95% unknown universe. apps from your mind which help

That means, a huge animal maybe erything will disappear for you. sitting in front of you right now. You It will be all blank out there. You cannot see it, you cannot touch it, won't be able to sense or detect you cannot smell it, you cannot de- anything. Universe will be 100% tect its presence with any machine dark matter or dark energy for you. if the animal is made up of dark matter. We and our machines can Yogis can uninstall all the apps see and detect only those things and from their mind when they desire beings that are made up of matter so. They can go into a state of that we are made up of. They cannot mind in which universe becomes detect the so-called 'dark matter.' a blank screen for them. There are

Imagine there is a mango in front of ous Yogic traditions. We will call your eyes. How can you say that it it the Shunya (nothingness) state. is mango, and not something else?

sending signals to your mind that of the universe is dark matter there is an object out there, it has such or dark energy (unknown, unand such color, such and such smell. detectable stuff). In the state of

There are many small software or is dark matter or dark energy. apps in your mind which are de-

signed to process these signals. This is the secret technique One such App (App 1) is designed which spiritual masters give to determine whether there is an to their most trusted disciples: object before your eyes. This app Whatever you desire exists out will process these signals and there in the universe. Uninstall say, 'There is definitely an ob- all or most apps from your mind ject but I don't know what it is.' and go into the Shunya state or Then there is another App (App 2) near-Shunya state. When you

mind will say, 'I can see some

you perceive this universe, ev-

many names for this state in vari-

Your senses (eyes, nose etc.) are In ordinary state of mind, 95% Shunya 100% of the universe

come back, whatever you desire will stand right before your eyes.

So when Swami Vivekananda was faced with those huge problems in America, he used the technique given by his master. He uninstalled apps from his mind and went into Shunya or near-Shunya state. When he came back, he found the solution right before his eyes.

Uninstalling these apps from your mind is the real challenge. But if questions like 'Who am I?', 'What is this universe?', 'Why am I born?' have ever crossed your mind, half the task is done. Now all you have to do is take up a 6 hour 'spiritual journey' towards the state of Shunya. When you take up this journey 3–4 times, you will see that you have gained the great Yogic ability to switch off many apps of your mind.

This journey starts from the city of Toronto, Canada where a rich man is coming back home from his son's funeral. He sees a monkey-like figure flying over a car that was running alongside his car. He blinks and that figure disappears. Was that real or a trick of light?

What exactly is real and what is unreal? These questions finally take him to a forested mountain where he meets some tribal people who are talking to something that is visible only to them. He finds out that there is an immortal Yogi called Lord Hanuman who is roaming the Earth since many centuries. That Yogi talks to His secret disciples living secretly in the jungle. These are no ordinary talks. These are immortal talks.

You can take up this 6 hour journey by reading the Immortal Talks-Book 1. Its a very small book. It hardly takes 6 hours. These interesting stories don't preach anything. They take you to a meditative journey. At the end of the journey you find yourself nearer to the magical state of Shunya. Beginners may have to take this journey multiple times before the apps of mind start uninstalling. Those who are spiritually evolved will see the effects from first reading itself.



Is It Bad to Sleep Near Your Smartphone?

Experts disagree over just how worried you should be about Smartphone health risks

A2015 Bank of America report found that 71 percent of people sleep with or near their phones—and that includes the 13 percent who said they slept with their phones in their beds.

Maybe you've wondered whether keeping your phone nearby is a bad idea—perhaps it's zapping your brain with radio waves or otherwise screwing with your health. It would be comforting if researchers firmly and finally quashed any notions that our devices can cause negative health effects. No such luck.

This past November, the U.S. government's National Toxicology Program wrapped up a 10-year, \$30 million study on the health effects of cellphone radiation exposure. In essence, the government scientists blasted rats with different levels of radiofrequency radiation (RFR) for varying lengths of time and then watched to see what would happen.

"Our studies showed that radiofrequency radiation at the frequencies and modulations used in cellular telecommunications and under the exposure conditions we used can produce adverse biological effects," says John Bucher, one of the study's authors and a senior scientist with the National Institute of Environmental Health Sciences. Specifically, Bucher's study found "clear evidence" of tumors in the hearts of male rats exposed to RFR, as well as "some evidence" of tumors in the brains and adrenal glands of male rats. They found "equivocal" evidence of adverse effects in female rats, meaning it wasn't clear if the tumors that turned up were caused by RFR exposure.

What to make of these findings? Depends on who you ask.

Bucher says his study was never intended to be the final word on the issue of cellphone radiation and human health. "We're using this to put together follow-up research programs," he says.

Even so, Bucher says there may be some "low" risk when a phone is held against the head or body—like if you're on a call or keeping the phone in your pocket while using some kind of hands-free setup. He says these risks could go up with "prolonged and persistent use," though at this point, defining each of these terms is guesswork.

"If there is a risk, I think it's minimal," says Larry Junck, MD, a neuro-oncologist and professor of neurology at the University of Michigan. "We haven't seen an increase in brain tumors since mobile phone use has become widespread." Moreover, Junck says the research showing any mechanistic link between cellphone radiation and brain tumors is inconsistent and "methodologically flawed."

Others look at the existing research with great concern. "I think there's compelling evidence that electromagnetic radiation exposure is indeed harmful," says Joel Moskowitz, director of the Center for Family and Community Health at the University of California, Berkeley. He reels off the findings of a dozen recent studies, including a 2017 review from China that found heavy mobile phone users were at significantly increased risk of glioma—a type of malignant tumor in the brain and spinal cord.

A 2018 U.K. study found rates of glioblastoma-another cancerous brain tumor-more than doubled in England between 1995 and 2015. Specifically, frontal and temporal lobe tumors-locations that correspond with where we rest our phones during calls-showed some of the steepest increases. In a follow-up letter to the journal's editor, the authors of that U.K. study say they looked closely at the U.S. data on glioblastoma rates. After adjusting for post-2000 population changes-changes they say are not factored into the U.S. Central Brain Tumor Registry and other databases that track tumors--thev

up glioblastoma increases similar to the ones they tracked in England.

Brain tumors aren't the only worry for cellphone users. "If you look at modern smartphones, the antennas are in the corners—both upper and lower," Moskowitz says. But the bulk of the cellular signal is now directed down through the lower antennas, "which would make the most significant exposures in the neck area," he says. He mentions tumors of the neck and thyroid as particularly concerning. And there again, some data suggest rates are rising. Rates of thyroid cancer have tripled in the past three decades and are increasing more rapidly than any other type of cancer, according to the American Cancer Society (ACS).

But none of these findings constitute proof that cellphones are to blame. For example, the ACS says the increased use of tumor-detecting thyroid ultrasounds could explain the uptick in rates of those cancers.

"If there is a risk, I think it's minimal."

Why is it so hard to pin down the potential health effects of our devices? One gigantic hurdle is that the technologies these devices employ are constantly evolving, and the research on their health effects is often running a decade or two behind. "Most of the epidemiological studies looking at brain tumor risk collected data in the early to mid-2000s from users who used the old candy bar or flip phones, which were primarily using 1G or 2G cellular technology," Moskowitz says.

Meanwhile, the telecom industry is now moving forward with 5G technologies, even though health experts still hardly have any data on 4G, he says. (More than 200 scientists and medical doctors have called for a moratorium on the rollout of 5G until its safety can be assured.)

Since this might keep you up at night, let's get back to the question of sleeping next to your phone. Moskowitz says tumor risks don't top his list of concerns, because a sleeper's phone isn't steadily transmitting the way it does during a call. But he says it's likely that low-level nighttime radiation exposures could disrupt sleep and cause other neurological effects. He points to a small 2016 study from Germany that found exposing men to cellphone radiation seemed to change the structure of their sleep-increasing or decreasing REM and other sleep parameters-though the health ramifications of these shifts aren't clear.

Whatever risks may exist could be heightened in kids. "I personally believe that children should be dissuaded from sleeping with a phone under their pillow, as RFR is thought to penetrate farther into their tissues than in adults," Bucher says.

The obvious advice is to keep your phone out of the bedroom. Or, if you use it as an alarm clock, you could switch it into airplane mode, which stops it from sending or receiving signals, Moskowitz says. He also repeats the longstanding advice to use a wired hands-free device when making calls and to keep your phone away from your body.

Start with all that and hope that the cellphone-radiation Pollyannas turn out to be right.

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WORDS OF WISDOM

If they care, they will make tin

Nobody is ever too busy.

Work hard and follow your dreams, but never forget where you came from.



YOUR STRONGEST MUSCLE AND WORST ENEMY IS YOUR MIND. TRAIN IT WELL. Sometimes you have to stop being scared and go for it. Bither it'll work or it won't. That's life. Start everyday with an attitude of gratitude.

The key to happiness - Focus on your own journey.





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