

# Pulse <sup>Gatik</sup>

Volume - 3  
January 2020



**GATIK**  
JUNIOR COLLEGE

## **FROM THE EDITOR'S DESK**

With this edition of '**Gatik Pulse**' we will be drawing the curtains down on newsletter editions for the academic year 2019-2020.

The Annual Day @Gatik '**IGNITE 2019**' provided an opportunity for the young artists to showcase their talents in dance and theatre. It also helped them to put their organizational skills to test as the event was majorly planned and executed by the Gatikians.

We tried to add a patriotic fervor to the magazine owing to the Martyr's Day and Republic Day in the month of January.

I would like to thank the entire Team Gatik, with a special mention to Mr. Satish, for their constant support in putting the magazine editions together.

I hope you enjoyed reading it as much as we did, putting it together for you.

We welcome your suggestions and opinions @ [english1.gatik@gmail.com](mailto:english1.gatik@gmail.com) for improving '**Gatik Pulse**' further.



**Vijayasree Varanasi**  
**Editor**



# CEO'S MESSAGE

## MR. GOPI PRASAD K

Congratulations to all students, staff & parents for a successful 2019-20 college academic year. Academic excellence along with co-curricular activities and life skills learning complete the process of education. It gives me great satisfaction that Gatik is progressing in the direction towards overall student personality development.

Gatik aims to establish benchmark in academic excellence and holistic grooming of students to help them meet the new age career challenges. In pursuit of the same, Team-Gatik has always been innovative and encouraged students to think out of the box.

I would advise students to begin enjoying challenges and failures. Success is more relished when you achieve it after a failure and one becomes a confident and compassionate person.

I congratulate the students and faculty of literary club for successfully coming up with 3rd volume of '**Gatik Pulse**'.

**"We Should not give up and we should not allow the problem to defeat us."**

- A.P.J. Abdul Kalam



# PRINCIPAL'S MESSAGE

## MR. AVINASH M

**“We are not thinking machines that feel; rather, we are feeling machines that think.”**

— Antonio Damasio

As humans we do a lot of thinking, but there will be only very few instances that we really feel proud and truly delighted of our contribution to a fellow human or an animal. For instance, stopping our car, barricading other vehicles, when someone is struggling to cross a road; trying to make the kids of our helpers happy along with our kids; taking care of an injured animal/bird; recognising and acknowledging someone's good act, however small it is and so on. These acts reflect the real thought process of being a human – thoughts out of feelings, leading to deeds that ultimately lead to satisfaction – love on thy self.

Challenge for most of us, both parents and teachers, is how do we inculcate such human process of feeling - leading to reflex thinking? I believe, such quality cannot be explicitly taught. It is possible only, if we, elders can stand as exemplary examples in performing such acts. We can start by being respectful to our helping staff or being environmentally friendly or leading a life in the spirit of 'live simple' movement as proposed by Sonam Wangchuck, and parallelly educate the children the essence of doing such acts.

If we observe any best teacher across the world, they have been the best mostly for a reason - they feel for their students and then start mentoring them to be the best students. This leads to the development of the child and makes the child overcome the challenges. Establishing a connect with the child and striking a chord with them by getting into the cognitive levels of the child, is what makes a teacher outstanding. It is a deep-rooted process of thinking through feelings.

If we have to create a society that is mutually caring, the only solution is that, we have to change and start being the role models. Nurturing a generation that is not just limited to being human but also has a concern for fellow creatures, makes this planet more sustainable for future generations to come and a more beautiful place to live. Let us join hands to make this planet a better place to live!

# KREA UNIVERSITY - DISCUSSION PANEL AND OPEN HOUSE

Gatik Junior college hosted an open house and organized a panel discussion on KREA University's "Interwoven learning" - Higher Education For the 21<sup>st</sup> Century & Beyond, on 30<sup>th</sup> November 2019.

The panelists included the Vice Chancellor Dr. Sundar Ramaswamy and the academic professors Dr. Bharath Sundaram and Dr. Ananya Dasgupta.

Opening the discussion, Dr. Ramaswamy, explained the vision and mission of the university throwing light on their system of learning and curriculum. The Vice Chancellor explained that the university is a School of Interwoven Arts and Science Education.

Making a remark that life does not stop just in class rooms he elaborated that admissions in the university are based on 19 different criteria. He also explained that according to a survey 85 % of the jobs that will exist in 2030 are yet to be invented and it is essential that this scenario is addressed by the education system and all the academic parameters need to be mapped accordingly.

Dr. Ananya, who is an associate professor of Literature, further threw light on the concept of interwoven education explaining that it brings heart, brain and mind together and their curriculum is interwoven between disciplines. Dr. Ananya Dasgupta who is also the member of the curriculum designing explained about the diverse courses offered by the university promising many more additions to be made.

Dr. Bharath explained that interwoven curriculum helps in logical progression to solve problems and student life is co-creative at KREA. He also talked about how courses at KREA teach students problem solving and self - governance. He sighted an example saying that the current batch of students are being guided to write their own constitution.

The unique feature of the university is to allow students to learn all subjects in the first year, irrespective of their major and minor subject choices, so as to facilitate them to explore their area of interests.

Explaining their evaluation process, Dr. Bharath explained that KREA follows Trimester system and students are tested based on their improvement in problem solving skills along with academics.

Students are clearly explained about the grading parameters and they get to grade their own papers and compare it with the professors' evaluation.

The KREA admission process was also explained which showed that the applicant needs to have creativity, open mindedness, empathy, curiosity and teamwork. Admissions are broadly based on all round personality traits. The university follows a unique selection procedure. They look for reasons to engage with the candidate instead of finding reasons to reject on singular parameters.



**- Rahul Reddy &  
Aman Srivastava**  
MEC

# IGNITE 2019

Gatik Junior college celebrated its Maiden Cultural Day 'Ignite 2019' on Saturday 21<sup>st</sup> Dec. 2019 with fun and fervor. All the students participated enthusiastically and showcased their talent in the form of Nukkad Naataks, Group and Solo dance performances.

The event was attended by a good number of parents, resource persons and the members of the management.

Mr. Avinash Mereddy, Principal, welcomed the gathering and shared his thoughts about the college's maiden year progress. He explained how the college is promoting human values, people skills and collaborative thinking along with competitive spirit.

Mr. Gopi Prasad, CEO, appreciated the students for their enthusiasm, thanked the parents for their trust and co-operation. He requested the parents to take some time to attend the open house programs of various universities being arranged by the college from time to time.

The students who won prizes in sports and literary competitions were awarded prizes and the presidents of the students clubs presented their annual report. Parents were invited to share their views about the college through student interviews.

The event included the launch of Gatik Counselling Magazine - 'GATIK BYTE', yet another initiative from the college to facilitate students. The magazine will be released annually to update and alert the students about the nuances of modern educational initiatives, various universities that offer holistic education and also the timelines for various university admission tests.





# ASHOKA UNIVERSITY OPEN HOUSE FOR STUDENTS

An orientation session by Ms. Manu Sharma of Ashoka University was held at Gatik Junior college on 13<sup>th</sup> December 2019.

Ms. Manu Sharma who is an alumnus and students outreach manager of Ashoka University visited Gatik Junior college to give an insight to students into the Liberal Arts stream in Undergrad courses.



Quoting her own experiences, she made it very lucid how Liberal Arts at Ashoka gives the freedom to choose the subjects and threw light on the interdisciplinary approach of the university where Arts stream includes Commerce and Science as well.

She explained the summer abroad and semester abroad programs offered by the university and shared the admission procedure in detail which includes personality assessment, personal interview and other achievements as well.



Compiled By  
- **Aman Srivastava**  
MEC

## GLOBALISATION

Globalisation is the free movement of people, goods and services across the boundaries. This movement is managed in a unified and iterated manner. Further, it can be seen as a scheme to open the global market. Hence, the countries that were previously not open to such foreign investment and trade have now burnt down barriers. Considering a precise definition, countries that abide by the rules and regulations set by WTO (World Trade Organization) are part of globalization. These procedures include overseas trade conditions among others. Apart from this, there are other organizations such as the United Nations and different arbitration bodies available for supervision.



- **P. SreeVarshith**  
MEC

# CULTURAL ARTS

India is exceptionally rich in art, architecture, literature, music and dance. The ancient Buddhist shrines, huge and ornate temples, statues, sculptures, folk arts, etc. of India have offered a wealth of information, engineering, and artistry for thousands of years.

## Arts in India

**Statues and pottery:** The early people in 2500 BCE, at the Indus Valley created high quality pottery of grateful designs. There were paintings that show us glimpses of daily life in ancient times.

## Architecture of India

**Rock-cut structures, caves and temples:** Rock-cut structures were mostly religious in nature. The rock cut structures called "Chaityas" were places of worship.

These rock cut structures show the skill of ancient Indian architects and artists. They are spectacular, amazing and cut by hand. The temples in India were also impressive, mostly because of their fabulous designs and sculptures. There is an interesting fact that, archaeologists have found in the ruins - hospitals for people and hospitals for animals built around 200BCE.

## Literature

The earliest works of Indian literature were orally transmitted.

Indian literature is divided into 3 periods. The vedic period that included the Vedas and Upanishads; The epic period included the Mahabharata, the Bhagavad Gita and the Ramayana; The classical period, which included the lyrics of Kalidasa.

Now presently, "The Republic of India" has 22 officially recognized languages. The Indus script is the writing system developed by the Indus valley civilization and it is the earliest form of writing, known in the sub-continent.

## Music

India is also rich in musical history. Various flutes and stringed instruments have been unearthed by archaeologists working sites in the Indus Valley.

The ancient Vedas, part of Hinduism, was created to be sung like hymns. The 3-stringed sitar became popular in the 16th and 17th centuries and is used mostly in classical and Hindu music. It has a unique and haunting sound.

## Dance

India is famous for its different traditional dances. The ancient people of India danced to honour their gods.

During the "Golden age of culture, art and literature" in ancient India, dance was a form of entertainment as well as a part of many religious ceremonies. Some of the dance performances used to give different social messages to people.

People flocked to see entertaining and fabulous dancers in their colorful costumes. Their stage performances were open to the public.

At last, I conclude by saying that India is the cradle of the human race, the birthplace of human speech, the mother of history, the grandmother of legend and the great grandmother of tradition.

**I'M PROUD TO BE AN INDIAN**

**-Sai Bharanya**  
MEC

# WHITE SCOLECITE

It is one of the most active clubs in the college. The objective of forming literary club is "To journey into the realm of literary art that shapes the inner self, nurtures the creative thirst & sculpts the raw potential of young ignited minds".

## The club intended to

- Inculcate a flair for the language
- Induce reading habit in students
- Encourage students to become orators
- Display their intellectual & independent thinking skills and
- Imbibe a sense of confidence

As the president of the club, I felt privileged & honoured to co-ordinate with members and conduct various events on behalf of the club. The faculty supported our ideas and helped us to organize various literary competitions. We were successful in gaining attention of people and were able to motivate all the students to participate in one or other activity. Through our club we were also successful in helping students overcome stage fear. We learnt to plan and work collaboratively and learnt that true success comes with team work.

- **Ashrith Raj**  
President  
White Scolecite



# ORANGE ZIRCONS

The Cultural Club 'Orange Zircons' of Gatik Junior College involves every student, irrespective of the stream they belong to. As the name suggests, one of the primary aims of the Cultural Club is to help students keep in touch with the rich cultural values, customs and traditions of our country.

The Cultural Club aims at moulding the personality of students and exposes them to a wide range of cultural events throughout the year. Apart from participating in a multitude of events, it caters to the creative needs of the students.

Along with giving a platform to creativity, the Club aims at developing the intellectual, organizational and social skills of the students. Various skills like leadership, Team work, sharing success and failure, accepting responsibility are implicit in the working of the club.

**B.Tarunesh Reddy**  
President  
ORANGE ZIRCONS



## BLUE SAPPHIRES

Management Club initiates training programs on entrepreneurial development and leadership skills by conducting sessions from time to time.

The purpose of the club is to nurture the student's management skills for immediate and future professional use. A key to achieve success is to assemble a strong and stable management team. Leadership

is working with goal and mission, management is working with objectives.

Our club is a leadership club that supports students who want to further their interest in management, human resources and leadership roles. As members of the Management Club we promote, leadership, innovation and student enthusiasm. Club members are clear in vision and accountable for the activities conducted.

**- Matilda Lewis**  
President  
Blue Sapphire



## FITNESS

I was never into fitness but have played all the outdoor games in the past. Now that the realisation has dawned upon me, I have chosen CYCLING. During all my growing up years, I have always owned a cycle starting from a tricycle.

Now it has become a passion. Cycling allows me to explore new places in a slow but satisfying pace. There are a few groups I am a part of which give me the liberty to ride along other cyclists who surprisingly vary in ages, experiences, and level of passion.

This is truly very insightful. The great achievements of enthusiasts, their hurdles, their stories are all pretty overwhelming.

Covering an 'x' distance is not as important as living the time while talking to the winds. Starting time being at 3 am is pretty chilly in the beginning. That excitement drives me to ride alone in pitch dark until I meet my fellow riders.

The early mornings, that scenic sunrise, those open welcoming roads...., all these still give me goosebumps even after successfully completing an inter-state ride. More than enjoying the rides, I have learnt so much from my fellow riders. We match our speeds just to keep our conversation going and constantly share our experiences - some young, some old, but with an all new level of passion every single time we ride. The new gadgets in the market are often discussed. We also talk about new accessories. As a group, new ideas of rides distances, places, venues eatery hubs etc are all a part of our planning together. While on one ride, we plan the next 5.

Well! I actually can go on and on. But let's save the rest for next.

**- Hrithik Melvani**  
MEC



# MUSIC IS AN AGREEABLE HARMONY FOR THE HONOUR OF GOD

Music is not just the rhythm of melody or the fast beat of mass songs it is beyond that. Music can bring you back into the cheerful world. Existing alongside many other genres like jazz, hip hop, pop, disco etc. there is also the Carnatic music. Carnatic music is one of the classical trends of music. It actually brings out the live nature of music.

Purandara Dasa also known as Haridasa, is the father of Carnatic music. Srinivasa Nayaka is the original name of Haridasa and he was a devotee of lord Krishna. Carnatic is the most popularly learnt music in south India than any other music.

Every single note that we sing today like the movie songs, folk songs, lullabies etc. have a tune, also known as Raga. Without the raga, music doesn't exist at all. Raga has several components. Pitch (shruthi) is an important aspect in Carnatic music.

It is even the soul of the Indian music. Pitch is the quality that allows us to classify a sound as relatively high or low.

Finally, Carnatic music is a divine way to reach the God. According to Hindu mythology there exists 4 Yugas namely Satyayuga, Tretayuga, Dwaparayuga and Kaliyuga. Kali Yuga is where Hindus worship god with music. So, let us all acknowledge and try to add some music to our lives to make it more divine and delightful.

- **Wekshitha**  
MEC



# THE FOUR STAGES OF LIFE

Life is the period between birth and death in which we can mould ourselves. There are four main stages in our life. They are as follows.

**1) MIMICRY** : We were born helpless we can't walk, can't talk, can't feed ourselves, can't even do our own things. As children, the way we are wired to learn is by watching and mimicking others. First and foremost, we learn physical skills like walking and talking then we develop social skills by watching mimicking our peers around us. Then finally in late childhood, we learn to adapt to our culture by observing the rules and norms around us and trying to behave in such a way that is generally considered acceptable by society. The adults in the community around us help us to reach this point supporting us to make right decisions .

**2) DISCOVERERS** : In the first stage, we learn to fit in with the people and culture around us. Stage two is about learning what makes us different from the people and culture around us. It requires us to begin making decisions for ourselves, to test ourselves, and to understand ourselves as to what makes us unique. It is a process of self-discovery. We try things. Some of them go well. Some of them don't. We need to know that there are certain limitations. Our time on this planet is limited and therefore we should spend it on things that matter the most.

**3) COMMITMENT** : Once you have pushed your own boundaries and found your limitations, then you are left with an understanding of "What actually is important to you" and "What is not". Now, it's time to decide ourselves of one's life to let go the people who are draining you and holding you back. Then you narrow down on what you are best at and what is best to you. The most important activity is to go on with a single mission in life.

**4) LEGACY** : People arrive into stage four having spent somewhere around half a century investing themselves in what they believed was meaningful and important. Worked hard, earned enough, may be started a family or a charity or a political or cultural life and they are done. They have reached the age where their energy and circumstances no longer allow them to pursue their purpose any further. It is important physiologically because it makes the ever growing reality of one's own mortality more bearable.

**CONCLUSION:** "I have learned that no matter how much I care, some people just don't care back. I have learned that you can't make someone love you, all you can do is be someone who can be loved. The rest is up to them. Never regret a day in your life".



- G. RAHUL REDDY  
MEC

## The Four Stages of Life

# SUCCESSFUL PARENTING

Parents are the first teachers of every child. No one in the world can love and take care of a child as much as the parents do. Every parent wants their child to be a successful person in life for which their parenting has to be successful, and this can be done only by knowing what to teach, how to teach, how much to teach, and when to teach the child.

## Growing Stages of a Child:

**Kids:** 0 - 5 Years of age is a tender age where the child needs most care from parents.

**Tweens:** 5 -12 Years of age, is the most important stage for parenting to mould the child's mind.

**Teens:** 13 - 19 Years of age is where the child's interests and career take a decisive shape.

During the kid stage of a child parents should give a lot of love, affection, and care to the child. During this age the child is more attached to the mother.

During the Tween age the child is more attached to the father and looks up to him as a hero and thus follows his advice and lessons religiously, so the father too should play with the child, give proper training, and educate the child carefully at this age. During the Tween stage of a child and till 15 years (i.e. from age 6 to 15) parents should teach and instill discipline in the child while teaching them the basics of time management (time to wake up, eat, study, play, sleep etc.) and money management (basics of how money is used to buy things, how to save money, etc.). Inspire them by telling motivational and inspirational stories, give them life lessons and provide mental growth which may include teaching them what is good and bad, moral and ethical values of life etc.

In their Teens children are connected to friends, social media, movies, games, and internet etc.

- Parents should be like a friend, guide, philosopher, and counsellor to the child. Understand the child's personal likings and interests and guide the child in choosing the career and setting the career goals by exploring and explaining each of the child's interested career opportunities & potentials.
- Parents should keep the house atmosphere pleasant and enjoyable, and should not fight or quarrel in front of them. Parents should be cool and controlled. They should motivate and reward the child for good achievements. Parents should never scold or beat the child. A parent who has to beat a child is a failure as a parent.
- A successful parent should physically, emotionally, morally, affectionately, and enthusiastically be available for the child. They should never argue with the child but only discuss with them.

After 18+ years of age children start thinking they know more than their parents in some aspects, while parents with their experience/lessons want to safeguard their children from dangers of life. The children feel they are knowledgeable enough to take their own decisions in life and thus want to do as they wish. The child with a proper upbringing will have the culture to understand his/her parents' intentions and will follow their advice diligently, thus reducing the generation gap.

### **Parents tend to pamper their child:**

1. Parents feel - "We have gone through a lot of hardships in our childhood, our child should not face the same". Hence, parents provide their children with whatever they ask for.
2. Feeling of guilt on the part of parents: Busy parents who are not able to spend enough time with their child feel guilty and try to compensate by overspending on the child by buying whatever the child asks for.

Successful parenting leads to successful children, and for this, just spending time with the child is not enough, parents need to give child an overall growth, physically (good health) and mentally (good knowledge) thus making the child capable enough to take correct decisions at important stages in life.

**Happy Parenting Parents !!!  
Happy Growing-up Children !!!**

**- Abhinav Krishna  
MEC**



# ROBOT

A Robot is an artificial agent, meaning it acts instead of a person, does things it is designed for. Robots are usually machines controlled by a computer program or electronic circuitry. They may be designed to look like humans. Most robots do a specific job, and they do not always look like humans. They can come in many forms.

## TYPES OF ROBOTS

- **Military robots:** Military robots are autonomous robots (or) remote-controlled mobile robots designed for military applications, from transport to search, rescue and attack.
- **Cobots (Collaborative robots):** Cobots are robots intended to interact with humans in a shared space or to work in close proximity
- **Medical robot:** A medical robot is a robot used in the medical sciences. They include surgical robots.
- **Aerobots:** An aerobot is a robot deployed for agricultural purposes.
- **Industrial robots:** An industrial robot is a robot system used for manufacturing. Industrial robots are automated, programmable and capable of movement on three or more axis.

## ADVANTAGES

- Robots can be used to explore the space
- Robots can give us the information that the humans can't get.
- Robots can work at places 24/7 without any salary and food, they don't get bored.
- Robots can perform the tasks faster than the humans.
- We can send them to a dangerous environment such as deep sea or the war-zones
- Robots can do anything with absolute precision and accuracy.

## DISADVANTAGES

- They need maintenance to keep them running. It costs a lot of money to make or buy robots.
- Robots can store large amounts of data but the storage, access, retrieval is not as effective as the human brain.
- Robots are not able to act any different from what they are programmed to do.

- Sairam  
MEC



# DEMOCRACY IN INDIA

When we use the term democracy what do we actually mean?

In simple terms democracy is a government which is run by the people. People elect their leaders for the country. When we talk about democracy in India, India has the largest democracy in the world.

“What is really needed to make democracy function is not knowledge of facts, but right education”-Mahatma Gandhi.

Democracy in India works on the principle of political equality. Furthermore, it essentially means all citizens are equal before the law. Most noteworthy, there is no discrimination on the basis of religion, caste, creed, race, sex, etc. Hence, every Indian citizen enjoys equal political rights. Rule of the majority is an indispensable feature of Indian democracy. Another feature of Indian democracy is federalism. India is a union of states. Furthermore, the states are autonomous.

Collective responsibility is a notable feature of Indian democracy too. The council of Ministers in India are collectively responsible to their legislative body. Therefore, no minister alone is responsible for any act of their government. Indian democracy works on the principle of formation of opinion. Additionally, the government and its institutions must work on the basis of public opinion. Public opinion must be formed on various matters in India. Besides, the Legislature of India provides an appropriate platform to express public opinion.

**- Ronan and Chaitanya**  
MEC

## A BEAUTIFUL RESULT OF TRUE LOVE - TAJ MAHAL

Taj Mahal is a great Indian Monument which attracts people from all over the world. It is located on the bank of the Yamuna river in Agra, Uttar Pradesh, India. It is a splendid masterpiece of the Mughal architecture in India. It is 2.5 km from the Agra fort. It was built on the order of the Mughal emperor, Shah Jahan in memory of his beloved wife. It is one of the greatest and highly attractive monuments of the world which has been recognized as one of the 7<sup>th</sup> wonders of the world.



It is called as the grand Mughal monument which is located in the heart of India. It was built using white marble. The Mughal emperor Shah Jahan called for the best artisans of the world to design the Taj Mahal. Taj Mahal has 4 amazing pillars in its corners. The white marbles which have been used in constructing the Taj Mahal were very costly and were specially ordered by the king.

Taj Mahal has been structured combining various architecture styles like Indian, Persian, Islamic & Turkish. It has been declared as one of the best UNESCO world Heritage sites in 1983. It has attained a world wide popularity. Last year I visited Agra with my parents specially to see the Agra fort & Taj Mahal. I was so happy to see the monumental beauty of India. I feel very proud to be an Indian.

**Karthikeya.M**  
MEC

# YOGA AND ITS BENEFITS

Yoga is a group of physical, mental and spiritual practices or disciplines which originated in ancient India. Yoga is one of the six orthodox schools of Hindu philosophical traditions. There are a broad variety of yoga schools and practices in Hinduism, Buddhism and Jainism.

The term 'Yoga' in the western world often denotes a modern form of health yoga, as exercise, consisting largely of postures called asanas.

## Physical Benefits of Yoga.

- It increases flexibility, muscle strength and tone
- It improves respiration, energy and vitality
- It helps in maintaining a balanced metabolism
- It helps in weight reduction and improves digestion

International Yoga day 21 June.

Reasons for Celebrating 'International Yoga Day' on 21 June.

An initiative was taken by the Indian Prime Minister Sri.Narendra Modi by giving an impactful speech related to yoga on 27 September 2014 in the United Nations General assembly and for this reason, 21<sup>st</sup> June was declared as International Yoga Day.

- CH. Chaitanya Krishna  
MEC



June 21  
International  
YOGA  
DAY

# TATTOOS

Tattooing involves piercing the skin with a needle and colouring it with some pigments to make designs on the body. Body parts that are commonly tattooed include hands, arms, face, nape of the neck, stomach, back and legs.

Tattoos have been a part of Indian culture for a very long time. Indian tribes have traditionally had their bodies tattooed for a variety of reasons like identification, as a symbol of pride or as a means of sharing their tribe's legends and beliefs.

People have made this into a profession, hobby as well as world records. For instance, the Guinness book of world records has created an award for having the most tattoos.

Having tattoos or getting tattoos is also commonly known as getting “inked” or getting ‘tatts’. People see this as a form of expression, which permanently leaves a mark on their body.

Tattoos are perceived in many ways. For the youth, it is part of being ‘cool’. For others, it is the same as making a fashion statement. Some also consider tattoos to be a status symbol.

Given the growing population of tattoos, it is important to consider the cons of getting inked. Needles that have not been sterilized can lead to people having infected by many serious diseases, including AIDS. The pain that an individual has to undergo while getting a tattoo done is also considerable. Also, tattoos are more or less permanent and if the art does not turn out as expected, there is very little one can do to ‘erase’ it.

People earlier avoided getting tattoos because they were permanent, but with technological advancements there are proper procedures of getting tattoos removed. And to ensure safety from getting hepatitis, nowadays most tattoo parlors use hygienic tools and needles. Thus, tattoos are trending.

[With inputs from the Internet]

**K. Gunavardhan Reddy**  
MEC



# THE LAND FROM WHERE I COME



I come from a land  
where unity in diversity is experienced,  
where science meets spirituality  
and Hinduism meets Islam.

The land is also known as  
the mother of history and  
the great grand mother of tradition.

The soldiers of this land  
shed their blood to feed  
the flower of peace and  
sacrifice their lives to save  
the name of this land.

This land is a region of  
heroic and martyred soldiers  
Who would never allow the freedom  
of this land to vanish.

**INDIA IS THE LAND FROM WHERE I COME...**

**- Gungun Singh**  
MEC

## WHY DOES ONE WORRY?

Worry has become a habit for many. An inner energy that is not creative goes around in circles of worry. A creative person is one who, when he faces a problem, is focused on the solution. Convert the problem into a springboard for possibilities.

A doctor does not cure illness but allows the healing process within to surface by giving it the right condition. So, too, the true healer exists within you. But you have to create the right condition. By looking at the mountain, you can't climb the mountain, you should will yourself to climb the mountain. Optimise this will for you to be above worry. Ultimately, what you need is self-confidence, mental toughness, commitment to excel and the ability to use the power of imagination.

There are three pillars of self- confidence: Feeling good, Taking responsibility and Developing skills. There are both healthy and unhealthy ways of feeling good. You should develop the discipline to feel good in a healthy way. The quality of one's life is the quality of one's consistent feeling. There are techniques that are taught how to hold and maintain consistent feelings of empowerment within you.

Clarity is acquired not by knowledge but by knowing. It is not a belief system; it is intelligence operating in the domain of freedom. In freedom lies intelligence. It is not just discipline but true freedom. Freedom is not something devoid of order; it is a flowering of order.

Sourced from  
Speaking Tree - Economic Times

## THE SHOP KEEPER FINDS THE BEGGAR

Once there lived a shop keeper and a beggar. The beggar always used to come to the shop and sit. The shopkeeper didn't like him coming to his shop and was irritated with him. If he slept in front of his shop he used to pour a bucket of water on him and ask him get out from there. But the beggar used to come daily to him even if he was ill treated.

One night, as usual, the beggar was sleeping in front of the shop. Four men came there and started stealing things from the shop. The beggar saw them and tried to stop them. In the attempt to stop them he was killed by the robbers.

Next morning, the shop keeper was looking out for the beggar as he was used to his coming every day. He casually checked the shop's CCTV footage of the previous night . He felt very ashamed of himself. When he was alive he was not even treated as a man by him but after his death he realised his value. Let us value people around us irrespective of their status.

- Shashank Sai  
MEC

# WHY IS IT THAT SOME PEOPLE ARE NEVER SATISFIED?

What was once your biggest accomplishment is now ordinary. The same luxury car of yours does not give you that adrenaline rush as it used to anymore. Your dreams are always fancier than the reality after you achieve them. Have you ever wondered why?

Most of us are never satisfied with what we have. There are quite a few reasons why it is so. They could be:-

1. **Our brain loves new things.** We get excited when we see a new car or when we get new haircut or new clothes. Our brain is designed to push us to explore the unexplored. We often want to possess things that we don't have. People always try to reach new goals.
2. **We have high expectations.** We always have high expectations. Meeting those expectations could of course bring us happiness, but if we're waiting for that to happen, we'd be waiting for very long because that's the world we live in, where it is hard to meet those expectations. Thus, we get depressed and frustrated which will obviously make us feel unsatisfied.
3. **We don't appreciate what we already have.** "What you don't appreciate will depreciate." Some people can never appreciate what they have until they lose it. They never seem to be grateful. The reason why they tend to not appreciate what they have is because of the fact that they 'have' it. Once taken away from them, they will realize its value.
4. **Humans are not meant to be satisfied.** It's a fact. Like we're taught in economics, human wants and desires are unlimited. We always want more.
5. **Something out there is better than what we have.** Most people are never satisfied with what they have because of this main reason. They feel what the other person has is better than what he/she has. Thus, the desire to have more keeps on increasing. In order to feel satisfied, we got to have everything we don't until a point that there is nothing we might need anymore. But is that possible?
6. **If we can remain satisfied, we would never be motivated to do anything.** Dissatisfaction acts as a push and gives us motivation to reach our goal. When we feel there is something that we don't have or that we really need, we tend to take some action in order to have it. The desire to want more is what keeps us motivated. We all need something to strive for.

- Sumaiyya Ruhi  
MEC



## FARMERS' CREDIT

Lack of access to credit is one of the most pressing issue that hinders India's rural population from progress. It means the lack of access to credit by a farmer. Farmers cries for help have been ignored. Access to credit is highly important as almost 80% the farmers own less than a hectare of land. The availability of credit allows farmers to be protected from the inflated costs faced in agriculture and also improves the quality of fertilizes and hence the output. Should the distribution of credit loans improve, the Indian government would also find it easy to meet production targets and have a better control over prices of grains.



There has been so much attention focused on the industrial and service sector that the agricultural side has been largely neglected. The lack of credit loans coupled with improper government intervention had resulted in the likelihood of the farmers to go down hill. Unless some urgent and productive measures are taken by the government the agrarian society of India will not see a upbeat market.

**CH. Sushanth**  
MEC

## SCIENCE AND TECHNOLOGY IN INDIA

Over a period of time, India has progressively and perceptibly paved way for development in the field of Science and Technology. The 21st century in India is apparently marked as the beginning towards an advancement in terms of technology and enrichment of knowledge base in the fields of Science.

At present, India holds a strong position in terms of advanced technology. India also serves as a knowledge warehouse with the existence of its many institutions catering to Science and Technology which come with qualified and trained manpower. India has strong scientific and technological base that spreads across the country in the form of academic institutions, research and development laboratories, advanced medical experimental centers, and different advanced industries



Because of the development in all spheres of Science and technology, today, India is unquestionably a leading developing country in the world. The growth, peace, and security of a society is directly related to the development of the technology; as Science and Technology in a way influences the development as well as security of the society.

**- Abid Ahmed**  
MEC

# DON'T JUDGE

**With a smile for a smile and a heart for a heart,  
evolution of a new mankind will start.**

“Do we have the right to judge someone?”

When a person is genuinely bad all of us tend to judge but when we think about it later and if we are mature enough, we'll realize that we just wasted our time.

Does judging someone alter our life in a positive way?

No, it just makes us angry, irritated or jealous. It distracts our focus and takes away our peace of mind. If we put that energy on our own work, we would do our job better. Always remember when you judge someone you don't define them you define yourself.

Everyone has a story, and everyone has a reason why they are the way they are. There are so many people who are being accused just for being themselves. When you are not able to agree with someone, it's okay. You don't have to. Just don't be disrespectful to others and behave as if your way of thinking is the best way or thing.

Before judging someone, we need to make sure that we are perfect and no one in this world is perfect which simply implies that on one can judge a person.



Our job is not to judge. Our job is to lift the fallen. Our job is to heal the hurting. That girl you called fat; she's starving. The guy you laughed at when he was crying, his mother is dying. That guy you pushed away, is being abused at home. The old man you made fun of because his face was deformed, he fought for your country.

We think that we know what everyone is going through, but the fact is we have no idea. Blowing out someone's candle doesn't make yours burn any brighter. Remember, when you try to pull people down, you are already below them.

We all must understand that our words and actions have an impact on others. There are so many people dealing with so much today that even the smallest of our action can be a huge trigger in their personal life. All those who judge will never understand and those who understand will never judge.

Don't judge other's choices without knowing their reasons. We shouldn't be speaking negative about people because we don't know the kind of battle they are fighting daily.

No one likes being judged so back off and let people live. We're all on the same type of journey of evolving and growing.

Do you know how to stop judging? Before you judge, stop and think about all that God has forgiven you for. Lastly to conclude I would say, everyone you meet in this world loves something, is afraid of something and has lost something.

So, don't judge, because you know their name and not their story; You know, what they did but not what they've been through.

**Matilda Lewis**  
MEC

# INDUS VALLEY - HAWA MAHAL

Indus valley civilization was a bronze age civilization in the northwestern regions of South Asia, lasting from 3300 BCE to 1300 BCE. It is also known as Harappan civilization, as Harappa, was the first of its sites to be excavated early in the 20<sup>th</sup> century.

The Indus valley civilization is named after the Indus river system in whose alluvial plains, the early sites of civilization were identified & excavated.

After the time of its mature phase, the civilization had spread over an area larger than others. Indus valley civilization (IVC) extended from Pakistan's Balochistan in the west to India's western Uttar Pradesh. Early Harappan Ravi phase is named after the Ravi river. Most of people spoke Dravidian language. Harappan society had no rulers & everyone enjoyed equal status.

Various types of agricultural activities were undertaken due to availability of more amount of water. India, is one of the most beautiful & largest countries, with a mixture of various types of people. India is known as Golden bird for its wealth & monuments. And India's one of the best tourism spot and oldest place is HAWAMAHAL, in Uttar Pradesh. Hawamahal also known as "Place of winds" or "Place of breeze". is a place in Jaipur. It is made with red & pink sand stone. The structure was built in 1799 by Maharaja sawai Pratap Singh, the founder of Jaipur.

- **Ashrith Raj**  
MEC



# BEYOND THE CLASSROOM SESSIONS

We @ Gatik understand that every student is unique. The BYTC (Beyond The Classroom sessions) at Gatik are primarily focussed on identifying the latent skills / talents that are inherent in every student. Each activity is carefully planned to give a platform to help the students shed their inhibitions and come forward – be it a JAM session or a Kite Festival. The sessions also provide an opportunity for the students to be creative, critical, logical and insightful.





**JAM  
SESSION**



**Kite Festival**  
Sept. 11-13, 2015 - Veteran's Park, Macomb, IL

**WELCOME TO  
CATECHIZE  
The Gatik Quiz**



# GATIK TIES UP WITH GRADVINE

Gatik has taken yet another proactive measure to offer guidance to students to add to its visionary initiatives. We have tied up with Gradvine who will be our counselling partners. Through Gradvine's peer to peer mentoring model and the access they provide to the finest young mentors from across the world, we have taken another step towards our vision of creating the leaders of tomorrow!

There is no worse situation than realising halfway through college that you've made the wrong choice. Gradvine's unique career guidance model allows students to be dynamic while making career choices. Founded by alumni from some of the best universities in the world, Dartmouth College, an Ivy league University and Carnegie Mellon University, a top 10 global technology school, Gradvine started with the simple idea to connect students to different mentors all over the world in order to broaden their horizons. Through Gradvine's mentors, we help you ask the right questions, gain accurate and current information and make informed decisions about career choices.

Grades 11-12 is an age where dreams and aspirations take shape. It is also an age where students have the time to explore. The best way to understand the realities of various career paths is by talking to those who've succeeded in their journeys in the recent past. We give you access to over 400 individuals who are at the finest universities and companies pursuing careers in Engineering, Law, Liberal Arts, Accounting, Political Science, Civil Services and many others. This will allow students to understand how academics work at top Indian and global universities and the realities of various career paths.

On registration, Gradvine provides a gamut of paid services in multiple fields. Gradvine designs interdisciplinary projects across Engineering, Economics, Business, Design, Psychology, Creative writing, Accounting, and several other fields. They design group or individual projects on a case by case basis by assigning mentors who are experts in the field to handhold students through the process.

## Value for Students

Students need to discover their strengths and interests the right way.

Gradvine ensures students connect classroom teaching to actual problems that professionals are solving today. And also help them understand how different subjects at school amalgamate and complement each other on most career paths of the future. Gradvine's conversations and projects will ensure that students are well informed, confident and prepared to make the best choices as they enter a brave new world!

Hands-on experience, working on interdisciplinary projects for an extended period of time will help students understand the work involved in various fields. These projects provide students with a chance to understand how various fields and subjects come together to provide solutions to real-world problems. They can learn how data defines environmental policy today or how mechanical engineers and computer scientists collaborate with doctors to create artificial limbs!

When students understand the impact, the subjects taught at school have on the world, they could be motivated to master what is taught, and delve deeper beyond grades! (Economics & civics courses are the base for the biggest management and political consulting firms today!).

We are happy that our students have access to the best minds in the world and the option of taking up extended experiential projects to find their true calling. Through the Gradvine model, you will know the pros and cons of various career paths and discover a love for subjects beyond just grades!

# ON A VISIT TO A FARM

We visited Kapil farms, located in Moinabad, on 25th January 2020. This farm uses Israeli techniques of farming to increase the yield per acre. We were first taken to the lemon farm. There, the Trippko guide gave us a gist about the areas of farming techniques that we were going to cover.

In the lemon farm, we got to know that sweet lime especially used for pickles is grown there. Then, we saw an interesting thing. Fly-catchers, being used instead of the pesticides - a natural way to get rid of insects. The fly catcher contains the smell of the female insects to attract and trap the male insects.

The mango farm had trees of different varieties of mangoes. There were limited trees planted in every row and every row was given a number.

In their nursery, we saw rose plants and different types of plants and saplings which were covered with a sheet and we were also explained the importance of those sheets. We had also observed the grafting process which enables farmers to produce a healthy variety of yield.



In the cattle shed, we saw huge buffaloes and a very huge bull. We even saw calves which were so young. The vegetable farm had tomatoes, Indian gooseberry, bitter guard, cluster beans etc.

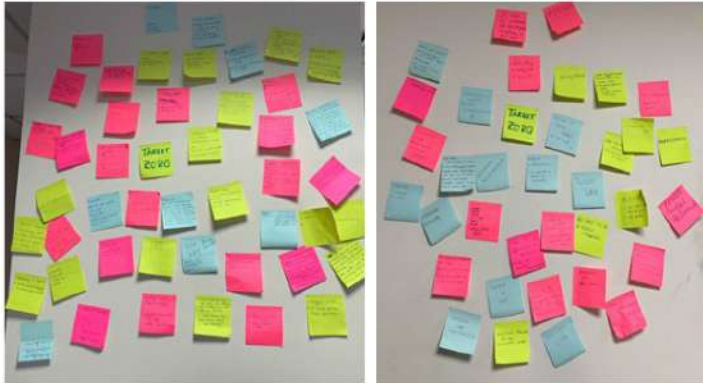
The most interesting learning happened at the Bio gas plant. We get the bio gas from the fermentation of the animal dung. This animal dung is heated at 38-40 degrees Celsius. The gas which is released from this is used to produce electricity. Bio gas is also used as a fuel for cooking.

This trip gave us new insights about the latest practices followed in farming / agriculture.

Compiled by  
**- Wekshitha. A**  
 MEC

## TARGET 2020

A '**Target 2020**' activity initiated in the college nudged the students to identify their shortcomings and set short term goals they wished to achieve during the year.



## ON A PUNNY NOTE

Pun = a humorous use of a word or phrase that has several meanings or that sounds like another word.



**What did the grape say when it got crushed?**

**Nothing, it just let out a little wine**



**I would tell you an unemployment joke, but none of them work**

**I'm close friends with  
25 letters of alphabet,  
I don't know y..**



**I had a crazy dream last night.  
I was swimming in an ocean of  
orange soda.  
Turns out it was just a  
Fanta Sea**

**What do French people call a sad  
Thursday ?  
A Tra-Jeudi.**



**A bicycle can't stand on its own  
because  
it is two-tired.**

**To the guy who  
invented zero, thanks for  
nothing**





**PARTICIPATE**

**LEARN**

**LEAD**

**TRANSFORM**

## CAMPUS LOCATIONS

### KOKAPET

Gandipet Main Road, Narsingi Kokapet X roads,  
Hyderabad-500075  
+ 91 40 29887350 / 51

### TARNAKA

Opp:St Ann's High School,Tarnaka Main Rd,  
Tarnaka, Secunderabad,Telangana 500017  
+ 91 40 29561152 / 53