

Gatik Pulse



FROM THE EDITOR'S DESK

It gives me great pride to bring forth this edition of 'Gatik Pulse' amid lockdown. The idea for this edition had been initiated by the students and the entire responsibility was also shared by a team of Gatikians. From collecting the articles to putting them together they had taken an active role. This made us realize that our students are self motivated and responsible. Thank you dear students.

We are gearing up to adapt to the 'new normal' and are anxiously waiting to meet the fresh set of young learners. Alongside, we have spread our wings in the city too. We have been reaching out to our students through Talent Enhancement Programs and propose to continue to up-skill them in all aspects.

We will come back to you with more fresh ideas from our new joiners in the forthcoming issues.

[Student Team -Ronan, Ashrith, Matilda, Wekshitha, Ruhi, Gungun, Abhinav, Sairam]



Editor
Vijayasree Varanasi



CEO'S MESSAGE

Mr. Gopi Prasad K

Are We Preparing Students For The Future?

Education today is at critical crossroads. Although parents want educational institutions to change their approach towards academics, I guess many are still in a confusion/ dilemma, whether the change would really help his / her child.

Since long, society has defined that preparing for the future, as, securing a seat in Engineering or Medicine. Does that really still stand good?

In addition to getting a seat in graduate college in a chosen course, the new age demands preparing oneself for the future, gaining life skills to adapt to change, facing challenges with resilience and contributing to the community in a positive way.

All the students out there also need to understand and have clarity about what is it that they are passionate about and accordingly, set realistic goals. It's very important to be loyal and committed to the goal. It's natural that journey gets tough as you progress but, giving up isn't the solution. One must have courage to face the odds and continue his / her journey. The big question is, are we preparing students for that kind of a future?

While ensuring that every child is college and career ready, we must also understand that there is no single pathway to success, for the simple reason that, success for every child does not look or mean the same.

We as parents or as an institution also need to gear up for the future scenario while designing our strategies and leveraging resources if we have to make the students future ready. Like the saying goes, ***All Roads Lead to Rome***, we must provide multiple opportunities for a child to tap his/her potential based on one's unique skill set. Only then will the real goal of education be achieved.

World Needs Job Creators, Not Job Seekers.

**Kokapet**

PRINCIPAL'S MESSAGE

Mr. Avinash M

"Growing old is mandatory but growing up is optional."
-Walt Disney

I can proudly attribute our success to - our students - who chose the option to Grow up!

Grow up - to take initiatives, to take up responsibility, to come up with ideas, to share success and above all to digest failure.

This edition of Gatik Pulse is an example that proves it. While people all around the world are struggling to work towards new normal, our students have come up with ideas that give us a confidence that all is normal. Their idea to come up with the magazine, overcoming limitations of meeting only online, compiling the magazine the way you are reading it today is commendable. I congratulate all the students and the Editorial team of Gatik for it.

What life throws at us is not our choice but what we make out of our life is absolutely our choice. This time may be challenging for many, as they have been away from family, society, work, friends, fun etc. But we need to realize that it can be turned into an opportunity to concentrate on ourselves, to learn new skills, to pick up new hobbies and discover a new YOU. We need to empower ourselves to be able to handle our basic faculties of thought and emotion. We need to master the influence of memories and imagination on our emotions. Memories of past actions need to pave a way for a better future. An ambitious imagination of the future should determine the way we spend today.

I also take this opportunity to appreciate all the students of Gatik for their remarkable success achieved in the Intermediate Board Examinations. They have proved that marks can be achieved if a student is motivated to learn and made to realize the purpose of learning. All of you are successful in scores besides holistic development. I trust you will be humble and be more ambitious towards learning.

With a hope and confidence that you make right memories and aspiring imaginations, I wish you to set the best for yourselves out of this new normal.

Thank you.

*Tarnaka*

PRINCIPAL'S MESSAGE

Dr. K. Ganesh

Education is a process that facilitates the acquisition of knowledge, skills, values or beliefs. Today, education is one of the most important aspects of society because education provides employment opportunities to all.

GATIK understands the challenges that are in store for students. Hence, our thoughts are a little ahead. We teach students to apply what they learn, which results in a balanced education – a balance of knowledge and application. Our mission is to support students in meeting the challenges they face and to help them reach their goals. Students are trained to become entrepreneurs, instead of becoming a job seeker. We will strive to guide the students in making wise decisions for their future.

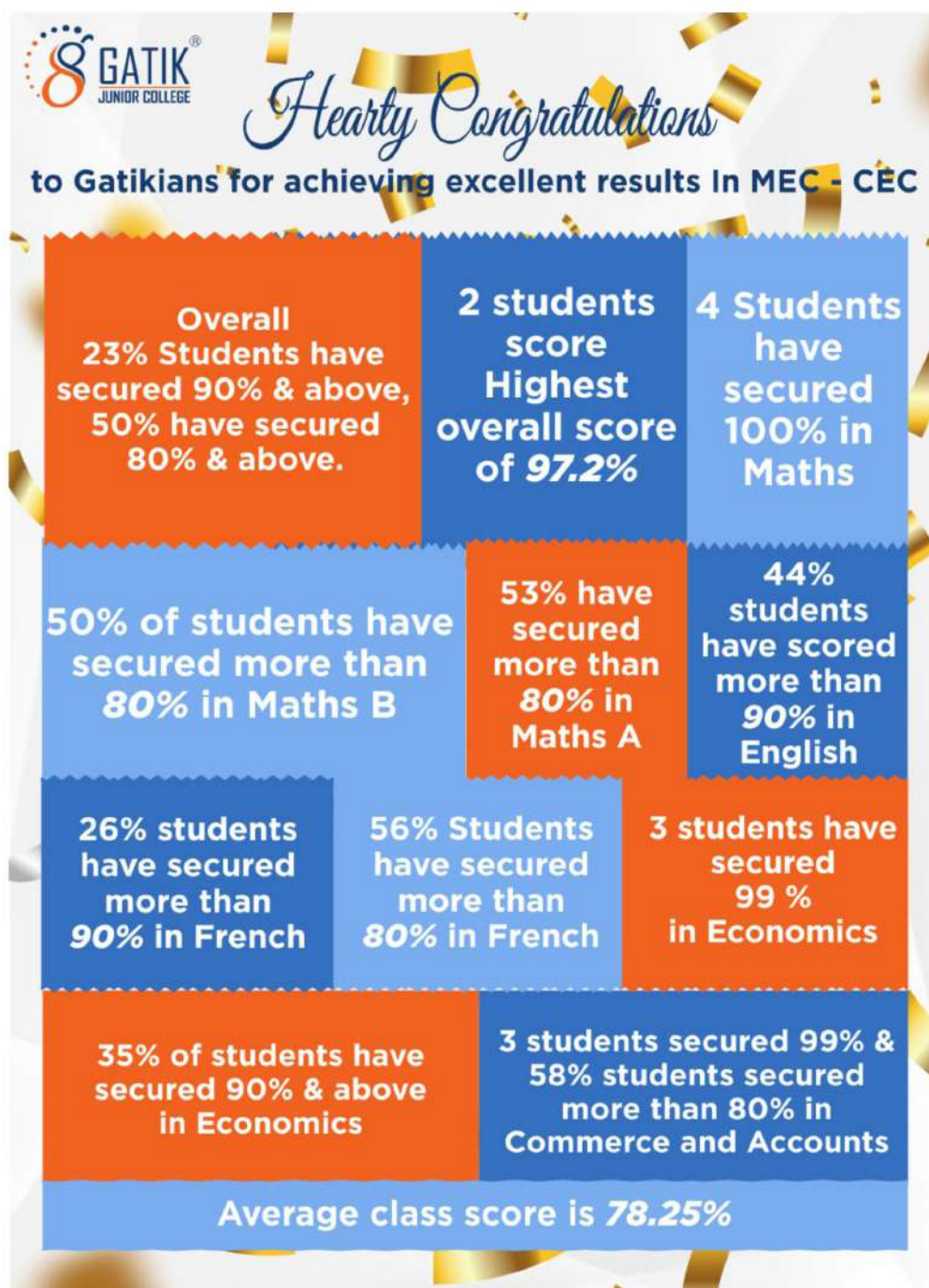
We provide a rich learning environment at GATIK where we take every opportunity to help students gain knowledge and to understand the concepts. The college fosters students' skills and teaches them to solve problems independently and work collaboratively with others.

Thank You

GATIK PURSUANCE

18th June was a significant date in the diary of Gatik. The results of the TSBIE first year Intermediate were released and the atmosphere was filled with excitement as the results were being analyzed.

Here is a snap shot of our maiden batch accomplishments :



Gatik Junior College **Congratulates** all the students who have achieved this feat with hard work and commitment.

WEILD THE RIGHT WORDS

They carry immeasurable power over us — to harm, heal, captivate and disarm

For last year's words belong to last year's language.

And next year's words await voice.

— T.S. Eliot

A beginning is a time when I tend to ruminate on ways to improve the experience of living; to better live the days that are ahead, or simply do the mundane differently. In the first month of 2020, this habit made me ponder on the noise that typified the end of the last decade — the incessant volume of the inventive, audacious and dissonant lexicon that has crept into common usage.

Words carry immeasurable power over us — the power to harm, heal, captivate, and disarm. For me, words have the power of therapy, connection, and collective outreach, often in a subliminal way.

With words potentially as a source of strength, we must consider how a war chest of efficient words can act as a potion to quell chaos and dissonance — simple words made of sincerity and brevity. Because it is true that 'the words you speak become the house you live in'.

We speak and hear differently. In between the cracks of our differences are recurring feelings, familiar emotions, and reflexes that are bridged with words that can potentially blur the differences, deepen our arguments, and engender honest participation. To respond at a level of harmony, we will need to conclusively switch from lazy words to mindful words, that require the rigor of choosing. The first step here is to overhaul our daily speech. For instance, some lazy, insincere, convenient expressions that abound — 'I will try', 'this is nice' or 'let's catch up soon'— spoken to substitute the straightforward 'no'.

Need for rigor words

As we speak mindfully, the words we choose induce response and reflection, make us pause, uplift, and connect us, and foster sincere relationships. I share a partial list of my own rigor words:

Action-words:

Thrive (not win), strive (not try), nourish, accept, contemplate, consider, pause, say 'no'

Guiding words:

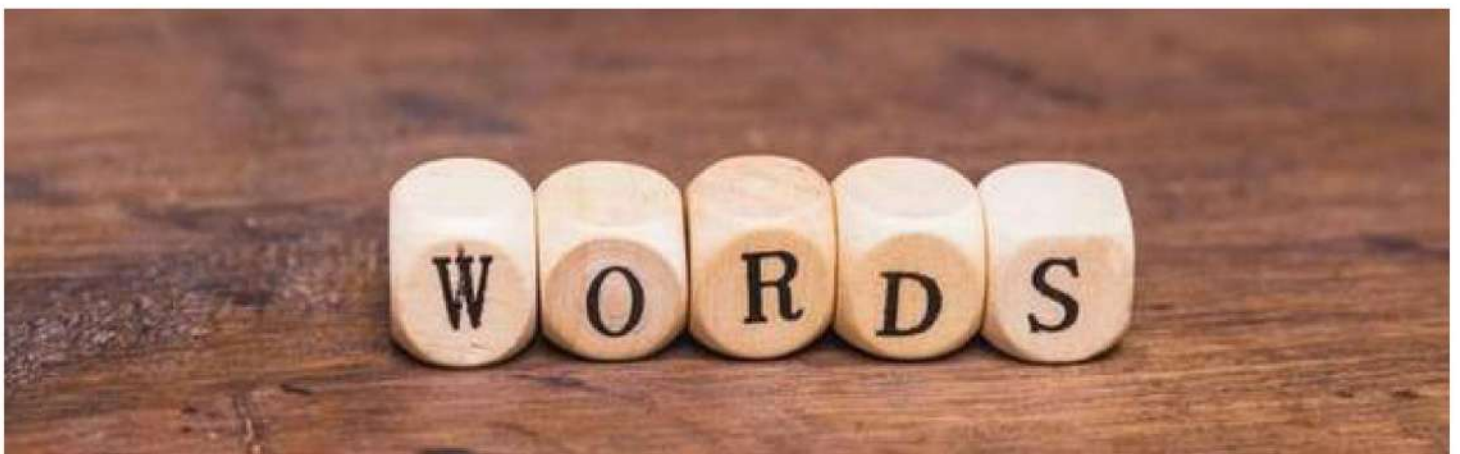
I intend to, I listen, I matter, I feel, I will create, I belong, I feel connected to, I think, I wonder (instead of I know), I am thankful.

Nouns:

Love, balance, intention, grace, gratefulness, generosity, magnificence, Carpe Diem.

And while you enlist your words of intent, select the ones that bring you closest to you, those that in a moment of disarray guide you to reason, calm, and connect. In this process, you will also look in vain for words that elude the imperfect gap in emotions that no word can replace. The trick is not to forget the gap; the gaps are merely placeholders until words appear in an inspired moment. Just make sure to tune-in.

Because simply put, we need words of belonging that move us towards each other, not from each other; ways of being human that open up the possibilities of experiencing together; ways of navigating our differences that deepen our curiosity, our friendship, our capacity to disagree and the arguments of living on this planet. This is what we need. This is the work each of us needs to do for an extraordinary experience of life.



***Sourced from
The Hindu - Education Plus***

THE LOCK DOWN - TIME LINE

22nd March 2020...

It all began two days before when the Prime Minister addressed the nation and alerted the citizens about the pandemic COVID 19. The first step taken by our Indian government to fight against coronavirus was 22nd March 2020, the day when the whole country followed a curfew voluntarily.

'Janata Curfew' from morning 7'o'clock till night 9'o'clock. On the honorable Prime Minister's appeal, the entire nation came forward to appreciate the covid19 warriors by clapping hands and making some noise at 5.p.m for five minutes.

24th March 2020...

Two days later, exactly at 8 p.m., our Prime Minister, Modi addressed the nation for the second time. The entire nation anxiously waited for the new announcements by Modi - each and every one glued to the television. I still remember my father called every member of our family to listen to his speech. Few minutes into the speech, after appreciating the citizens for making the 'Janata Curfew' a success, he made the big announcement "India will follow complete lockdown from Wednesday 25th March midnight 12 a.m. for 21 days."

This is the first time I could see that the whole country had stopped earning to live. We all have various types of vacations like winter, summer but it's the first time we are having a vacation due to a virus. Shall we call it as 'CORONA VACATION'?

A great time with family: Initially it was all panic and confusion but then we slowly started to settle down to the lockdown scenario.

5th April 2020

Once again PM Modi addressed the nation. This time what he announced was not at all expected by any of us as we thought that he would extend the lockdown. But this time, he requested all the citizens to switch off all other lights and appreciate the covid19 warriors by lighting candles, diyas, or mobile flashlights.



Lockdown 2.0 started on 15th April 2020

PM Modi finally extended the lockdown until the 3rd of May with conditional relaxation after 20th April for the regions where the spread of the virus had been controlled.

On the other hand, these lockdowns led the environment to recover and heal. Within a few weeks, we could enjoy the pristine nature and breathe fresh air. Since no vehicles were on the road pollution levels started lowering. Lockdown played a great role in giving the much-needed break to nature and other creatures on the earth. We could hear the birds chirping again, some animals started strolling on the streets due to the absence of vehicles and humans.

Did we forget the Warriors?

Oh No! This time the armed forces took the opportunity!

The most beautiful gesture by the Indian Armed Forces! They conducted fly-pasts, played military bands, lighted up ships at sea and showered flower petals on hospital Staff treating covid19 patients across the country, to express gratitude to the people fighting the virus.

I salute all the covid19 warriors for their relentless efforts.

What's our contribution towards it, besides reaching out to the needy people?

The only thing that we can do is **STAY HOME STAY SAFE!**

As I am penning down, the lockdown extension announcement is being made!



Gungun Singh
MEC

WHY Lockdown ?

Lockdown is a state of isolation or restricted access instituted as a security measure.

The novel corona virus has wreaked havoc across the world affecting the economy, killing over 3.2 million people, and infecting millions.

As the number of cases continues to rise, the government of India has taken several preventive steps- one of them being implementing a three-week lockdown. In the short run, lockdown is the best option for India as our health sector vis-a-vis those in other developed countries, where the virus has spread rapidly, is simply not equipped to manage the crises. Significant lessons will be derived during these hard times - the foremost among them being, only a robust and resilient health infrastructure will effectively defend us from such future pandemics. Because of the lockdown, today the number of death rates is low than in other countries in the world.

During the lockdown, people are spending their time at home with their family members and they are working from their home. Some people are learning different types of languages and attending different types of online classes etc.

There are benefits from lockdown too. To name a few...

1. Clear water in Venice.
2. Reduction in emissions and greenhouse gases.
3. Improvement in air quality.
4. Ozone layer self-repair

To-date, personal hygiene and social distancing are the only remedies across the world for the COVID19 pandemic.

LOCKDOWN LESSONS



“STAY HOME STAY SAFE”

Meghana Chouhan
MEC

THE LIFE SAVIOURS - DOCTORS

There is an old saying that doctors are second to God on this earth. The profession of doctors is perhaps the most respected. Their services cannot be compared with any other profession.

A doctor dedicates his life to the service of the patients. They relieve the suffering and pain of mankind. Only doctors can fight against those diseases and treat infected people. They help to make the world a healthier and better place to live in.

Recently the whole world got affected by the COVID-19 virus. This virus started in China and started spreading to all other countries. There is no vaccine for the virus. A great salute to all the doctors who are saving many lives of the people who are affected by COVID-19. All the doctors stood by people, working for them, saving many lives and they do not fear that virus affects them back.

HATS OFF TO ALL THE DOCTORS!!!

“Thank you for all that you’re doing. You are sacrificing so much to save people’s lives and to maintain normalcy. Because of your efforts, I can trust that my family, friends and neighbors will stay safe during this unprecedented crisis. **That’s why you are the heroes of this generation.**”

**Sashank Sai
MEC**

THE JALDI FIVE: PREVENTION IS BETTER THAN CURE

1. Practice social distancing

If you are around other people, maintain 6 feet distance. Avoid hugs, handshakes, large gatherings, and close quarters.

2. Wear a mask when in public

Do NOT use a facemask meant for a healthcare worker. Don't use a mask for young children under age 2 or anyone who is unable to remove the mask without assistance.

3. Avoid touching eyes, nose and mouth

Once contaminated, hands can transfer the virus to your eyes, nose, or mouth.

4. Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash.

5. Clean and disinfect "high-touch" surfaces

This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, and sinks.

[compiled from the internet]
Chaitanya Krishna
MEC

CORONAVIRUS PREVENTION TIPS



WEAR A MASK



**WASH YOUR HANDS
FREQUENTLY**



COUGH ETIQUETTE
Cover Your Mouth
With Sleeve Or Elbow



**DON'T TOUCH EYES,
NOSE OR MOUTH
WITH UNWASHED HANDS**



**AVOID CONTACT WITH
SICK PEOPLE**



**CLEAN AND
DISINFECT**

SIDE EFFECTS OF LOCK DOWN

The Indian economy is the world's 5th largest economy. It mainly depends on Agricultural production, Industrial production, the contribution from the service sector, and contribution from the export of Indian goods. Due to the current lockdown scenario, most of these activities had been put on hold.

India is the major exporter of steel, milk, and medicines. But presently, there is an export ban on all these items which is greatly affecting the Indian economy.

On receiving requests from other countries, recently the government has taken steps to partially remove the ban on exporting Hydroxychloroquine tablets to countries like Israel, U.S.A, Russia, and some South Asian countries. But it has not made a vital impact on the economy.



India's agricultural and production sector has been stopped which is posing a threat to the Indian economy as it has drastically reduced the economic growth rate and annual G.D.P.

India's efforts to increase its economic growth rate in past years have gone in vain due to a lack of consumption of goods in the current time.

If this scenario doesn't change soon, then the local companies which have been set up recently could go bankrupt as it will lead to an increase in production and decrease in consumption. This would ultimately result in India's economic backwardness.

India's economy indirectly depends on its population. India is the second-largest in terms of population and this makes our country to produce and consume more goods. But due to this COVID-19 pandemic, many people below the poverty line and especially the daily wage earners are unable to afford even for their food. It would lead to poor purchase power and in turn, will hinder India's consumption power.

The Chinese virus has not stopped till here. It is also affecting India's defense sector as the Indian Air Force is in desperate need of fighter Aircraft and its production line has stopped not only in India but worldwide which would lead in defense instability post lockdown.

Last but not the least this pandemic is also affecting the sentiments of the public as they can't go out to religious places and worship during this crucial time.

Faisal Naseer
MEC

SKILLUP WITH THE LOCK DOWN

WHY AND HOW?

Why Should I spend my Free time **“Learning”** Something New?

- Keeping your **mind and brain active** by learning something new will really help cure you from getting bored at home!
- **Time and Tide wait for none**, this time will not come back, don't you wish you did something productive with it?
- **College Applications:** When you draft your application, you get to add skills not part of your curriculum, showing Admission Officers that you have a variety of interests and are always willing to learn.
- **Expand your Network:** Online courses are a great way to make new contacts. You might connect with people of different ages and diverse backgrounds, gives you real-world experience from the safety of your home.

How to Successfully do an Online Course:

1) Manage your sleep: A good night's sleep isn't only for restoring energy, it helps improve your memory too. Just don't sleep all the time, that is counterproductive!

2) Decide what course and why: Whether you're after serious study or just a bit of time-killing fun, options exist for everyone. Review the Resources at the end of this article to see which suits your needs.

3) Choose something in Demand, a NEW AGE SKILL: You will hit the job market 6 years in the future, think “Needs of tomorrow” when picking something.

4) Make sure it INTERESTS YOU: Demand in the marketplace for a skill can't be your only reason for learning it. If it doesn't interest you, it will BORE you and boredom could give rise to errors, and decreased productivity. That might sound obvious, but amid all the hype surrounding “in-demand skills,” the obvious goes easily ignored.

5) Set your own objectives: Preset Objectives can be too easy or too hard for you to achieve. Ready-made objectives don't encourage you to think reflectively about what you're actually learning. So, think for yourself and define your own objective for the course.

6) Create a clearly defined study zone: Whenever you study, have a calm, clean, and structured environment. This is paramount to productivity. You need to be comfortable, have pens, note pads, and snacks ready, so you don't have to dash around the house once class begins. You will notice you can focus better when you have fewer distractions of these kinds.

7) Interact with fellow students, teachers, and teaching assistants to get the most of your time with the course.

Resources for Online Courses:

[MOOC Massive Open Online Courses](#) – free online courses available for anyone to enroll

[BBC Bitesize](#) – offer daily lessons from primary age right up to post 16 lessons

[Future Learn](#) – offer free online courses in a whole range of subjects

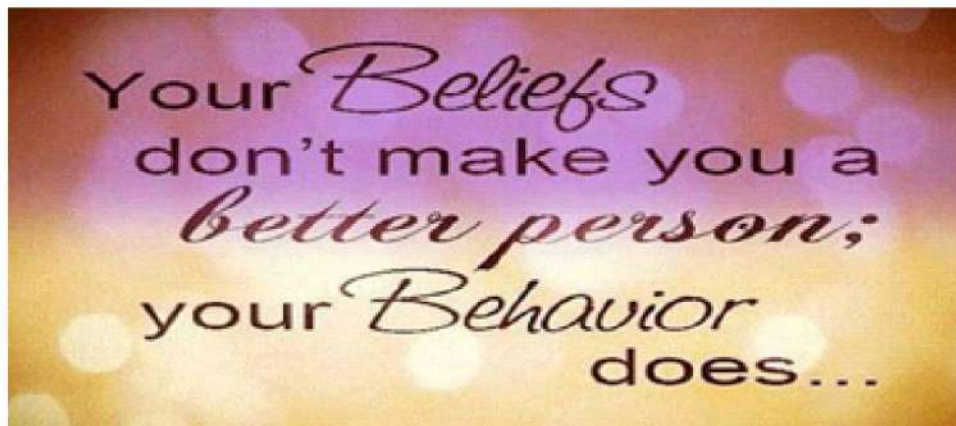
[Udemy](#) – Offers free online courses



Abide by Social distancing rules & ensure your parents know where you are.

Vanita Khosla
Manager - Student Services

CAN WE PRACTICE WHAT WE PREACH?



Every individual is a unique personality. Hence, each one has a different mentality, ideology, behavior, thoughts and attitudes towards the same things and phenomena.

Usually during childhood we are under the influence of parents, grandparents, teachers and we try to copy or rather follow them. As the child grows he/she explores the world and learns many new things and life also teaches them to unlearn certain things. A child instantly can't decide whose ideas are worth following.

As we become teenagers, a young man or lady, we tend to make our own conclusions rather than listen to what adults say and think. And from that point of time when we generate our own ideas, we are responsible for what we say and do.

There is a proverb: "A word spoken is past recalling". If you have said something once, don't change your opinion in one hour or the next day, because in future people won't know whether to believe you or not or whether to listen to you or ignore you.

Of course, over a period of time, as we gain new experiences, knowledge and evidence we change our ideologies. So, let us learn to accept others' ideas as well. You don't like them? Then remain silent. They would have gained it through their experiences and knowledge. If you believe in an ideology and it has been built with a proper background knowledge and not out of momentary reaction, then practice it. Let your practice be a message to others to follow suit.



**Ashrith Raj
MEC**

WOMEN EMPOWERMENT

What is it?

The concept of women empowerment has always been a substantial discourse in society. There always exist divergent views on the empowerment of in general and women empowerment in particular. Many of the scholars attribute the empowerment of women to the “status of equality” in every stream. It also refers to the creation of an environment for women where they can make a decision for the individual progress and society as well.

Why?

Women empowerment is important to be understood with the growing gap between constitutional rights and the rising exploitation in terms of marital rapes, domestic violence, honor killings etc. In such prevailing conditions, I consider equality of status for women is a false perception by the mainstream society.

Empowerment among women should be understood in a larger perspective beyond equality in all spheres by increasing and improving the social, economic and political strength of the women. It is also essential to ensure equal rights to women to make them confident to live their lives with a sense of self-worth, respect and dignity.

Women empowerment leads to a decrease social evil like domestic violence and other socially constructed stigmas. Education is the key aspect which relieves them from these social evils wherein uneducated women are at a higher risk.



How to do it?

Women are as talented as men. It is very important to give them equal rights to participate in social, religious and public activities. Every woman should be given an equal opportunity for education and employment opportunity without any gender bias. The policy of equal work equal pay should be strictly adhered to. It is very important to provide them with a safe and comfortable working environment too.

In order to make the country a fully developed country, women empowerment is one of the essential tools.

**Sujeethra
MEC**

FAKE HAPPINESS

There was a person named Mr. Unhappy. His wife was going to her mother's place for the first time after marriage. She thought, "Before leaving, let me buy something new... like a sari or a dress or something else." Mr. Unhappy gave his consent to it.

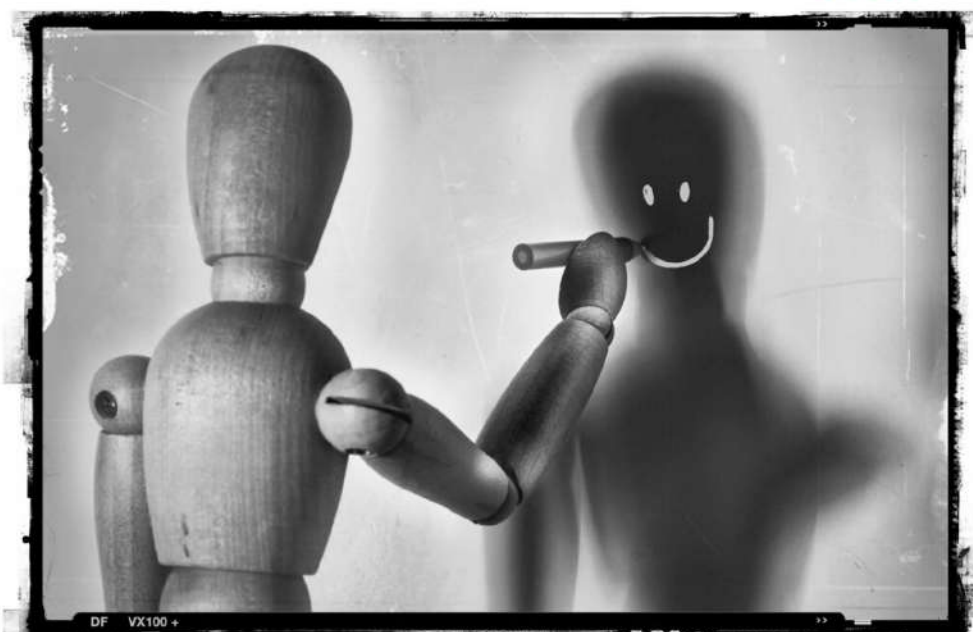
But then, his wife said, "People will appreciate me a lot better at my parent's home if I had a gold necklace." Mr. Unhappy replied, "I don't have much money. What should I do?" His wife gave her two gold bangles and said, "Instead of these two bangles, bring a necklace." He went to a goldsmith. The goldsmith said, "How can a necklace be made out of just two bangles? It requires a lot more gold." Then the goldsmith gave an idea. He said, "Take an imitation necklace that which appears as good as pure gold." Mr. unhappy took it with him and told his wife the truth.

She went to her parents' home wearing a fake necklace. There, her brother's wife saw the necklace and she asked her husband to get a necklace like that and he also goes to a goldsmith. The goldsmith suggested and convinced him into taking an imitation necklace. He goes home and tells his wife that it is a fake necklace and requests her to adjust to it.

Mr.Unhappy's wife feels jealous and she steals it. The same was done by her brother's wife and they both did not know that both the necklaces are fake and they were happy thinking that they had gotten rid of their fake necklace and are now having the real gold necklace. How foolish they were!

Similarly, many people spend all their lives trying to acquire false happiness. Be genuine and get real happiness.

B.Tarunesh Reddy
MEC



COMPETITION LEADS TO COOPERATION!!

Although both 'competition' and 'cooperation' are just a mere eleven letter words, they hold a deeper meaning within themselves. You all might be wondering; how can these two opposite words be connected? Well, this is just a common misconception of people. There still exists a blurry line between competition and cooperation.

In today's busy lifestyles, all people together are aspiring for success and simultaneously competing with many others in their respective fields. It has become exceedingly tricky for everyone to pick between competing and cooperating. We cannot deny the fact that both have their advantages and disadvantages. On the one hand, competition makes you work more efficiently and on the other hand co-operation can help in better problem-solving.



Fundamentally, if our community would just keep competing without cooperating, the world would just remain a battlefield. Day in and day out, we keep wondering about how we can defeat someone better than us. But we never realize that each and every one has unique strengths and weaknesses.

No matter how we compare competitors to cooperators, they both are still interdependent and have to rely on each other. Without any one of them, the world cannot be successful. They are like the secret ingredients of a recipe. If we stop competing then our self-growth also stops and if we stop cooperating then the world stops growing as well. So, the conclusion is - both competition and cooperation have to be balanced in a one-to-one ratio or else it will destroy the balance of life.



MOTHERS DAY 2020



My mom and I are each other's best friends. She is the most beautiful person i know. We are the silliest people when we're together. We goof around together until the others around us start yelling at us. There's no one like her.

- Ruhi

Honestly, I don't know what a mother means to all the other people but to me, she's a Wonder Woman. Me and my mum are like Tom and Jerry, well at least that's what my dad titled us.



- Dhanya Sri



To the most precious mother which is you,
You made me smile when I felt blue.
I older I grew,
The more I knew,
That I am blessed to have a mom like you!

- Zara

Motherhood:all love begins and ends there-Robert Browning

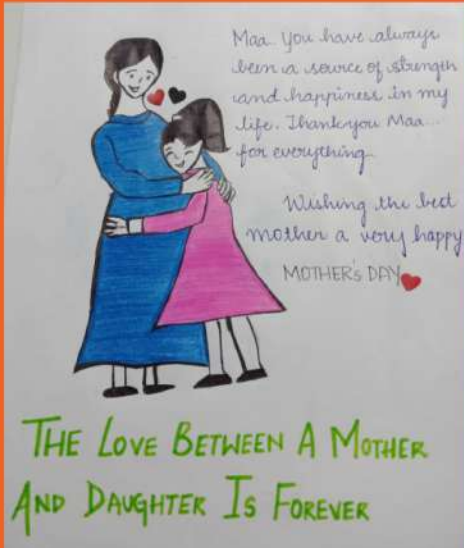
My mom's determination towards studies was amazing, I am proud to be the daughter of a scholar.yes,my mom Saritha singh was the topper of her school.

- Gungun



Without your love, I don't know what I'd do. that constant faith you had in me, has given me wings and set me free. thanks you so much, for just being you.

- Justina



- Sujeethra



- Yashasvita



**For all the times I forget to "thank-you"
For all the special, little things you do,
For all the words that sometimes go unspoken,
I need to say, "I love you , Mom".... I do...
I truly believe that " God could not be
everywhere , and therefore he made mothers"**

- Gulshan Vaishnav

**My mother is the most beautiful person on this
planet inside out. She does everything
possible to make me happy and makes sure
that I go to sleep happily every single night.**

- Chaitanya



**To the person I love the most in my life , throughout
my life you have always been with me. I am so
thankful and grateful to u mom for all the wisdom,
advice and knowledge u have imparted in me.**

- Ronan

PURPOSE OF LIFE

Have you ever come across a point in your life when you questioned yourself about the purpose of your life? This question has got many of us confused. And there is no single specific answer for it. Different people have different perceptions and they have their meanings to life. Now the question is, what is the purpose of life? How do we find it? And how do we fulfill it?

In my point of view, life is an opportunity to bring a change in the world, regardless of it being small or big. It is an opportunity to bring value to one's life and in others' too. It is about bringing positivity and happiness to this world.

The biggest way to fulfill the purpose of your life is by caring about happiness. The reason why most of us are unhappy is that we are not living life the way it is meant to be lived.

Few people hate their job, few regret that they're getting old, few are comparing themselves to others, few are trying to impress others, few care about being rich, etc. It could also be that some of them are complaining about things they can't control instead of working on things they can control. Some of them keep dwelling in their past or keep scratching their heads thinking about the future. There could be numerous reasons for being unhappy.

But what is "real happiness"? There isn't a definition for it, yet it can be understood and achieved. Do what you love rather than forcing yourself to love what you do. Be more positive. One should stop overvaluing other's opinions. If you desire to have something, work for it than complaining. The reason why people complain instead of working is that it is easier to complain than to work.

It also depends on the way you're living. Are you satisfied with the ways you're living your life? People nowadays are aiming to have a "settled life" than a "satisfied life". But what matters, in the end, is, how happy you are, the memories you've made, the changes you've brought in the world, what lessons you've learned and taught, the legacy you have left.

The only way you can make present life a chill flashback is by making memories. For that, you need to live the moment. Cherish the things and people that are around you. Be grateful for what you have. 'Present tense' is all that should matter to you. Thinking about what has happened or what is going to happen fails you in realizing what is happening. Make happiness the ultimate goal.

To have a purposeful life, you need to think about bringing positive changes to the world. Remember, even the smallest change can result in the biggest impact. And if you inspire anyone with your actions or words, it could create a chain. It all happens when you have empathy for the surroundings.

Wake Up and Realize that-

It is not about how many bucks you earn,
It is about how many smiles you bring.

It is not about how famous you are,
It is about how kind and humble you are.

It is not about how many times you've won,
It is about how many opportunities you took.

It is not about how big your house is,
It is about how happy your home is.

It is not about how pretty or ugly you are,
It is about how good of a person you are.

And that is all about having a purpose fulfilled.

When you get old and the life you lived does not satisfy you, you'll think about the opportunities you missed and the things you did not do. All you'd want is one wish to get everything back. But what's gone would be gone. You'll be left with nothing but regret. So, the purpose of your life is to make sure you don't end up in that place.

The biggest mistake you can do with your life is, be alive and not live.

Make empathy, kindness, compassion, love, and above all, happiness, your biggest goal. As that is.....

The biggest purpose of one's life.

**Abid Khan
MEC**



BEING DIFFERENT BEATS BEING BETTER

Be different.

I look at entrepreneurship as the music industry. Every artist who is at the top of the charts is different from everyone else. There's only one Drake, Rihanna, Lady Gaga. These artists didn't try to become better versions of Jay-Z, Madonna, Beyoncé, or whoever came before them. No, they created their genre.

Drake is the first rapper that sings. Rihanna broke out with a song called "Pon de Replay" which is a combination between pop and reggae, a new sound. Lady Gaga, well, she doesn't need an introduction. She's Lady Gaga and you can't compare her with anyone else.

You see, it's not about being better, it's about being different. And when you're different, you're often the first in a new category.

Most of us are under the misconception that striving to be the best is the ultimate goal. I would agree to it to an extent, for example, if you take sports, no matter which sport you are playing, you need to stay at the top of the game because there's only one place at the top. In fact, I am inspired by many athletes like Cristiano Ronaldo, Roger Federer, Serena Williams for their amazing sportsmanship.

But when it comes down to things like business, instead of aiming to be the best, aim to be different from that of the others, to quote:

"Everyone is interested in what's new. Few people are interested in what's better."
— Al Ries

When u look at different entrepreneurs, they not only change lives but also change the world for better. These entrepreneurs know for a fact that being different instead of being better than someone is what is going to make them achieve their goal.

If you're constantly looking at what people are doing, trying to beat them at their game, you'll end up being just like everyone else. If you do what everyone else is doing and follow the crowd, you will only reach as far as the others. Who cares about a marginally better product or service? That's the problem with most businesses and even people. We compete with each other for the same market.

Lastly, I would like to quote,

"Instead of looking at competition and being like I am going to be better, be like I am going to be different because at the end of the day it is the difference that makes us perfect"

—Steve Jobs

I AM A HUMANIST BEFORE A FEMINIST

Is it right to label all men as culprits and all women as victims?

Imagine the whole world strongly believing in humanity, where everyone has an equal right over everything. Do you think in such a world women would have to fight for their rights?

When we think from a broad perspective and try to see issues in a big frame we will realize that if only we were good and kind human beings in the first place, we would never have to face gender inequality in the world. We have heard so many instances in the past where women have been so brutally treated. They were asked to burn themselves alive along with their husband's dead body. In some cases, they were forcefully asked to shave their heads on their husband's funeral and the list of such activities against women is never-ending. I strongly feel that if everyone starts respecting others for whoever they are, we would have so much peace in our lives. It is not about fighting for women's rights, now it is time to fight for human rights because not only women but even men are being accused and punished for something they aren't even involved in.

No matter what it is, our duty is to stand up for people of any gender who need our support. We cannot go against human rights. Period. In the end, we are human beings who travel on the journey of life with our respective purposes. All of us need to be sympathetic towards each other, that is how our problems will end and we can have better lives.

Treating people with dignity, and also not forgetting that we men and women are all the same will lead us to a much brighter future. Lastly, it is all about people and the way they think. Men and women are both God's creation who have to be given equal respect in our society. By being a humanist, I strongly believe in human rights rather than gender bias. Never cause harm to any individual.

Matilda Lewis
MEC



SHERLOCK HOLMES: "I SEE IT, I DEDUCE IT."

Sherlock Holmes is one of my favorite heroes. When I grow up, I want to be able to solve the mysteries in my life just like Sherlock Holmes.

Detectives are really cool. He's one of the greatest detective characters. He listens to every last detail when someone is talking. He can see and remember the smallest details, and he's really smart to be able to piece everything together and solve mysteries.

I like the way the character 'Sherlock Holmes works with his partner Dr. Watson. My all-time favorite stories of Sherlock Holmes mysteries are: "The Adventure of the Speckled Band", "The Red-Headed League", and "The Naval Treaty".

Sherlock Holmes is described as a pretty tall guy with black hair. He has kind of big ears too, and a pointy nose.

Qualities that I like and want to learn from him

- 1) Be observant
- 2) Be a good listener
- 3) Be in the know [we have to know what others don't know]
- 4) Pay attention to details

My favorite incident of Sherlock Holmes is from the story "The Hound of the Baskerville"



Sherlock Holmes and Dr. Watson investigate the legend of a supernatural hound, a beast that may be stalking a young heir on the fog-shrouded moorland that makes up his estate.

He is a hero to me and I look up to him.

**Sai Ram
MEC**

HABIT FORMATION

From my observations, I learnt that there are 5 rules which we need to follow to make a habit.

- Follow it for 21 days : Many people tell that if we follow a routine for 21 days without fail, it becomes a habit. The reason behind this is our body takes 21 days to adapt the changes and then the body can do such routine.
- Dedicate a time period : This can be useful in many ways. Setting a time for a thing makes your time useful and effective.



- Make up your mind : Making up your mind that you have to do it , helps you prepare mentally.
- Do not postpone : Do not become lazy and postpone it. Set a time and follow it. If you don't feel like doing it just think of the benefits and the reason that you resolved to begin the habit.
- Find an alternative: On any day if you find that you will not be able to follow the set routine then look for an alternative way of doing it which will not compromise on the benefits. This can be understood with an example. If you want to reduce weight you can go to gym or do dieting. If you don't want to go to gym on any particular day you can eat less that day. But then remember not to make exceptions your habit!

**Sai Keerthi
MEC**

WRITER'S BLOCK

Oh no! Tap tap tap! Groan! Moan!

What should I do? I had an assignment to complete, oh lord, an article! And I was sitting with a blank page in front of me and several crumpled discards in the trash can.

Of course, this was given to me long back, but lazy as I am, I waited till the very end to start working on it. Now, I find myself, just a few hours from deadline, going nuts trying to figure out what to write an article about!

This is such a drag! How I wish I could laze around all day!

Okay, maybe I am exaggerating a little over there! It isn't exactly a drag. It's just that I am all out of ideas. I am stuck at home, spending all my day trying to find something to write about.

So here I am, begging my brain to come up with something. I already wrote two articles halfway, but scrapped them because they seemed to be going nowhere.

Aha story it is. Now, how do I come up with an idea for a story? Browse the internet? Yes! This ought to work! Google saves the day!

Ok, Google, what should the story be?

"Dinosaurs take over the world"? Not that one. Too generic!

Let's see..... "Children discover a dead body"! Creepy..... This is getting boring, let me go to YouTube and watch some videos. Maybe I'll get something.

Three hours later, I am watching videos about North Korea for some reason. This is not working.

Snap out Aman, get to work. We have a job to do.

Let me delve into my experiences and get inspired.
Come on brain, THINK!

Yeah..... maybe I should write about the time when I.....-No we cannot write that; I will become the butt of all jokes...

How about.... -NO, NO definitely not that. That was too embarrassing. I have spent years trying to erase that from my memory, and here it pops up at the most unwanted times.

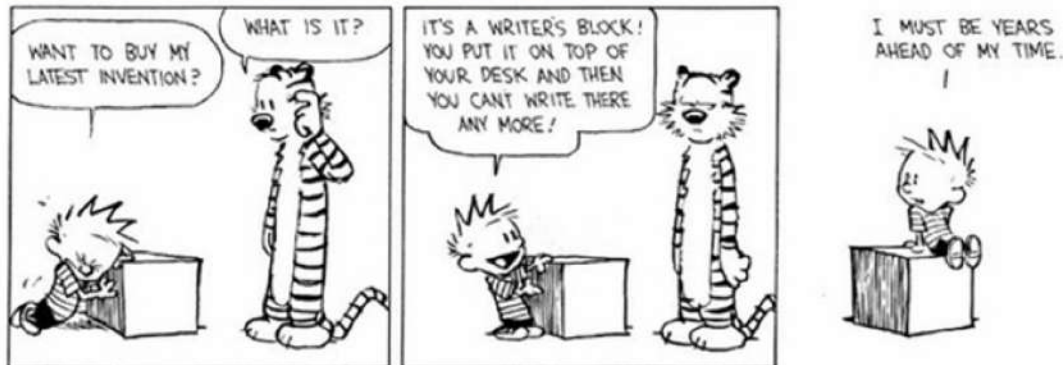
Okay, what else do we have? Maybe I can write about the time when I went to.....-OH NO that is something which no one must know. I'll get in deep trouble if people find out.

Jeez, brain, why must you remember only the most embarrassing times, and the ones that must never come out.

We need something that is not embarrassing & won't land me in trouble. But of course, my brain refuses to co-operate and pours forth only the worst.

The friend next door, yes maybe. Of course, we talked about everything under the sun except a story idea.

We wonder why yellow is called yellow and not green, and argue if the earth is round, flat, or a cube and find hilarity in a little kid tripping over. There.....eccentricity at its finest! **BUT NO STORY!**



Mom! Help! Give me a plot!

Here's mom saying..... "You're old enough to figure that out yourself, stop coming to me for help..... blah blah". Very nice!

Dad! Where are you?!

Five minutes later: E-commerce? The economy of the country? How to become a successful IAS officer? How to top exams?

Oh my God! Such scholarly& esoteric topics! No way I would be able to write something about that. These are way above my pay grade!

Music might give me the spark. There I am with musicblasting on the speakers at midnight, oblivious of whom I might disturb.

But then again, we hit another roadblock. As much as I enjoyed being immersed in black metal music, it gave me no inspiration for a story, other than relating to satanic verses.



So this didn't work out either. What do I do now? I still have a mountain to climb, and I have absolutely zero ideas. I tried everything I could, but nothing seems to work. I might as well give up.

So here I am trying to scale the biggest writer's block.

Hmm, back to the internet!

**Aman Shrivastav
MEC**

DOES INDIA HAVE A PROPER EDUCATION SYSTEM ?

Today, many of us know that India is one of the youngest countries in the world with more than 63% of the population in the working-age group and more than 54% of the total population below 25 years of age.

India is one of the best countries, which has many young minds, but it is still lacking in many aspects, especially in the "EDUCATION SYSTEM".

India has more than 1.8 million schools and more than 39 million students enrolled in higher education in 2018-19 as per the Ministry of Human Resource and Development. Despite all this, why is it not fully developed?

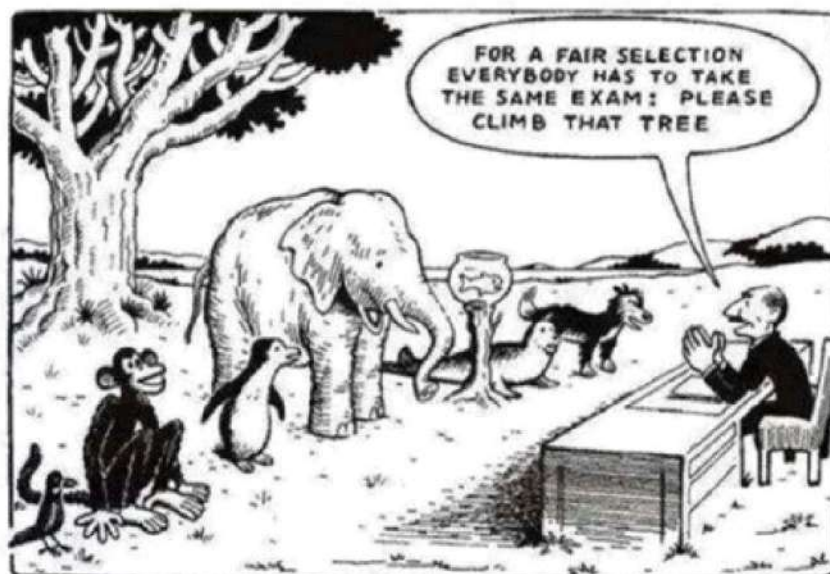
The problem is with the education system in India.

Education should equip students with 5 main qualities.

They are:

Self-Confidence, Honesty, Discipline, Knowledge, and Humanity

But what we are learning from the current system are Fear and Selfishness



Our Education System

"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."

- Albert Einstein

Fear is playing a key role in students' lives. They fear exams, they fear the subjects, they fear their career prospects and are paranoid about not being successful with a good job.

For example, someone wants to be an Entrepreneur but due to the social / family pressure one has to become an "aeronautical engineer".

If a person wants admission in one of the top universities, he/she has to spend a fortune on it even though he/she has a merit result. The universities are becoming corrupted. Even in some cases "reservations" do stop merit students entering into top universities.

The schools and colleges are not providing any thinking space for students. The Indian Educational system has to revise and align its syllabus according to the emerging trends in the market.

It is conducting one exam for all types of students, and these who will succeed in that syllabus-based exams are given first priority and those who have failed are not given a second chance. Some students are interested in music, some in medicine, etc. Every student should be given an opportunity to prove his/her talent. Every year nearly 2 lakh patents are registered in Japan. In India only 12,000 patents are registered and even they are not given any importance.

An ideal school/ college should be able to churn out successful independent and creative thinkers and that should be the benchmark for the colleges and not the marks alone. Every school must establish innovative labs for students and they should provide creative thinking space for students. Reading learning academic topics alone doesn't increase thinking capacity in students, "asking a question" helps in increasing the thinking capacity of the students.

The Indian government should change methods of the existing educational system. Exams & syllabus pattern should be changed. Right from childhood, parents and teachers should identify, in which aspect the child is interested in. They should motivate his/her ideas.

It is then that we can see a brighter transformed India.

G. Rahul Reddy
MEC

MYTHICAL GODS

“A myth is a way of making sense in a senseless world. Myths are narrative patterns that give significance to our existence.”

- American existential psychologist and author, Rollo May.

Well in simple English, myths are considered to be well-known stories that were made up of the past to explain natural events and religious beliefs. But no one actually knows if they were made up stories or true events because as time flies, true events can be spread differently by the word of mouth to make them more interesting and catchy. And mythology is a collection of myths.

Mythology and culture go hand in hand. It determines the beliefs and practices of people and how they relate it to themselves and their lives. People use the concept of myths to determine fortune and misfortune. Mythology also plays an important role in forming the base of several religions.

They tell us stories about good and bad. Knowing of mythical stories inspires people to differentiate themselves from the bad and fight for the good.

Mythologies should be considered sacred as they tend to bind communities and people find their purpose in life which might inspire them to do great things. I think we need mythology because we need a bedrock of story and legend to live our lives coherently.

There are thousands of different kinds of mythologies because every religion and every place has its own set of stories. But a few of them remain legendary not considering the fact whether they are true or not. A few of these legendary mythologies are-

NORSE MYTHOLOGY

Norse mythology is also known as the Scandinavian mythology. It is a version of the older Germanic mythology. Norse mythology, is a set of beliefs and stories shared by northern Germanic tribes. This mythology includes a few gods and goddesses. Ymir, the ancestor of giants. It was believed that Ymir was the 'first being' who was created by ice and heat long before the existence of the earth. Odin and Frigg are the king and queen of Asgard and Frigg is also the goddess of the sky. Thor is also a part of this mythology as the loyal defender of Asgard. He is the god of thunder and also one of the sons of Odin. This mythology also includes Loki- the trickster god, Tyr-the god of war.

mythology is considered to be closely similar to that of Greek mythology but with

GREEK MYTHOLOGY

Greek mythology is a body of stories concerning the gods, heroes, and rituals of the ancient Greeks. Greek mythology has a huge history where the sky (also known as Uranus) and Earth (Gaea) gave birth to the titans. Kronos the leader of the titans overthrew his father and ruled 'The Golden Age'. Kronos had 6 gods and goddesses as children. On fear of losing his throne to his children, he swallows five of them but Rhea (his wife) hides the youngest god Zeus from being swallowed. Zeus tricks his father and frees his siblings and this led to a war between Titans and Deities until the result ended in Zeus' favor. Thus, came forward the most believed rule of the 12 Olympians including original 5 gods i.e., Zeus, Poseidon, Hestia, Demeter, Hera, and 7 other deities namely Athena, Apollo, Artemis, Ares, Hephaestus, Aphrodite, Hermes, and Dionysus. They were called Olympians as they resided on Mount Olympus. Roman mythology is considered to be closely similar to that of Greek mythology but with different names.

EGYPTIAN MYTHOLOGY

It is a collection of myths from ancient Egypt. The actions of Egyptian gods govern natural forces and represent the proper functioning of the world and the sustenance of life itself. These deities are an integral part of people's everyday lives. There are around 2000 deities from this mythology. The famous gods became state deities while others were associated with a specific region. The main deities of this mythology are Amun-Ra (The god of sun and king of deities), Mut (the mother goddess), Osiris (the king of living), Chaac' (the God of rain), Anubis (the divine

HINDU MYTHOLOGY

Hindu mythology is the set of stories that were found in ancient Hindu texts and epics such as the Vedic literature, The Mahabharata, and The Ramayana, The Puranas and other religious texts. It consists of three main deities namely Vishnu (god of life), Brahma (god of creation), and Shiva (the Destroyer) also known as Holy Trinity of Hinduism. This mythology also comprises of 4 major traditions which are Vaishnavism (considers lord Vishnu as the supreme lord), Smartism (its supreme being is lord Brahma), Shaivism (Lord Shiva) and last comes Shaktism (its godhead is Devi- the goddess). Most of the other deities are either related to them or are incarnations (avatars) of these deities.

When it comes to the question of trusting myths, I personally never really showed great interest in mythology because we don't really know if it speaks the truth. But when I actually started reading about them, I felt the need to question myself 'why not' because there is nothing wrong with trusting them till, they are proved wrong.

When it comes to these gods, whether be it Thor or Loki or Greco or Roman gods or Indian gods or characters in any other mythology, the reason that gods were invented was basically that they were larger versions of ourselves. So, you are doing nothing wrong by believing in them. But I still leave it to your decision because at the

**Bhavana Leela
MEC**

THE REVENGERS

Once upon a time in a country, there was a radical campaign to rapidly increase the country's industrial output by mobilizing, the country's vast rural peasantry. It was set in motion by the government with the intention to achieve a rapid increase in industrial production so that the country would catch up with the rest of the civilized world. The country started an agrarian society then.

One of the most famous initiatives then was to form co-operatives or collectives up to 5000 families and this initially yielded double the amount of crops grown. This initial success led to ambitious goals for the following year, but the weather didn't cooperate. Even though fewer crops were harvested, rural officials overstated the amount of grain for fear of not meeting their quotas.

This over-reporting led to an imbalance between the demand and supply. The sparrows were accused of pecking away at the supplies in warehouses, at an officially estimated rate of four pounds of grain per sparrow per year. In the cities and the outskirts, almost half of the labor force was mobilized into the anti-sparrow army.

People started trapping, poisoning, and killing sparrows in large numbers. Several free-fire zones were set up for shooting the sparrows. People would beat drums to scare the birds from landing, so the sparrows were forced to keep flying until they dropped dead from fatigue. Sparrow nests were torn down, eggs were broken, and nestlings were killed. Non-material rewards and recognition were offered to schools, work units, and government agencies in accordance with the number of sparrows killed.

Later some scientists who cut open the digestive systems of dead sparrows found that three-fourth of the contents were of insects harmful for crops and only one-fourth contained grains. The scientific findings showed that sparrows were basically beneficial birds for humans. After the campaign, rather than seeing an increase, the crop yields were substantially decreased. Though the campaign against sparrows ended, it was too late. With no sparrows to eat the locust populations, the country was soon swarmed. Locusts coupled with bad weather led to the "GREAT CHINESE FAMINE". Yes, what you read is true.



Further use of pesticides against the locust population degraded the fertility of Chinese agricultural lands. Instead of working in fields, millions of farmers had to leave their villages to work for industries. A very small area was left under agriculture and food shortages became an everyday occurrence in the lifestyle of Chinese residents...



Any living organism can't avoid crises since they are a normal part of life. However, none have ever encountered a disaster on the level of that which fell upon the Chinese Sparrows in 1958. The environmental crises in question were not a natural one rather, it was manmade. In the entire history of sparrows around the world, they have never been haunted down as they were in China in 1958.

I feel you got the immense meaning of my story's title "REVENGERS". Every organism on the planet has a purpose and an equal right to live...

**K.Vivek
MEC**

THE RIGHT TO INFORMATION[RTI]

The right to Information Act empowers the people of India to get information from the government. The 'Right to Information' Bill was passed by the Parliament and this bill was accepted by the President on June 15, 2005. This law came into force on 12th October 2005 except for in Jammu and Kashmir. It has been given the status of Fundamental Rights, incorporated under Article 19A of the Constitution of India.

The main purpose of this right is to make it easy for every conscious citizen to access the desired information. If a department or organization denies information, then the complaint can be lodged against them in the Central Information Commission.

Any citizen can obtain the information on the work, role, mode of operation, etc. of the government or any institution. With the help of this right, all citizens can understand the government's transparency in functioning and it will, in turn, lead to more responsive governance. The right to information is a great step to control corruption and red-tapism in the country.

For a healthy democracy, it is necessary for the government or any office bearer to be accountable to the public.

**Karthikeya
MEC**

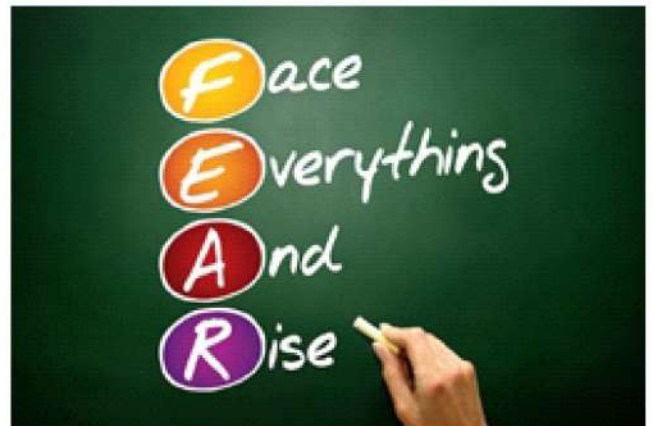
HOW TO OVERCOME YOUR BIGGEST FEAR ?

“We may have absolutely no control over what happens to us, but we can control how we respond. If we choose the right attitude, we can rise above whatever challenges we face.” – Nick Vujicic

Fear is something that you feel inside you. It stops you from doing something which you wanted to do. When you are not perfect at something, you fear to do that. But sometimes, you even fear to do something that you are so perfect. That is where you lack self-confidence and at that point, fear occupies you. So, the first thing you need to do is to overcome that fear.

You may be afraid of water; you may be afraid of your parents or you may be afraid of your top-secret being revealed. No matter what it is, everybody has some or other fears in their lives. For a few, overcoming their past could be fear too. If you want to overcome your fear, you need to face that fear first. Then, you need to find out the cause of that fear. Then challenge it and overcome it.

It is easy to say but it is not that easy to overcome your fear. When you try to overcome your fear, you may fail. But, once you succeed to get rid of it, you feel yourself lightened. To overcome your fears and your negative thoughts, I am sharing a trick that might help you. I read this one in a random book. It helped me and I hope it helps you as well.



When you have the fearful thoughts in your mind, do not panic. First, relax and keep your cool. Then, start imagining that there is a balloon. Now, slowly push your thoughts inside the balloon and tie it hard. Then, release the balloon into the air. After doing this, you will feel calm and free from those fears. You feel like you have achieved something big and it gives you peace and happiness.

Sometimes, when you cannot change your past, it is better to accept your present. Consider your future and handle the consequences in your life. There is no need to feel like you have sacrificed something in your life. You just need to feel like something better is going to come to you.

**Wekshitha
MEC**

WISE INVESTMENTS

Normally when we think of investments it is about multiplying the money that we have. But there are certain investments that give us not only tangible but also intangible benefits. For example, visible wealth like gold and property is essential, so is invisible wealth - physical, emotional, spiritual, and intellectual wealth. They enhance the quality of life and also help us have more material wealth. We will realize their importance only when we miss them.

Investment in Health

As the saying goes - 'Health is Wealth', money spent on health is probably the best investment we can ever make. We need to create a mindset of setting aside a portion of our monthly income for health. When we are young we feel that 'nothing is going to happen to us'. As investment in health is a long-term investment and we will get maximum returns as we age. So we need to ensure that we are not a burden to anyone during our lifetime. We also have to set aside money for health checkups and medical insurance. We should not allow the price tag to determine what we buy when it comes to our health. Without physical energy, we can accomplish little in life.

Investment in Knowledge

As the food is to the body, ideas are to the mind. To stimulate and activate the mind, it has to be constantly fed with the best ideas and concepts. An active mind and a healthy body will help us to expand our awareness and widen our perspective so that we are able to see life from different angles and viewpoints. Intelligence can be a great blessing, but it also can be a great curse if you do not manage it properly. There is plenty of knowledge available in the world, but we have to invest in the right kind of knowledge. So, it is necessary to keep ourselves updated. We have to invest in our intellectual growth - both professionally and personally. As we grow older, a trained mind will be our best friend and resource.

Investment in Faith

Physical health is for the body whereas knowledge is for the mind. But mere health and knowledge will not suffice to lead a happy life. It has to be balanced with investment in our invisible soul. This investment awakens faith, devotion, and sacredness. It creates a relationship with the divine, the supernatural, the omnipresent, and attracts positive energy. We are multidimensional beings. As faith is an extremely powerful and potent force in human life, the more the spiritual investment, the stronger will be the faith.

An investment in the awakening is a wise investment.

**Noel Jose Samuel
CEC**

WHAT IS MANDALA ART ?

The mandala is an art therapy tool for making order out of disorder. Mandala is a Sanskrit word for “magic circle”. Even though it may have features like squares or triangles, mandala always has a concentric nature. They are incredibly versatile and can represent a number of meanings for the viewer. Mandala art is more than 2,000 years old.

Mandalas offer to balance visual elements symbolizing unity and harmony. They are circular designs symbolizing the concept that life is never-ending. Our earth is a mandala. There are mandalas in nature and man-made design everywhere we look. Once you start to notice them you will see them everywhere. Nearly every culture uses mandalas or circular images in their cultural or spiritual practices.

Our emotions sometimes throw us into chaos and nothing makes sense. At these times, we often need to find a center amid the confusion, a way to pull together the scattered parts of life and find order. Anyone can make a mandala. It is like meditation. You can experience a relaxed and connected sense of being and feel that everything in life is connected in some way.

[Information Sourced from Internet]
Lakshmi Meghna & Ruhi
CEC & MEC



STUDENT TALENT ENHANCEMENT PROGRAM (STEP)

On the 20th and 21st of May, an online session on talent enhancement was conducted by Mr. Praveen Marri, the CEO of skills creator Pvt Ltd and Mr. Naga Raju who is a teacher trainer. The program started by giving us an insight into the major qualities a leader must possess.

They spoke about the four Cs and how they help us to be an ideal leader. We were also told about the importance of having empathy in us. The entire session was based on the main qualities of a leader viz. **Communication, Confidence, Compassion, and Collaboration**. If one has these qualities then that person can be called an ideal leader.

He affirmed that when we are a leader we need to build that connection with each and every person of our team. That is how we can make our team strong. The second quality he spoke was about confidence. A leader without confidence can never lead his team in the right direction. Having self-confidence is very important because that is how we evolve as a leader. A guide can never be in doubt. He will mislead all the people who follow him. Compassion is another important quality that makes a good human being. A leader needs to have a sympathetic heart that understands all his teammates. When we work out of compassion we will be blessed in the most magical ways. The last quality is collaboration. No matter how powerful we are, it isn't possible to get all that we need without the help of others. Collaboration with others helps us to achieve major goals. We were all taught how important these qualities are and also how one can build them. This session was really an eye-opener for all of us. Lastly, if we follow all the tips and guidelines given to us during the session we all are going to evolve as great leaders who will help the society in all ways and evolve as great human beings.

**Compiled by
Matilda Lewis**



TEENAGE DEPRESSION

Sadness, feeling down, hopelessness, loss of interest in the daily activities, etc. are familiar feelings we all have. But if it exists and affects us for a longer period of time, it may be the case of depression. Depression is a common and serious medical illness. It lowers a person's mood, causes a lack of interest in any kind of activity and affects a person's mood, thoughts, behavior and outlook. Different people are affected differently by depression. Around the world, more than 264 million people of all ages suffer from depression. At its worst, depression can lead to suicide. Internet sources' statistics show that nearly 800 000 people commit suicide and die every year.

Teenage years can be extremely tough and depression affects teenagers way more often than many of us realize. In fact, it is estimated that one in five adolescents will suffer from depression at some point during their teen years. According to experts depression in teens and young adults is much more than a phase. It's a real condition that can interfere with daily life, lead to suicidal thoughts and behavior, and go on to affect a teen throughout life. They often tend to see the world in a negative light. They can be overly hard on themselves and feel worthless. There are multiple reasons why a teenager might feel depressed. For example, teens can develop feelings of worthlessness over their grades, school performance, social status with peers, low self esteem, smart phone addiction, a stressful home environment or violence can each have a huge effect on how a teen feels. Drugs and alcohol abuse can also be a cause of depression and many teens turn to these substances over and over again to medicate their emotions.

Even though depression is highly treatable, most depressed teens fail to ever get help. It's treatable and parents can also help. Unlike most adults, who have the ability to get help on their own, teenagers rely on parents, teachers, or other close members to recognize their suffering and get them the help they need. But that isn't always easy. Teens with depression don't necessarily appear sad. Instead, irritability, anger, and agitation may be the most prominent symptoms. Your love, guidance, and support can go a long way towards helping your teen overcome depression and get their life back on track.



Depression can be very damaging. So don't wait and hope for the symptoms to go away. If you suspect that your teen is depressed, bring up your concerns in a loving, caring and in a non-judgmental way. Ask your child to share what they're going through, be ready and willing to truly listen. Forbear from asking a lot of questions but also make it clear to them that you're ready and willing to provide whatever support they need.

The COVID-19 pandemic and the lockdown are affecting almost every aspect of contemporary life, including mental health and well-being. This public health crisis may have a particularly major effect on people living with depression. The stresses of the health risk that the pandemic presents and the tragic loss of life it has caused, including with social isolation, a lack of access to favourite activities, and an uncertain future are challenging everyone. These issues may be especially challenging for those experiencing health conditions like depression.

“Be kind, for everyone you meet is fighting a battle you know nothing about.”

Sumaiyya Ruhi
MEC

ARTWORK



**Suzi
CEC**

EXTENDING A HELPING HAND



Date: May 7th 2020

The coronavirus lockdown has brought the world down to its knees. Several people do not have a roof above their heads or food to eat.

At a time like this, Gatik Junior College took an initiative to help the daily wagers who lost their livelihood due to COVID 19 Pandemic. Over 50 families of daily wagers from the states of Karnataka, Madhya Pradesh & Maharashtra have received ration kits consisting of rice, atta, toor dal, Sunflower oil, Tata Salt, Masala, Dish wash soap and bathing soap.

Gatik Junior College will continue to work towards relief for all those in need, in the days to come.

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