



अनुनाद

A DEPARTMENTAL MAGAZINE

अभिव्यक्ति

art & culture

AUGUST 2021

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VISION OF THE DEPARTMENT

Strive to be a Centre of Excellence in Electrical engineering and producing graduate engineers instilled with human values and professional ethics, who will serve as a valuable resource to the nation.

MISSION OF THE DEPARTMENT

- i. To impart strong technical foundation through high-quality teaching and practical skills.
- ii. To groom the graduating engineers for Industry, Research and Higher Education.
- iii. To inculcate ethical and moral values by providing a congenial environment.

PROGRAM EDUCATIONAL OBJECTIVE

- | | |
|------|--|
| PEO1 | To develop professionals in core and allied engineering sectors. |
| PEO2 | To promote innovation in design and research. |
| PEO3 | To develop self-employed professionals with strong communication, team work and leadership skills. |
| PEO4 | To inculcate human and ethical values for the betterment of the profession and the society. |

PROGRAM SPECIFIC OUTCOME

PSO1

Apply the concept of basic and electrical engineering fundamentals in solving Electrical & Electronics Engineering Problems.

PSO2

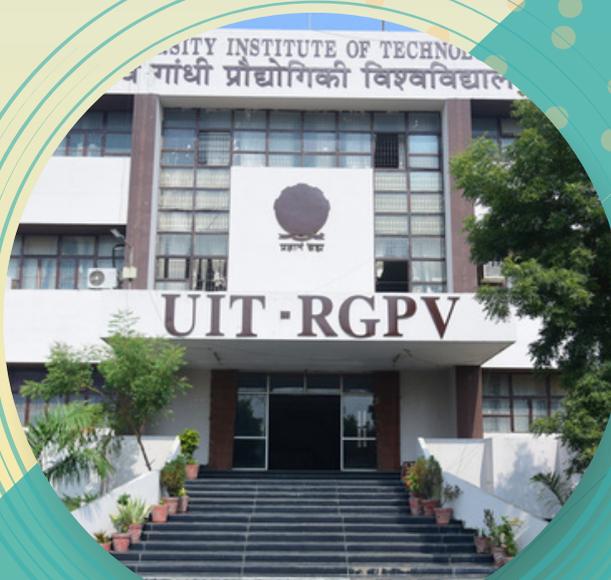
Develop and enhance innovative skills to provide engineering solutions in the areas pertaining to Electrical & Electronics Engineering.

PSO3

Analyze and design Electrical & Electronics Engineering systems.

Any suggestions for modifying above statements are solicited.

✉ | anunaad.ex.uitrgpv@gmail.com





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अभिव्यक्ति



FOR QUERIES/CONTRIBUTIONS/FEEDBACK:
anunaad.ex.uitrgpv@gmail.com

NURTURE NATURE

ENVIRONMENT SUCCESS STORIES.....

Drafted By: Ayush Mamgain | 4th Year

EdiblePRO

EdiblePro offers consumers an alternative to plastic by producing edible cutlery and containers. The production unit is in Bangalore employs 9 women. EdiblePRO is Developed as a sustainable alternative to single-use plastic tableware like spoons, cups, bowls. Their products are nutritious that can be eaten or disposed of in a compost pit. It will take a week for them to biodegrade, as opposed to plastic which takes nearly 500 years. The startup was founded by Shaila Gurudutt and Lakshmi Bheemachar. EdiblePRO offers more than 80 variants in terms of designs, flavours, colours, and textures at affordable rates. It was a shared passion for the environment that drove ex-IBM employees, Shaila and Lakshmi to quit their jobs and launch the venture in 2018.



India's wild tiger population is increasing

A century ago, more than 100,000 tigers roamed the planet, but as humans encroached on their habitats and hunted them that number dwindled to a record low of just 3,200 in 2010. The latest tiger census in India confirmed that the current tiger population in India has increased to 2967.



The tiger census entered the Guinness Book of World Records as being the biggest tiger survey ever. India is one of 13 nations working on a common goal to double tiger numbers by 2022. It's estimated that India's wild tiger population has increased by 33% since 2015.

Japan Turns Old Electronic Into Olympic Medals

The 'Tokyo 2020 Medal Project' was conducted by the Tokyo Organising committee of the Olympic and Paralympic Games (Tokyo 2021).

The collection of small electronic devices such as used phones from all over Japan to produce the Olympic and Paralympic medals.

In a countrywide effort, citizens within Japan have been donating their consumer electronics directly to the cause. E-waste, waste from dumped electronics is the fastest growing waste problem in the world. According to a U.N report, 45 million tons of electronics were thrown out worldwide in 2016 and only 20% of that waste had been recycled.



CHILDHOOD BONDED IN SHACKLES AND CHAINS

Submitted by: Mamta Singh | 2nd year

“The term child labour is often defined as work that deprives children of their childhood, their potential and dignity and that is harmful to physical and mental development.”

-International Labour Organization

There are 219 million children involved in child labour worldwide. Approximately 60 million of these children are present in India, which is the home to largest number of child labourers. With each passing year this number just goes on increasing. Instead of nipping the problem at the bud, it is being nurtured by our society in various ways.

The worst forms of child labour as mentioned by the ILO (International Labour Organization) are: -

1. All forms of slavery
2. Child prostitution or involvement of child in pornographic activities
3. Illicit activities e.g., drug trafficking
4. Dangerous work which harms the health, safety of morals of children.



These children often belong to very poor families who depend on their income for the living. They either willingly move to developed cities or are lured by the various labour recruiters who promise them good job, money and standard of living. They work as bonded laborers or daily wagers in factories. They are paid minimum wages and made to do physically exhaustive work



VIRAAJ - A CHILD LABOUR STORY FROM INDIA

Submitted by: Mamta Singh | 2nd Year

“I am 12 years old and I live in Agra. I live with my mother, who works as a nanny while I work in a shoe factory. We sold our house for my father’s treatment and used the rest in my sister’s wedding. I wake up in the morning and freshen up. After that I have my breakfast and go to work by 9 am. I don’t like the work that I do. Many a times I get scolded at workplace and since I work with adhesives and glues the smell makes my very nauseous and uncomfortable. If I don’t work then it will be very difficult to meet our expenses since, we have to pay our house rent and also arrange for our daily bread. I get 100-200 per week. If I get an opportunity I would like to go to school instead of work. I have a dream to join the armed forces.”

This is the story of Viraj who lost his father at a very tender age and because of that the family’s financial condition deteriorated. He had no option but to work for living. Children working in these industries are often exposed to vapors from glues and adhesives. It contains many hazardous components that may cause lung diseases, respiratory problems and skin infections. They are ill-treated and underpaid by their owners and bosses. Bonded child labourers are often subjected to physical, emotional, mental, and sexual abuse, even leading to death. Many people sell their young daughters to rich men or traffickers to clear their debts.



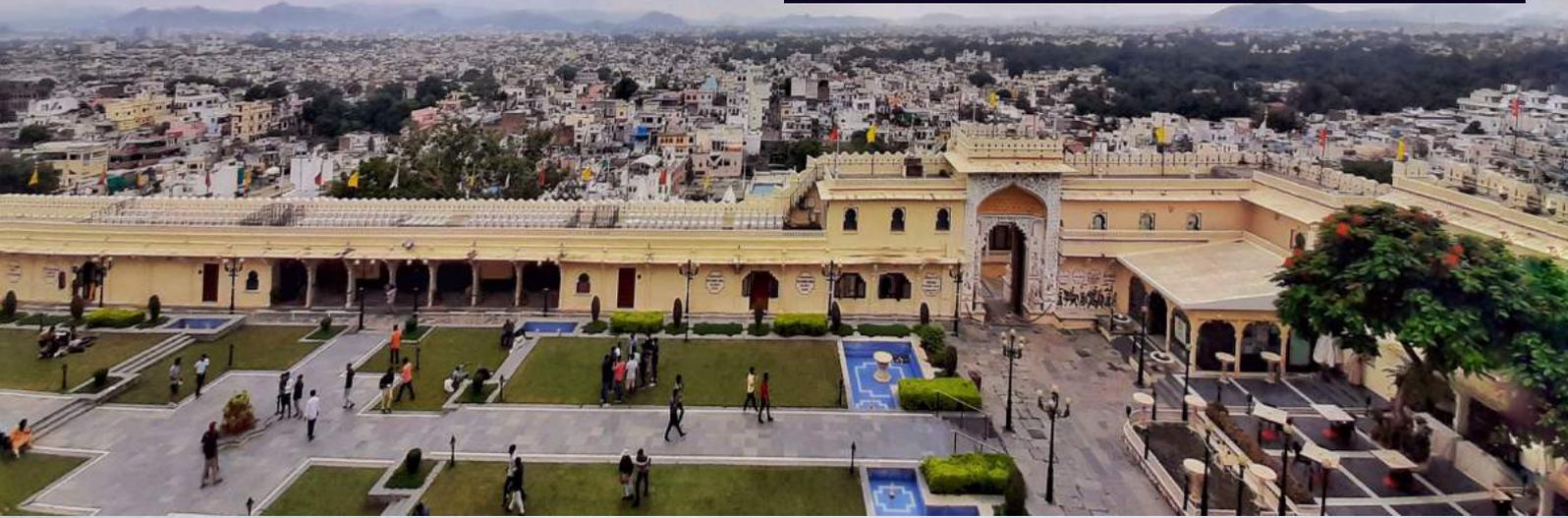
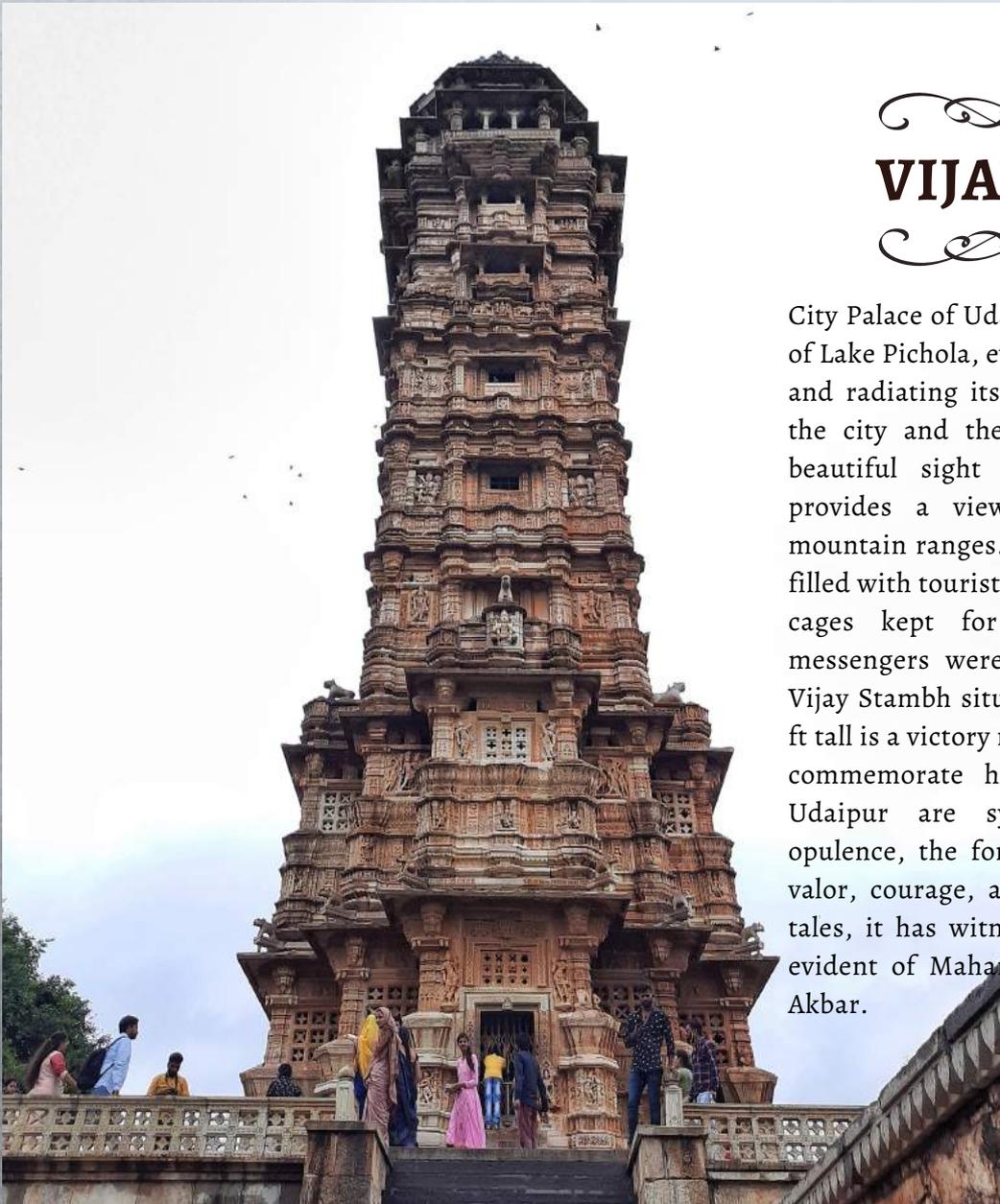
The single aim of my life is that every child is: free to be a child, free to grow and develop, free to eat, sleep, see daylight, free to laugh and cry, free to play, free to learn, free to go to school, and above all, free to dream.

— Kailash Satyarthi —

Presently there are many social activists working for the liberation of these child labourers. The most prominent of them being Nobel Peace Prize winner Mr. Kailash Satyarthi. He has launched various global campaigns to free them of this hellish life and has been working

for decades, striving to rid India of child slavery. He has made about 75,000 bonded and child labourers free.

In the midst of other big issues, the voice of these children gets ignored and does not get the attention it should get. Any individual, tortured, assaulted and traumatized at such a tender age grows up to become an adult having trust issues, anxiety issues, low self-esteem, lack of confidence, depression and hopelessness. This indirectly hampers the growth of our society and the whole nation.

The Panoramic View

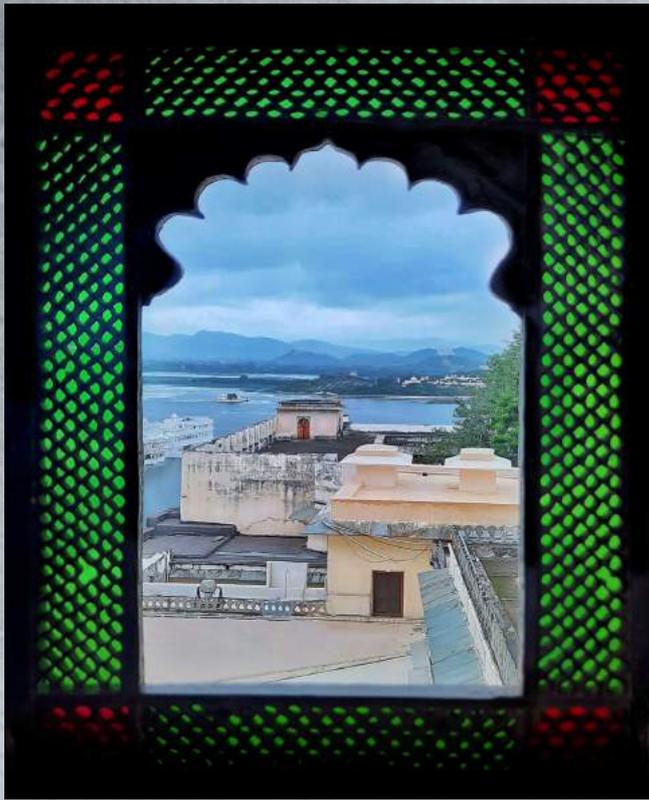
VIJAYA STAMBH

City Palace of Udaipur is located on the eastern bank of Lake Pichola, even after 500 years it is standing tall and radiating its charisma. The panoramic view of the city and the Aravali ranges in the back is a beautiful sight to behold. The lace-like facade provides a view of Lake Pichola and sublime mountain ranges. Despite all the rush, the courtyard filled with tourists imparts a sense of tranquility. The cages kept for pigeons that once served as messengers were empty, hanging there in solace. Vijay Stambh situated at Chittorgarh fort stands 120 ft tall is a victory monument built by Rana Kumbha to commemorate his victory. While the palaces of Udaipur are synonymous with grandeur and opulence, the fort of Chittorgarh is an epitome of valor, courage, and resistance. The fort tells many tales, it has witnessed three major johars and it is evident of Maharana Pratap's defiance to Emperor Akbar.

Vijaya Stambh



Abhishek Mewade
4th Year



A Perfect Frame



Cages

पुवैपुव वीवारेडड



The Courtyard

वीर रक्त

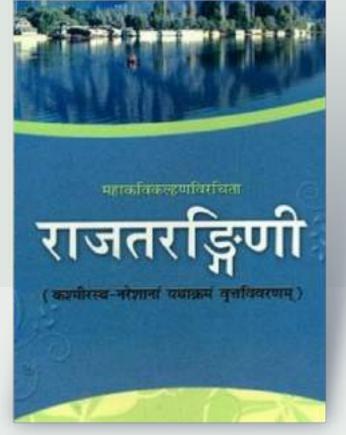
सुमित खरे | Alumnus 2017-2021

“ ये कहानी नहीं इतिहास की गाथा है
हृदय में महाराणा दिमाग में वो मराठा है
शिवाजी की सोच का दिमाग में जाल है
स्वपन में तलवार सहित छत्रसाल है
दिखती लाला और सुभाष की शहीदी है
चली जाएगी एक दिन ये जवानी भी अथिती है
सिन्दूर से भी लाल लोह से सख्त है
रुके न छलकने से ये वीर रक्त है ।

”

कश्मीरी साहित्य

अविकांत बोरकर | चतुर्थ वर्ष



कश्मीर के सबसे प्रारम्भिक ग्रंथों में से एक 12 वी शताब्दी ईस्वी में संस्कृत में लिखी गयी कलहण की राजतरंगिणी थी | स्थानीय लोग कश्मीरी भाषा का उपयोग करते थे और इस पर फारसी और हिंदी बोलियों का प्रभाव पड़ा था | प्रारंभिक मध्य काल में, जब भक्ति आंदोलन अपनी परकाष्ठा पर था, कश्मीरी भाषा लाल देद नामक अपनी पहली महिला कवयित्री की साक्षी बनी, जो की एक शैव रहस्यवादी थी | लेकिन प्रमुख प्रसार कश्मीरी में इस्लाम और सूफ़ी मत और सूफ़ी गुलाम मोहमद, जिंदा कौल, महजूर आदि जैसे कई प्रमुख लेखकों के आगमन के उपरांत हुआ |

कश्मीरी साहित्य में एक और आकर्षक व्यक्ति नंद ऋषि के रूप में जाने वाले नूरुद्दिन थे और उन्हें अपनी कविता में हिंदी और इस्लामी तत्वों को एक साथ लाने का श्रेय दिया जाता है |

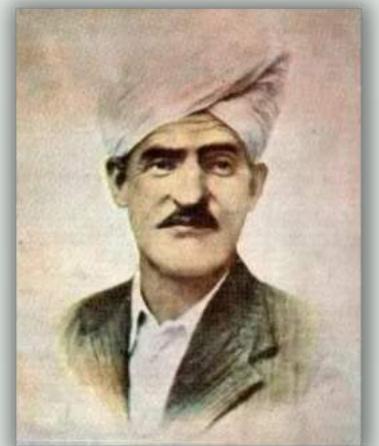
1846 में जम्मू में राजनितिक सत्ता के डोगरा परिवार के पास हस्तांतरित होने के साथ, कश्मीरी पर डोगरी भाषा का ग्रहण लग गया | हाल ही में, इस भाषा को पुंजीवित करने में फिर से कुछ रुचि पैदा हुई है |



जिंदा कौल



लाल देद



महजूर

MENTAL HEALTH *matters!*

The human brain is a wonder. Through folds of tissue and pulses of electricity, it lets us perceive, attempt to understand, and shape the world around us. As science rapidly charts the brain's complex structures, new discoveries are revealing the biology of how the mind functions and fails. Given the centrality of the brain to human health, its malfunctions should be a priority, separated from stigma and treated on par with the diseases of the body. We aren't there yet, but the transformation is underway.

The treatment of mental illness has long been held back by the sense that disorders of emotion, thinking, and behaviour somehow lack legitimacy and instead reflect individual weakness or poor life choices. Too often, individuals suffering from serious mental illness—those in greatest need of care—have been isolated and cared for outside of traditional health care, as in the asylums of the past. However, just as other fields of medicine have evolved as knowledge advanced during the past century, psychiatry has also made profound gains. Advances emerging from unlocking the brain's physiology and biochemistry are coming at a time when mental health care is being integrated into traditional health care. I find it fascinating to see the common sense approaches to treating mental illness.

Bringing together the sensibilities and experience of the past with state-of-the-art modern medicine often makes good sense. But if we can go beyond the “what” of mental health, and spread word about the hows, and the whys, perhaps this would get more traction? Mental health may be intangible, but it's the product of the human brain. If we incorporate it, and the problems that occur within it, into the mental health discussion, perhaps the messages will end up more persuasive, more convincing?

It's time to recognise mental health as essential to physical health.

“

HAPPINESS CAN BE FOUND EVEN IN THE DARKEST OF TIMES, IF ONE ONLY REMEMBERS TO TURN ON THE LIGHT. — ALBUS DUMBLEDORE

”



Submitted by: Shreya Arora | 4th Year

Why Routines Are Important for Mental Health.

Submitted by: Shreya Arora | 4th Year

It has been said that humans are creatures of habit, and while we all like moments of spontaneity and surprise, we feel comfortable when we know what to expect and can follow a plan or schedule.

Mental ill health is disruptive, it can turn our worlds upside down, leaving us feeling kerplunked. It can sound counter-intuitive but developing a daily routine can help us to feel more comfortable of everything, and help us make room for all that's important. Doing our routine regardless of the results can aid our mental health. It can help us to cope with change, to form healthy habits, and to reduce our stress levels.

During the COVID-19 pandemic it has been easy to lose track of time as our rigorous daily schedule and commute have been replaced by being quarantined at home for endless hours and days, and the lack of a schedule has made many of us more uncomfortable than we have imagined.

Studies have shown that daily routines have far-reaching mental health benefits, from alleviating bipolar disorder and preventing substance abuse to managing the symptoms of other mental disorders.

Plans don't always go as planned though, so remember to be kind to yourself," says Goldman. "This is not the time to put extra pressure and expectations on yourself. It's not easy to create new routines, or add structure to a day, when our lives feel completely disrupted and turned upside down, so it may take some time to get used to this "new" routine and be able to feel accomplished."

It takes 21 days to form a new habit, and the same goes for a routine. If you set and stick to a new plan for three weeks, there's good chance you'll stick to a routine for a long time.

There are enormous benefits of having a routine,

- Lower stress levels.
- Form good daily habits.
- Help you feel more productive.
- Help you feel more focused.

Follow a Routine that supports your health, simple routines to organize your day can include:

- Waking up at the same time every day.
- Keeping a daily schedule of exercise.
- Eating healthy meals on a regular schedule,
- Setting realistic goals,
- Preparing for challenges but not ruminating on things you can't control.
- Setting aside some time for activities that you enjoy.

into thin air

LOKESH WASANKER
4TH YEAR



(Pitch black hallway, faded noise of footsteps increasing in pace by every passing moment and now it's clear that someone's running rather hastily from what can be made of his breathing and panting sounds, and suddenly a loud thud!)

I woke up suddenly from what seemed like a familiar dream. Drenched in sweat along with rapid breaths, It's the second time this week that I've had the same dream and it's only Thursday. Such troubling dreams getting familiar and more frequent is certainly not a good sign.

Anyway, my head still feels hazy from all the commute today, and on top of that my landlord still is as charming as ever with his rent policies, and pretty direct too with his intentions of throwing me out by the next week. Sometimes honesty just melts your heart (after ripping it apart).

To heck with it, I walk to the kitchen, pour myself a glass of water and take some aspirin. Now I wander around my flat much like all my recent days.

Eventually I find myself leaning on the balcony rails. I would say the air feels different tonight but it really doesn't, everything feels the same, and still and dead. If it would've been anything different it surely would have sparked an interest in my life. Lighting up a smoke I glance down and stare at these people in the streets, still willing to push themselves, not giving up on life.

I'm on the 6th floor, and it's funny how I'm so high above them but really I've drowned so deep down below the surface, I'm looking down on them but I'm actually looking up to them and wishing for what they have.

I dare to lean a bit more, take a step further, and all of a sudden I'm standing on the edge, not surprised, as I had a feeling of eventually winding up here.

You are always haunted by the idea that you're ruining your life, yet you never realize it as you do, it's always one bad decision at a time and alas you never know it at the time.

CONT'D

Right now, my life feels like a scrapbook of all the bad decisions. I'm gathering all my strength to take that step further, I close my eyes, take a deep breath.

And now all these images start flooding this blank canvas of my mind, about my days of struggle, but now they don't seem as insignificant, maybe because I'm on the verge of dying, maybe some part of me is trying to keep me from it, the good old survival instinct.

But this pursuit of happiness has already drained me of my existing happiness, or whatever that's left.

I open my eyes and tremble as soon as I look down, the cigarette falling off my grip and I witness it gradually fading away, ash blending into thin air.

Then it struck me, I am no mere cigarette, I've been standing here in this balcony for who knows how long and I haven't faded away, day after day, I'm still here.

Even after my worst days, I still exist. I've lived all these warm, unforgettable memories and today these are the same ones rescuing me from my demise. My leg which was yearning to move forward now feels a resistance. I take a step back. Remembering my days of struggle, and smiling instead of cursing my fate, for now, I realize the bittersweet truth of our lives. One must know suffering to genuinely appreciate a blessing and misfortune simply is the over-thought aftermath of a negative perspective.

Meditating on that thought I take my step backward in the present, which will serve as a step forward for my future. For as long as I'm alive, I can turn the tides on my destiny, and so can you.



DEFEATING COVID-19

The new corona-virus SARS-CoV-2 (COVID-19) pandemic is unprecedented in recent history, with global impacts including high rates of mortality and morbidity, and loss of income and sustained social isolation for billions of people. Quarantine and self-isolation can most likely cause a negative impact on one's mental health. So, we asked a few of our classmates, what they did that kept them going, kept them positive throughout their quarantine. Hoping it might be helpful to someone else.

PRIYANSHI MUNIYA 4TH YEAR

"नकारात्मक विचार आया करते थे क्योंकि मेरे परिवार में बस मुझे ही कोरोना हुआ था तो मुझे बार-बार यह भी डर लग रहा था कि मेरे कारण कोई और संक्रमित ना हो जाए।

पर बुरे वक्त में मेरे परिवार और दोस्तों (आनंद कुशवाहा, जूही कालरा, एवं त्रिवेणी तिरोले) ने मेरा बहुत साथ दिया है।"

BHANU THAKUR 4TH YEAR

Needless to say, it can be very trying to have to be isolated for a period of time, however to stay motivated I did gardening for long hours, being close to nature helps you to overcome the difficult part in your life.

>> *Getting a COVID-19 vaccine will help keep you from getting COVID-19. Everyone should continue social distancing, wear a mask, follow proper hand hygiene norms and avoid poorly ventilated areas, even post-vaccination.*

DRAFTED BY: SHREYA ARORA | 4TH YEAR
VIKAS RAMTEKE | 4TH YEAR

IRA DWIVEDI 4TH YEAR

Indeed, the pandemic and the ensuing lockdowns have been hard on all of us, severely affecting the mental well-being of people around the globe. Personally, the 2nd wave took a toll on me, both physically and mentally.

I tested positive just as India descended into utter chaos and confusion. With positive cases and fatalities due to COVID-19 skyrocketing in April and social media flooded with desperate messages scrambling to find a hospital bed, amid the oxygen shortage, requests for plasma, remdesivir & tocilizumab injections. The crisis seemed like a national affair until it hit close to home. Needless to say, fighting the virus was far easier than dealing with the mental stress it accompanies. Here's what helped me deal with it;

Constantly staying in touch: Quarantine & self-isolation shouldn't be mistaken as detachment or disconnecting. At the risk of sounding cliché, I must add that communication is indeed the key. My most 'happy' time was when I spoke with my closest friends — every day without fail we'd either talk or listen to songs together on our discord stream room. Even though we were in the same house, my parents and I spoke on video calls to keep a check on each other. This was the only thing that helped me sail through.

Eating well: To be able to take rest and eat healthy seemed like a blessing in disguise during the COVID experience (although along with a heap of meds to swallow). Hard luck for me having lost my sense of taste & smell.

Attending Classes: Attending online classes turned out to be a great distraction and get-away from all miserable stories/news.

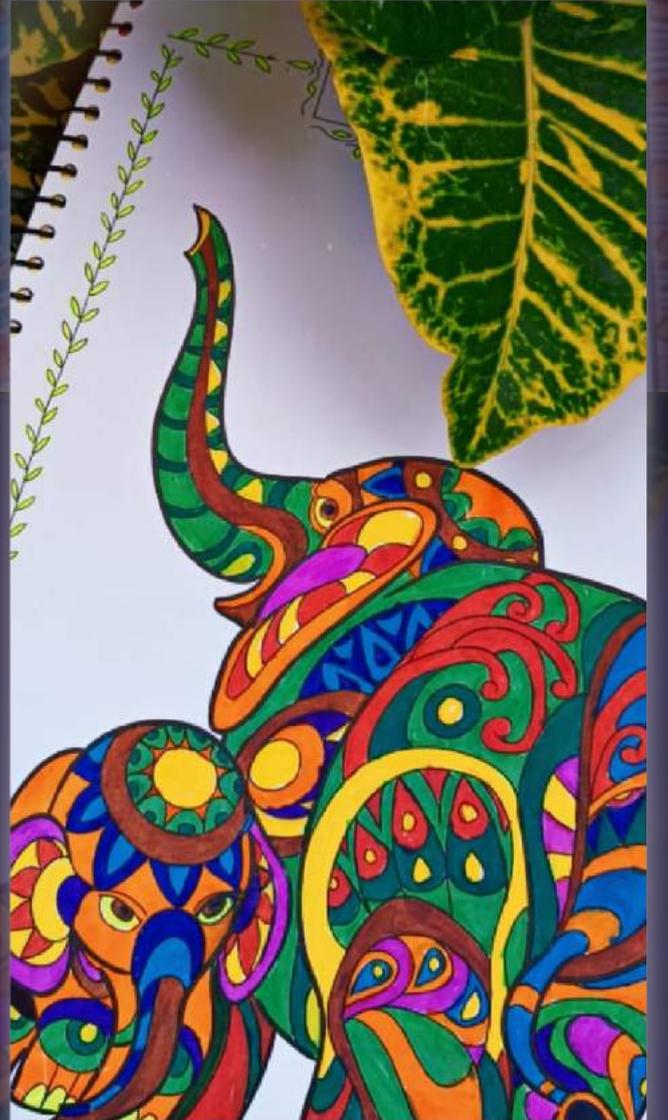
Reading a book: Although, this may seem overdone and trite, but reading did help. Having lost a few dear ones to COVID-19 while I was quarantined, I picked up 'The Year of Magical Thinking' by Joan Didion — a memoir that helps deal with loss, grief, and long-term trauma.

चित्रहार

a garland of paintings



By Deepti Bamaniya | 4th year



By Garima Singh | 4th year

STUDENT'S ENTRIES

CAPTURED



Ira Dwivedi | 4th Year



Garima Singh | 4th Year



Mayank Bhargava | Alumnus 2017-21



Lokesh Wasanker | 4th Year

SHOP SMALL
BUSINESS AND SUPPORT
A BIG DREAM

CROCHETRY.CO
by Anupriya Shukla

Crochet was thought to be a granny diversion until the pandemic hit, and became something you do to keep your creative mind occupied.

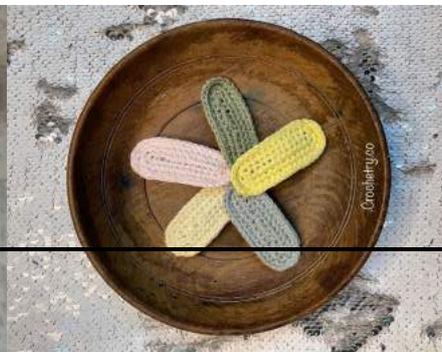
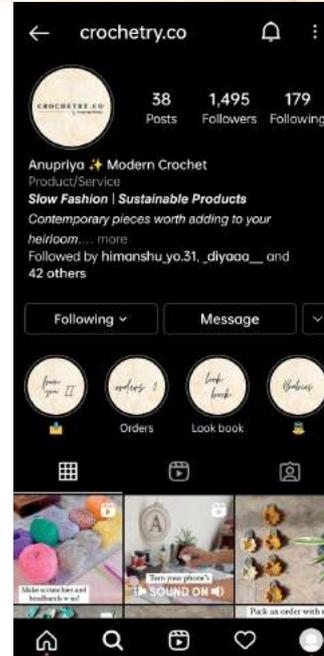
I wasn't even mindful something like crochet existed until one day I was tidying up the closet and ran over this sack loaded with wool. In the end, I requested that my mom show me how to weave (what you do with those knitting needles) which thus I discovered truly intense, it was then I researched and ran over crochet. I self-learned everything without any preparation and made a couple of earrings, caps and hairbands. It's anything but a stop after winter was over on the grounds that I didn't know about cotton yarn. At the point when I received my first cake of cotton yarn I was overwhelmed with passion! Did a ton of examination on examples and alternative to do and made numerous things for myself and family, which is the point at which I got a couple of ideas to take it a level up.

I set up an Instagram account which was trailed by a gigantic lump of uneasiness that how this is going to occur. In any case, when I began putting my content out there I got extraordinary input and from that point forward there hasn't been way back. I began little with earrings, headbands, scrunchies now to tops and Amigurumi (which trust me is very intricate).

As an individual, I have been into knits since forever, I would buy basic to fancy sweaters. So when I started to crochet, I knew I was made for this hobby and loved the yield. Monetizing my makes was led by people loving what I did and thus Crochetry.co was born in April 2021. I was inspired by the whole idea of crochet and its versatile nature. Crochetry.co has had a huge impact on my life and gave me a great confidence boost.

I had a great response within the first three months of launch, and have now completed almost 50 orders. I would love to keep creating new products and grow this hobby of mine.

Crochetry.co sells crochet tops, scrunchies, headbands, hair clips and cardigans, a one-person-run small Instagram store where everything is handmade with love. ♥



 @miss_gift_house
By Sunidhi Jain

That bridge of creativity, in the quest from passion to online business!!



I always had a zeal for art, painting, and craft since my childhood and to explore, learn, and imagine beyond boundaries. I started an online gifting business on Instagram, "Miss Gift House" on 14th August 2017, where people can order customized and unique artistic handcraft gifts that complements their loved one's personality. This was the time to challenge my creativity and versatility. It has been such a great experience in my journey from making small products to reaching and delivering more than 300 handmade gifts all over India. Such a long journey through and more to go. I am thankful to everyone for their support and suggestions. You can visit my page on Instagram @miss_gift_house for exciting handcrafted gifts.



TEAM अभिव्यक्ति

THE CREATIVE MINDS BEHIND अनुनाद!

Content

Writing & Editing



DIYA SHRIVASTAVA



SHREYA ARORA



MAMTA SINGH



VIKAS RAMTEKE

Design



AYUSH MAMGAIN



LOKESH WASANKER



YASH MEHRA



PRAKRTI MANKAR



VINAYAK GUPTA

Drafting & Collection



DIYA SHRIVASTAVA



AYUSH MAMGAIN



COVER PHOTOGRAPH BY
ABHISHEK MEWADE



FOR QUERIES/CONTRIBUTIONS/FEEDBACK:
anunaad.ex.uitrgpv@gmail.com

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