SRMS

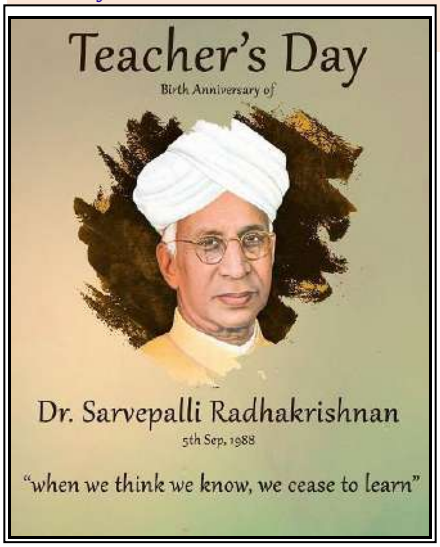
September 2023
Vol.: 7, Issue: 9
CAMPUS-ANVESHAN

College of Engineering, Technology & Research

EDITORIAL BOARD

E-NEWSLETTER

Table of content



Principal's Desk

Education is not a mere knowledge or facts but of values. We strongly believe that learning happen through teacher-student interaction. SRMS College of Engineering, Technology and Research is committed to the development of emotional and intellectual growth of the students along with academic excellence. These empower them to develop their Self-esteem, Self-awareness and Self-confidence. We believe in giving our students strong values along with a set of wings that can carry them far and wide to face the challenges of the rapidly changing world.

I welcome all students to this great institution of higher learning and assure you of a nurturing and caring environment that will see all of you blossom into empowered and sensitive human beings.

Each and every one of you will one day have to ascribe a meaning to your life. As Swami Vivekanand said, "Truth can be stated in a thousand different ways, yet each one can be true. "Your education here, in this college and outside it, during your time here and long after you graduate, will help you find that truth.

Mentor system is adopted to pay attention and guide the students with their studies and extra-curricular activities. A dedicated Training and Placement Cell ensures that eligible and meritorious students are placed in reputed companies.

Beside all of the impressive work happening inside the classroom and laboratories, there are a lot of great achievements by our students in various technical events like NATCOM -2023 and lots of participation in technical and non-technical events that are organized by institution weekly in the Zero Hour.

Our college has achieved this enviable position through the combined and concerted efforts of our dear students, alumni, faculty and supporting staff. Let us strive to keep the momentum going and scale new heights in the coming years.

Dr. L. S. Maurya

Principal

Published by

SHRI RAM MURTI SMARAK COLLEGE OF ENGINEERING, TECHNOLOGY& RESEARCH

Ram Murti Puram, 13Km, Bareilly-Nainital Road, Bhojipura, BAREILLY-243202, UP, India

E-Mail:cetr@srms.ac.inWebsite:www.srms.ac.in. (AKTUCode: 450)

ENGINEER'S DAY

Igniting Innovation: SRMS Engineering & Research College Salutes Engineering Excellence On Engineer's Day!

To celebrate the brilliant minds at SRMS Engineering Institutes, Engineer's Day was marked at SRMS College of Engineering & Technology (CET) and SRMS College of Engineering, Technology & Research (CETR), Bareilly to applaud the remarkable achievements of its engineering students as well as faculties, who are shaping the future through innovation and creativity.

The celebrations kicked-off with garlanding and commemorating the birth anniversary of Shri Mokshagundam Visvesvaraya-one of India's greatest engineers, by Shri Dev Murti, Chairman SRMS Trust and Aditya Murti, Trust Secretary in the presence of Dr Prabhakar Gupta, Dean Academics, CET; Dr LS Maurya, Principal CETR along with other faculty members & students.

The event saw inspirational and motivational speeches by Shri Dev Murti, Aditya Murti and Dr Prabhakar Gupta, who acknowledged the hard work & dedication put in by our engineers, and fueled the spirit of engineering excellence among everyone. Later, 'Best Engineers Award' was bestowed upon two B Tech (CS) students namely Prashant Bhalla (CET) & Devansh Patel (CETR).

The memorable day concluded with a vote of thanks delivered by Dr LS Maurya, followed by national anthem. The celebration left aspiring engineers infused with the motivation to pursue excellence in the field of engineering.

VISHWAKARMA DAY

Embracing Tradition: SRMS Trust Institutions Celebrate Vishwakarma Day with Reverence & Devotion

In a bid to pay tribute to the skill and craftsmanship of engineers, artisans and all diligent workers around us, SRMS Trust Institutions namely SRMS College of Engineering & Technology (CET), SRMS College of Engineering, Technology & Research (CETR) and SRMS Institute of Medical Sciences (IMS), Bareilly marked Vishwakarma Day and observed Vishwakarma Puja, while paying homage to Lord Vishwakarma –the celestial architect and divine creator of machines and craftsmanship.

The sacred puja and hawan was performed by Shri Dev Murti, Chairman, SRMS Trust amidst traditional rituals including consecration of tools and machinery. Divine prayers were offered to Lord Vishwakarma for a successful and accident-free year.

The celebrations signified the worship of skills, safety, prosperity, and unity through a reverence ceremony, which concluded with the Prasad distribution.

The puja witnessed the gracious presence of Dr Prabhakar Gupta, Dean Academics, SRMS CET; Dr LS Maurya, Principal CETR; Air Marshal Dr MS Butola, Principal IMS; Dr Neelima Mehrotra, Dean UG; Dr Rohit Sharma, Dean PG; Dr RP Singh, Medical Superintendent, SRMS IMS; Dr Jaspreet Kaur, Principal IPS, and several other dignitaries.

National Conference 'NATCOM' On AI Trends & Chat GPT at SRMS Engineering & Research College

The Department of CSE, ECE & Basic Science at **Shri Ram Murti Smarak College of Engineering**, **Technology** & **Research** (**CETR**) in association with The Institution of Engineers (INDIA), Bareilly Local Center recently organized a two-day **6th National Conference NATCOM on** '**Recent** & **Emerging Trends in Artificial Intelligence** & **Chat GPT**' (**AICGPT-2023**).

INAUGURATION

The event began with ceremonial lamp lighting by **Shri Dev Murti**, Chairman SRMS Trust & welcoming the guests, **Er Raj Goel**, Chairman IEI, & **Er Pradeep Madhawar**, Secretary IEI Bareilly Local Center in the presence of **Er Subhash Mehra**, Trust Advisor; **Dr LS Maurya**, Principal CETR & Conference Director; **Er Suresh Sundrani**, Member, BOG, SRMS Trust & **Dr Prabhakar Gupta**, Dean Academics, SRMS CET.

The session kicked-off with welcome address by Dr LS Maurya, followed by introducing of NATCOM theme & significance by Er Raj Goel. Shri Dev Murti urged participants to plan similar conferences in future too. During the engaging conference, total 38 research papers were presented in 3 technical sessions, chaired by **Dr Hemant Yadav**, Director FIET; **Er Sudhir Gupta**, Ex-Chairman IEI, Bareilly Local Centre & **Er KB Agarwal**, Member IEI addressing on 'Ethical & Responsible AI'.

6th NATIONAL CONFERENCE NATCOM 2023

Two expert sessions were also delivered by **Dr Shikhar Agarwal**, SR, Department of General Surgery & **Dr Prakhar Bhatt**, SR, ENT Department at SRMSIMS, on 'Robot Surgery in Healthcare' & 'Cochlear Implant: The Artificial Ear' respectively. Later, **Professor Dr SS Bedi** from Department of CS & IT, MJP Rohilkhand University, Bareilly discussed wider aspects of AI & Chat GPT trends.

The event concluded with valedictory session & prize distribution wherein **Dr Ashutosh Pandey**, Assistant Professor, Basic Science (CET) & BTech (CS) final year students (CETR)—**Brij Mohan Joshi** & **Harsh Vardhan Saxena** received 'Best Paper Award' in faculty and students category respectively. The conference was well convened by Er Manvi Mishra, Head, CS Dept & Er KK Agarwal, Head, Dept of Basic Science.

ZERO HOUR ACTIVITY (ANTI RAGGING SESSION)

Anti-ragging committee organised a session for 2nd , 3rd and 4th year students. In this session Dr. Rajeev Kumar Pandey (Chief Proctor SRMSCET & R Bareilly) delivered a talk regarding rules or regulation for maintaining discipline and forming a ragging free campus.

He also explained the bad impact of ragging for students. In this session he spoke of the government rules, regulations and punishments for ragging of students.

HAPPENING IN THE COLLEGE

SRMS ENGINEERING & RESEARCH COLLEGE ORGANIZED INTERNAL SMART INDIA HACKATHON (SIH) 2023

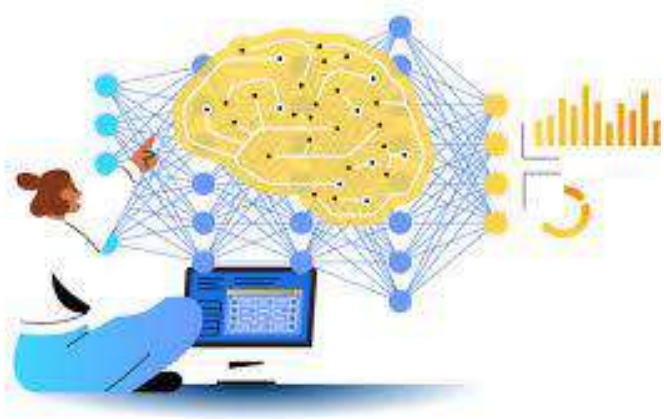
SRMS College of Engineering, **Technology** & **Research** (**CETR**), **Bareilly** organized **Internal Hackathon for SIH** (**Smart India Hackathon**) **2023** on **September 27**, **2023** from **1**:**10 PM to 4**:**10 PM** at **Computer Lab**, **SRMS CETR**, which was exclusively designed for engineering students, and was a college-level shortlisting & nomination process for **National-Level SIH** participation.

Smart India Hackathon 2023 is a nationwide initiative to provide students with a platform to solve some of the pressing problems we face in our daily lives, thus inculcating a culture of product innovation and a problem-solving mindset.

SWACHH BHARAT MISSION

SRMS College of Engineering, **Technology** & **Research** (**CETR**), **Bareilly** observed Swachh Bharat Mission on **30th September, 2023** under the slogan **"Swachhata Hi Seva"**.

The Learning Curve History of Automated Learning

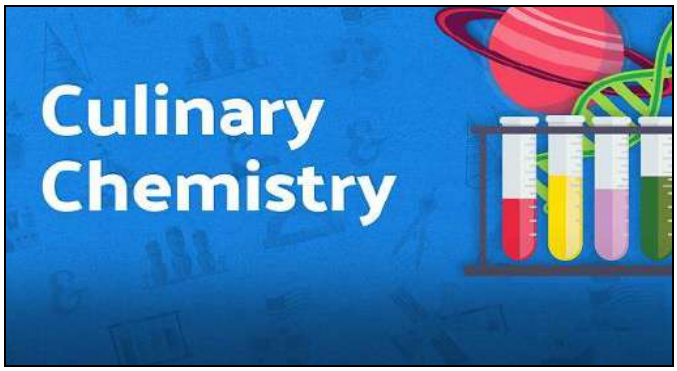


Era	Research and Inventions
1940 - 1950s	Statistical methods are used in automation of tasks
1943	Warren McCulloch and Walter Pitts mathematically model the first artificial neuron
1957	Frank Rosenblatt models the perceptron
1958	Arthur Samuel coins the term “machine learning”
1986	Geoffrey Hinton and others describe a solution using the backpropagation algorithm with layers of artificial neurons
Early 2000s	Graphical Processing Units capable of immense parallel processing come up
Late 2000s	A system of speech recognition using artificial neural networks overtakes statistical methods for the first time
2012 – 2015	Computer vision develops deep learning further; neural networks are now around 200 layers deep
2015	AlphaGo becomes the first computer Go program to defeat a human professional player
2017	Google Research invents and open- sources a new neural network architecture called Transformer for processing natural language
2018	AlphaFold performs predictions of protein structures
Present	Program based on large language models such as ChatGPT, LaMDA and Github CoPilot can produce text as well as verbal prompt, write codes, and paint pictures and so on.

Mr. Ankur Kumar
Assistant Professor (CSE)

FACULTY CORNER

Chemistry of Culinary Herbs and Spices



Herbs are obtained from the leaves of herbaceous plants While Spices are obtained from roots, flowers, fruits, seeds or bark. Spices are local to hot tropical climates and may be woody or herbaceous plants. Herbs are the green, leafy additives of plants.

They are maximum efficacious and flavorsome whilst used fresh, and they may be generally grown in temperate to warm regions. Spices are derived from any part of a plant that is not a leaf: for example, cinnamon is bark, ginger could be a root, peppercorns are unit berries, nigella is seed, cumin is a fruit, saffron is stigmas, and cardamom is pods and seeds. Spices are commonly utilized in small amounts and dry form. One single plant can be an herb as well as spice.

Aromatic seeds like dill are a spice, even if dill leaves are herbs. However, coriander and Hamburg parsley roots, garlic and fennel bulbs are all appeared as herbs as opposed to spices. There is now enough scientific proof that spices and herbs own antioxidant, anti-in ammatory, antitumorigenic, and anticarcinogenic properties. Spices and herbs such as clove, rosemary, sage, oregano, and cinnamon are excellent sources of antioxidants with their excessive content material of phenolic compounds.

Ginger: - Bioactive additives—Ginger incorporates the following nonvolatile pungent additives: gingerols, shogaols, paradols, and zingerone. Gingerol has powerful anti-inflammatory and antioxidant effects, according to research. Also help to reduce oxidative stress. It can treat many forms of nausea, especiallymorning sickness.

Chilly Peppers: - Bioactive components: red pepper incorporates 0.2–2% capsaicinoids that are Answerable for the pungency or bite in capsicums. Capsaicin, an alkaloid, debts for approximately 50–70% of the full capsacinoids and dihydrocapasaicin for 20–25%, which, collectively with capsaicin, provides the eriest notes from midpalate to throat. Red pepper also contains newly discovered, no pungent compounds known as capsinoids and dihydrocapsiate. Red chili powder is used in preparing everyday dishes and is thus widely known, even internationally, but did you know that it is also a treasure-trove of a number of health benefits such as (a) It helps in digestion (b) Maintains blood pressure levels (c) Builds immunity and fights diseases (d) Improves Heart Health.

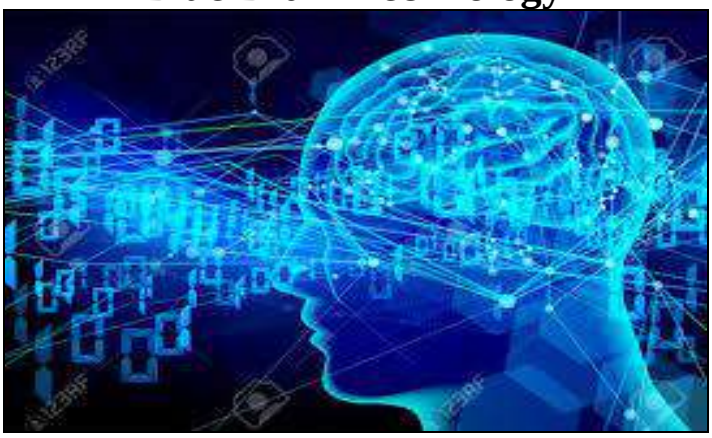
Cinnamon: - Bioactive additives—Cinnamon's key additives are essential oils and other derivatives such as cinnamaldehyde, cinnamic acid and cinnamate (bark oil; 60–80%), eugenol (leaf oil; 10%), and water soluble polyphenols (4–10%), e.g., catechin, epicatechin, procyanidin, quercetin, kaempferol, and polyphenolic polymers. The avonoids are in well-known proanthocyanins and oligomers of cinnamtannins. Cinnamon is loaded with powerful antioxidants, such as polyphenols which protect your body from oxidative damage caused by free radicals.

Tumeric: - Turmeric is one of the most famous spices used these days for cooking and fitness advantages alike. Many high-quality studies show that turmeric has major benefits for your body and brain. Many of these benefits come from its main active ingredient, curcumin. Turmeric has a few anti inflammatory, antioxidant, antibacterial, antiviral, and antiparasitic advantages.

Saffron:-The ancient Greeks and Romans used saffron as perfume and today this herb is also used as a cooking spice and a clothing dye. Saffron, however, is a very expensive spice. Its costliness has to do with its harvesting. Only a small amount of each saffron flower is used, and all harvesting must be done by hand. Saffron is a powerful spice high in antioxidants. It has been linked to health benefits, such as improved mood, reduced PMS symptoms and enhanced weight loss.

Mr. Kasim Usmani
Assistant Professor (B.Sc)

Blue Brain Technology



Introduction

This Human brain, the most valuable creation of God. The man is called intelligent because of the brain. Today we are developed because we can think, that other animals can not do .But we loss the knowledge of a brain when the body is destroyed after the death of man. That knowledge might have been used for the development of the human society. What happen if we create a brain and up load the contents of natural brain into it. This BLUE BRAIN project was founded in May 2005 by Henry Mark ram at the EPFL in Lausanne, Switzerland.

Blue Brain "The name of the World's first virtual brain. That means a machine that can function as human brain. Today scientists are in research to create an artificial brain that can think, response, take decision, and keep anything in memory. The main aim is to upload human brain into machine. So that man can think, take decision without any effort.

After the death of the body, the virtual brain will act as the man .So, even after the death of a person we will not loose the knowledge, intelligence, personalities, feelings and memories of that man that can be used for the development of the human society. No one has ever understood the complexity of human brain. It is complex than any circuitry in the world.

So, question may arise is it really possible to create a human brain? The answer is Yes. Because what ever man has created today always he has followed the nature. When man does not have a device called computer, it was a big question for all .But today it is possible due to the technology. Technology is growing faster than everything.

Overview of Blue Brain

The IBM is now developing a virtual brain known as the Blue brain. It would be the world's first virtual brain. Within 30 years, we will be able to scan Ourselves into the computers. We can say it as Virtual Brain i.e. an artificial brain, which is not actually a natural brain, but can act as a brain. It can think like brain, take decisions based on the past experience, and respond as a natural brain. It is possible by using a super computer, with a huge amount of storage capacity, processing power and an interface between the human brain and artificial one. Through this interface the data stored in the natural brain can be up loaded into the computer. So the brain and the knowledge, intelligence of anyone can be kept and used for ever, even after the death of the person.

Need of Blue Brain

Now the world is very much developed because of the intelligence we have which is an inborn quality and cannot be made. Few people in the world have such quality and because of it, they can think up to a level or standard which others cannot do. There is a necessity of such an intelligence and intelligent brain to the human society but the intelligence gets lost after the death of the body and virtual brain is the solution for all these.

Everyone is busy in their lives that they have the difficulty in remembering the events like historical facts, important dates and much more. Availing a machine called the virtual brain is a complete solution for all these issues and relaxes the people without any burden.

Steps for building a Blue Brain

1) Data collection
2) Data simulation
3) Visualization

Data collection

It involves collecting brain portions, taking them under a microscope, and gauging the shape and electrical behavior of neurons individually. This method of studying and cataloguing neurons is very familiar and worldwide. The neurons are captured by their shape, electrical and physiological activity, site within the cerebral cortex, and their population density. These observations are translated into precise algorithms which describe the process, function, and positioning methods of neurons. Then, the algorithms are used to generate biologically-real looking virtual neurons ready for simulation.

Data simulation

- **Simulation speed**
- **Simulation workflow**

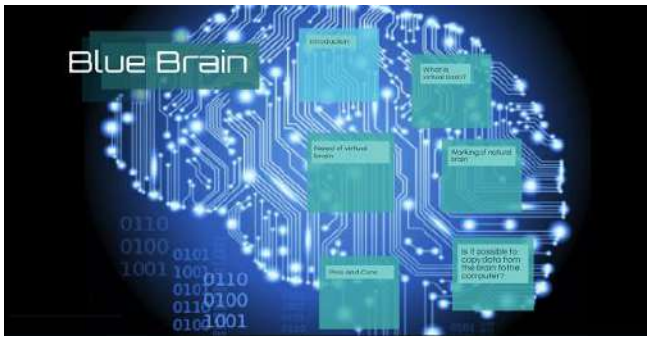
Simulation speed Simulations of one cortical column (more than 10,100 neurons) run about two hundred times slower than real time. It takes about five minutes to complete one second of stimulated time. The simulations display unevenly line scaling. Presently the major seek is biological soundness rather than presentation.

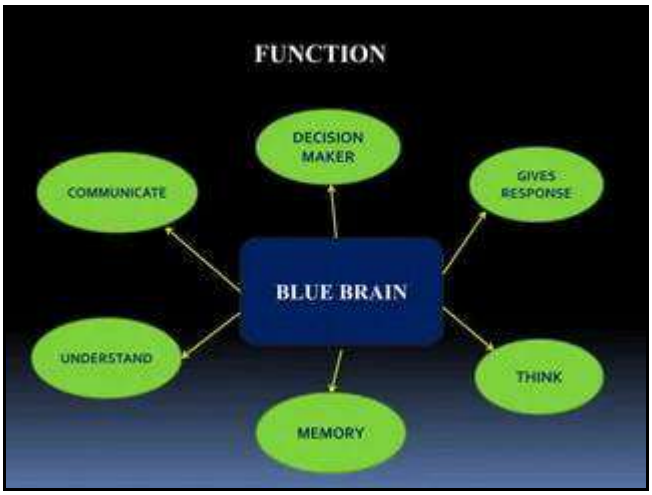
After understanding biologically significant factors for a given effect it might be feasible to crop constituents that don't subsidize in order to advance performance. Simulation overflow making virtual cells using the algorithms, written to define and describe real neurons, is the major seek of this step. Algorithms and constraints are adapted according to the age, species, and disease stage of the animal being simulated. Each one of the protein is simulated. Note: there are hundreds of millions of proteins in one cell.

Visualization of results

RT Neuron RT Neuron is the main application that Blue Brain Project uses for visualization of neural simulations. The BBP team developed this software internally. It is coded using C++ and OpenGL. RT Neuron is ad-hoc software written specifically for neural simulations, i.e. it can't generalize to other kinds of simulation.

RT Neuron takes the output from Hodgkin-Huxley simulations as input in NEURON and delivers them in 3D. This allows the programmers and researchers to view as activation potentials propagate through or between neurons. The animations can be paused, stopped, started and zoomed, hence allowing the researchers to interact with the model. The visualizations are multi-scale.





Advantages of Blue Brain

- Gathering and Testing 100 Years of Data.
- The blue brain can remember the things with less effort.
- The blue brain is an easy way to store and use human intelligence and data or information present in the mind even after the death of the body.
- It can do all important functions like an intelligent machine.
- A Novel Tool for Drug Discovery for Brain Disorders

Disadvantages of Blue Brain

- It increases the risk of human dependency on Blue Brain every time.
- Once a Blue Brain related to a particular person's neural schema is hacked, the brain could be used against the person.
- Another fear is about human clothing and regaining the memory back is an expensive procedure.

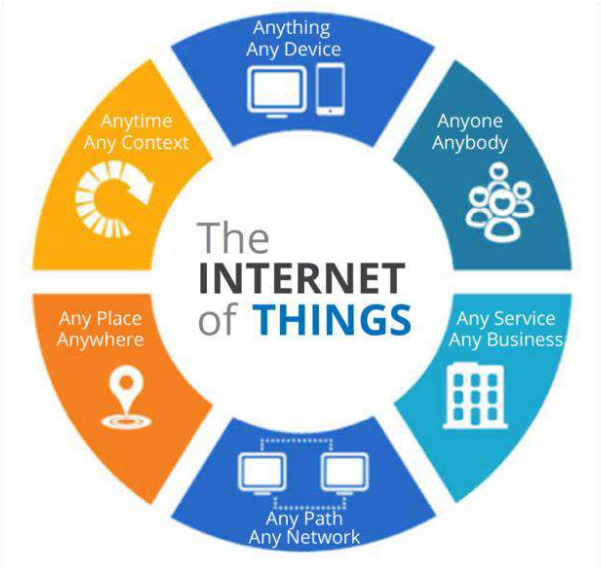
Conclusion

In conclusion, we will be able to transfer ourselves into computers at some point. Most arguments against this outcome are seemingly easy to circumvent. They are either simple minded, or simply require further time for technology to increase. The only serious threats raised are also overcome as we note the combination of biological and digital technologies.

Ms. Kchama Gangwar
Lab instructor (EC)

STUDENT CORNER

Internet of Things (IoT)



Internet of Things (IoT) is a new paradigm that has changed the traditional way of living into a high tech life style. Smart city, smart homes, pollution control, energy saving, smart transportation, smart industries are such transformations due to IoT. A lot of crucial research studies and investigations have been done in order to enhance the technology through IoT. However, there are still a lot of challenges and issues that need to be addressed to achieve the full potential of IoT. These challenges and issues must be considered from various aspects of IoT such as applications, challenges, enabling

Technologies, social and environmental impacts etc. The main aim of my article is to provide a detailed discussion from both technological and social perspective. This would help the readers to understand the IoT and its applicability to the real world.

Smart city is one of the trendy application areas of IoT that incorporates smart homes as well. Smart home consists of IoT enabled home appliances, air-conditioning, television, audio & video streaming devices, and security systems which are communicating with each other in order to provide best comfort, Security and reduced energy consumption.
All this communication takes place through IoT based central control unit using Internet.The concept of smart city gained popularity in the last decade and attracted a lot of research activities. Smart home does not only provide the in-house comfort but also benefits the house owner in cost

Cutting in several aspects i.e. low energy consumption will results in comparatively lower electricity bill. Besides smart homes, another category that comes within smart city is smart vehicles.

Storage and processing and analytics. IoT big data framework for smart buildings is very useful to deal with several issues of smart buildings such as managing oxygen level, to measure the smoke and luminosity. Such framework is capable to collect the data from the sensors installed in the buildings and performs data analytics for decision making. Moreover, industrial production can be improved using an IoT based cyber physical system that is equipped with an information analysis and knowledge acquisition techniques.

The IoT sensors used with patients generate a lot of information about the health condition of patients every second. This large amount of information needs to be integrated at one database and must be processed in real time to take quick decision with high accuracy and big data technology is the best solution for this job. IoT along with big data analytics can also help to transform the traditional approaches used in manufacturing industries into the modern one.

The sensing devices generates information which can be analyzed using big data approaches and may help in various decision making tasks. Use of cloud computing and analytics can benefit the energy development and Conservation with reduced cost and customer satisfaction.

IoT devices generate a huge amount of streaming data which needs to be stored effectively and needs further analysis for decision making in real time. Deep learning is very effective to deal with such a large information and can provide results with high accuracy. Therefore, IoT, Big data analytics and Deep learning together is very important to develop a high tech society.

Harsh Saxena
B.Tech (CSE 2nd Yr)
(Batch-2022)

STUDENT CORNER

HIGH PERFORMANCE CURRENT SENSING TECHNIQUE WITH INTEGRATED CURRENT MODE CMOS DC-DC CONVERTER

A high performance current sensing technique with integrated current mode CMOS DC-DC converter is thoroughly simulated in this paper. This paper is to focus on the CMOS implementation of low-power power converter such that power management and mixed-signal circuitries can be fabricated on the same chip for low power application.

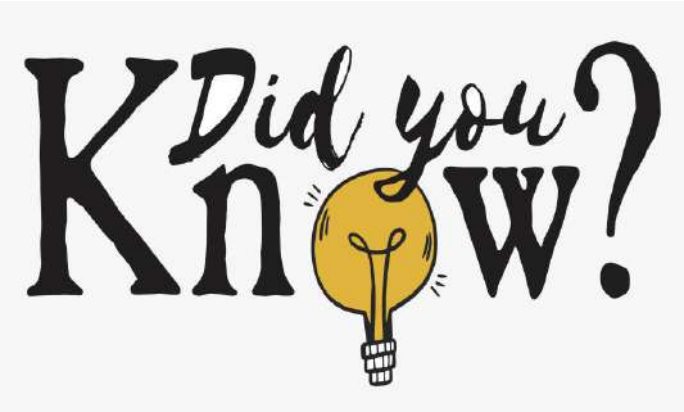
The inductor current sensed with the proposed accurate on chip current sensor and combined with the internal ramp signal can be used for current mode DC - DC converter feedback control. There is no external component required and no extra input and output pins are needed for the current mode controller.

The absolute measured error between the inductor current and sensed signal is less than 4%.This suitable for single cell lithium ion battery supply application because experimental results shows that this converter with on chip current sensor can operate from 300 KHz to 1MHz with supply voltage From 3 to 5.2V.The output ripple voltage is about 4.7µH off chip inductor and 20 mV with a 10 F off chip capacitor. The power efficiency is over 80% for load current from 50 to 450mA.

Aman Verma
B.Tech (CSE)
7th Semester

- 1st September - National Nutrition Week
- 2nd September - World Coconut Day
- 2nd September- Aditya L-1 Mission Launch
- 5 September - International Day of Charity
- 5 September - Teachers' Day (India)
- 8 September - International Literacy Day
- 9 September- G20 New Delhi Summit
- 10 September - Grandparents' Day
- 11 September - 9/11 Remembrance Day
- 13 September- International Chocolate Day
- 14 September - Hindi Diwas
- 15 September - Engineer's Day (India)
- 16 September - World Ozone Day
- 17 September- PM Narendra Modi's Birthday
- 17 September- Vishwakarma Puja
- 19 September- Ganesh Chaturthi
- 21 September - International Day of Peace (UN)
- 25 September - World Pharmacists Day
- 26 September - World Environmental Health Day
- 27 September- Google Birth Anniversary

DID YOU KNOW?



1. What is the name of the lander of Chandrayaan 3?
a. Pragyaan
b. Vikram
c. Ritu
d. Dhruv
Answer. b) Vikram

2. Which space agency in the world has launched Chandrayaan 3?
a. NASA
b. Roskosmos
c. ISRO
d. JAXA
Answer. c) ISRO

3. Who is the project director of India's Moon Mission, Chandrayaan 3?
a. Vikram Sarabhai
b. S. Somnath
c. Ritu Karidhal Srivastava
d. P Veeramuthuvel
Answer. d) P Veeramuthuvel

4. What is the primary objective of Chandrayaan 3?
a. Search for the possibility of human settlement on the moon
b. To study the moon's atmosphere and temperature
c. To look for water residues on the moon's surface
d. To make a soft landing on the south pole region of the moon
Answer. d) To make a soft landing on the south pole region of the moon

5. At what time and date did Chandrayaan 3 land on the moon's
Surface?
a. 17th August, 2023 (6:04 PM)
b. 23rd August, 2023 (6:04 PM)
c. 14th July, 2023 (6:04 PM)
d. 20th August, 2023 (6:04 PM)
Answer. b) 23rd August, 2023 (6:04 PM)

6. What is the name of the rover of Chandrayaan 3?
a. Vikram
b. Pragyaan
c. Dhruv
d. Ritu
Answer. b) Pragyaan

7. What is the budget for Chandrayaan 3?
a. Rs 615 Crores
b. Rs 647 Crores
c. Rs 978 Crores
d. Rs 386 Crores
Answer. a) 615 Crores

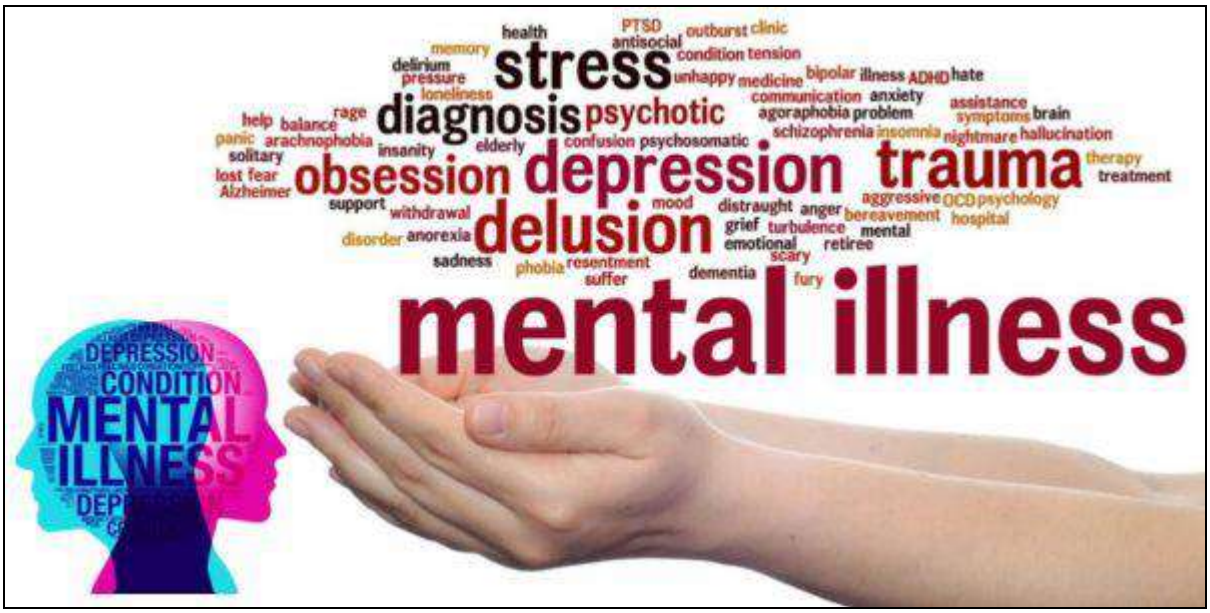
8. How many days did Chandrayaan 3 take to reach the moon's surface?
a. 39 days
b. 40 days
c. 25 days
d. 42 days
Answer. b) 40 days

9. Which fuel was used in Chandrayaan 3?
a. Liquid fuel
b. Liquid hydrogen
c. Liquid oxygen
d. Both b and c
Answer. d) Both b and c

10. Who is known as the Rocket Women of Chandrayaan 3?
a. Ritu Karidhal
b. Kalpana Kalahasti
c. Nandini Harinath
d. Tessy Thomas
Answer. a) Ritu Karidhal

Mr. Arun Kumar Sahu
Assistant Professor (CSE)

MENTAL HEALTH TIPS



- **Take care of your physical health.** This includes eating a healthy diet, getting enough sleep, and exercising regularly. When your body is healthy, your mind is more likely to be healthy as well.
- **Manage your stress.** Stress is a normal part of student life, but it's important to find healthy ways to manage it. Some helpful strategies include exercise, relaxation techniques, and time management.
- **Connect with others.** Social support is essential for good mental health. Make time for your friends and family, and don't be afraid to reach out for help when you need it.
- **Set realistic goals.** Don't put too much pressure on yourself to be perfect. It's okay to make mistakes. Set realistic goals for yourself and celebrate your accomplishments, no matter how small they may seem.
- **Practice self-care.** Make time for activities that you enjoy and that help you relax. This could include reading, listening to music, spending time in nature, or taking a break from social media.
- **Seek professional help if needed.** If you're struggling to cope with your mental health, don't be afraid to seek professional help. A therapist can teach you coping skills and help you develop a treatment plan.
- **Don't compare yourself to others.** Everyone learns at their own pace and has their own strengths and weaknesses. Focus on your own progress and don't worry about what other people are doing.
- **Take breaks.** It's important to take breaks throughout the day, especially when you're studying. Get up and move around, or do something that you enjoy.
- **Find a study buddy.** Studying with a friend or classmate can help you stay motivated and focused. You can also quiz each other and help each other understand difficult concepts.
- **Ask for help.** If you're struggling with a particular subject or assignment, don't be afraid to ask for help from your teacher, tutor, or classmate.

THE PUZZLE

Which Letter replaces the question mark?

N	252	R
T	500	Y
Y	400	P
K	132	L
G	182	?

Answer:
Z

Explanation:
In each row, multiply the numerical values of the left and right hand letters, putting the result in the centre.

Mr. Arun Kumar Sahu
Assistant Professor (CSE)

FACULTY ACHIEVEMENTS

Ms. Manvi Mishra (HOD, CSE) form Shri Ram Murti Smarak College of Engineering, Technology & Research, Bareilly, has successfully completed **Microsoft, SAP & AICTE** led **Faculty Development Program on AI & Cloud: Workshop on responsive AI in the cloud: Leveraging Generative power in the Cloud** under **TechSaksham** from 21st August 2023 to 25th August 2023.

Ms. Neha Sharma (Assistant Professor, CSE) form Shri Ram Murti Smarak College of Engineering, Technology & Research Bareilly, has successfully completed **Microsoft, SAP & AICTE** led **Faculty Development Program** on **Full Stack Application Development with MS Azure Cloud** under **TechSaksham** from 4th September 2023 to 9th September 2023.

THINK!!

"Every morning you have two choices: continue to sleep with your dreams, or wake up and chase them."