



axis

“तत्परिवर्तनं भव”

OXYGEN

THE CAMPUS NEWSLETTER

DECEMBER 2022



Winter Fashion
Committee Members of Wings
Axis Startup Launchpad ZONASA Convention at Kolkata
Emotional Intelligence
Street Shopping





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Call for the Articles for the upcoming Newsletter

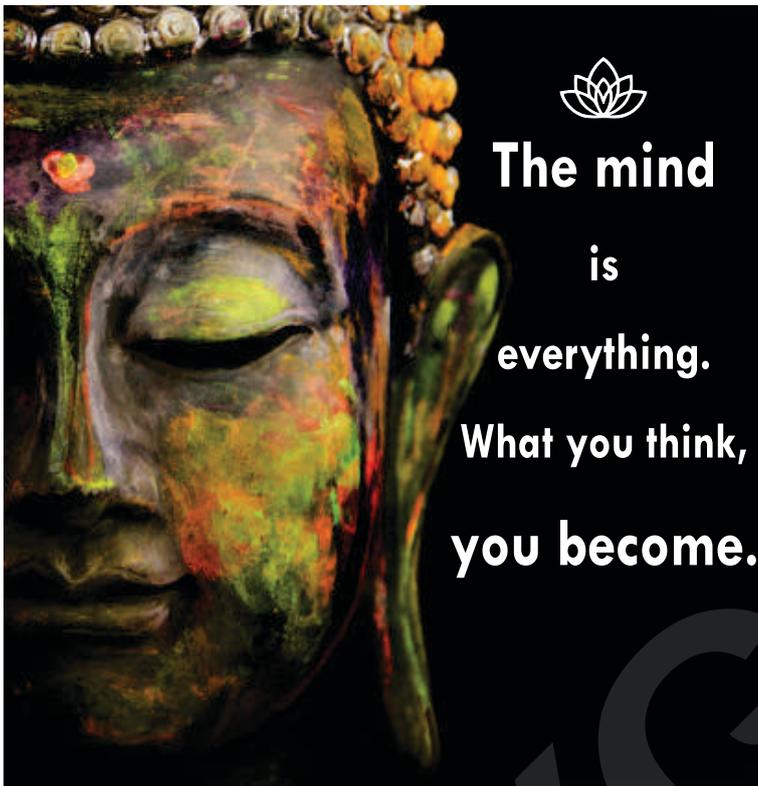
We'd like to extend an invitation to everyone to submit articles and other informative content for inclusion in the next issue. Please send your feedback at

»»» newsletter@raywings.in

A token of gratitude to all the dignitaries; Directors, HR, HODs and Principals who spared time and contributed in this issue.

Upcoming Events

Department Name	Event/Competition Name
Architecture	IDEA 23 (a mega event of Kanpur Architects Association)
AIP - Pharmacy	Industrial Visit at Anod Pharmaceuticals, Kanpur for B.Pharm 2 nd year students
AITM - B.Tech. (CSE)	My Story - Motivational Session by Successful Entrepreneur/Startup Founder
	PRE-SUMMIT 22 with IIT Kanpur



**The mind
is
everything.
What you think,
you become.**

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VISION

To become an institution of repute in technical and professional education by providing career, research oriented and value based education to serve the society.

MISSION

- To equip with the latest technologies to be globally competitive professionals.
- To be a learner centric institute imbibing experimental innovation and lifelong learning skills, addressing societal problems with high ethical values for nation building.
- To inculcate entrepreneurial spirit in addition to qualities of leadership, professionalism, corporate understanding and executive competence.
- To deliver changing demands of industry and academia through our stakeholders.

The publication of Oxygen will be indeed a milestone, though reaching milestone gives pleasure, but we know a milestone is not the destination. I would wish that you keep exploring and attaining new destinations beyond the utmost bound of human thought. We can not always build the future for you but yes we can build you for the future.

I dream about Axis as my students imbued with liberal human values, impeccable standards of speech and conduct, audacity to put their own thoughts, resilient, motivated. I hope creative writing, achievements, and activities in Oxygen will be in sync with my dream and motto of TOMORROW FIRST.

Raj Kushwaha

Chairman & MD - Axis Group

A Health Camp on World Diabetes Day



‘Take care of your body, it’s the only place you have to live.’ - Jim Rohn

Realizing the value of health, Pharmakon society of Axis institute of Pharmacy (AIP) organized a free health awareness camp on the occasion of World Diabetes Day i.e. 14 November 2022.

The health camp was held at Gadarian Purwa (Amaa, Sarsaul), Kanpur. Around 200 individuals registered in the health camp for diagnosis & for Body Mass Index (BMI), Blood Pressure, Body Temperature, Blood Sugar check up. The patients were also motivated and guided to adopt a healthy lifestyle. The society members also prescribed medicines to the local citizens. On this occasion, they shared knowledge about diabetes, its symptoms, treatment and precautions along with the home remedies which made the local citizens conscious of their good health and diet.

International Conference



“Success is the sum of small efforts-repeated day-in and day-out.” - Robert Collier

Axis Colleges students understand the meaning of success very well, thus they always take baby steps in the direction of a bright future. Students of Axis Institute of Pharmacy (AIP) participated in both the oral presentation and poster presentation at an international conference titled "Role of Pharmaceutical Sciences in Transformation and Survival in the Post-Pandemic Era", which was hosted by Dr. A.P.J. Abdul Kalam University, Lucknow. Our Students learned about scaling up strategies during the panel discussion with eminent members of the pharmacy field including Dr. Sunila Dhaneshwar and Dr. Kamla Pathak.

Dear Readers,

It is a delight to present this edition of our newsletter. The campus is vibrant with variety of events which stimulate our mental and spiritual abilities. The management, faculty members and students are part of this ever evolving process. This Newsletter is not only an endeavour to showcase the achievements of students and teachers but also an attempt to capture the heartbeat of Campus by presenting various events conducted by different departments. I expect that in coming issues it captures the imagination of readers.

This newsletter is not possible without the painstaking efforts taken by contributors from different departments. I also extend my sincere thanks to the editorial team members who have put efforts to bring this into execution.

Oxygen is an effort to cherish the beautiful moments of the college in these small booklets from which one can draw leaves in future and relive their past.

“Today's moments are tomorrow's memories , eventually we will all be old faces in the photographs.”

Wish you all luck 😊



Ms. Komal Kushwaha

Director, Student Welfare Activity Cell

Voice of Leadership



Ar. Palak Patel

HOD, Axis Institute of Architecture

I would like to express my heartfelt gratitude to the newsletter team for all of their hard work. This Newsletter serves as a forum for revealing events, happenings, and the achievements of the department, as well as a platform for showcasing the talents of aspiring professionals and faculty. It also aids in the development of teamwork among students, which is critical in today's competitive world. I hope the students will take advantage of this opportunity to brush up their unique talents and actively contribute to the newsletter. This newsletter will undoubtedly make an impression on readers by increasing the visibility and adding a new dimension to the learning community. I hope that with the support of both students and faculty, this culture of releasing newsletters will last forever.

In this series of newsletters, I'd like to share my life mantra. I am a firm believer that in order to empower others, one must first be empowered within. A leader must have a vision, ideals, goals, values, and principles that can be translated into actions. My faculties in my college recognised and developed my leadership abilities when I was a student. They instilled in me self-confidence, a sense of responsibility, and a desire to help others. Faculties in college play an important role in helping students develop their self-esteem and self-confidence.

Today's youth are looking for role models and mentors rather than disciplinarians or advisers. As the quote says, "Don't tell me what to do, show me what you did". As a result, I plan all activities in the spirit of collaboration, active participation, creativity, uniqueness, freedom of expression, and the ability to make choices and decisions.

As Cesar Pelli, an architect says *"The desire to reach for the sky runs very deep in the human psyche."* By providing equal opportunities to all students, I am able to bring out the best in each of them and empower them to explore their creativity.

My motto fits well with Axis Colleges because we believe in doing quality and skilled work for the benefit of our students, transforming them from observers to participants, from ordinary to extraordinary, and being the best resource to our society. Today, as I reflect on Axis College's long history in education, I am filled with joy, pride, and gratitude for having empowered thousands of students who have excelled in a variety of professions.

ZONASA Convention at Kolkata

Axis Institute of Architecture (AIA) participated in 65th Zonal Nasa Convention, zone 4, organized by Techno India University, Kolkata from 24 October 2022 to 29 October 2022. ZONASA or Zonal NASA conventions promote cross-college Interaction of a particular zone. The convention also encourages extra-curricular activities along with providing a rostrum for the young talents. The Zonal NASA Conventions are a celebration of learning together at regional levels. AIA unit, Z427 that worked under the guidance of faculty coordinator Ar. Poorva Yadav (Assistant Professor, AIA) and Ashish Tripathi, Unit secretary (NASA, India).

First day started with formal trophies like Design 24, Informal trophies like Twist "N" Turn, informative workshops including comics UI/UX and Kaffinate, and the fun events like Golden Ratio and Bruhhh. Second day covered the Rubens exhibition followed by formal trophies like Landscape, informal trophies included Stress 'N' Strain. Third day ended with informal trophies like Grilling and Seasoning, fun events like Crossfire, Bounce and Heads-up and also workshops on Product Design, Parametric Modelling and Domination.

AIA unit members actively participated in all the events, put their heart and soul out and showed their full interest and learnt a lot. ZONASA'22 of zone 4 ended up on day 3 with the valedictory ceremony and a breathtaking DJ night in the stage ground.



Lucknow Architecture Festival

A Step Towards Trillionaire State

Students of Axis Institute of Architecture (AIA) attended the Lucknow Architecture Festival (LAF) 2022 organised by Lucknow Architects Association (LAA) & Task Marketing Solution (TMS) on 5 November 2022 at Ekana Sports City. LAF is organised by LAA every year to celebrate mega event exposition, symposium, and awareness programme about Architecture and Architects. It was a syndicated activity with face-to-face interaction with Architects, Builders, Promoters, Interior Designers, Civil & Structural Engineers, Contractors, Dealers & Distributors, Government Officials, Members of Faculty, Students, End users, Prospective home buyers etc.

LAF gave an opportunity to present student's innovations, new range of products, and B2B meets with Architects and Masons. Students got a chance to connect with end users directly to make them experience the touch & feel factor, consolidate trade relationships and the opportunity to book on-spot orders for lead generation.

The fest had a numerous variety of stalls for different local and international brands and products such as Hitachi, Clues etc. A model of the "Aavas Vikas Yojna" in Ayodhya was also presented which gained an attraction of the people attending the event.

Students also learnt a lot about different construction methods and interior decor materials. Such fests and events inculcate creative thinking in the students and at the same time keep them aware about the current trends in the sector.



A Workshop On Architectural Design Concept



Axis Institute of Architecture (AIA) organized a two-day workshop on November 17-18, 2022. Ar. Sarika Jain Agarwal, (Dean, Dev Bhoomi School of Architecture and Design, Uttarakhand University, Dehradun) was the keynote speaker of the workshop. It was based on an idea for an architectural design. Ar. Palak Patel, (H.O.D., AIA) was the coordinator of this workshop. Ar. Sarika described the steps involved in developing a design concept and listed its objectives. She talked about many streams related to architecture in addition to encouraging the students to pursue careers as sociologists, journalists, planners, product designers, etc.

Ar. Sarika Jain gave an advice regarding the ideation and design concept and also enumerated many components, including how to formulate an issue, acquire data, conduct analysis, create and offer a design solution, get customer input, and then tweak and enhance the design. She further added the ideation stages, including conceptualization and pre-visualization, as well as site, requirements, function, and topography. The user, design, function, site, and designer centrality of the concept-selection-process were also discussed. Furthermore, she emphasized on the importance of development of concepts and conceptual design, which translate concepts into form and space. The relevance of concepts, as well as how to create a framework for the design process and the various parameters for conceptualization, such as questioning or research, a response, an ambition, or a provocation were some other topics which were covered in the workshop. The workshop was concluded by exhibiting the actual Sabarmati Ashram Site that Charles Correa (Architect, Urban Planner) had built to support her architectural concept thesis.

World Architecture Day

An Expert Talk on Architectural Well Being

World Architecture Day was organized in Axis Institute of Architecture (AIA), Kanpur on 3 October 2022. The celebration was headed by Prof. Kamlesh P. Mishra. The Guest Speaker, Mr. Kamlesh Kushwaha (H.O.D. Govt. Girls Polytechnic, Lucknow) encouraged students on various aspects like sustainable building, landscaping etc. in contemporary scenarios. He also shared his experiences and setbacks as an Architect. The talk highlighted how to overcome barriers on Wellness architecture as it is the profession of building architectural settings with socially conscious systems and materials to create a harmonic balance of somatic, psychological, cognitive, and spiritual welfare while replenishing the ecological habitat.



Net Zero Energy Building

Net zero energy buildings will play a big role in curbing global warming in the decades to come.

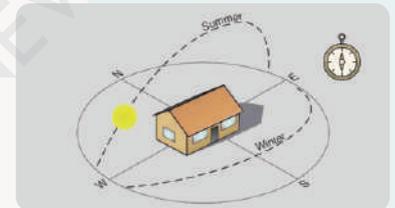
What exactly is a "Net Zero Energy Building"?

Net Zero Energy Building is a building that produces or supplies its energy through renewable resources, which results in zero carbon emissions. These structures have the ability to draw power from electrical grids and then send any extra power back to balance their energy usages. "Green Buildings" are another term for net zero energy structures.

How Does a Building Achieve Net Zero Energy?

Several factors go into designing an energy-efficient building that achieves net zero energy goals.

- **Location:** To construct a net zero energy building, you must take several conditions into consideration. The building's exposure, location, climate, and construction site all have an impact. Among other things, take into account:
 - Climate
 - Sun
 - Wind patterns
 - Temperature
 - Rain patterns
- **Orientation:** The orientation of the building depends on the success of achieving net zero energy. Certain renewable energy generation mechanisms, like solar panels, work best when the building is facing south. Besides harnessing the sun's energy, you can conserve by orienting your building to take maximum advantage of the shade. This implies that you won't need to use as much air conditioning to keep your building cool in warm climates.
- **Lighting:** Lighting is another important factor. Lighting systems can account for almost 25% of a building's total energy consumption.



- **Design:** Building design comes next. Select the best possible insulating material in order to make sure the structure saves as much energy as possible. Effectively sealed, double or triple-paned windows can contribute significantly to energy conservation.
- **Renewable:** Determining the most appropriate renewable energy sources for the building is the last step in developing high-performance buildings. For newly constructed homes or even those that can be converted, solar panels could be the way to go. Active strategies reduce energy consumption during the building process through the use of renewable energy strategies, such as:



- **Photovoltaics** - The direct conversion of light into electrical power using semi conducting materials such as silicon, is known as photovoltaics. Numerous photovoltaic cells are found inside each solar panel, and they all work together to generate power.
- **Wind power** - Wind is a kind of solar energy produced by three factors. It is affected by the sun unevenly heating the atmosphere, irregularities in the Earth's surface, and the planet's rotation. The resulting wind turns propeller blades around a rotor, which spins a generator, creating electricity.
- **Hydroelectric power** - Hydroelectric power plants harness the power of falling water to produce electricity. Behind a dam, a reservoir captures water that is flowing in a downward direction. When demand is at its highest, this reservoir releases water like a battery to generate electricity.
- **Biomass** - The chemical energy from the sun, created by plants through photosynthesis, is stored in biomass. It can be turned into renewable liquid and gas fuels or burned directly to generate heat.
- **Geothermal power** - Geothermal power involves water pressure in the form of steam. Geothermal wells drilled a mile or two underground that pump hot water to the surface.

- Solar power - Sunlight shining on a panel is absorbed by photovoltaic cells in the panel. This creates an electrical charge in response to an electrical field in the cell, producing electricity.
- Solar thermal - Mirrors are used in solar thermal power systems to collect and concentrate sunlight. This raises the temperature until it is high enough to produce electricity.

Net Zero Energy Buildings and the Grid

Buildings must be connected to the grid in order to attain Net Zero Energy. Any extra energy that buildings generate is sent back to the power system. Full grid connectivity is necessary for load flexibility, which operates as follows:

- Integrating a building with the grid to produce your own energy allows you to rely on that energy when climate conditions favour.
- Any excess electricity you produce during these periods is fed back into the grid. Most states and utilities employ net metering, which “turns back” your electricity meter as you send power to the grid.



There are two different net zero building typologies: Renewable-Oriented and Efficiency-Oriented.

- Renewable-oriented buildings:
 - Uses more energy but also generates more energy.
 - Rely on active strategies such as mechanical HVAC systems, thermal storage, demand response, and night ventilation.
- Efficiency-oriented buildings:
 - Use and generate less energy.
 - Rely on passive strategies like effective insulation, built-in shading, day lighting, and building orientation.

Although there are many challenges, there are ways to overcome and manage them. We simply need to speed up the processes and get them to work together in order to maximize energy efficiency. If we apply this to both new and existing structures, we can accomplish our goals.

References:

<https://www.bigrentz.com/blog/net-zero-energy-building>,
<https://www.intechopen.com/chapters/71982>.

Awards and Achievements

The Success Story of Axis Student : Ashwini Mishra (4th Year, BFAD)



As a senior in his last year of study in the fashion industry, Ashwani Mishra has gone through many failures and success up to this point. He was awarded the National Designer Award in the Upcoming Designer Category by KDCI (Key Discovery Consulting, Inc.), and held the position of Second Winner in the Theme-Based Jewellery Competition by Design Utsav at the All India Level, and received the Best Upcoming Designer Award from the FSIA (Forever Star India Awards) . His inspiration is designer Rahul Mishra, who is from Kanpur and was the first Indian designer to display his collection at Paris Fashion Week. Although he comes from a defence family, he has always wished to be a fresh face and mindset for his family and society. He constantly spends his leisure time looking for fashion-related events, competitions, freelance jobs, and additional courses that helped him expand his knowledge.



The Fashion Whiz-Kids Of Axis Colleges

The Students of Axis Institute of Fashion Technology (AIFT) have again brought laurels to the institution by securing the prestigious **Gold Medal** and **Silver Medal** in the 20th Convocation Ceremony of AKTU, Lucknow held on 26 November 2022. **Karan Talreja (Gold Medallist)** and **Sakshi Mishra** were awarded by the Hon'ble Governor of Uttar Pradesh, Mrs. Anandi Ben Patel. Axis Institute wishes them a bright future ahead.



Placements



Adeeba Tabassum
B.Tech. (CS)
5 LPA
 NovelVox



Rishabh Sharma
B.Tech. (CS)
7.5 LPA
 zenarate



Shaloo Singh
B.Tech. (CS)
3.5 LPA
 UnifyCloud



Swikriti Srivastav
B.Tech. (CS)
3.5 LPA



Rana Pratap Singh
B.Tech. (CS)
3.5 LPA



Vishal Sachan
B.Tech. (CS)
3.5 LPA



Aditya Kushwaha
B.Tech. (IT)
3.5 LPA



Ram Bajpai
B.Tech. (IT)
3.5 LPA



Jaskaran Singh
MBA
5.16 LPA



Karan Singh
MBA
5.16 LPA



Talia Fatima
MBA
5.16 LPA



Mukul Kushwaha
BCA
2.5 LPA



Himanshu Dixit
BCA
2.5 LPA



Kartikey Awasthi
MCA
3.5 LPA



Aditya Singh
MCA
3.5 LPA



Avnish Kumar Singh
MCA
3.5 LPA



Purna Kushwaha
MCA
3.5 LPA



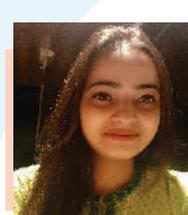
Aman Dixit
MCA
3.5 LPA



Adarsh Gupta
MCA
3.5 LPA



Varsha Singh
BFAD
2.4 LPA



Manisha Shukla
BFAD
1.8 LPA



Sudha Pandey
BFAD
1.8 LPA

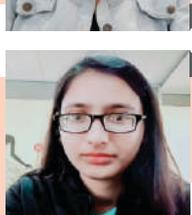


Preeti Prajapati
BFAD
1.8 LPA



Anjali Verma
BFAD
1.8 LPA

Bucolic Overseas



Khushbu Yadav
BFAD
1.8 LPA

Jujan Markfin Pvt. Ltd



Nikita Gupta
BFAD
1.8 LPA

Kapco Marketing Pvt. Ltd.





Wings@Axis Colleges

Sports Society

Cross Shelter Society

Cultural and Dramatics Society

Innovation Society

Literary Society

Technical Society

Pharmakon Society

Advisor - Dr. Ashish Malik (Director, AITM)

Mentors - Dr. Garima Williams (Dean, ETD)

Mr. Vinay Singh (Director, CRC)

President	Pavitra Tandon, B.Tech. (IT-III)
Vice President	Bhargavi Bajpai (BFAD-III)
Joint Vice President	Anushka Singh (B.Pharm.-III)
Secretary	Tanmay Agarwal (BBA-III)
Joint Secretary	Abhishek Singh Bhadoria (MBA-I)
Treasurer	Abhay Shivhare, B.Tech. (CS-III)

Sports Society	Convener - Md Shariq
Head	Shayan Ahmad, B.Tech. (EC-III)
Joint Head	Trisha Singh (BFAD-III)
Incharge	Anand Raj, B.Tech. (EE-II)
Coordinator	Abhishek Singh, B.Tech. (CS-AIML-II)
Coordinator	Harsh Mehrotra, B.Tech. (CS-II)

Cross Shelter Society	Convener - Ms. Mandeep Kaur
Head	Kaushiki Gupta (B.Pharm.-III)
Joint Head	Ujjawal Malhotra, B.Tech. (CS-AIML-III)
Incharge	Shruti Mishra (BFAD-II)
Coordinator	Janahvi Mishra (BBA-II)
Coordinator	Avantika Shukla, B.Tech. (CS-AIML-II)

Cultural and Dramatics Society	Convener - Ms. Kavita Sharma
Head	Swati Soren, B.Tech. (EC-III)
Joint Head	Kushagra Khare (BBA-III)
Incharge	Raghendra Singh, B.Tech. (CS-II)
Coordinator	Shubhi Kushwaha, B.Tech. (CS-AIML-II)
Coordinator	Sankriti Rai, B.Tech. (CS-II)

Innovation Society	Convener - Mr. Azeezurrehman Ansari
Head	Saurabh Sahu, B.Tech. (CS-AIML-III)
Joint Head	Divyanshi Singh (B.Pharm.-III)
Incharge	Vrinda Khandelwal (BFAD-II)
Coordinator	Tayyaba Fatima (B.Arch.-II)
Coordinator	Pawan Sharma, B.Tech. (ME-II)

Literary Society	Convener - Mr. Nitin Saxena
Head	Mayurakshi Khannang, B.Tech. (CS-III)
Joint Head	Jyotsna Singh (BFAD-III)
Incharge	Adarsh Srivastava, B.Tech. (CSE-II)
Coordinator	Anamta Rehman (BBA-II)
Coordinator	Md. Kaif (BBA-II)

Technical Society	Convener - Dr. Shalini Gupta
Head	Arsh Rehman, B.Tech. (EC-III)
Joint Head	Anshita Verma, B.Tech. (CS-AIML-III)
Incharge	Jatin Verma, B.Tech. (CS-AIML-II)
Coordinator	Anand Kumar, B.Tech. (ME-II)
Coordinator	Deepak Verma, B.Tech. (EE-II)

Pharmakon Society	Convener - Ms. Pallavi Pal
Head	Ritik Dixit (B.Pharm.-III)
Joint Head	Raj Gupta (B.Pharm.-III)
Incharge	Ananya Gupta (B.Pharm.-II)
Coordinator	Prashant Pratap Singh (B.Pharm.-II)
Coordinator	Khushi Kumari (B.Pharm.-II)

Artech Centre of Excellence @Axis Colleges



Artech Information Systems is an IT staffing firm and is headquartered in Morristown, New Jersey. It is a preferred go-to supplier company across multiple regions and countries providing consistent deliverables, terms, rates, and cost savings with following details.

- \$775 Million US revenue
- 11,000 Employees
- Global Presence – 18 US & Canada offices, 10 Offices across China & India
- 30 years of experience
- Workforce & Consulting solutions for every business need
- Long-term partnerships with several Fortune 500 and Government clients
- Deep heritage and proven expertise

Artech has signed a Memorandum of Understanding (MOU) with Axis Colleges, Rooma Kanpur, exclusively for Uttar Pradesh.

Vision: To prepare its workforce at Axis Colleges with a focus on following holds-up:

- Career options available for the MBA and BBA students with communication expertise but looking for career options beyond Sales & Marketing.
- Career options available for B.Tech..... and B.Pharm. students with satisfactory academics and communication expertise.

Pedagogy of the Training:

Train the Trainer Program (TTT) was conducted in which our in-house trainers, Mr. Nitin Saxena and Mr. Vinay Pandey got certified from ARTECH after a rigorous training of 15 days in hybrid mode. These trained trainers are now imparting knowledge to interested B.Tech..... pre-final year students on a daily basis. The sessions focus on topics like Nuances of Recruitment, RPOs (Recruitment Process Outsourcing), Types of Employment in the US, Rapport Building, Accent Improvisation, Business Communication and Corporate Culture etc. Once the training is completed at college level, trainees will be assessed by Artech Delegates in order to make our students a better fit to MNCs.

Target Audience: B. Tech..... (all branches), BBA, BCA, B.Pharm, MBA and MCA.



Dazzling Diwali

“You have to find what sparks a light in you, so that you in your own way can illuminate the world” - Oprah Winfrey

Keeping the same in mind, on the joyous occasion of Diwali, Axis Institute of Diploma Engineering (AIDE) organized a "Diwali Lantern making" & "Diya Decoration" competition on 20 October 2022 in order to illuminate the creative skills of our students. A large number of students participated in the competition and beautifully showcased their creativity. Deepkeshwar Kumar Maurya and Nitin Kumar Sonkar from Diploma Civil Engineering 3rd year were the winners of the “Lantern making competition” and Ashutosh and Abdul Rahim from Diploma Civil Engineering 1st year won the competition of “Diya Decoration”.



Role of Innovation in Entrepreneurship Development

Axis Institute of Higher Education (AIHE) organized a workshop in collaboration with Innovation Foundation, CSJM University on "Role of Innovation in Entrepreneurship Development" on 4 November 2022. It was attended by the students of BBA and BCA, where the eminent speakers from the university guided the students regarding the topic and its relevance in the present era.

Dr. Shilpa Kayastha, (Coordinator) explained to students how to identify their hidden ideas and encouraged them to think creatively. She also shared her experience about start-ups in the current scenario. Mr. Utkarsh Bisaria (Senior Incubation Manager) guided the students on how to convert their Innovation into product. Mr. Rahul Dixit (Incubation Officer) shared his industry experience and motivated students to start innovating and made them aware about various Government funding schemes for start-ups. Mr. Anil Kumar Tripathi (Innovation officer) shared how to create innovation by converting problems into solutions. He further enlightened on how parents’ business can be carried out in an easy-going way using creativity.



Science Exhibition on World Science Day

Science is a viewpoint. For those who are fortunate enough to experience it, science is the process that leads us from perplexity to comprehension in a way that is accurate, predictive, and trustworthy. World’s Science Day aims to discover the scientist and researcher inside you. Axis Colleges very well assimilated the significance of science day. The Department of Biotechnology and Medical Microbiology organized a Science Exhibition on World Science Day, 10 November 2022. Students of B.Sc. Biotechnology 1st semester- Vivek Tiwari, Ankita Verma and Preeti presented the model on Hydroponic Farming and secured the 1st rank. A Speech and Quiz competition was also organised on this day. Winner of the Speech competition was Ayushi Singh of Biotechnology 3rd semester. Students of the Pharmacy Department won the quiz Competition.



A Debate Competition - SAMVAD

'Take a break, Have a Debate!'

The afternoon on 11 November 2022, was thrilled with anticipation, excitement and an enjoyable College Debate Event, Samvad at Axis Institute of Technology & Management (AITM) on the motto of

bringing future aspects of 'AI Transformation over the New Humanity'. The panel of Jury Members for SAMVAD: Dr. Shubha Jain (HOD, B.Tech. CS), Dr. Garima Williams (Dean, Training and Development), Mr. Vinay Singh (Director, CRC) and Mr. Nitin Saxena (Assistant Professor, ET) was overwhelmed with the performances of the participants and encouraged participants with certificates and goodies. The winners of the competition were Aryan Kushwaha (for the motion), Ruba Siddiqui (against the motion) and the first Runners-Up were Shifa Rahman V/S Pragati Tiwari. Also the special mentions: Devansh Gupta and Aman Yadav grabbed the appreciation by demonstrating their oratory skills.

A Workshop on 'Rock Your Profile'

Networking is the key in the present scenario. The Computer Science and Engineering department of Axis Institute of Technology and Management (AITM) hosted an interactive session for students to assist them in building a useful LinkedIn profile.

Mr. Kunal Godinho, Account Director of LinkedIn conducted a session at the Axis Colleges Campus where he told students how to build a LinkedIn profile that accurately reflects their career histories, whether they are just starting out, looking for advancement.

This workshop provided guidance on how to customize each element, starting with the simple understanding that a LinkedIn profile is distinctive and crucial to your desired career. Other pointers were how to emphasize your professional goals in your profile and how to use media and keywords to target the goal.



A Session on 'Interpersonal Effectiveness with a Paradigm Shift of Perception Management'



An enthused Pep Talk on "Interpersonal Effectiveness with a Paradigm Shift of Perception Management" was organized at Axis Colleges for all the members of faculties in the spirit of understanding proportional balancing between awareness and acceptance. Dean, Training & Development, Dr. Garima Williams, facilitated the workshop by emphasizing on how improving interpersonal skills affects one's perception.

The session progressed with activities on Critical Thinking, Voice Dynamics, Mnemonics and Mental Conditioning. The HODs were advised to conduct elaborate sessions on the topics discussed in the talk for the students of their respective departments.

The Q&A session was quite insightful and it shows that the session was well received.

Axis Startup Launch Pad

'The success of the young entrepreneur will be the key to India's transformation in the new millennium' – Dhirubhai Ambani.

We are excited to share that the Management Department at Axis colleges successfully organised a Business Plan Competition on the occasion of National Entrepreneurship day, 09 November 2022.

We are proud of all our participants especially of our winning team composed of BBA students (Muskan Sahu, Mayank Kumar and Prajjwal Bajpai). We truly hope our young entrepreneurs will build sustainable businesses and transform India. We were also honored to host our esteemed guest speakers and Jury members Mr. Vipul Kumar and Mr. Ritesh Kumar who are successful entrepreneurs and startup consultants. Our students greatly benefitted from their valuable experience and insight.



Axis Assembly of the United Nations Organization

A model of the Axis Assembly of the ‘United Nations Organisation’ is founded by our institute with the aim to improve the leadership abilities of our students. The students from the MBA department spoke for their assigned countries which they were representing and were evaluated on the basis of their oral skills by the jury members. The winner was the Pakistan team, led by Abhishek Singh Bhadoria, Himanshu Parmar, Akshay Tiwari and Shubhasini Singh. The best speakers were Anshika Pandey, Ayenish Sarfraz.



Managers of Future

Expert Talk on ‘Risk Management Using Commodity Derivatives’

Axis Colleges organised an expert session on “Risk Management Using Commodity Derivatives” on 7 November 2022. The session was taken by Dr. Nishant Kumar (Associate Professor, Department of Business Administration, Lucknow University). It was conducted under our series of events 'Managers of Future'. The Indian commodity derivatives market has achieved a considerable growth in trading volume, types of commodities, contracts traded, warehouse development and also has brought significant changes to spot trading of commodities. This proved to be a much needed session for management students.



Expert talk by Prof. Dr. Bholanath Dutta

Axis Colleges organised another expert session on 25 November 2022. An excerpt from Prof. Bholanath Dutta's (Founder & President MTC Global) talk, Entrepreneurship is unquestionably one of the most inventive and gratifying types of business, so even while the risk is high, the rewards are also high. Famous entrepreneurs like Oprah Winfrey, Bill Gates, Walt Disney, J.K. Rowling, and Steve Jobs are among the most well-known people in the world who accepted challenges and aced it all. They have left an indelible mark on the start-up business initiatives so far. Though it is challenging. But despite 90% of the startups failing, a success statistic is also well known.

Despite this, starting your own business is still a very alluring career route. Similar to many other high-risk moorings, it frequently attracts individuals who view the risks as an exhilarating challenge rather than a warning. He further advised the new entrants to have a strong and distinct purpose and vision statement for their start-up operations.



Industrial visits help students understand the inputs and outputs for various technical operations and procedures carried out at work, bridging the growing gap between academic learning and practical experience. These industry trips are intended to provide education, exposure, and experience. Industrial visits give students the chance to gain on-the-job skills through contact, working procedures, and employment practice. Next few pages showcase some memorable moments of these visits conducted by Axis Colleges.

Blood Bank Visit

By the deficits we may know the talents, by the exceptions we may know the rules, and by studying pathology we may construct a model of health. -Laurence Miller

The Department of Biotechnology and Medical Microbiology, Axis Colleges organized an educational visit to the IMA Charitable Blood Bank, Kanpur to impart the finer points of blood extraction, collection, storage, etc. to the students. Our goal is to develop in each of our students a sense of independence as well as a capacity to contribute to society in any form.



Industrial Exposure for Diploma Students

"Every Industrial Revolution brings along a Learning Revolution." - Alexander De Croo

Intending to go beyond classroom learning, an Industrial Visit was organized to Power Grid Corporation India Limited, Panki, Kanpur for **Diploma Electrical Engineering (DEE)** 2nd year students on 22 November 2022. The functioning of control panels, relays, transformers, surge arrestors, insulators, and circuit breakers among other components was the visit's main focus.



In the same sequence, the **Department of Diploma Civil Engineering (DCE)** conducted a Site Exposure Visit of Dedicated Freight Corridor Project (DFC project) on 26 November 2022, for 2nd & 3rd year students. Various aspects like Isolated footing, Bridge making, Column erection, Reinforcement, Excavation concreting, Site layout, Leveling, Earth work of Railway, etc. were explored.

It was overall an excellent experience for our students. Axis Institute of Diploma Engineering (AIDE) is planning for many more such Industrial visits, which will be fruitful for our students in gaining more practical knowledge.



Railway Engineering Visit, Sirsaul

The Department of Civil Engineering conducted an educational visit to Indian Railway, Sirsaul, Kanpur. It was conducted under the guidance of Mr. Azeezurrahman Ansari & Mr. Anand Bhatt (Assistant Professor, Department of Civil Engineering, AITM). With this visit, the students came to know about various practical implementations of Railway guidelines. The topics like Formation, Ballast, types of Rail gauge, Sleepers, Turnouts, Signal system, train controlling system and various geometric parameters were discussed during the visit. Also the various tools in laying railway tracks such as Screw Spikes, Pandrol clips, Round Spike, Bolts, Keys, Fish Plate etc. were also observed, measured and noted by the students. Additionally, the reinforcement of the piers and the concreting of the foundation for the Railway Over Bridge were displayed. The visit enhanced the students' knowledge of railway engineering, which will be useful to them in the near future.

A Tour of Ancient Art for the Fashion-Conscious Students

Every designer or artist should have a thorough knowledge of the complexities of ancient art, craft and design. The Bone Carving Hub at Barabanki was the site of this educational outing that Axis Institute of Fashion Technology (AIFT) organised so that our students may witness the age-old art firsthand. Since ancient times, bone carvers in Barabanki and Lucknow have carved beautiful patterns. The carvers create intricate balances between the past and the present by drawing inspiration from all around them. The trip gave the pupils a solid foundation in bone carving technique, history, and Mughal aesthetics.



Building Construction Visit, Rooma

In order to establish a cohesive synergy between theory and practical knowledge, The Department of Civil Engineering conducted a Site Exposure Visit for 3rd year students. Various aspects like Excavation, Isolated footing, Column Erection, Reinforcement, Stirrups, Concreting, Site Layout, Leveling etc were discussed.



A Visit to Power Grid Corporation, Kanpur

On 19 November 2022, the Department of Electrical Engineering of Axis Institute of Technology and Management (AITM) organized an industrial visit to the Power Grid Corporation, Kanpur for a hands-on training to the various operational, technical and managerial aspects involved in the management and maintenance of the electricity grid. Focused areas of the visit were current transformer, SF6 circuit breakers, inductive reactors in different ranges, lightning arrestors, remote terminal unit (RTU), earthing, control panels, etc.



International Conference on Trends and Innovation

Students of Axis colleges, from Department of Biotechnology and Medical Microbiology shared the same platform with Scientists, Director of CSIR-CFTRI and National Agri-Food Biotechnology, Higher dignitaries from Uzbekistan and many more in International Conference on Trends and Innovation in Food Technology from Farm to Fork organized by Department of Bioengineering Integral University and Tashkent Chemical-Technological Institute (TCTI), Tashkent, Uzbekistan on 24-25 November 2022.

Scholars presented Posters and Review Paper in the Conference and they learnt a cluster of new concepts regarding food biotechnology.



International Art Exhibition, IIT Kanpur

Pavaki Kala Stotra, an International Art Summit 2022, was held at IIT Kanpur. The students of Axis Institute of Fashion Technology (AIFT) also visited and participated in the exhibition. It had various competitions to keep up the spirit of the visitors and participants. The summit consisted of live demonstrations given by celebrity artists like Amit Kapoor, Milind Mullick, Aditya Chari, Vasudeo Kamath and many more, which was incredibly inspiring for the students and paved a way for the blooming artists.

Publications

- Mr. Vinay Kumar Pandey has published a paper entitled "A Concise Review on Development of Probiotics from Lactobacillus using CRISPR-Cas Technology of Gene Editing" in Food Chemistry Advances (Elsevier- Scopus) DOI: 10.1016/j.focha.2022.100099
- Mr. Kumar Shanu Sinha published a book titled “Theory of Machines” in New Tirupati Publications.
- Mr. Prabhakar Babu published a book titled “Electrical Machines-I” in New Tirupati publications.
- Ms. Deepti Nigam published a paper titled “Smart grid and Micro grid Power System for Renewable Energy System” in International Journal of Health Science, ISSN: 1658-3639, SCOPUS Indexed.
- Mr. Sanjeev Kumar Shukla published a paper titled “Security Analysis of Message Transmission Using Quantum Cryptography" (ISSN: 1303-5150 Volume 20| Issue 14| page 769-774) in Scopus Journal.
- Mr. Vinay Kumar Pandey and Ms. Anjali Tripathi published a paper on “A descriptive review on nutraceutical constituents, detoxification methods and potential health benefits of flaxseed” Applied Food Research Volume 2, Issue 2, December 2022, 100239 (Scopus Indexing).



Patent

Handheld Wireless Token Dispenser for Queue Management

Design basically give the root line for many user at a time in a domain in wireless censor

Mr. Sanjeev Kumar Shukla



Metaverse is the internet, but in 3D

Metaverse basically is a combination of two words “meta” and “verse. Meta means exceeding something(beyond) and verse means whole or universe. It basically links the virtual and real-world environment together and increases the interaction with Augmented Reality and Virtual Reality. It is a new and growing field in the present scenario.

The interest of the Computer Science society is increasing towards the various emerging fields like AI (Artificial Intelligence), ML (Machine learning), AR, VR etc. & for computer scientists, the success of the metaverse will largely depend on how well we plan and create its features, infrastructure, and services.

With the aid of cutting-edge technology like augmented reality and virtual reality, Metaverse can duplicate the real world. It provides different commercial prospects to businesses globally. It is the next recapitulation of the internet and social media.

“The metaverse is an integrated network of 3D virtual worlds.” These worlds are accessed through a virtual reality headset - users navigate the metaverse using their eye movements, feedback controllers or voice commands. The headset immerses the user, stimulating what is known as presence, which is created by generating the physical sensation of being there”.

Metaverse is a combination of Extended Reality, Robotics, Blockchain, AI, Network hardware etc. Metaverse extends the real world (Physical world) using Augmented Reality and Virtual Reality. It gains the potential to conduct business interaction with shared devices and transform real world projection to a next level using AR and VR.



Metaverse can also be useful in the educational sector as it can create a bridge between urban and rural education by giving the same look and feel to all. Using Metaverse teachers can build a virtual landscape where students from every background can study as well as learn to solve real-world problems and this can bring revolution in classroom-teaching innovation.

The studies have examined various vast topics to research with the help of metaverse.

It has been a worldwide attraction for educationalists lately. This field got renewed interest with an announcement done by Meta (Facebook). The research has obtained

trends, focus and limitations about metaverse. Various studies have been found that

Meta-verse can also be useful in the educational sector as it can create a bridge between urban and rural education by giving the same look and feel to all. Using Metaverse teachers can build a virtual landscape where students from every background can study as well as learn to solve real-world problems and this can bring revolution in classroom-teaching innovation.

In Metaverse people use Icons to represent themselves and communicate with each other virtually in the community. In this, people use E cash to buy various commodities like cloth, weapons etc. People can also travel virtually anywhere for fun without any aim. Therefore, a mixed method of systematic view of the metaverse can be easily viewed through the help of AR and VR.

Lifelogging is another type of Metaverse which provides a technology to capture, store and share day to day incidents and details about objects and people. Facebook’s CEO (Mark Zuckerberg) says that his company is investing in metaverse and bringing major changes that will open new vistas for social media.

Non-Fungible Tokens (NFT’s) play an important role in the personality and popularity of metaverse. NFTs has a reliable type of digital assets and is based on Blockchain Technology and Cryptocurrency. Metaverse has made life more interactive and interesting because we can virtually interact with those things which may or may not have life.

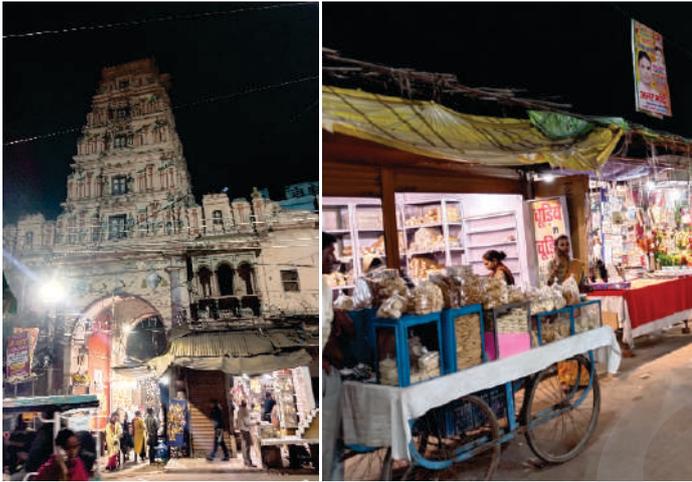
The findings of this article are focused on mobile learning, hybrid learning and nano learning.concludingly, the metaverse is an extension of reality so it is not only restricted to the physical space which can be operated on but it can also be extended to infinity.

Pavitra Tondon
3rd year, B.Tech. (IT)

Kanpur : A Pivot of Street Shopping

Indian clothing, handicrafts, leather products and jewellery have always been favourably accepted by the local population. Kanpur, an industrial state in Uttar Pradesh, offers reasonably priced, superior goods. Production and sales of Indian-made clothing, handicrafts, and jewellery have been driven by the town's rich, secular local populace. As a result, Kanpur is well known for its ethnic women's apparel and the effective blending of secular cloth-making artistry.

So, let's come and visit a few budget friendly markets lying in the lap of Our City



Sadar Bazaar

Sadar Bazaar, a place to shop, will capture your attention for its rustic goods that will really appeal to your senses. This market exudes a cheerful appeal. Take part in a shopping extravaganza to create a lot of memories here. Look for the leather accessories that move swiftly in this area, such as belts, shoes, handbags, and luggage. The products' affordable pricing are what attracts a lot of buyers. With these pieces, your wardrobe will become more vibrant and diversified. Tourists also buy these items to take home as gifts for their friends and family.

Sisamau Bazaar

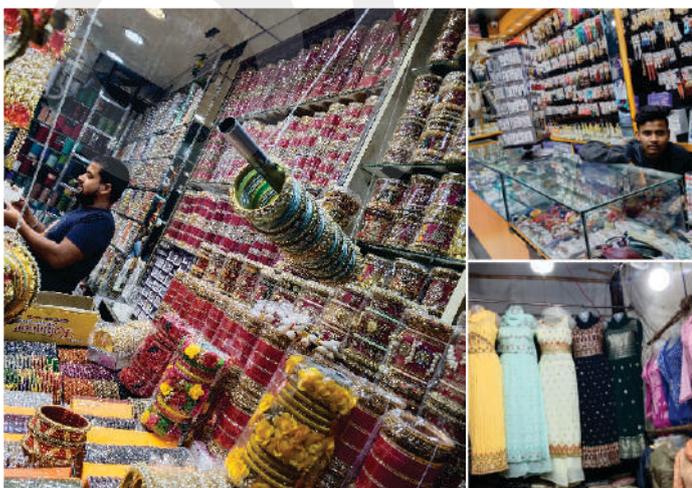
Sisamau is the name of one of Kanpur's oldest markets. The streets of this market are still packed with shoppers. Numerous vendors try to sell their items on this crowded Kanpur Street. It is the best place to get all household things. The main attraction of this shopping spree is the clothing, especially the sarees. There is no doubt that you will receive the best value for your money. Despite the large number of people on the streets, if you have the patience to search, you can find amazing bargains on things and bring them home. This is the place if you are looking for budget friendly sarees and footwear.



Gumti No. 5 Market

Gumti no. 5 is a local street market of Kanpur. Location of this market is Kaushalpuri, Darshan Purwa. A good site to shop for suits, bangles, and sleepwear at economic prices. You'll also find all of the necessities for fashion and sports gear at fair pricing.

In this market, there are a few stores, including Aman Sports, Khanuja Garments (since 1977), Pawan Garments (since 1983), Amit Sports (1984), Bedi Cloth House, and Shri Hemkunt Stores (since 1992). Everything you obtain will be of the finest quality. The market observes a close on Mondays but a flea market can be experienced on Mondays.





Sagar Market

People today follow technology and other global icons blindly in their social and cultural lives. Sagar Market located on Mall Road market is good for buying first copies of the accessories of e-devices. This wholesale market is a well known to offer all kinds of electronic gadgets including laptops, mobile phones, televisions, and ACs at reasonable prices.

The place is an amalgam of gadget showrooms and repair shops. The market is typically overcrowded. It takes a while to reach here because of city traffic however reaching there is worth it all. The perk of the market is delicious street food, especially Paani puri.

Parade

One of the largest wholesale marketplaces is Parade Bazaar, which is situated on Shivala Road. There are hundreds of vendors, selling anything from clothing and shoes to books and some of Kanpur's most renowned street cuisine like chat and masala cold drinks. The main attraction of this place is unstitched, high-quality fabric at an affordable price. The venue has its own operating hours and is open every day of the week because of books and notebooks inclusion. All types of books are offered at extremely low prices by wholesale sellers.

A flea market is also an attraction for the Kanpurites, it mainly consists of running fabric at affordable prices. The boutique owners can be found purchasing here. The market days are: Tuesday, Thursday, Saturday. frequently crowded. A must visit for budget friendly designer dresses.



Naba Firdous & Preeti Yadav
1st Sem., BBT

Chills and sizzle, fashion in winters can be as sizzling as the weather. The year 2022 is moving by quickly, and the fashion industry's constantly changing trends are doing the same. While we may have enjoyed cut-outs, peek-a-boo tights, and sharp suits in the fall, there are a whole new set of trends to watch out for as winter approaches. Here are a few winter fashion trends to watch this year.



Oversized Outerwear

Everything from aviator jackets to puffers to leather trench coats. Oversized silhouettes are most certainly in, which was made clear in the most recent fashion month.



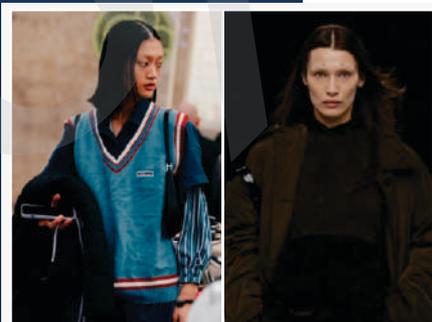
Tonal Dressing

When we talk about tonal dressing, it typically covers dressing up in the same colour, or in different shades or tones of a specific colour. Tonal dressing has gone to the next level. Vividly-hued tonal dressing is all the rage on social media. The colors you would love to dawn this season are black, gray, hues of pink, blue, green, and purple.



Leather Trousers

When it comes to bottoms, leather trousers are the popular choice of the moment, whether it is faux leather or the real deal. And while low-waisted pants may be seeing resurgence, it seems that most leather pants stick to a mid or high-rise design which is perfect for that extra layer of warmth in the chills for sure. Not just the classic black, from cool indigo to warm terracotta, the color palette is endlessly playful.



Textured Vests

The perfect minimalist knit style layered up over and under a number of other winter warmers is just perfect for the season. What we love is its versatility, a vest can be dressed up or down with ease, and it lends a certain effortless smart and chic style to any outfit it accompanies.

Ms. Vaishnavi Dwivedi
Assistant Professor, AIFT

Master Your Emotions : A Practical Guide to Overcome Negativity and Better Manage Your Feelings

A little while back, I was engrossed in this lucid and influential book in an eager mode- Transcribing and revealing the live experience.

In a beautiful way author had divided topic of emotions in descriptive form:

- The basic essence of our emotions
- The process of formation of emotions
- The key factors which affect them
- And How emotions can be Implemented in personalising our growth

The introductory framework behind the initiation of the relationship between ego and emotions was phenomenal and tremendous to go through.

Emotions are fleeting; they can be felt and vanished. The reason behind agonising is not the way we feel instead it's the way we decode emotions in our spirits. The formula given by the author presented the components used for elaborating and developing powerful emotions was spectacular. Author clearly elucidated with relevant examples.

Explanation of an event/thought + Recognition with an emotion/thought + Repetition = Powerful Emotion

Our various day to day activities including sleep, food, breathing, environment, physical activities, etc. affect our emotions. The author has also represented various interrogations which can be used for self-evaluation to analyse which period we go through negative emotions the most. This way is prevailing and worth it in noting the experiences.

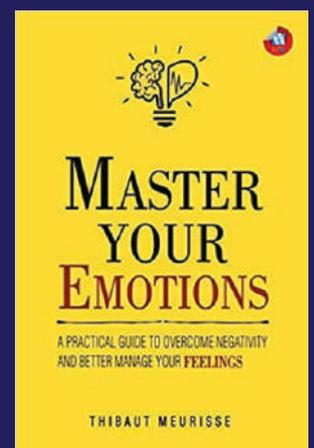
Nowadays it's common to crush and depress emotions but it's not good. Emotion is like energy and when the energy flow is suppressed, it forms an aggregate. The flow of energy is obstructed which leads to various mental issues.

My most favourite part was how emotions can be used as instruments in personalising our growth and development. The basic 10 negative emotions such as envy, jealousy, resentment, fear, worry, procrastination, etc. have been illustrated by the author in a very pleasing way. It also presented various points of view for using these negative emotions in understanding our own desires and the ways to combat the negative emotions in affecting ourselves.

About the Author : Thibaut Meurisse

His name is Thibaut, and although he is French, he has resided in Japan for more than five years. He left France and started working for the Japanese government as a coordinator of international relations after studying Japanese at university.

He is the founder of Whatispersonaldevelopment.org. He spends most of the time looking for the greatest ways to significantly improve both his life and the lives of others. He is obsessed with improvement. He firmly believes that personal growth is about being a better version of ourselves as well as a better wife, husband, father, friend, and lover. He firmly thinks that because of this, it is up to us to reach our greatest potential. Never forget how much fun it is to stretch ourselves and grow into better versions of ourselves.



Ms. Anjali Tripathi

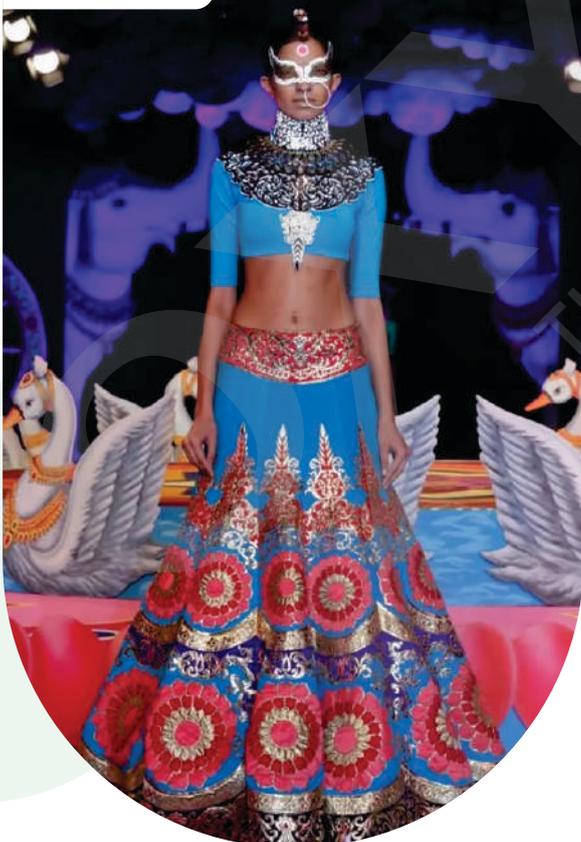
Assistant Professor
Dept. of Biotechnology and Medical Microbiology

Mythology A Creative Aid For Design



Source : Pinterest

Source : Manish Arora



Mythology & Creativity have a lot in common. Both are subjective and have no constraints. Designers & Artists seek inspirations as a starting point of their masterpiece and mythology can be an excellent source for the same.

Geographical regions, civilizations and culture go hand in hand and in a certain manner mythology is what binds them together. It can be used as a guideline to link various aspects of the culture and turn it into a design element which is relatable for the masses.

There are multiple examples of designers and artists whose works are predominantly influenced by mythology:

- Designer Christopher Hall has always been passionate about nature's magnificence and mythology. One of his richly varied collections of furniture has lately been inspired by this lifelong obsession with ancient legends.
- The SOMATA collection, which includes handcrafted items, is inspired by four different transformational mythology.
- Chanel, Christian Dior, and Valentino are other prominent names who have launched collections inspired by mythical creatures.

There are multiple mythical treasures around the world yet to be explored and revamped into beautiful garments and art pieces.

Being in the design field for over 10 years, I have observed that our sense of creativity and definition of aesthetics is greatly influenced by our upbringing, and is passed on from generation to generation in a passive manner. We grow up listening to mythological stories and that is when our imagination gets its wings, we start to visualize the mythological characters and bring them to life via our dressing and mannerism.

For instance, The Kalamkari Art (paintings on fabric) specifically depicts epics such as the Ramayana or the Mahabharata. Chittrakars, musicians and painters moved from village to hamlet to narrate Hindu myths to the villagers. We can see Kalamkari redefined and used beautifully in art pieces, garments, and accessories. Same is the case with Mahbubani Art; its motifs and elements are related to people for fertility and happy married life. Mandala Art is a visual medium of narrating, mythological stories, Hindu & Buddhist beliefs, adorned by people in the form of design motifs and patterns.

Each element of mythology can be defined and refined with multiple design approaches, all it takes is an open mindset and a creative eye for visualizing texts and giving it a form and purpose.

Emotional Intelligence : Capacity to Perceive One’s Emotions

The Ability To Perceive, Evaluate, Express And Control Emotions: Emotional intelligence (EI) is the ability to recognize, comprehend, express, manage, and make use of emotions in interpersonal interactions and communication. As important as it is to be able to express and regulate one's emotions, it is also crucial to be able to comprehend, analyze and react to the emotions of others.

Emotional Intelligence Can Be The Game-Changer To High Performance And Personal Leadership: Awareness of one's strengths and weaknesses, self-assurance, acceptance of oneself, a strong sense of curiosity especially about other people, a feeling of empathy and concern for others, taking responsibility for mistakes, the capacity to recognize and articulate the emotions of others, and the capacity to control one's emotions in challenging circumstances are some of the key characteristics of emotional intelligence.

The following are the main five elements of emotional intelligence:

Self-Awareness

Understanding your emotions, including what you are feeling and why, as well as how they affect those around you is a key component of self awareness. Being self-aware allows you to recognize your emotions and how they affect both your performance and interactions with others. Understanding one’s strengths and weaknesses can help one feel more confident and help one identify when one’s emotions are negatively affecting their work or the people around them.

It is crucial to seek out constructive criticism, meditate, pick up new skills, make objectives, engage in positive self-talk, and concentrate on developing a growth mindset in order to become more self-aware.

Self-Regulation

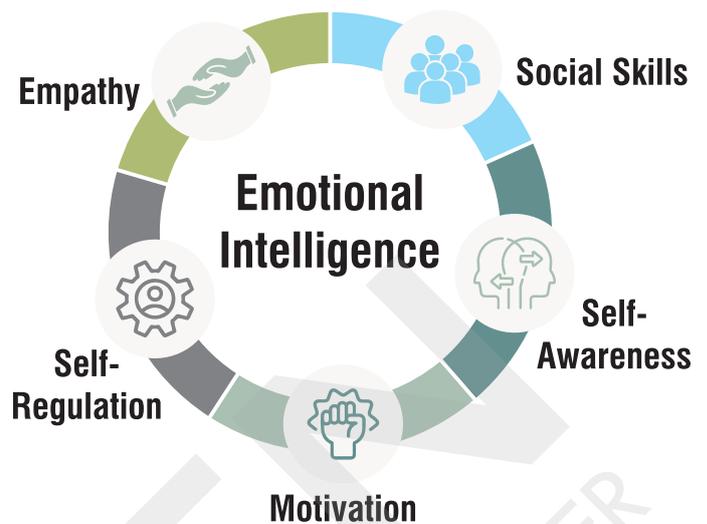
When we are done mastering self-awareness, the next step is to learn how to control our emotions, particularly the negative ones. Having good self control provides us the choice of how to respond when presented with strong emotions. Always treat people with respect, and try to keep everything under control. Self-regulation refers to how you manage and control your feelings, inner abilities, and talents. Learning to regulate your emotions, viewing setbacks as opportunities, realizing that you have a choice in how you respond, and most importantly, practicing loving your feelings are the greatest ways to deal with difficult emotions.

The key to self regulation is how to articulate your feelings.

Motivation

The third component is motivation, which is your desire to advance and succeed. Setting objectives and making a regular effort to meet them are examples of motivation.

Motivation is finding the positive in every situation, along with optimism and resilience. Short, measurable objectives should be the main emphasis, successes should be acknowledged, and accountability should be established through working with a buddy or co-worker. Extrinsic incentives shouldn't be used excessively.



Empathy

Empathy is a major element of emotional intelligence. Simply expressed, it means to "place oneself in another person's shoes" as this helps us understand other person's thoughts, feelings, and emotions better. We should strive to be more sensitive and considerate to others.

One should be willing to express their own feelings, listen to others, engage in conversation with new individuals, and attempt to put themselves in another person's place.

Social Skills

The ability to engage with others is an essential aspect of emotional intelligence. *People with strong social skills can build meaningful relationships and gain a better understanding of both themselves and others.* True emotional intelligence is more than just being able to recognize and manage your own and others' emotions. You must also be able to apply this knowledge in your contacts and interactions.

Try to ask open-ended questions, maintain eye contact, engage in active listening, pay attention to your own body language and take note of the body language of others.

Strong emotional intelligence abilities can improve a person's life in a variety of ways. People with these skills always seem to maintain their composure. Even the most uncomfortable social situations can be handled by them with grace. And they consistently seem to put other people at ease.

Having good emotional intelligence skills helps improve leadership skills, communication skills, stress management, and self-control. This skill is crucial for developing and maintaining interpersonal relationships. You can grow and strengthen your social support network by developing strong relationships with other people, which is essential for both your physical and mental health.

Ms. Kirandeep Kaur

Assistant Professor

Employability Training Department

Complete the crossword puzzle based on "Leonardo Da Vinci's Inventions" using the hints given below.

Across

- 3 I can't really fly, but I look cool!
- 5 is is a bird? is it a bat? nope! it's a _____
- 6 you might need this for your helicopter
- 7 I measure no, not inches or centimeters, silly
- 8 Don't worry, I'm only meant to scare people away! I don't hurt you!
- 10 under the sea, under the sea, let's swim with the fishes!

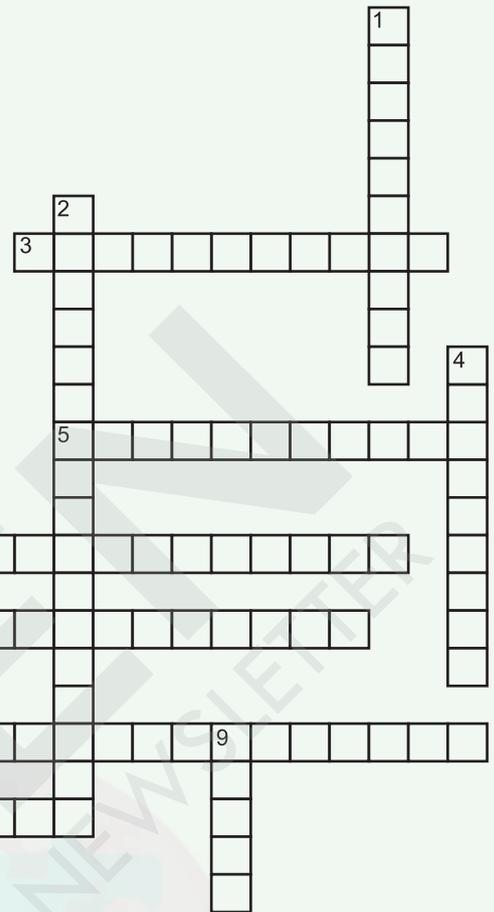


Down

- 1 pew pew! I have two names! guess my easiest one!
- 2 vroom vroom! I'm the VERY first car!
- 4 if you jump off a cliff, this could save your life
- 9 bee-be-boop-bop I am a machine

What's the missing number in the circle?

4 3 2
 5 3 5 1 1
 6 1 2 8 3 3 1
 7 2 8 4 3
 9 ? 3



Answers of the Last Month's Puzzles

- Answer 1 - Because an apple a day keeps the doctor away!
- Answer 2 - A Watermelon.
- Answer 3 - The word SHORT.
- Answer 4 - The doctor was his mother .
- Answer 5 - First mom and dad – 2 minutes. Dad comes back – 3 (2+1) minutes, both children go to mom – 8 (3+5) minutes. Then Mom comes back to dad – 10 (8+2) minutes and they both get to their children – 12 (10+2) minutes.

Find hidden homonyms (Two words that sound the same but are spelled differently)

T	E	N	E	N	E	R	T	N	I	S	A
M	E	N	T	E	K	H	A	I	R	M	K
E	A	E	A	E	R	H	E	T	R	U	A
E	T	N	U	A	E	I	T	A	E	M	E
T	T	I	R	E	S	O	P	N	T	R	P
N	W	G	A	E	E	I	E	M	A	L	A
M	L	E	B	A	R	E	A	E	S	R	R
A	A	T	I	N	T	N	B	I	E	L	M
N	A	H	T	G	O	E	W	E	W	M	N
N	A	A	T	R	H	S	S	N	E	A	T
E	R	R	E	P	S	T	E	E	L	A	P
R	E	E	S	T	E	A	L	M	E	A	A
A	W	A	I	T	N	U	A	U	E	I	W
E	R	T	N	T	K	E	E	P	G	R	R

- MEAT
- STEEL
- WAIT
- PEEK
- AUNT
- MEET
- STEAL
- WEIGHT
- PEAK
- ANT
- MANNER
- MANOR
- HARE
- BARE
- BEAR
- HAIR

CENTER OF EXCELLENCE

ORACLE



TEXAS INSTRUMENTS



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