



# BVCOE NSS PARIVARTAN

**Bharati Vidyapeeth's College of Engineering,  
Paschim Vihar, New Delhi-110063**

**An ISO 90001 : 2008 Certified Institute, AICTE Approved  
& Affiliated to GGSIPU, New Delhi**

**NATIONAL SERVICE SCHEME**

**"Not Me But You"**



**BVCOE NSS Annual Magazine Vol. 2  
Year : 2018**



# *Our Inspiration & Strength*



**Hon'ble Dr. Patangrao Kadam**

(M.A., L.L.B., PhD.)

**Founder**

Bharati Vidyapeeth, Pune

**Chancellor**

Bharati Vidyapeeth Deemed University



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(B.E. (Comp), MBA, PhD.)

**Secretary**

Bharati Vidyapeeth, Pune

Bharati Vidyapeeth Deemed University

# BVCOE NSS

*"Social Transformation Through Dynamic Education"*



## BHARATI VIDYAPEETH'S COLLEGE OF ENGINEERING, NEW DELHI



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**"Not Me But You"**  
**NATIONAL SERVICE SCHEME**

# PARIVARTAN

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(NSS Programme Officer, BVCOE NSS)

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***Dr. Sushmita Mohapatra***

(Dean-Admission & Student Welfare)

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# EDITORIAL BOARD



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# ***NSS Core Team***



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**Mr. Ravi**  
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**Mr. Prem Singh**  
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**Mr. Surender Singh**  
Ministerial Staff



**Mr. Manav Gupta**  
NSS Student Unit Leader

# ***From Principal's Desk***



**“There is no higher religion than human service.  
To work for the common good is the greatest creed.”  
- Woodrow Wilson**

The goal of education is the physical, intellectual and spiritual development. Chasing this dream, Bharati Vidyapeeth's College of Engineering has come a long way in providing education to students. Our continuous efforts to find new innovative methods of teaching have resulted in steep rise in the performance and overall growth of our students.

We at BVCOE, aim at giving an extra dimension to higher education to orient the youth towards community service, expose them to the realities of life, bring about a change in their social perception and sensitize them to the needs of the masses so that they can accommodate them when they become policy makers. This is beautifully done by the NSS Unit of our College. With greater emphasis of purpose-driven research than passion-driven, NSS helps young bright students to utilize their knowledge acquired to find solutions to individual and community problems. It also develops the ability to work in a team, leadership, cooperation and other skills.

I am grateful to the editorial team who has worked hard to put forward the activities of BVCOE NSS.

Great Work!!  
With Warm Regards,

**Dr. Dharmender Saini**  
Principal - BVCOE



# ***From Editor's Desk***



**“The best way to find yourself is to lose yourself in the service of others.”  
- Mahatma Gandhi**

We live today in a world that is so very different from the one we grew up in, the one we were educated in. The world today is changing at such an accelerated rate and we as educators need to pause and reflect on this entire system of Education. Are our colleges well equipped to prepare our children to face the challenges that the future holds?

Questions such as these are factors that motivate us to go through a continuous process of reflection and hence we at BVCOE NSS work at bringing a ‘PARIVARTAN’ in a child’s thinking so as to ensure that the children who walk into the portals of our Unit will not just experience and realize the realities of society but also be truly prepared to face life’s challenges.

This issue of our magazine is a milestone that marks our growth, unfolds our imaginations, and gives life to our thoughts and aspirations. It unleashes a wide spectrum where our volunteers truly abide by the motto ‘NOT ME, BUT YOU’.

I congratulate the entire editorial team for their hard work and dedication in making this magazine come true.

**Dr. Anil Kumar**  
Programme Officer, BVCOE NSS

## ***From Sub-Editor's Desk***



**“Faith in action is LOVE, and love in action is service.”  
- Mother Teresa**

Very few realize the wealth of sympathy, kindness and generosity hidden in the soul of child. The effort of every educator should be to unlock that treasure and ‘BVCOE NSS’ under the able guidance of Sh. C.B. Sawant (Regional Director, BVP), Dr. Dharmender Saini (Principal, BVCOE) and Dr. Anil Kumar (Programme Officer, BVCOE NSS) is an excellent example where everyone strives indefatigably for this. We at BVCOE NSS believe “The heart of education is the education of the heart.”

National Service Scheme, under the Ministry of Youth Affairs & Sports Govt. of India, with primary focus on the development of personality of students is through community service. The Motto of NSS "Not Me But You", reflects the essence of democratic living and upholds the need for self-less service.. BVCOE NSS prepares students to utilize their knowledge in finding practical solutions to individual and community problems and develop competence required for group-living and sharing of responsibilities.

It is indeed a great and proud moment for the editorial team to highlight all the achievements of BVCOE NSS Unit. I congratulate and wish that the entire team of BVCOE NSS would continue with the great and valuable work in future.

**Dr. Sushmita Mohapatra**  
Sub-Editor  
(Dean-Admission & Students Welfare)



# ***Events***

S. No.	Events	Date
1	BVCOE NSS Orientation, 2017	29th Aug, 2017
2	Swachhta Hi Sewa (3rd Anniversary of Swachh Bharat Mission)	2 <sup>nd</sup> October, 2017
3	BVEST	11 <sup>th</sup> October, 2017
4	NSS Project Associate	13 <sup>th</sup> October, 2017
5	(a) Youth Delegation from China	16 <sup>th</sup> November, 2017
	(b) Gala Night at Chinese Embassy	17 <sup>th</sup> November, 2017
6	Blood Donation Camp	19 <sup>th</sup> January, 2018
7	National Youth Festival	12 <sup>th</sup> to 16 <sup>th</sup> January, 2018
8	Khelo India School Games	31 <sup>st</sup> January, 2018 to 8 <sup>th</sup> February, 2018
9	Seven Days Special Day/Night Local Camp	18 <sup>th</sup> April 2018 to 24 <sup>th</sup> April 2018
10	Yoga Day Celebration, 2018	21 <sup>st</sup> June, 2018
11	Swachh Bharat Summer Internship	10 <sup>th</sup> June 2018 to 31 <sup>st</sup> July, 2018
12	Student Induction Programme	1 <sup>st</sup> to 3 <sup>rd</sup> Aug, 2018
13	Celebration of Surgical Strike, 2018	28 <sup>th</sup> & 29 <sup>th</sup> Sept, 2018
14	Declamation contest	26th Oct, 2018

## BVCOE NSS ORIENTATION 2017



Bharati Vidyapeeth's College Of Engineering, New Delhi NSS Unit organized its Orientation on 29<sup>th</sup> August 2017 to welcome the first year students to college and make them aware about National Service Scheme. NSS has over 3.6 million certified volunteers and 40,000 of them from just 40 universities.

The orientation event planned by the team aimed at introducing the theme and working process of National Service Scheme to the freshers. It started off with the auspicious lamp lighting followed by the words of wisdom by the principal of Bharati Vidyapeeth, Dr. Dharmendra Saini. Principal sir welcome the students to college and gave them a brief about the college. He was full of enthusiasm to see the discipline and dedication of not only the NSS volunteers but also the college on the whole. He enlightened the youngsters with examples of personal experiences. The major highlight of the event was the inauguration and





uncovering of the first annual magazine of BVCOE NSS – PARIVARTAN. The magazine was uncovered by Dr. Dharmender Saini, Prinivpal, All Head of Departments and Dr. Anil Kumar, Programme Officer, BVCOE NSS. This issue of magazine is a milestone that marks the growth, unfolds our imaginations, and gives life to our thoughts and aspirations of BVCOE NSS volunteers. It unleashes a wide spectrum where our volunteers truly abide by the motto ‘NOT ME, BUT YOU’.

Following him, Dr. Anil Kumar, NSS Programme Officer incensed the students to talk on topics of anti-drug and HIV, to create awareness not grudges. He illustrated the aim for NSS being ‘PERSONALITY DEVELOPMENT’ or ‘VYAKTITAV KA VIKAAAS’. He also mentioned, we at BVCOE NSS work at bringing a ‘PARIVARTAN’ in a child’s thinking so as to ensure that the children who walk into the portals of our Unit will not just experience and realize the realities of society but also be truly prepared to face life’s challenges.

These inspirational words were followed by a melodious ode to Lord Ganesha through a ganapati vandana. The team had focused on showing the problems that the society faces today through a dance drama. Topics like ‘BetiBaachao’ and women empowerment were ceremoniously referred to. An act was put in front of students to make them aware about the disastrous mobile applications like that of BLUE WHALE. The fact that we as responsible individuals should understand these issues was pressed and reattributed. Last but not the least we had the NSS documentary showcasing one year of toil and hard work that the volunteers put in followed by a presentation on the same.

This event was a huge success as it not only involved the past experiences but also a new hope for the future.

## Swacchta Hi Sewa at Vigyan Bhawan, Delhi



Bharati Vidyapeeth's College Of Engineering, New Delhi NSS Unit participated in the Conclusion of Swachhta Hi Sewa Fortnight and The 3rd Anniversary of Swacch Bharat Mission on 2nd October 2017 at Vigyaan Bhawan. A total of 80 participants inclusive of 10 faculty members and Dr. Anil Kumar, Programme Coordinator participated. The event saw the august presence of Shri Narendra Modi, Prime Minister as Chief Guest and Sushri Uma Bharti, Ministry of Drinking Water and Sanitation; Shri Hardeep Singh Puri, Minister of State (Independent Charge) Housing & Urban Affairs; Shri S. S. Ahluwalia, Minister Of State of Drinking Water and Sanitation; and Shri Ramesh Chandappa Jigajinagi, Minister Of State of Drinking Water and Sanitation. At the conclusion ceremony, PM Modi quoted " Swacch Bharat Abhiyan has become a people's movement due to the 'Siddhi' of 'Swacchagiris'. Various winners from different states and departments were awarded for their outstanding performance in various competitions held during swachta pakhwara fortnight 2017.

## **BVEST**

### **(i) GROUP DISCUSSION BY BVCOE NSS**

**BVCOE NSS organized Group discussion** on 11 Oct 2017 in conference hall from 12:00 noon to 2:00 PM. A group of 25 participants were made to discuss on a topic for a limited time and then were assessed accordingly. There were 25-30 participants in each group. Two sessions were conducted for each group. The matters of discussion were those which had instigated a lot of debates pertaining to social, religious and monetary backgrounds. The first group pondered on the topics of Ban on crackers and Demonetization. Each participant presented his/her opinion supported by facts and logics. The discussion for second group was on topics of Junk Food and the reservation policy. All the participants enthusiastically participated by cross questioning each other and showcasing their knowledge, thus presenting their opinionated solution for the same. The main aim of holding the group discussion was to enlighten the students and make them understand the opinions of others thus making them build within a sense of confidence.

The discussions happened with full excitement and energy by all the participants. The event was judged by Dr. Asha Dahiya, Dr. Ruchika and Dr. Ritika, who judged the participants on the basis of their confidence, knowledge, linguistic skills, logical reasoning and analysis and interpersonal skills. The competition was tough but however, judges managed to select a winner for both the groups. The winners were awarded with a cash prize of Rs. 500 and a certificate by Dr. Anil Kumar, NSS Programme Officer and the three judges. The winners were Mr. Sukhim Singh from Keshav Mahavidyalaya (GROUP-1) and Mr. Mohit from Bharati Vidyapeeth's College Of Engineering (GROUP-2). The event was managed by Shreya Goyal and Varsha Singh.







## (ii) DONATION DRIVE BY BVCOE NSS

A donation drive was organized by BVCOE NSS on 11<sup>th</sup> October 2017 on the occasion of BVEST, the annual technical fest of Bharati Vidyapeeth college of engineering, New Delhi. Faculty members along with students of all ages and streams gathered to help the under privileged by donating clothes.

The main aim to organise a donation drive was to provide clothes to the people staying on footpaths, or those who do not have pieces of cloth to cover their bodies in the chilling winters. As we all know bitter winter has always been an annual disaster for thousands of homeless, destitute and underprivileged patients in Delhi. We at BVCOE NSS following the motto NOT ME, BUT YOU was overwhelmed to see the gesture of teachers and students alike. A small gesture like this became a boon for several needy people, who on having clothes had an unmatched joy. Students donated jackets, jeans, t-shirts, sweaters and sarees. The donation drive continued till 14<sup>th</sup> November which was inaugurated on BVEST. The vision of BVCOE NSS Programme Officer, Dr. Anil Kumar is **GIVING IS NOT JUST ABOUT MAKING A DONATION, IT'S ABOUT MAKING A DIFFERENCE**. The donation drive was managed by SanchitSinghal, Karan Garg and Himanshi Malik. BVCOE NSS believe SHARING IS CARING and hence promises to continue such endeavours.

## NSS Project Associate

Shri Veerender Mishra, Directorate, NSS, Ministry of Youth Affairs and Sports called a meeting to discuss the various issues relating to NSS with Program Coordinators and Program Officers. In this meeting Director NSS, discussed association of selected NSS volunteers in preparation of programme reports, formats, coffee table publications, Manuals etc. This exercise at the one hand provide exposure to NSS volunteers and will add to their skill, at the other



hand will help develop the programme as per the aspirations of the young student NSS volunteers at the national level. Four Students from Bharati Vidyapeeth's College OF Engineering, namely, Tanmay Bhardwaj, Meenal Gupta, Ritu Kumari and Saloni Kalra, have been selected as Project Associates to work with the Ministry of Youth Affairs. They have been assigned various tasks to which they have also submitted them. Saloni Kalra designed the NSS Brochure while Tanmay Bhardwaj and Meenal Gupta worked on increasing the social media outreach. They have also visited the NIC to help in re-updation of the NSS website which will be launched soon. All four of them are currently working on the coffee-table publication or booklet describing the NSS as a whole alongside re-framing the NSS Manual.

## Youth Delegation from China



The Chinese youth delegation came to India for a youth delegation program. On 16<sup>th</sup> and 17<sup>th</sup> November 2017, a Gala night was hosted for the Chinese Delegation. It had Dr. A.K. Dubey, Secretary, Ministry of Youth Affairs, Shri Asit Singh, joint Secretary, Ministry of Youth Affairs and other Chinese guests.





Welcoming the Chinese delegation, Dr. A. K. Dubey said, both countries have many complementary strengths and there is a lot that they can learn from each other. He said, in addition, there is a lot that the rest of the world can learn from both the countries, as both India and China develop fast and challenge the till recent dominant view that models of economic and social development are to always come from the West.

Recalling the historical relations between the two countries, Dr. A. K. Dubey said, India attaches the highest priority to its relations with China and is committed to further developing friendly and cooperative relations with China. He said, both countries have established a Strategic and Cooperative Partnership for peace and prosperity.

The Minister said, youth organizations of India such as Nehru Yuva Kendra Sangathan (NYKS) and National Service Scheme (NSS) can work together with their Chinese counterparts to channelize the youth energy towards nation building. He expressed the hope that the current visit of a delegation of 98 youth from China will further strengthen the bonds of friendship and mutual understanding between the two great neighbouring countries.

He said, the visit will also facilitate exchange of ideas, cultural, political and economic relations between the two countries and enhance regional co-operation and world peace. Chinese Leader said, youth exchange programme between the two countries will further strengthen the bilateral relations.

She said, both India and China have large population of young persons who can contribute immensely in nation building. The visiting dignitary said that both the countries can mutually benefit with exchange of visits of young politicians, young scholars and young media persons as part of the youth delegation for better mutual understanding between the two countries. She said, there is a potential of cooperation and exchange of ideas between the organisations such as NSS of India and Chinese Young Volunteers Association.

The delegation on 16<sup>th</sup> November 2017 visited TajMahal in Agra. The delegation in their stay also visited historical sites in Delhi like Humayun Tomb, QutubMinar, National Museum etc. To showcase India's development in the field of education, the delegation will be taken to colleges in Delhi.

The Gala night had cultural performances by the students of BVCOE NSS who showcased the rich culture of India. The diversity was showcased as they portrayed the folk dances that were Ghoomar from Rajasthan, Bhangra from Punjab, Dandiya and Garba from Gujarat. Along with this they also performed Bharatnatyam and Bollywood to give Chinese Delegation an insight into the Diversity of India. Chines also gave a few performances showcasing their culture.





## BLOOD DONATION CAMP, 2018

The NSS Unit of Bharati Vidyapeeth's College of Engineering, Paschim Vihar organised a Blood Donation Camp on 19th January 2018 in collaboration with G.T.B Hospital, New Delhi on the auspicious occasion of the birthdays of our Hon'ble Founder, Dr. Patangrao Ji Kadam (8th January) and Hon'ble Secretary, Dr. Vishwajeet Kadam (13th January). The camp saw an auspicious beginning by the lightening of the lamp followed by the welcome and felicitation of guests.

Mr. S.P. Bhatnagar, Regional Director, Delhi, NSS inaugurated the blood donation camp. He motivated the donors and NSS volunteers and said, "Awareness about blood donation is equally important as much as donating blood." He also asked every NSS volunteer to take initiative and spread awareness among the masses. Mr. Bhatnagar congratulated the BVCOE NSS Unit for their wonderful efforts towards the society.

The inaugural function was co-presided by Shri. C.B. Sawant, Regional Director, BVP; Prof. M.N. Hooda, Director, BVICAM; Dr. Dharmender Saini, Principal, BVCOE Dr. S.B. Mehta, Delhi Doctors Association and Dr. Anil Kumar, Programme Officer, BVCOE NSS.


Principal Sir enlightened the students by quoting, "Tears of a mother cannot save the child, but drops of your blood can!" Dr. Varun from G.T.B. Hospital threw light on the importance of blood donation and informed everyone how a unit of blood can save 3 lives.

The NSS Unit along with the blood donation also organised a healing camp in association with Yoga Prana Vidya. Yoga Prana Vidya is an organization promoting purification, yoga or meditation and other techniques for union with the higher soul and upgrading humanity to become greater Divine channels. It is also promoting complimentary healing techniques to heal various ailments through Pranamaya Kosha or energy body. This system integrates ancient knowledge of techniques of yoga or meditation in systematic manner.


BVCOE NSS aims at giving an extra dimension to higher education to orient the youth towards community service, expose them to the realities of life, bring about a change in their social perception and sensitize them to the needs of the masses so that they can accommodate them when they become policy makers. With greater emphasis of purpose-driven research than passion-driven, NSS helps young bright students to utilize their knowledge acquired to find solutions to individual and community problems. It also develops the ability to work in a team, leadership, cooperation and other skills.


The blood donors were given a blood donor card valid for a year and were provided with refreshments and certificate. The camp was successful where students and faculty members donated the blood. A total of 210 units of blood were collected.






**Bharati Vidyapeeth Educational Complex**  
Paschim Vihar, New Delhi-110063








**Dr. Patangrao Kadam**  
Founder-Bharati Vidyapeeth  
Chancellor-Bharati Vidyapeeth (Deemed to be University), Pune

**BLOOD DONATION CAMP**



The Auspicious occasion of Birthday of  
Our Hon'ble Founder Dr. Patangrao Kadam  
&  
Hon'ble Secretary Dr. Vishwajeet Kadam



**Hon'ble Dr. Vishwajeet Kadam**  
Secretary, Bharati Vidyapeeth

**BVCOE NSS UNIT IN ASSOCIATION WITH GTB. HOSPITAL**

**Date:** 19<sup>th</sup> January, 2018 **Timing:** 10.00 am to 5.00 pm  
**Venue:** B-004, Ground Floor, B- Block  
Bharati Vidyapeeth's College of Engineering





## NATIONAL YOUTH FESTIVAL 2018

The 22nd National Youth Festival (NYF-2018) was inaugurated at the Gautam Buddha University in Greater Noida on January 12. The Festival commenced on the occasion of birth anniversary of Swami Vivekananda, the youth icon of India. The theme of 5-day festival was 'Sankalp Se Siddhi', to capitalise on the demographic dividend of young India, to capture the vibrancy and fresh perspective of youth and to pledge to accomplish the Goal of New India.



Prime Minister Shri Narendra Modi inaugurated the events of the National Youth Festival (NYF) on 12 January 2018 through Video conferencing and addressed the gathering. Addressing the students at the Gautam Buddha University, Modi, said one had to make the beginning alone and if the person was committed to the path chosen, others would join him. "Do not worry. Move ahead, take the first step. The government is with you," he said, referring to those youth planning to set up start-ups. The prime minister assured them that they would not have to worry about bank guarantees, loans and a heavy paper work as they would get all the help from the government. "We will hand-hold you. Then, you are yourself capable of moving ahead," he told the gathering where Uttar Pradesh Chief Minister Yogi Adityanath was also present. Referring to the Centre's Mudra scheme, Skill India and Startup India funds, Modi said there were enough platforms to help young entrepreneurs think out of the box and begin something new. He also urged the people to make sports an integral part of their lives. The youth of today should become job creators and think out of the box, for which the government is willing to hand-hold them for setting up start ups, Prime Minister Narendra Modi said. He also said that while patience was a virtue, it should not stop the youth from coming up with innovative ideas for the benefit of the country and society. The inaugural function was co-presided by Chief Minister of Uttar Pradesh Shri Yogi Adityanath, and Union Minister for State (Independent Charge) of Youth Affairs and Sports Col. Rajyavardhan Rathore. Union Minister for Culture (Independent Charge) Shri Mahesh Sharma was the guest of honour on the occasion. Addressing the audience, Mr. Adityanath said, "If anyone wants to know about India and her culture, he has to read, know and understand Swami Vivekananda. His life is an inspiration for the youth." The Festival was organised by Ministry of Youth Affairs & Sports, Govt. of India in collaboration with State Govt. of Uttar Pradesh at Gautam Buddha University, Gautam Budhnagar, Greater Noida from 12th to 16th January, 2018. This was the first time that the National Youth Festival had being organized in NCR. The





objective of organizing NYF is to provide a platform to bring the youth of the country together in an attempt to provide them opportunity to showcase their talents in various activities. National Youth Festival (NYF) is the biggest Youth Festival of its kind in the Country. This was the 22nd National Youth Festival. The 1st National Youth Festival was held in 1995 in Bhopal.

The Festival also provided an arena, by creating a Mini-India, where youth interacted in formal and informal settings and exchanged their social and cultural uniqueness. This blend of diverse socio-cultural milieu created 'Ek Bharat Shrestha Bharat'.

The entire programme was designed to enhance the awareness about government initiatives and exhorting the youth to express their perceptions and concepts of how to make their initiatives more effective. Around 5000 volunteers of National Service Scheme and Nehru Yuva Kendra Sangathan from all parts of the country along with local accredited youth participated in the 5-day Festival. The inauguration was followed by cultural/musical performance by local and renowned artists. The National Youth Award was also conferred during the opening ceremony.

Three students namely Aaradhyaa Khadoria, Tanmay Bhardwaj and Meenal Gupta along with Mr. Surender, Ministerial Staff, Mr. Ravi, Technical Assistant and Dr. Anil Kumar, BVCOE NSS Programme Officer participated in the festival. They experienced a great sense of unity in diversity and pride in the country's culture. They also participated in various events like Youth Parliament and various sports activities.

## Khelo India School Games



The importance of sports and fitness in one's life is invaluable. Playing sports inculcates team spirit, develops strategic & analytical thinking, leadership skills, goal setting and risk taking. A fit and healthy individual leads to an equally healthy society and strong nation.

Sports is an extremely important component for the overall development of our nation. India, in the last few years has made steady progress in the field of sports. This tremendous potential needs to be showcased at a global platform. It's time we inspire young talent, give them top-notch infrastructure and training of the highest level.



We need to inculcate a strong spirit of participation in sports that enables players to demonstrate their true potential. Only then can India realise its dream of becoming a sports super power.

Thus, the Khelo India programme has been introduced to revive the sports culture in India at the grass-root level by building a strong framework for all sports played in our country and establish India as a great sporting nation. Talented players identified in priority sports disciplines at various levels by the High-Powered Committee will be provided annual financial assistance of INR 5 lakh per annum for 8 years.

Khelo India School Games, which are a part of the Khelo India programme, were held from 31st January to 8th February, 2018 in New Delhi. Under-17 athletes were invited to participate across 16 disciplines, which are as follows: Archery, Athletics, Badminton, Basketball, Boxing, Football, Gymnastics, Hockey, Judo, Kabaddi, Kho-Kho, Shooting, Swimming, Volleyball, Weightlifting, and Wrestling.

10 volunteers of the NSS Unit of Bharati Vidyapeeth's College of Engineering were the part of the organizing committee of KISG. Khelo India School Games is a part of the revamped National Programme for development of sports, Khelo India. It aims at strengthening the ecosystem by promoting the twin objectives of mass participation and promotion of excellence in sports. The Khelo India School Games will act as an avenue for identification of budding sports talent in specific disciplines.

Khelo India School Games were held in collaboration with the School Games Federation of India (SGFI) and the National Sports Federations (NSFs). The volunteers were invited for an orientation on 28th January 2018 at the Indira Gandhi stadium. There they were introduced to the concept of KISG and were also allotted duties & departments of work for the next 10 days. They were also given the basic training and tour of their respective stadium and department on 29th and 30th of January.

Prime Minister Narendra Modi on 31st January 2018, Wednesday declared the inaugural Khelo India School Games open and said the event will highlight the country's sporting talent and its potential to the world. Modi declared open the KISG at a colourful opening ceremony at the Indira Gandhi Stadium here. The ceremony showcased the rich 'Guru-Shishya' tradition of the country in grand style.

Addressing the gathering, the Prime Minister said sports should occupy a central place in the lives of the country's youth. "Sports is an important means of personality development and Khelo India is not a programme, it's a mission. The Games will highlight India's young sporting talent and showcase India's sports potential," Modi said. "Khelo India is not only about winning medals. It is an effort to give strength to a mass movement for playing more. We want to focus on every aspect that would make sports more popular across the nation," he added. Modi urged the youth to take up to sports actively as it is an important tool for the development of the nation. "When we say India has to grow on the world stage, it does not only mean having a strong army & powerful economy. It includes people of India distinguishing themselves as scientists, artists, sports persons.





And, I am confident India will scale these heights. I trust our youth," the Prime Minister said.

"India does not lack sporting talent. We are a youthful nation and we can do even better in sports." He exhorted youngsters to devote time to sports amid their busy schedules. "In your busy schedules, devote time to games, give priority to playing. Today, we have in our midst eminent sportspersons. I am sure they would have faced many obstacles but they did not give up and went on to distinguish themselves," Modi said, referring to the sports stars and their coaches present on the occasion. Modi said it was gladdening to see youngsters from rural India and smaller cities excelling as sportspersons. He called upon the need to give emphasis on the grassroot level and said his government would provide every possible help to talented youngsters.

### खेलो इंडिया शपथ

हम शपथ लेते हैं कि  
खेलों को अपने जीवन का हिस्सा बनाएंगे,  
खेलेंगे और खेलना सिखाएंगे।  
खेलों से जुड़ कर हम स्वस्थ भारत बनाएंगे,  
खेल-खिलाड़ी का हम हौसला बढ़ाएंगे।  
हम शपथ लेते हैं कि  
हार-जीत से आगे बढ़कर मैं को हम बनाएंगे,  
खेलों से खिलकर हम नई क्रांति लाएंगे,  
न्यू इंडिया बनाएंगे, खेलेंगे और खेलना सिखाएंगे।  
जय हिंद !



"These are also youngsters who need support, which we want to provide. We need to organise games at the school level on consistent basis and keep their records, select the best out of them and train them. "We have decided to select 1000 kids every year from different sports and provide them Rs 5 lakh per annum for 8 years," he said. Modi also announced that his government has decided to reward the childhood coaches of sportspersons who excel at the world stage for the country. "Coaches should be recognised, especially childhood coaches who have unearthed them and helped them grow in their area. So we have decided to reward every coach of a sportsperson who bring laurels for the country," the PM said. The Prime Minister also read out the Khelo India Pledge before the audience.





Sports Minister Rajyavardhan Singh Rathore made the opening remarks and said from now on KISG will be an annual affair."The Khelo India Games will be held every year and will be broadcast live every year," he said. Also present on the occasion were Delhi Lieutenant Governor Anil Bajjal, Indian Olympic Association President Narinder-Batra, School Games Federation of India President Sushil Kumar, among others.

A total of 199 gold medals, 199 silver medals and 275 bronze medals were at stake in the first KISG. Khelo India School Games were held at multiple venues across Delhi including Jawaharlal Nehru Stadium, Indira Gandhi Stadium Complex, Major Dhyan Chand National Stadium, Karni Singh Shooting Range and Dr. SPM Swimming Complex. The magnitude of the event was enormous, and the 9 days witnessed over 3500 athletes, 1250 officials and over 800 volunteers participating in the event. The entire event was telecasted live on Star Sports 1, Star Sports 1 HD, Star Sports First and Hotstar. The schedule of events was as follows:

SPORTS	VENUE	DATE
ARCHERY	JAWAHARLAL NEHRU STADIUM	06 - 08 FEBRUARY 2018
ATHLETICS	JAWAHARLAL NEHRU STADIUM	31 JANUARY - 03 FEBRUARY 2018
BADMINTON	INDIRA GANDHI STADIUM COMPLEX (MAIN HALL)	05 - 08 FEBRUARY 2018
BASKETBALL	INDIRA GANDHI STADIUM COMPLEX (KD JADAV MAIN HALL)	05 - 08 FEBRUARY 2018
BOXING	INDIRA GANDHI STADIUM COMPLEX (BOXING HALL)	03 - 08 FEBRUARY 2018
FOOTBALL	JAWAHARLAL NEHRU STADIUM	31 JANUARY - 08 FEBRUARY 2018
GYMNASTICS	INDIRA GANDHI STADIUM COMPLEX (GYMNASTICS HALL)	06 - 08 FEBRUARY 2018
HOCKEY	MAJOR DHYAN CHAND NATIONAL STADIUM	01 - 08 FEBRUARY 2018
JUDO	INDIRA GANDHI STADIUM COMPLEX (KD JADAV PRACTICE HALL)	05 - 08 FEBRUARY 2018
KABADDI	INDIRA GANDHI STADIUM COMPLEX (KD JADAV PRACTICE HALL)	31 JANUARY - 04 FEBRUARY 2018
KHO-KHO	JAWAHARLAL NEHRU STADIUM (TBC)	04 - 08 FEBRUARY 2018
SHOOTING	KARNI SINGH SHOOTING RANGE	01 - 04 FEBRUARY 2018
SWIMMING	DR. SPM SWIMMING COMPLEX	01 - 04 FEBRUARY 2018
VOLLEYBALL	INDIRA GANDHI STADIUM COMPLEX (MAIN HALL)	01 - 05 FEBRUARY 2018
WEIGHTLIFTING	INDIRA GANDHI STADIUM COMPLEX (TBC)	05 - 08 FEBRUARY 2018
WRESTLING	INDIRA GANDHI STADIUM COMPLEX (KD JADAV MAIN HALL)	31 JANUARY - 04 FEBRUARY 2018

The program concluded on February 8, 2018 with Haryana topping the medal tally with total of 102 medals (38 Gold, 26 Silver, 38 Bronze) followed by Maharashtra (36 Gold, 32 Silver, 43 Bronze, 111 Total) and Delhi (25 Gold, 29 Silver, 40 Bronze, 94 Total).

## SEVEN DAYS SPECIAL DAY/NIGHT LOCAL CAMP AT INDRI VILLAGE NEAR SOHNA, DISTT. MEWAT, HARYANA

The NSS unit of BVCOE New Delhi organized its 7 days Special Camp in collaboration with NSS unit of K.R. Mangalam University at Indri village, Sohna Road District Mewat, Haryana from 18/04/2018 to 24/04/2018. The camp aimed at giving an exposure to the volunteers of the real-lifescenario at the rural areas and to create social awareness among the village residents regarding various issues, and for the youth development the volunteers divided the various task into four different teams for the proper implementations of the camp motives. This camp would be a residential camp so as it provides unique opportunities to the students for group living, collective experience sharing, sharing responsibilities, addressing various developmental issues of regional and national importance and constant interaction with the community. The theme for the camp would be 'Ekk Bharat, Shrestha Bharat', i.e. Unity In Diversity. This camp was also the compulsory activities for the B.Tech 2nd year students as per GGSIPU curriculum. This camp was also the compulsory activities for the B.Tech 2nd year students as per GGSIPU curriculum. In just day to day activities were as follows:



**April 18,2018.**

The inauguration was held at Government Senior Secondary School Indri village, District Mewat, Haryana. School principal Dr. Mahender Singh, Prof. R.K. Mittal Vice Chancellor of K.R. Mangalam University and Sarpanch of Indri village Mr. Kamal Singh graced the occasion as the chief guest, The inaugural function of the camp was followed by the Flag hoisting ceremony and meeting with the villagers and Panchayat representatives followed by the transact walk done by all the NSS volunteers .



**April 19,2018**

On the second day of camp, a daily session of meditation and healing was taken by NGO Yoga Prana Vidya for villagers and volunteers. A talk session was conducted by eminent visitor Prof. Reddy on time management and anger management, then a socio-economic survey was conducted by all NSS volunteers for knowing the economic and social problems that are prevailing in the village and finding the solutions of that problems so that villagers can afford better living. In the evening, poster making competition was held for all volunteers on topic 'EKK BHARAT SHRESTHA BHARAT' to enhance unity in diversity.



**April 20, 2018**

On the third day of camp, BVCOE and K.R.M.U NSS unit organized First Aid and CPR Training for all NSS volunteers and students of the school for safety awareness that brings down the number of accidents and to saves lives, particularly where there are grave injuries. A Personality Development lecture was taken by Dr. Ruchi Sehgal that helps an individual to inculcate positive qualities and grooms an individual and helps him a mark of his/her own. Again the volunteers have done the survey of the villagers and draw out some conclusions.





**April 21, 2018**

On this day of camp the Health training was delivered by St. John Ambulance (India) Indian Red Cross Society to all the volunteers. Many cultural and sports activities like games, quizzes, dance, and singing have been conducted for the school students and then Prize Distribution was done by BVCOE and KRMU to all the winners of the various competition to motivate the students of the village.



**April 22, 2018**

On this day of camp, all the volunteers marched a rally for Hygiene Awareness to inspire people with the slogan '**NSS ki yhi Pukaar, Swachh Bharat ho Sakar**' and carried out street play to install a sense of awakening in the people, the awareness for hygiene has been spread by the NSS volunteers with the help of various posters and slogans followed by the Public Sanitation Lecture to the villagers, to make masses aware of various sanitation related issues that can control the growth of various hazardous diseases. Then the volunteers have done Social Resource Mapping that is followed by various cultural events.



**April 23, 2018**

On this day of camp, the Clean India Fieldwork has been carried out in Government Senior Secondary School and in the health care center of the Indri village. In the afternoon, the plantation drive has been carried out to spread the message of the clean and green environment for the awareness of the villagers.





**April 24, 2018**

On the last day of camp, BVCOE and K.R.M.U jointly organized the valedictory ceremony, in this Prof. Dr. Dharmender Saini principal of Bharati Vidyapeeth's College of Engineering, Prof. R.K. Mittal Vice Chancellor of K.R. Mangalam University, Dr. Mahender Singh is welcomed as the chief guest, special guest and guest of honor for the ceremony. The sarpanch felicitates all the dignitaries with "Pagri". Prof. R. K. Mittal and Prof. Dr. Dharmender Saini sensitized the youth for inner discipline and qualitative approach to life. They emphasized that awakened consciousness is helpful in better decision making, youth can be the solution to manage social and national problems having a positive approach in life. They appreciated the social contribution of NSS volunteers and emphasized that these activities are also helpful in personal development.

The ceremony is carried out by various cultural performances that are given by the school's students and the volunteers of BVCOE and KRMU. All the dignitaries have been felicitated with the mentors. To encourage and motivate all the volunteers and students of the school have been awarded the certificates and prizes. On this occasion Dr. Anil Kumar and Dr. Chandra Mohan NSS program officer BVCOE AND KRMU extend their vote of thanks by appealing the youth for becoming part of the solution, not the problem, to make a fight with issues not with the pupil. Other staff members of BVCOE and KRMU NSS were also present with the volunteers in this event.

## **Yoga Day Celebration, 2018**

BVCOE NSS Unit celebrated International Yoga Day on June 21, 2018. The event was jointly organized by GGSIPU NSS Cell and Director Student Welfare (DSW). In the interest of celebrating International YOGA Day coupled with enriched knowledge about the benefits of doing regular Yoga, the students of all USS/Affiliated Colleges/All Teaching or Non-Teaching



Staff/Citizens of Dwarka were invited. Each volunteer and visiting personal was provided with a poster and a diary with Yoga Asanas which were performed. T-shirts, pocket handouts and pamphlets on Yoga were also distributed. The event started with inauguration of event by Prof. B. V. R. Reddy, Program Coordinator, GGSIPU NSS Cell.

The Yoga Session was conducted by Dr. Ramesh Kumar and his team, Abiryatma Yoga Sansthan and Renowned International Yoga Artist. All the volunteers and program officers performed Yoga Asanas and took the legacy of fitness forward. This celebration was enlightened by a professors of University and Affiliated Colleges who motivated students and imparted them with knowledge about the importance of Yoga in one's life. After the celebration of the event, lunch was provided to all the personals. 20 volunteers of BVCOE NSS participated in the event with full zeal and enthusiasm.



## Swachh Bharat Summer Internship



The NSS Unit of Bharatiya Vidyapeeth's College of Engineering, Paschim Vihar, New Delhi visited Nangloi, Paschim Vihar, New Delhi to perform the Swachh Bharat Summer Internship, 2018. There the volunteers performed various tasks of the internship like awareness campaigns, door-to-door visits, movie screenings, waste collection drives, street cleaning and some other



activities that are elaborated earlier. The Internship was performed under the guidance of Dr. Anil Kumar, Program Officer, BVCOE NSS Unit, supporting staff Mr. Ravi Verma, Mr. Prem Singh, Mr. Surrender Singh. The team had 100 volunteers and was led by the two Unit Leaders, Manav Gupta and Anmol Saxena Unit, supporting staff Mr. Ravi Verma, Mr. Prem Singh, Mr. Surrender Singh. The team had 100 volunteers and was led by the two Unit Leaders, Manav Gupta and Anmol Saxena.

The internship took place for 2 weeks from July 1 to 14, 2018. Each day the team worked for almost 7-8 hours. The main idea of the internship was to spread awareness among people about sanitation and cleanliness, to educate them towards the problems regarding these issues and finally motivate them by supporting and helping them with those issues.

On the first day of internship the volunteers inaugurated the Swachh Bharat Summer Internship in the local Senior Secondary School. The students were addressed by each of our volunteers, explained the work that was going to be done in the following 2 weeks of internship to the students, faculty of the school and people of the locality present for the inauguration. The crowd was then addressed by The Principal of the School. After the inauguration the volunteers stayed at school where they motivated students by conducting fun activities like races, dance and singing competition. The students were happy, energized and enthusiastic & looked forward to help us with the internship.





The second day of internship started with conducting surveys where the team was divided in pairs of two volunteers. Each pair was accompanied by two students of the school so as to work efficiently in the village. After conducting surveys with a few people of the village a poster making competition was conducted on the topic “Ek Bharat Swachh Bharat” for primary students in order to make them understand the importance of sanitation and cleanliness in daily lives. The student were joyful and we had a positive feedback from the teachers of the school.

Third day of internship started the same by conducting surveys in the village and door to door meeting with the left out villagers. Different areas of mohallas were covered this time. After that, one of our volunteer gave a lecture on “The Importance of Washing Hands”. The lecture was given in school premises and a lot of villagers and students attended it. It had a great impact on them and assured us to follow the practice. Then, our volunteers conducted an activity for the audience for them to have a better understanding of the practice.

Door to door meetings were still being conducted on the fourth day as there are still a lot of houses left for surveys. The volunteers hosted an interactive session on waste disposal in school premises where the villagers were explained the importance of dumping the waste properly. They were introduced to recyclable and non-recyclable, biodegradable and non-biodegradable and other basic information on proper waste disposal. They were taught how to dispose hazardous/harmful waste. The practice could be seen being adapted by some villagers in following days.

Day five was the last day where we completed conducting surveys and visiting homes of villagers for door to door meeting in order to understand their problems towards sanitation and other cleanliness issues. After that, the team gave a lecture on building toilets in their houses and also creating public toilets. They were encouraged to do so by educating them towards the negative effects of defecating in public. The villagers were also helped in understanding the needs and importance of building public and private toilets in the village.

Sixth day was marked by collection was waste from houses of a particular mohalla of the village and practically teaching the localities the proper disposal of waste and garbage by segregating and marking the waste collected. The team cleaned up after collection and disposal of waste after which a rally was conducted in the same village by the team on proper sanitation, waste management & safe and proper disposal of waste.

The waste collection and disposal activities continued in different mohallas of the village for the following four days, i.e., day seventh, eighth, ninth and tenth.



The villagers of mohallas were involved in the rallies conducted and were encouraged towards a proper waste management. The waste collection and disposal activities continued in different mohallas of the village for the following four days, i.e., day seventh, eighth, ninth and tenth. The villagers of mohallas were involved in the rallies conducted and were encouraged towards a proper waste management.

Eleventh day started by cleaning of the school. The volunteers of the team, teachers, some students and even women of the village participated in cleaning the school. The brooms and other material was provided by the villagers. Many of the women of the village took initiative with us in cleaning the school premises. After cleaning the school, the villagers were shown different clips, short videos and movies that were attained by our volunteers from different sources in the topic of sanitation, waste management, waste disposal, why it is important, what are it's needs, etc.

On day twelfth and thirteenth, the team decided to clean some streets in order to motivate villagers towards clean streets, drains, back alleys, etc. The villagers realizing the importance joined the team and helped us in clearing the streets and clean them. After cleaning the streets, the team performed a self-written Nukkad Natak (Street Play) depicting the problems/issues towards filthy and dirty streets and the importance of regularly cleaning of the streets.

Fourteenth day was the last day of the team's Swachh Bharat Summer Internship not because of completion of 100 hours as instructed but because of the satisfaction of the team and the villagers towards the work done together by the team, students and the localites of the village. Everyone was happy by the work done by them & encouraged and motivated towards cleaning the village, making it more sanitized and maintain its cleanliness. The last day was observed by a closing ceremony where the team performed some cultural performances for the students and the villagers. A ceremony was conducted where the students who had won the activities conducted on the first day were awarded. The villagers who had taken part enthusiastically and were most dedicated were also given a token of appreciation.

## **Student Induction Programme**

BVCOE NSS Unit has organised a three days induction programme for all the first year fresher's as an interactive session so that they get introduced with the college curriculum and about the various College Societies. Dr. Sushmita Mohapatra HoD, Applied Science was the chief coordinator( Student Induction Programme). The coordinators of the programme are Dr. Anil Kumar, Mr. Manjeet, Mr. Lalit Batra. The following are the series of the events :







Inauguration & Welcome by HoD : Inauguration and welcome of the 1st year has been done by HoD and Faculties. Library Incharge gave introduction to all the rules and regulations of the Library, followed by the exam cell introduction. Dr. Vandita Sharma introduced Music and Theater club, Dr. Arvind Rehali introduced DSC, GSA, Photography Club.

The second day of the Induction Programme started with the Lecture on Universal human values that is delivered by Dr. Vandita Sharma. Then for enhancing the enthusiasm among the students and make them feel comfortable in the new campus and to break the ice between the students and teachers Dr. Abhishek Gandhar & Mr. Lalit Batra do various fun activities for the students like students play various games, quizzes and much more.

On the third day of the Induction Programme, first the Diagnostic Test (for English) has been conducted by Dr. Ruchi Sehgal. Mr. Alok Basu explained about the Placement Cell. Then followed by the introduction of the various societies like About NSS and Enactus Cell, ISTE, ACM (Dr. Vandita Jain), IEEE (Mrs. Yogita Arora), CSI (Vishal Sharma), IPR (Shifaly Sharma), ISA (Arti Kane), BVP INC (Ms. Narina Thakur). Last but not least Principal Sir enlightened us with his motivational speech.



## Celebration of Surgical Strike, 2018



Government of India celebrated the 2nd anniversary of the Surgical Strike Day on September 28 and 29, 2018 to mark the accomplishment of the Surgical Strike, 2016. The event was celebrated all over India. In Delhi, it was celebrated at India Gate. BVCOE NSS along with other NSS Units of colleges & schools attended the event.

There were exhibitions of arms and weapons that our soldiers used and also of that they collected from Pakistan. There were exhibitions of some other arms and weapons that our army uses.

On the first day the volunteers and crowd were addressed by some dignitaries and officers of army. They told a short summary and report of the Surgical Strike. Followed by it the Defence Minister of India, Nirmala Sitharaman motivated people by some words.

The second day was graced by the presence of renowned singer, Sukhwinder Singh. The concert was very motivational and energising for everyone.





## Declamation Contest on Patriotism and Nation Building



On the 26th of October 2018 The Declamation Contest on Patriotism and Nation Building as a part of Republic Day 2019 celebration took place in Bharati Vidyapeeth's College of Engineering, New Delhi-110063. The event commenced with the lamp lightening and felicitation of the respected judges and the faculty present. There were More than 50 participants. Some of the participants were college students, some were graduates. The judges for this contest were Dr Anil Kumar (The co-ordinator of the Program), Dr Sushmita Mahopatra (Dean-Admission & Student Welfare). It was a 3hr contest in which all the participants gave a speech on Patriotism and Nation building. The respected judges present at the event gave marks to the participants on the marking criteria. The winner of this district level contest were I<sup>st</sup> Position – Ms. Navika Chhauda.

The winners were given rewards. The winners were awarded by the respected principal of BVCOE and the judges. The first Position winner i.e. Navika Chhauda was awarded with a certificate and a cash prize of Rs 5000/-. The second Position winner was awarded with a certificate and cash prize of Rs 3000/-. The Third Position winner was awarded with a certificate and cash prize of Rs 1000/-. During the event there was a awareness speech on positivity given during this program and a small cultural programme performed by NYKS girls. It was a memorable and an educated event for everyone.



# :- मेरी बेटी मेरा अभिमान है :-



By Mr. Prem Singh

मेरी बेटी मेरा अभिमान है...।

हम सब की यही पहचान है...॥

बेटियों का करें सम्मान हम बेटियां ही तो भारत की शान है...।

मेरी बेटी मेरा अभिमान है...॥

मैं तो खूब बेटी को पढ़ आऊंगा पढ़ा लिखा कर कलेक्टर बनाऊंगा...।

नाम रोशन करके दिखाएंगी एक नई दुनिया बनाएंगी...॥

पापा पापा कहकर के बुलाती है हर रोज सुबह जल्दी जगाती है...।

ऑफिस से घर जब मैं आता हूं तो एक नया एहसास पाता हूं...॥

लेकिन एक दिन ऐसा आएगा पिता हाथ मलते रह जाएगा...।

कैसे करें डोली में विदा उसे फिर से अकेला रह जाएगा...॥





## :- दिल्ली शहर - इसके लोग और इसका प्रदूषण :-



By Abhishek Chugh  
CSE(M)- 00211502716

धुएँ में ही बस अब साँस लेता हूँ मैं  
इसे मैंने नहीं चुना  
चुना है हम सब ने इससे मेरे लिए  
ये शहर मेरा है तो इसका काला ज़हर भी मेरा है  
बाकी सब की तरह मुझे भी फर्क नहीं पड़ता  
आँखें मूँद कर रोज़ सफ़र करता हूँ इसकी गलियों में  
इन गलियों में घुट कर जीना ही है मेरा किस्सा  
थोड़ी सी धूप पर भी नहीं है मेरा हिस्सा  
पेड़ पौधे और स्वच्छ हवा नहीं है मेरे नसीब में  
अरसा हो गया इनसे मिले इस शहर में  
पता नहीं कभी मिलेंगे भी या नहीं दोबारा इस जनम में  
क्यों कि हम तो ज़िद पर अड़े हैं  
समझने को तैयार ही नहीं की हमारा कुसूर क्या है  
जैसा हमें मिला यह शहर  
हमने तोह इसे वैसे अपनाया है  
बल्कि इसकी कमियों को भी गले लगाया है  
हम माने कैसे कि यह हमारी लापरवाही का नतीजा है  
हमारी बेपरवाही का अंश है  
यह काला ज़हर हमने ही तोह उगला है इसके चेहरे पर  
और अब इसकी तड़पन सुनने से भी इंकार कर दिया  
बस आँखें मूँद कर , कान बंद कर के मृतकों की तरह चलते रहते हैं  
क्यों कि हमने अब काला मुखौटा लगा लिया है  
मरेगा तोह शहर मरेगा, मुझे इससे क्या लेना देना  
मैंने तोह हर बार की तरह खुद को बचा लिया है  
अपने घायल शहर के ज़ख्मों पर रोज़ अपनी मोटरबाइक का धुआं छिड़कता हूँ  
रोज़ इसका गला घोटने की जानी अनजानी कोशिश करता रहता हूँ  
साफ़ हवा मुझे भाए नहीं  
मैं अब खुद भी बस धुएँ में ही साँस लेता हूँ



# MOTIVATION



By Abhishek Mathur  
ECE(eve) 3rd year  
40751202816

Motivation is a powerful, yet tricky beast. Sometimes it is really easy to get motivated, and you find yourself wrapped up in a whirlwind of excitement. Other times, it is nearly impossible to figure out how to motivate yourself and you're trapped in a death spiral of procrastination. Scientists define motivation as your general willingness to do something.

“At some point, the pain of not doing it becomes greater than the pain of doing it.”

In other words, at some point, it is easier to change than to stay the same. It is easier to take action and feel insecure at the gym than to sit still and experience self-loathing on the couch. This, I think, is the essence of motivation. Every choice has a price, but when we are motivated, it is easier to bear the inconvenience of action than the pain of remaining the same.

You don't need much motivation once you've started a behaviour. Nearly all of the friction in a task is at the beginning. After you start, progress occurs more naturally. In other words, it is often easier to finish a task than it was to start it in the first place.

Setting a schedule for yourself seems simple, but it puts your decision-making on autopilot by giving your goals a time and a place to live. It makes it more likely that you will follow through regardless of your motivation levels. And there are plenty of research studies on willpower and motivation to back up that statement.

Stop waiting for motivation or inspiration to strike you and set a schedule for your habits. This is the difference between professionals and amateurs. Professionals set a schedule and stick to it. Amateurs wait until they feel inspired or motivated.

Here are some examples of how you can apply ritual and routine to get motivated:

Exercise more consistently: Use the same warm up routine in the gym. Become more creative: Follow a creative ritual before you start writing or painting or singing.

Start each day stress-free: Create a five-minute morning meditation ritual.

Sleep better: Follow a “power down” routine before bed.





# TAKE A RESOLUTION MAKE A REVOLUTION

By S.Poornima,  
ECE(E), 406

I KNOW THERE IS A LARGE DIFFERENCE BETWEEN WORDS AND ACTIONS,,,,,But :::: IF BEING AWARE OF YOURSELF CAN CHANGE THE WHEEL OF YOUR LIFE...then why don't you have a try for every day analysing yourself for few minutes...examining whether you are flowing with the flow or making the flow to follow you.....

According to Darwin's theory of natural selection ,the nature adapts those who are strong enough to adapt according the environmental changes...So a change is required to make yourself strong , to make yourself determined and to make yourself more focused...The focus is needed to have control over your senses....to make you AWARE of yourself...it easy to be distracted , it is easy to forget your targets and it is easy to be lost. Human mind is a pleasure seeking mind which always try to avoid toiling and hardships .You can see hundred of you tube videos without exhausting...If u can put aside all ur momentarily pleasures...it would be the best way to analyse and correct the mistakes u make as well as ur self..instead sitting at night under your roof with your smartphone lets have a romance with the moon and stars shining in the infinite sky for a moment....

Nothing is constant in this world except the change itself....so why should we admire others if we are having the capability to make other admire others on ourselves.....According to Vivekananda , all the power of universe is within this human body but it is we who have closed our eyes and cry over our luck....let open our eyes, feel the brightness and spread the brightness where it required.....

Diversity is the utmost requirement which maintains the balance either it is nature or human character itself....being diverse is good.....why don't u try to take the flavour of different fields – music /dance /writing /singing /sports/poetry /readingg/cooking/ cycling...or something else...and make yourself more diverse.

So , a new day, a new change , a new transformation..













**BVCOE  
NSS**



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