

VOV

INDIA'S RISE IN ENTREPRENEURSHIP

India's entrepreneurs are driving innovation and transforming industries. Discover how the startup culture is reshaping the economy and fueling growth, positioning India as a global hub for entrepreneurship.

LIGHTING UP LIVES

Explore the rich cultural, spiritual, and historical layers of Diwali, a festival that transcends lights and sweets, symbolizing hope, unity, and the eternal triumph of good over evil."

THE SCIENCE OF SLEEP

Discover how stress management has shifted over time, from physical activity and social connections to mindfulness and modern relaxation techniques. Learn simple ways to reduce stress and find balance in today's busy world.

A TRIBUTE TO THE LEGENDARY RATAN NAVAL TATA

PADMA VIBUSHAN
CHAIRMAN EMERITUS, TATA SONS
28.12.1937 - 09.10.2024

OCTOBER - 2024

CONTENTS



05

Lighting Up Lives
The Spirit and Significance of Diwali
Explore the rich cultural, spiritual, and historical layers of Diwali, a festival that transcends lights and sweets, symbolizing hope, unity, and the eternal triumph of good over evil.

The Triumph of Human Spirit

A Look at the Paralympic Games Paris 2024

Dive into the incredible journey of athletes who defied the odds and set new records as the Paris 2024 Paralympics showcased resilience, talent, and the global movement towards a more inclusive society in Stoke.



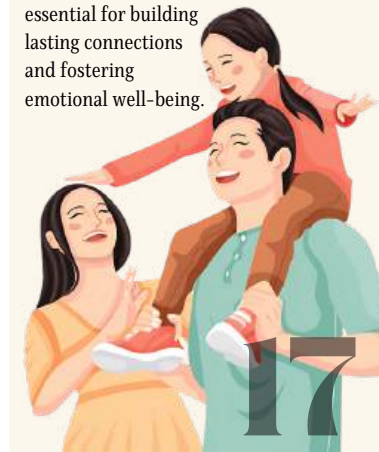
07



Managing Stress
Uncover how stress management has evolved over time, from ancient practices to modern-day techniques, and explore ways to navigate the pressures of today's fast-paced world.

Family Time - A Quality Time

In the rush of life, family is the anchor that provides love, support, and stability. Discover why making time for family is essential for building lasting connections and fostering emotional well-being.



17



CELEBRATING EXCELLENCE

- 03 CHAIRMAN'S DESK**
- 04 TEAM VOV**
- 05 RATAN N TATA**
A HEARTFELT JOURNEY IN INDIAN ENTREPRENEURSHIP
- 07 LIGHTING UP LIVES**
THE SPIRIT AND SIGNIFICANCE OF DIWALI
- 09 THE TRIUMPH OF HUMAN SPIRIT**
A LOOK AT THE PARALYMPIC GAMES PARIS 2024
- 11 MANAGING STRESS**
A RETROSPECTION INTO THE PAST AND VIGILANCE IN THE PRESENT
- 13 CELEBRATING EXCELLENCE**
- 19 FAMILY TIME A QUALITY TIME**
- 21 A GLOBAL DISRUPTION**
MICROSOFT'S JULY 2024 CRASH
- 23 FINFET TECHNOLOGY**


VOV

VOICE OF VVIT

Connect With Us

Share your photography, artworks, stories, and memes with us and get featured!

 voiceofvvit@gmail.com

 [voice_of_vvit](https://www.instagram.com/voice_of_vvit)

- 25 EVENTS SPOTLIGHT**
- 35 INDIAS RISE IN ENTREPRENEURSHIP**
- 37 STUDENT TO ENTREPRENEURSHIP, FITNESS AND GROWTH**
- 39 TAKE A LOOK AT HEALTHY SIGHT**
- 41 TRANSFORMATIVE EXPERIENCE AT AUNSF 2.0**
- 43 TECH FEED**
- 45 THE SCIENCE OF SLEEP**
- 47 GIGA COMPUTING**
- 49 SOCIAL MEDIA AND MENTAL HEALTH**
- 51 DEVARA REVIEW**
- 53 SHUTTER STORIES**
- 54 CREATIVE CANVAS**



FINFET TECHNOLOGY

Dive into the transformative world of FinFET technology, where cutting-edge advancements are redefining the semiconductor landscape. Discover how this innovative approach enhances performance, power efficiency, and the future of electronic design.



THE SCIENCE OF SLEEP

Uncover the active role of sleep in health, memory, and healing.



TAKE A LOOK AT HEALTHY SIGHT

In the age of screens, protecting your eyes is crucial. Learn how to prevent eye strain, maintain clear vision, and safeguard your sight with regular checkups, smart screen habits, protective eyewear, and a nutrient-rich diet.



STUDENT TO ENTREPRENEURSHIP, FITNESS AND GROWTH

Meet Mohiddin Shaik, an entrepreneur revolutionizing health and wellness with his café Healthy Formula and Fit Formula gym.



INDIA'S RISE IN ENTREPRENEURSHIP

Discover how India is emerging as a startup hub, fostering innovation and economic growth through a vibrant entrepreneurial landscape.



SOCIAL MEDIA AND MENTAL HEALTH

Discover how social media impacts young minds, offering connection but also posing risks like anxiety and cyberbullying. Learn how balanced use can support mental well-being.

OUR TEAM



K. Yuktha Sri Mayuka
IT



D. Bala Srinivas
MECH



Anand Jonnadula
AID



P. Chakradhar
ECE



Zahira Shaik
CSM



I. Yamuna
AIML



K. Soniya
IT



FACULTY COORDINATORS



Mr. Y.V. Narayana
ACM



Dr. M.R.N. Tagore
IEEE



Dr. Ch. Naga Sai Kalyan
IEI



Dr. Bhanu Murthy
IETE



Dr. K.V.L. Soma Shekar
IUCEE & IIC



Mr. Ch. Sukesh
ND



Mr. Ch. Raghavendra
SAME



Mr. P. R. Krishna Prasad
UIF



Mrs. Swapna
ENGLISH

FROM CHAIRMAN'S DESK



A life well lived

Ratan Tata's demise shocked every Indian. The grief India experienced was unprecedented especially so for an industrialist. It conclusively has proved that a good man's life is well lived not only for himself but everyone.

This spontaneous grief felt throughout the country was a stupendous achievement for a human being to earn in a lifetime. This achievement can be put into a proper perspective by an anecdote.

In my childhood, I remember to have read JRD Tata's lamentation (the wording might not be exact) that in India, an industrialist is considered a thief though he produces 100 rupees wealth to take home less than 5 rupees. Now we can understand the long way Ratan Tata travelled for rewriting the image for an industrialist in his lifetime and succeeded.

Every industrialist, businessman and all of us can learn from his life the power of being Good.

Ratan Tata

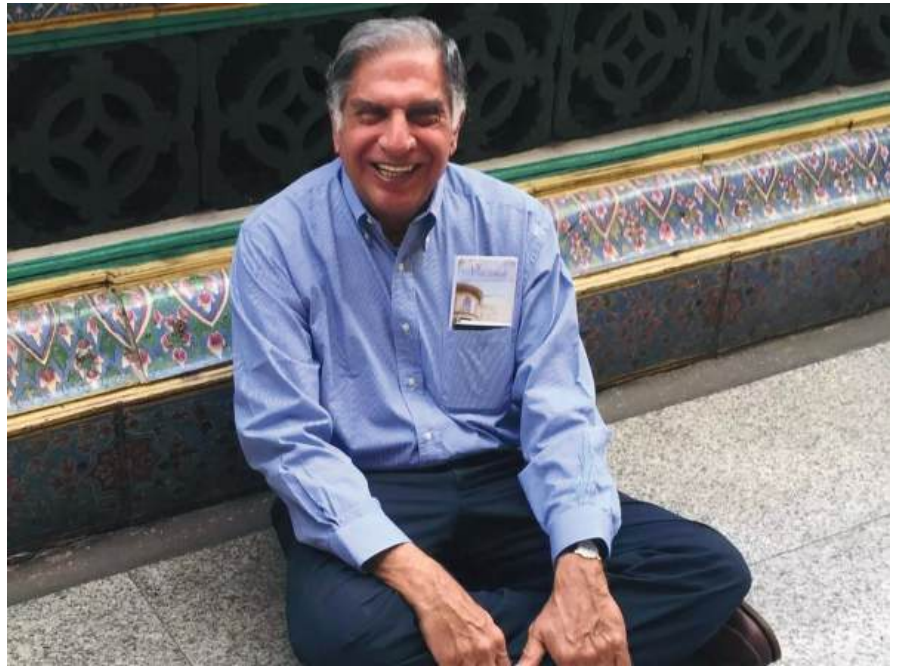
A Heartfelt Journey in Indian Entrepreneurship

- By Yuktha Sri Mayuka

Ratan Tata is more than a successful entrepreneur; he represents integrity, empathy, and social responsibility in the world of business. His journey is not just defined by corporate milestones but by a genuine commitment to making a positive impact on society. As the former chairman of Tata Sons and the Tata Group, Ratan Tata has redefined what it means to be a responsible leader in today's fast-paced world.

A Legacy of Excellence

Born on December 28, 1937, in Mumbai, Ratan Tata comes from one of India's most distinguished business families. His upbringing was grounded in values of hard work, humility, and service. Educated at Cathedral and John Connon School, he later pursued architecture at Cornell University and completed an advanced management program at Harvard Business School. These experiences shaped his belief that education should serve a greater purpose benefiting society at large.



Taking the control of the Tata Group in 1991, during a transformative era for the Indian economy, Ratan Tata faced scepticism regarding his leadership. Yet, through his quiet determination and clear vision, he silenced critics and expanded the conglomerate's reach across diverse sectors, including steel, automotive, IT, and hospitality. His iconic acquisitions of Jaguar Land Rover and Corus Steel not only broadened Tata's global presence but also showed his commitment to innovation and quality.

Innovative Business Strategies

Ratan Tata's business philosophy is anchored in innovation. His strategic vision led to transformative initiatives like the Tata Nano, designed to provide affordable transportation for Indian families. While the Nano faced hurdles, it symbolized Tata's commitment to accessibility, offering mobility to those who had never owned a vehicle.

His ability to think long-term is exemplified in the acquisition of

Jaguar Land Rover in 2008, which revived the iconic British brand and positioned Tata Motors as a serious player in the global automotive landscape. Ratan Tata understands that business can drive social change and emphasizes solving real-world problems through innovative solutions.

A People-Centered Approach

What sets Ratan Tata apart is his deep belief that businesses exist to serve people. He consistently promotes the idea that companies should seek not only profits but also positive societal contributions. This philosophy is embedded in the Tata Group, where employees are encouraged to voice their ideas and concerns, fostering an environment of respect and creativity.

His approachable leadership style resonates throughout the organization. Ratan Tata made it a priority to connect with employees at all levels, making them feel valued. This human touch has built a culture

of loyalty and innovation, which has been crucial to the Tata Group's success.

A Legacy of Social Good

Ratan Tata's commitment to social responsibility is perhaps his most enduring legacy. He believes that true success is measured not by wealth but by the positive impact a business can have on society. Through the Tata Trusts, which hold a majority stake in Tata Group, he has funded numerous initiatives in education, healthcare, and rural development.

One standout contribution is the Tata Medical Center in Kolkata, providing affordable cancer treatment. This project reflects his deep empathy and understanding of ordinary people's struggles. His philanthropic work illustrates a core belief that business should bridge societal divides and create opportunities for all.

In recent years, Ratan Tata has championed technological advancements and sustainability, pushing the Tata Group toward greener initiatives. His advocacy for electric vehicles and renewable energy aligns business strategies with global environmental goals, demonstrating that profit and purpose can coexist.

A Lifestyle of Modesty and Simplicity

Despite his immense wealth, Ratan



Tata lives a life marked by humbleness and simplicity. Known for his down-to-earth demeanour, he often avoids luxury. This approach resonates with young entrepreneurs, reminding them that true success is measured by one's impact on others.

His hobbies, such as flying and a passion for dogs, reveal a grounded individual who enjoys the simple pleasures of life. Ratan Tata often engages with young entrepreneurs, sharing insights and fostering innovation within the startup ecosystem. His mentorship inspires a new generation of leaders who strive to embody the same values of integrity and service.

Leaving a Lasting Impact

Although Ratan Tata stepped down as chairman in 2012, his influence continues to guide the Tata Group. His leadership emphasized embedding ethical values at the core of business, creating a framework that encourages future leaders to balance commercial success with social good.

Even in retirement, Ratan Tata remains active in causes like women's empowerment and environmental sustainability. His ongoing advocacy reflects his enduring belief in creating a better, more equitable world.

Conclusion

Ratan Tata's story is one of compassion, integrity, and visionary leadership. He exemplifies leading with heart, reminding us that true success extends beyond financial achievements it's about positively impacting lives.

For students and aspiring entrepreneurs, Ratan Tata's journey offers invaluable lessons in combining innovation with social responsibility. His legacy inspires us to use our talents and resources to uplift others, building a future where compassion and fairness are at the forefront of every endeavour. Ratan Tata is not just a business leader; he is a model of purpose-driven leadership, showing us how to make a lasting difference.



LIGHTING UP LIVES

The Spirit and Significance of Diwali - By Yuktha Sri Mayuka

As the vibrant festival of Diwali approaches, homes across India begin to shimmer with lights, and sweet aromas waft through the air. While the festival is often associated with dazzling fireworks and delectable sweets, its significance runs much deeper, resonating with themes of hope, renewal, and community. This article delves into the cultural, religious, and historical aspects of Diwali, exploring how it symbolizes the eternal struggle between light and darkness, and good and evil.

A Tapestry of Traditions

Diwali, also known as Deepavali, translates to "a row of lights." It is celebrated by millions across India and in various parts of the world, each region adding its unique flavor to the festivities. In the north, Diwali commemorates the return of Lord Rama to Ayodhya after defeating the demon king Ravana, symbolizing the triumph of good over evil. In the west, particularly in Gujarat, it marks the beginning of the new year in the Hindu calendar and honors the goddess Lakshmi, the deity of wealth and prosperity.

In South India, the festival celebrates the victory of Lord Krishna over the demon Narakasura, while in the east, particularly in West Bengal, it coincides with the worship of Goddess Kali, representing the power of divine feminine energy. This rich tapestry of traditions highlights how Diwali transcends a single narrative, uniting diverse cultures under the banner of light and positivity.

The Spiritual Essence

At its core, Diwali is a celebration of spiritual victory. The lighting of diyas (oil lamps) symbolizes the dispelling of ignorance and the awakening of wisdom. As families illuminate their homes, they invite not just physical light but also spiritual enlightenment.

The festival encourages introspection, urging individuals to reflect on their lives, release negativity, and embrace positivity.

Moreover, Diwali emphasizes the importance of community and family. It is a time for people to come together, strengthen bonds, and foster goodwill. The act of sharing sweets and gifts signifies the values of generosity and compassion, encouraging individuals to extend kindness beyond their immediate circles.

Historical Context

The historical roots of Diwali can be traced back thousands of years. Ancient texts and scriptures highlight the festival's significance, revealing its connections to various cultural practices. The Mahabharata, for instance, refers to the significance of light in overcoming darkness. Over the centuries, Diwali has evolved, intertwining with various historical events and regional traditions.

The Mughal era also left its mark on Diwali celebrations. The Persian influence introduced fireworks to the festivities, enhancing the celebratory spirit. Today, cities like Delhi and Mumbai light up with grand displays, merging ancient customs with contemporary celebrations. This evolution illustrates how Diwali remains relevant, adapting to the changing social landscape while retaining its core message.

The Universal Message

Beyond its religious and cultural implications, Diwali embodies a universal message that resonates with people of all backgrounds. The festival's core principle of triumphing over adversity is timeless. In a world often overshadowed by challenges be it personal struggles, societal issues, or global crises, Diwali offers a reminder of hope and resilience.

The act of lighting lamps is symbolic of our inner light, encouraging us to shine brightly even in the





darkest of times. It reminds us that no matter how bleak the situation may seem, there is always a path to illumination. This message has profound significance, particularly for students navigating the complexities of academic life and personal growth.

Environmental Considerations

In recent years, the celebration of Diwali has sparked discussions about environmental sustainability. Traditional practices, such as bursting firecrackers, have raised concerns about air quality and health. Many individuals and communities are now advocating for eco-friendly alternatives, promoting the use of natural dyes, homemade decorations, and quieter celebrations. This shift not only aligns with the festival's spirit of renewal but also reflects a growing awareness of our responsibility towards the planet.

A Festival of Hope

As we prepare to celebrate Diwali, it is essential to recognize its significance beyond the surface-level festivities. This festival is a profound reminder of the light that resides within each of us, urging us to cultivate goodness, spread joy, and embrace the power of community. Diwali is not merely a celebration of lights and sweets; it is a timeless symbol of the enduring battle against darkness and the importance of nurturing a hopeful, united world.

So, as you light your diyas and share sweets with loved ones this Diwali, remember that you are part of a larger narrative - a celebration of resilience, unity, and the everlasting quest for enlightenment in every corner of our lives.

THE TRIUMPH OF HUMAN SPIRIT

A Look at the Paralympic Games Paris 2024

- By Yamuna

The Paralympic Games stand as a beacon of resilience, determination, and the unifying power of sport. What began as a small competition in a rehabilitation center in Stoke Mandeville, England, has evolved into a global sporting spectacle that celebrates the athletic prowess of individuals with disabilities. The Paris 2024 Paralympic Games not only continued this legacy but also set new standards in terms of inclusivity, athletic achievement, and societal impact.

The roots of the Paralympic Games can be traced back to 1948 when Dr. Ludwig Guttmann organized the Stoke Mandeville Games for World War II veterans with spinal cord injuries. This humble beginning laid the foundation for what would become an international movement. By 1960, the first official Paralympic Games were held in Rome, Italy, marking the start of a new era in sports. Since then, the Games have grown exponentially, both in the number of participating nations and the variety of sports offered.

The Paralympic Games are unique in their inclusivity, featuring athletes from a broad spectrum of disabilities. The International Paralympic Committee (IPC) categorizes disabilities into ten groups, including

1. Amputees: Athletes who have lost limbs due to injury or congenital conditions.
2. Cerebral Palsy: Individuals with motor impairments caused by brain damage before or during infancy.
3. Visual Impairment: Athletes with low vision or blindness.
4. Spinal Cord Injury: Individuals with paralysis caused by damage to the spinal cord.
5. Les Autres (Others): Athletes with other disabilities, such as muscular dystrophy, multiple sclerosis, or polio.
6. Intellectual Disability: Individuals with intellectual impairments.

7. Wheelchair Basketball: Athletes who use wheelchairs for basketball competition.
8. Wheelchair Fencing: Athletes who use wheelchairs for fencing.
9. Wheelchair Rugby: Athletes who use wheelchairs for rugby.
10. Wheelchair Tennis: Athletes who use wheelchairs for tennis.

The Paralympic Games have far-reaching impacts, both for the athletes and society at large. For athletes, the Games provide a platform to showcase their talents and inspire others, while also fostering personal growth and a sense of belonging. Beyond individual achievements, the Games play a crucial role in raising awareness about disability issues and promoting inclusivity. The visibility of athletes with disabilities challenges societal stereotypes and encourages a broader acceptance of diversity.

The Paralympics have also driven advancements in sports equipment and facilities, making it easier for individuals with disabilities to participate in physical activities. This progress reflects the growing recognition of adaptive sports and their importance in the broader sporting community.

Despite their successes, Paralympic athletes often face significant challenges. Limited funding and resources can hinder their ability to



- Avani Lekhara becomes first Indian woman to win two gold medals at Paralympics



- Javelin ace Sumit Antil becomes first Indian man to defend title at Paralympics: wins gold medal with record throw at Paris 2024



- Sheetal Devi-Rakesh Kumar win bronze medal in mixed team compound archery



- United States's Ezra Frech won two gold medals at the Games



- Armless Archer' Matt Stutzman wins first gold in final Games



• Praveen Kumar wins gold medal in high jump with Asian record



• Harvinder Singh celebrates winning the men's individual recurve open gold medal



• Steve Serio ends legendary Paralympic career with another gold



• 'Rocket man' Gabriel Araujo completes his hat-trick of golds



• Netherlands defend wheelchair basketball title

legendary Paralympic career with another gold, and 'Rocket Man' Gabriel Araujo won three golds, becoming a crowd favorite.

For India, it was their most successful Paralympic campaign, with 29 medals. Avani Lekhara defended her shooting gold, setting a world record, while javelin thrower Sumit Antil broke his own record to win gold. Seventeen-year-old Sheetal Devi became India's youngest Paralympic medalist, securing bronze in mixed team archery, and Praveen Kumar set an Asian record to win gold in high jump. These performances exemplify the global spirit of excellence and determination that defines the Paralympics.

The Games played a crucial role in promoting global awareness of disability issues, challenging stereotypes, and advocating for a more inclusive society. Paris set new standards for accessibility, with public spaces and event venues adapted to ensure inclusivity. The strong international participation and record viewership highlighted the growing popularity of adaptive sports and reinforced the importance of ongoing efforts to make society more inclusive.

The legacy of Paris 2024 will resonate for years to come. The Games showcased the incredible potential of athletes with disabilities and emphasized the need for continued support and recognition. As the Paralympic movement grows, addressing challenges like funding and visibility will be essential to sustaining the progress made in Paris. By celebrating and supporting these athletes year-round, we can work towards a world where everyone has the opportunity to reach their full potential.

The Paris 2024 Paralympic Games were a triumph of the human spirit, a celebration of the incredible achievements of athletes with disabilities, and a powerful force for social change. As we look to the future, it is imperative to build on this legacy, ensuring that the Paralympic movement continues to grow and that the athletes who inspire us all receive the recognition, support, and opportunities they deserve.

train and compete at the highest level, while discrimination and prejudice remain obstacles to full acceptance and recognition. Additionally, the physical limitations associated with various disabilities require athletes to undergo specialized training and demonstrate extraordinary perseverance.

The Paris 2024 Paralympic Games were a spectacular display of resilience, determination, and the power of sports to inspire and unite. Marked by record-breaking performances and compelling personal stories, the Games highlighted the incredible talents of athletes with disabilities and underscored the growing importance of inclusivity in sports.

The 2024 Paris Paralympics witnessed incredible achievements from athletes around the world. United States athlete Ezra Frech won two gold medals at the Games, while armless archer Matt Stutzman won his first gold in his final Games. In addition, Steve Serio ended his

Managing Stress

A RETROSPECTION INTO THE PAST AND VIGILANCE IN THE PRESENT

- By Zahira Shaik

Stress is inevitable, but the ways of dealing with it have evolved over time. In today's fast-paced digital world, stress levels are on the rise, making stress-reduction techniques more important than ever. In the following paragraphs, we will discuss some of the best ways to reduce stress in today's world and compare them to how people dealt with stress in the past. People nowadays use the latest technologies like meditation apps and online therapy to help manage stress.

Stress Then versus Now: A Changing Landscape

Life used to be easier in many ways. There were fewer technological distractions, and life moved at a slower pace. People had stressors, but they were mostly related to immediate physical survival or societal roles, such as finding food, managing a large family, or dealing with community issues. The tools for managing stress were also simpler: physical activity, social interaction, and religious or spiritual practices were relied upon.

In today's modern age, the source of stress has changed. Many of today's stressors include work pressures, finances, constant digital connectivity, and social comparisons. Chronic stress can be caused by the fast-paced life and the relentless stream of information from digital devices. Therefore, it's important to take appropriate measures against chronic stress to avoid serious health consequences.

1. Physical Activity Exercise:

Then: Physical activity was part of life that one naturally did. People walked more, were more into manual



labour, and spent the bulk of their time outdoors, which helped to keep the level of stress in check. Activities such as farming, hunting, or even simply walking long distances were common and provided a natural outlet for stress.

Now: Nowadays, with the pressures of our day-to-day lives, many of us lead rather sedentary lives, and we need to be more conscious about incorporating exercise into our schedules. Regular physical activity or a session of yoga, or even walking is one of the most successful methods in stress release. It lets the body release endorphins, which are referred to as the body's natural stress-busters. This way, it refreshes the mind also.

2. Practicing Mindfulness or Meditation:

Then: Centuries-old practice, generally among people in the East, is mindfulness and meditation. People in ancient times used them to communicate with their souls and with nature,

mostly as part of some religious or spiritual rituals.

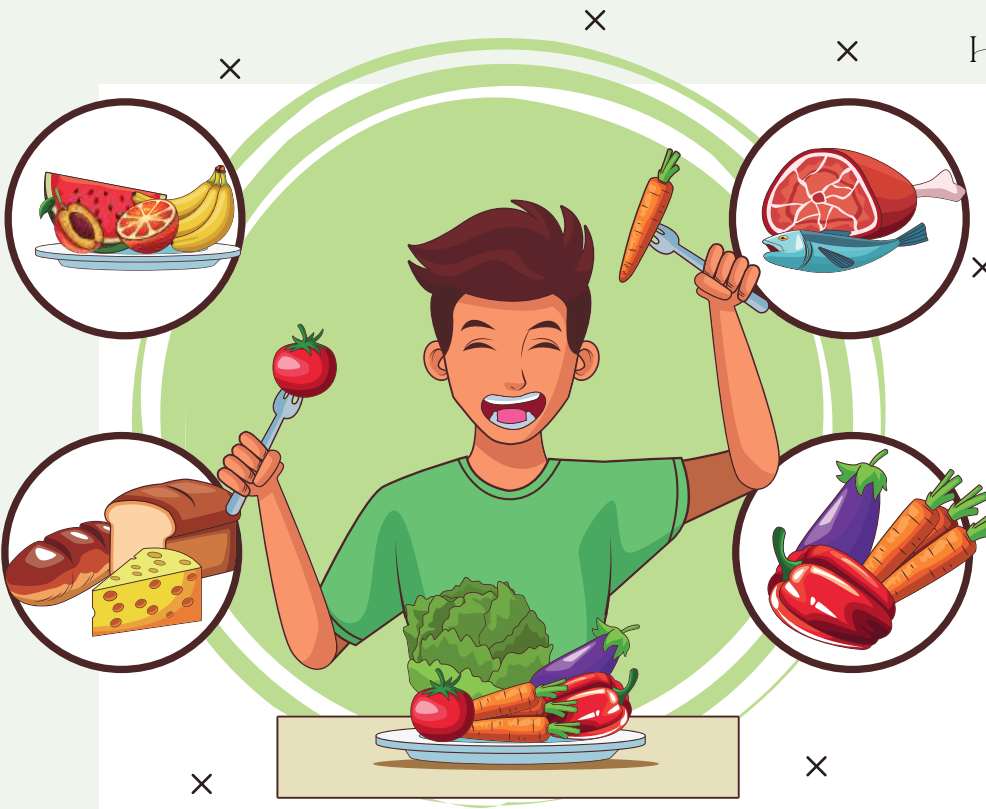
Now: It is also scientifically validated these days that mindfulness and meditation are effective tools in the reduction of stress. These practices help an individual to stay in the present, reduce anxiety, and give a feeling of peacefulness. Apps and online resources make getting started with meditation easier than ever, bringing ancient wisdom into the digital age.

3. Healthy Diet:

Then: The diet was based on what was available locally with limited processed foods and much more fresh produce. People consumed more natural whole foods that contained the nutrients necessary to balance the stress and maintain better health overall.

Now: Food and junk only aggravate the problem of stressors. A diet rich in fruits, vegetables, whole grains, and lean proteins is essential for





5. Setting Aside "Me Time" for Relaxation:

Then: Less complicated times meant sometimes the time to set aside for relaxation or the mere enjoyment of leisure was possible. Without the persistent demands of modern life, there were more opportunities to find moments of peace by being with nature, engaging in hobbies, or just sleeping.

Now: Today, finding time for oneself is even harder but equally vital. "Me time" allows one to unwind and reflect within themselves to return refreshed, calm, and de-stressed. It can be through reading, listening to soothing music, or even just taking a bath. It is imperative to find that relaxation to keep life in balance.

The type of stress may change, but the need for effective coping strategies remains constant. By incorporating techniques such as staying active, practicing mindfulness, eating a healthy diet, connecting with others, and making time to relax, we can navigate the complexities of modern life with resilience. Whether the methods to reduce stress are age-old or contemporary, the key is to identify what works best for you and make it a regular practice.

overcoming stress. Such foods normalize blood sugar and provide the required vitamins and minerals for mental and physical health.

4. Connecting with Others

Then: Social connection has formed an important part of human life. In the past, there were smaller communities, and people often lived closer to family and friends for strong social networks. Social gatherings—be they at work, worship, or celebration—then formed a regular occurrence that helped people feel more connected and less stressed.

Now: With the advancement of technology, we have become more connected yet disconnected, as these networks can often be superficial. A strong social support system will help lower your level of stress. This includes face-to-face contact, telephone calls, and video calling—all of which allow us to connect with loved ones who make us feel supported and not so alone in our battles.



“
Stress is inevitable, but how we manage it has evolved from simple physical activities of the past to mindfulness in the digital age.
 ”



CELEBRATING EXCELLENCE

Faculty And Student Achievements



Dr. Y. Mallikarjuna Reddy, Principal, has been honored with the Best Principal Award during the JNTUK Formation Day 2024.



Dr. K. Giri Babu, Dean Academics, has been awarded the Best Professor Award during the JNTUK Formation Day 2024.



Dr. T. Srinivasa Rao, HOD, Mechanical Engineering, has been awarded the Best Professor Award during the JNTUK Formation Day 2024.



Mr. P. Naga Babu has successfully defended his Ph.D Thesis at Annamalai University.



Dr. Alla Srivani and Dr. Kedar Mallik sir selected for granted patents submission to AICTE INDOVATION CENTRE and MSME start-up centre.





Dr. Ch. Nagasai Kalyan, eliminary of 2012 on being recognized among the top two percent of scientists in the world aspect Stanford University prestige list.



Mrs. N. Nalini Krupa, Department of CSE (Artificial Intelligence and Machine Learning) published an Indian patent on IOT Device Network Security Management System using Edge Computing.



Dr. A. Srivani has received IPR and Innovation Award 2024 in International Patent conclave on IPR and Innovation 2024 in Bhubaneswar regarding Achievement of Presentation of a Nano-Encrypted Quantum Computer with Quantum Mechanics



Dr. V. Muralidhar (CSM), Dr. O. Aruna (CIC), and Mr. K. Mohan Krishna (CSE), on being trained by Wipro in the Project-Based Learning framework, specializing in Database Solutions Expertise.



P. Anil Kumar, Cadet selected for TSC camp at New Delhi from the NCC boys team of VVIT.



Team VVIT won the Guntur district college basketball championship organized by New Guntur Association held at Ankireddypalem, Guntur.

Players : Gopi, Chandu, Chiru, Mandeep, Uma Maheshwar, Sai Ram, Syam Kumar, Aditya



Pavithra Srungavarapu (20BQ1A05M4) placed as Intern and turned PPO as a Quality Assurance Engineer at AMAZON with the package of 29 LPA.



A Sravani(20 Batch), secured placement in Flipkart with 11LPA & Walmart with 23 LPA

Mechanical students placed in IndoMIM after successful completion of a 6-month internship with a package of Rs 28000 per month.



MATCHA SANDEEP
20BQ1A0346



T. N. CHANDRA BOSE
20BQ1A0387



A.S.MOHAN KRISHNA
21BQ5A0301



K. DURGA PRASAD
21BQ5A0305



R. AKSHAY KUMAR
21BQ5A0317



T. SAI KRISHNA
21BQ5A0320



TCS PRIME 9LPA
HEMA LATHA MANNEM
CSE 20BQ1A05D6



TCS PRIME 9LPA
DEDIVYA SRI HARSHINI TELLABATI
CSE 20BQ1A05N9



TCS DIGITL 7LPA
SURYAMO HANKIRAN ANNAPRAGADA
ECE 20BQ1A0408



TCS DIGITL 7LPA
SATYA BURLE
ECE 20BQ1A0430



TCS DIGITL 7LPA
KUDALA LAKSHMI THIRUPATHAMMA
ECE 20BQ1A0496



TCS DIGITL 7LPA
DEEKSHITHA MADDINENI
ECE 20BQ1A0499



TCS DIGITL 7LPA
NAGA HARSHITA SUDDAPALLI
ECE 20BQ1A04G3



TCS DIGITL 7LPA
NAVEEN DEVELLA
CSE 20BQ1A0546



TCS DIGITL 7LPA
SETHU DOREDLA
CSE 20BQ1A0551



TCS DIGITL 7LPA
GADDE JASWANTH
CSE 20BQ1A0555



TCS DIGITL 7LPA
KANCHARLA SAI PUSHVAN
CSE 20BQ1A0588



TCS DIGITL 7LPA
AKHILA PATCHALA
CSE 20BQ1A0512



TCS DIGITL 7LPA
SHAIK KALEEMA
CSE 20BQ1A05L6



TCS DIGITL 7LPA
NUSRAT SHAIK
CSE 20BQ1A05L8



TCS DIGITL 7LPA
JYOTHIRMAYEE TANUBUDDI
CSE 20BQ1A05N3



TCS DIGITL 7LPA
SAI SRIYA TIRUVEEDHULA
CSE 20BQ1A05O3



TCS DIGITL 7LPA
PRASANNA VAKA
CSE 20BQ1A05O6



TCS DIGITL 7LPA
ALETI NAGA RAJYALAKSHMI HARIKA
INF 20BQ1A1203



TCS DIGITL 7LPA
VENUGOPAL BITRA
INF 20BQ1A1224



TCS DIGITL 7LPA
BOYAPATI VINEETHA LAKSHMI
INF 20BQ1A1230



TCS DIGITL 7LPA
DIVYA SATYA DURGA JANGA
INF 20BQ1A1263



TCS DIGITL 7LPA
VENKATA JAHNAVI PUNATI
INF 20BQ1A12D7



TCS DIGITL 7LPA
GOPAVARAPU HARI CHANDANA
CSM 20BQ1A4220



TCS DIGITL 7LPA
PRANEETH GUNDEBATTINI
CSM 20BQ1A4222



TCS DIGITL 7LPA
KOTHAMASU DEEPTHI
CSM 20BQ1A4230



TCS DIGITL 7LPA
NAGASIVANI NANDAM
CSM 20BQ1A4239



TCS DIGITL 7LPA
VISHNU VARDHAN GOWD VAKA
CSM 20BQ1A4260



TCS DIGITL 7LPA
KOLLIPARA RAJ KAMAL
CIC 20BQ1A4720



TCS DIGITL 7LPA
KOMMANA VENKATA SAI CHANDRA GANESH
CIC 20BQ1A4721



TCS DIGITL 7LPA
POLISETTY MEGHANA
CIC 20BQ1A4743



TCS DIGITL 7LPA
ROKKAM YASHWANTH KUMAR
CIC 20BQ1A4748



TCS DIGITL 7LPA
BANDLA SRI SAI SANKAR
CSO 20BQ1A4909



TCS DIGITL 7LPA
SHANMUKHA SRINIVASU K
CSO 20BQ1A4921



TCS DIGITL 7LPA
NAGABHYRAVA SAI TEJA
CSO 20BQ1A4932



TCS DIGITL 7LPA
V L GAYATHRI RAVURI
CSO 20BQ1A4942



TCS DIGITL 7LPA
MUNNANGI KRISHNA REVANTH REDDY
AID 20BQ1A5434



TCS DIGITL 7LPA
ADRANGI DAVID
INF 21BQ5A1203



TCS NINJA 3.3LPA
CHALLAGUNDLA VISHALAKSHI
EEE 20BQ1A0228



TCS NINJA 3.3LPA
SINGAMSETTY HYMA NAGA KEERTHI
EEE 20BQ1A02D1



TCS NINJA 3.3LPA
KAGITHA JAGADEESH
MECH 20BQ1A0324



TCS NINJA 3.3LPA
PULIBANDLA KUSUMA
MECH 20BQ1A0362



TCS NINJA 3.3LPA
KATTA KRISHNAVENI
CSE 20BQ1A0596



TCS NINJA 3.3LPA
CHANDANA NARRA
CSE 20BQ1A05G5



TCS NINJA 3.3LPA
AJAY KRISHNA TALAGADEEVI
CSE 20BQ1A05M8



TCS NINJA 3.3LPA
LAKSHMI LAHARI TEKI
CSE 20BQ1A05N8



TCS NINJA 3.3LPA
NANDIGAM SANJANA
INF 20BQ1A12C0



TCS NINJA 3.3LPA
TIRUVEEDHULA AMRUTHA LAKSHMI
INF 20BQ1A12G9



TCS NINJA 3.3LPA
DEVANGULASETTY JAHNAVI
CIC 20BQ1A4711



TCS NINJA 3.3LPA
ANEESH BONU
CIC 20BQ1A4714



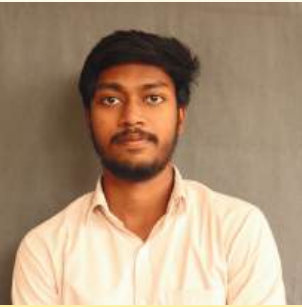
TCS NINJA 3.3LPA
PULIPATI SAI PRANA VI
CIC 20BQ1A4745



TCS NINJA 3.3LPA
DONDAPATI AMARNADH
AID 20BQ1A5412



TCS NINJA 3.3LPA
JONNADULA HEMA SAI VENKAT
AID 20BQ1A5419



TCS NINJA 3.3LPA
SAMUEL FINNY MOPARTHI
AID 20BQ1A5432



TCS NINJA 3.3LPA
CHEBROLU SAI TEJA
AID 20BQ1A5447



TCS NINJA 3.3LPA
MOHAMMED ABDUL RAAFE JUNAID
MECH 21BQ5A0309



CTM INDIA 2.5L
M. RAVI TEJA
MECH 20BQ1A0350



CTM INDIA 2.5L
SATYAWADA NITIN
MECH 20BQ1A0368

**EVERY
ONE
COUNTS**

Family Time- A Quality Time

- By Zahira Shaik

The family, an important module in our lives, gives love, and support, and provides the feeling of being at home. In this fast lane, one soon becomes busy with schedules; however, the importance of spending quality time with family cannot be negated. Family time strengthens relationships, promotes understanding, and maintains harmony within a household in a nurturing environment where every individual thrives.

What is Family Time?

Family time is those precious moments that one spends with loved ones. When we have a good conversation over meaningful things, it's not at all about physically going there; it's about being emotionally connected. Whether we go out for dinner together spend the whole weekend, or even just attend that religious get-together, which brings to the world the feeling of togetherness and belongingness.

Why We Must Make Time for Family?

We have to give some time for our family, no matter how busy we get with our work or commitments. We are all occupied with our work and myriad other commitments, but it is simple to forget that our family too needs to be taken care of. Otherwise, we will not only face the nightmare of our relationships but also find ourselves emotionally and mentally unstable. A stable family unit provides stability, love, and support, which makes it more possible for us to handle well the hardships of life.

Respect and Trust

Respect forms the foundation of family relationships. Though we are rightly proud of our self respect, it is more important to respect the dignity and feelings of our kith and kin. No relationship can prosper without mutual trust, but family time helps create that sort of trust, which in turn always leads to the easy resolution of conflicts and mutual understanding. A cooperative attitude rather than dominance will create an atmosphere that shows respect to all and voices over each one's problems.





Free Time at Home

The daily schedule has to be broken since one cannot spend their entire life indoors. Outings with the family, eating food at restaurants, and local travelling to visit the temples, church, or any other cultural place can be cherished. It is refreshing to the mind as well as bonding is made stronger with traditions and values. Leaving family members at home may lead to their isolation, but experiences in regional spots when shared strengthen the bond of kinship that holds a family together.

Remember to avoid neglecting your family due to unhealthy habits

As humans, our habits and behaviours should never cause our family to suffer. Therefore, we should be more cautious about how our action affects our dear

ones and conscious in any improvement we make to please the family. Strain and misunderstanding can occur due to unhealthy habits; however, continuous dialogue and support can help people create a healthier environment and happier homes.

The Power of Togetherness

Spending time together brings families closer to one another, making the relationships even stronger and loving. Doing things together, showing respect for one another's dignity, and visiting regional places sometimes with trips creates unforgettable memories that deepens the basis for mutual trust and understanding. By giving time to family, we are giving room for emotional attachment that helps resolve conflicts and builds room for support. The family is the most basic strength one can have in life, and building these groups will bring happiness for a balanced life.

“బంధాలకు విలువలిచ్చే వాళ్ళు ఎవరైనా కానీ జీవితంలో బాధ్యతగానే ఉంటారు. బాధ్యత అంటే బరువు కాదు, అది బంధాలకు ఇచ్చే విలువ.”

-Mr. K. Balakrishna, Faculty of CSM Department

A GLOBAL DISRUPTION

MICROSOFT'S JULY 2024 CRASH

- By Yamuna

In a world increasingly reliant on digital infrastructure, the recent Microsoft breakdown outage served as a stark reminder of our vulnerability to technological disruptions. This unforeseen event, akin to a tech apocalypse, disrupted lives and businesses globally, highlighting the critical role that technology plays in our daily existence.

In July 2024, a major Microsoft outage caused by a CrowdStrike update led to widespread system crashes, affecting businesses and individuals globally. This article explores the incident's details, its extensive impact, and measures taken to prevent future occurrences.

THE INCIDENT

On July 18, 2024, a significant portion of the global population faced major technological disruptions when Microsoft's systems began to fail. The issue was traced back to a faulty update from CrowdStrike for their Falcon Sensor security program, which caused a logic error and the infamous "Blue Screen of Death" on numerous Windows devices. This widespread problem triggered an unintended configuration change in Microsoft's Azure cloud platform, disrupting communication between storage and processing resources. As a result, various Microsoft services, including Office 365, were significantly

impacted, causing widespread inconvenience and operational challenges. The Microsoft outage had significant repercussions across key industries such as aviation, finance, healthcare, media, and emergency services. Airlines experienced flight delays and cancellations, affecting major airports in New Delhi, London, Singapore, and Madrid. Airlines like American Airlines, Delta Airlines, and Air France were heavily impacted.

In the financial sector, banks and institutions from Australia to Germany to India warned customers of disruptions. Commonwealth Bank in Australia experienced issues with



money transfers, and the London Stock Exchange faced technical glitches affecting its news service.

Healthcare was also severely affected, with UK hospitals under the National Health Service unable to access patient records, write prescriptions, or schedule appointments. In Germany, two hospitals canceled elective surgeries due to the server outage.



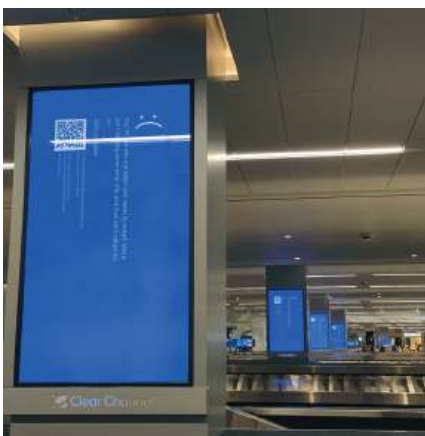
education, and digital communication. This incident underscored the vulnerability of our interconnected world and emphasized the urgent need for robust disaster recovery plans.

for Windows hosts and released a patch, while Microsoft provided troubleshooting guidance. Six hours after the outage began, Microsoft tweeted that service availability was improving due to mitigation actions. Later, they announced that the global outage's root cause was fixed, though some Office 365 apps still experienced issues.

RESPONSE AND RECOVERY

CrowdStrike's CEO assured users that the problem was not a security incident but a defect in an update, with a fix deployed but full resolution time unclear. This incident underscores the risks of technological dependence and the need for comprehensive contingency plans to minimize disruptions.

The Microsoft outage of July 2024 was a wake-up call for the global community. While the immediate impact was substantial, the incident also presented an opportunity for growth and improvement. By learning from this experience and implementing robust measures, we can build a more resilient and secure digital future.

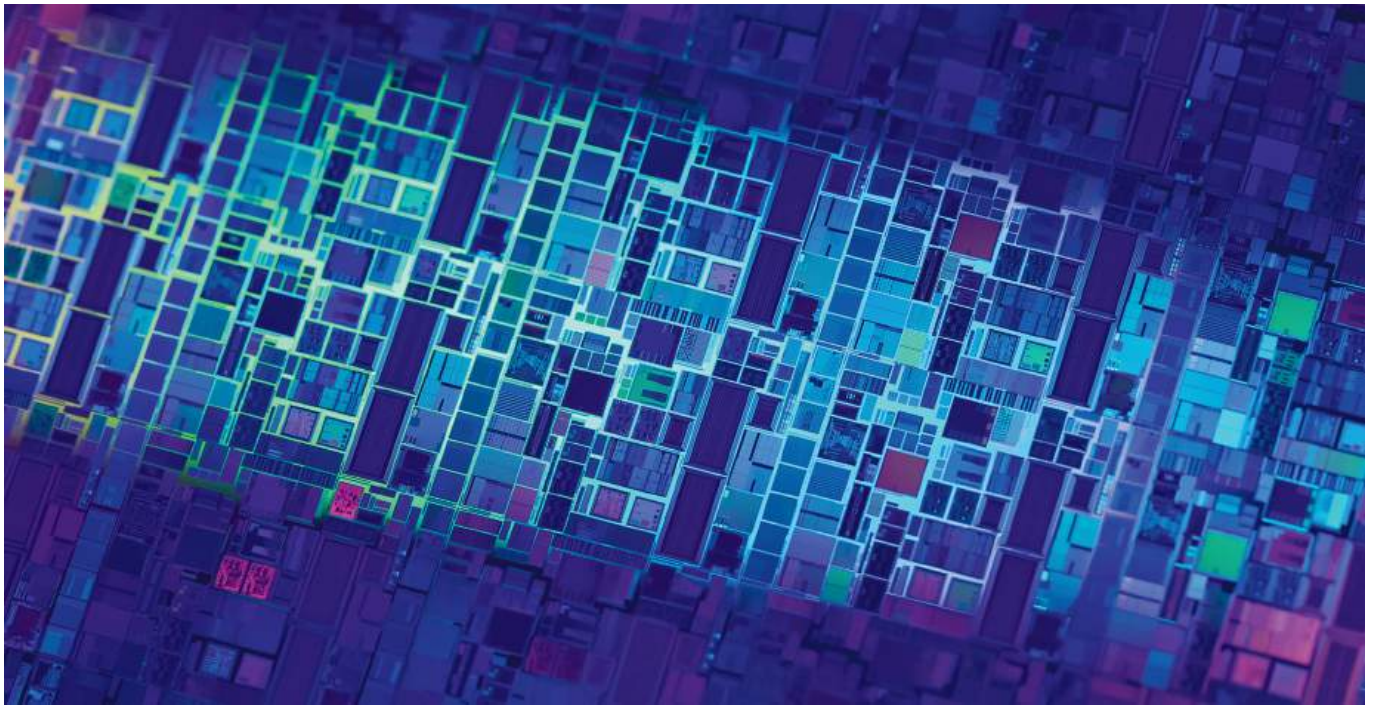


Media and emergency services faced disruptions as well. Britain's Sky News went off air, interrupting live broadcasts, and in the US, 911 services in several states were affected, posing risks to emergency response. The outage caused major inconvenience to individuals, disrupting remote work, online

It also highlights the importance of robust cybersecurity measures to protect critical infrastructure. As digital reliance grows, such incidents may become more frequent, necessitating resilient strategies for safeguarding operations and data.

Microsoft and CrowdStrike quickly addressed an outage, working to resolve the issue. CrowdStrike identified a defect in a content update

Does our increasing reliance on technology expose us to greater risks, and could these technological loopholes compromise our privacy and security? I know technology is a double edged sword, which needs to be carefully handled. But still a big Question disturbs me all the time “we all are smart technology users, are we smart enough to use them?”



FINFET TECHNOLOGY

REVOLUTIONIZING THE SEMICONDUCTOR INDUSTRY

- By IETE DEPARTMENT

With the rapid advancement of semiconductor technology, the industry has consistently sought methods to enhance the performance, power efficiency, and overall capabilities of integrated circuits. One of the most significant breakthroughs in recent years is the development of Fin FET (Fin Field-Effect Transistor) technology, which has revolutionized the way modern electronic devices are designed and manufactured.

Gate-All-Around (GAA) Transistors:

This next generation transistor design builds on the principles of Fin FETs, offering even greater control over electron flow and further reducing leakage currents.

2D Materials: The use of two-dimensional materials, such as graphene, is being investigated to overcome the limitations of silicon and improve the performance and efficiency of future transistors.

Advanced Lithography Techniques: New lithography methods, such as extreme ultraviolet (EUV)

lithography, are being developed to enable the precise fabrication of ever-smaller transistor structures.

THE IMPORTANCE OF FINFET TECHNOLOGY

Fin FET, short for Fin Field-Effect Transistor, represents a major leap from traditional planar transistors. Unlike conventional transistors, which are flat and have a single gate, Fin FETs are three-dimensional. The "fin" refers to the vertical, fin-like structure that emerges from the silicon substrate. This fin allows for multiple gates to be placed around it, providing better control over the flow of electrons and significantly improving the transistor's performance.

Enhanced Performance: Fin FETs offer superior control over the channel, leading to faster switching speeds and improved performance. This makes them ideal for high-speed computing applications, including advanced processors and graphics chips.

Scalability: As the demand for smaller and more powerful devices grows, traditional planar transistors face limitations in scaling down. Fin FETs, with their three-dimensional structure, offer a path forward for continued miniaturization, enabling the production of smaller, more compact integrated circuits.

Thermal Management: Fin FETs dissipate heat more effectively than their planar counterparts, which is essential for maintaining the reliability and longevity of electronic components, especially in high-performance applications.

Future Innovations: The principles of Fin FET technology lay the groundwork for future innovations in semiconductor design. Researchers are exploring further advancements, such as gate-all-around (GAA) transistors, which promise even greater control and efficiency.

THE SIGNIFICANCE OF FINFETS

Fin FETs have revolutionized the semiconductor industry, enabling significant advancements in various fields:

Mobile Computing: Fin FETs empower mobile devices with increased processing power, lower power consumption, and improved battery life.

High-Performance Computing: They facilitate high-speed data processing and efficient operation in servers, data centers, and supercomputers.

Internet of Things (IoT): Fin FETs enable the development of smaller, energy-efficient sensors and devices crucial for the burgeoning IoT ecosystem.

Artificial Intelligence (AI): Advanced Fin FET-based processors support the development and deployment of powerful AI systems.

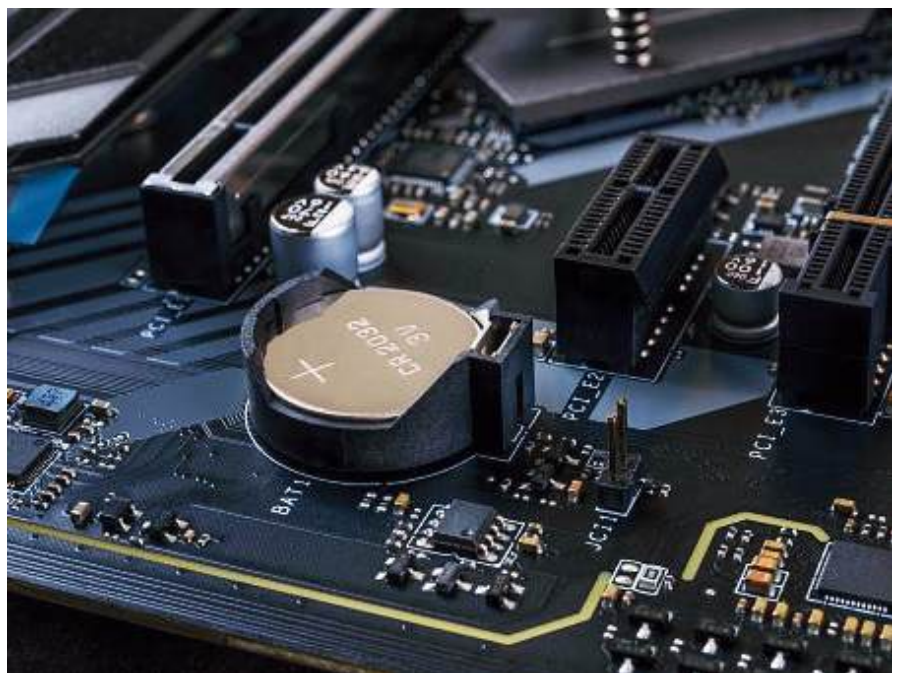
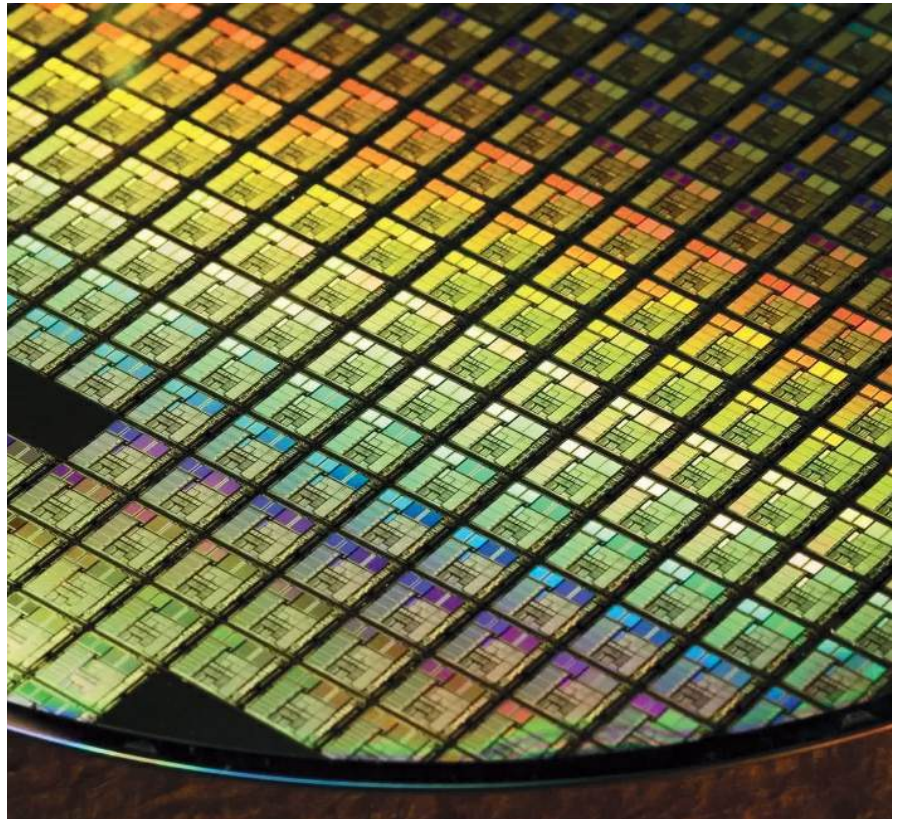
CHALLENGES AND FUTURE DIRECTIONS

While Fin FET technology offers numerous advantages, it also presents certain challenges:

Manufacturing Complexity: The three-dimensional structure of Fin FETs requires more sophisticated manufacturing techniques compared to planar transistors. This complexity can increase production costs and necessitate new fabrication processes.

Design Adaptation: Engineers need to adapt existing design tools and methodologies to accommodate the unique characteristics of Fin FETs. This adaptation process can be resource-intensive and time-consuming.

Material Limitations: As the industry continues to push the boundaries of miniaturization, there is a growing need for new materials that can sustain the performance improvements promised by Fin FET technology.



CONCLUSION

Fin FET technology marks a significant shift in the semiconductor industry by overcoming the limitations of traditional planar transistors. It enhances performance, improves power efficiency, and supports further miniaturization, making it essential for modern electronic design. As devices become

more complex and powerful, Fin FETs will drive innovation and shape the future of technology. By addressing current challenges and embracing new materials and techniques, the semiconductor industry can continue to push the boundaries of what is possible, paving the way for a new era of technological advancement.

EVENTS SPOTLIGHT



Orientation Day for Class 2028



IOT Expo

EVENTS SPOTLIGHT



Sitaram Sithralu Movie Promotion

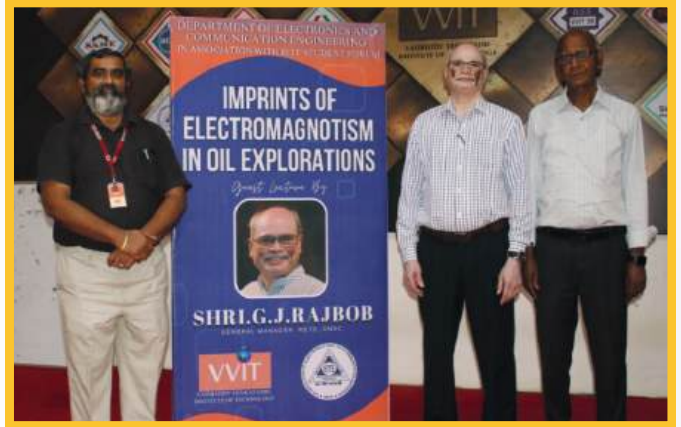


Lean Start-Up



Thangalaan Movie Promotion

EVENTS SPOTLIGHT



ECE Guest Lecture

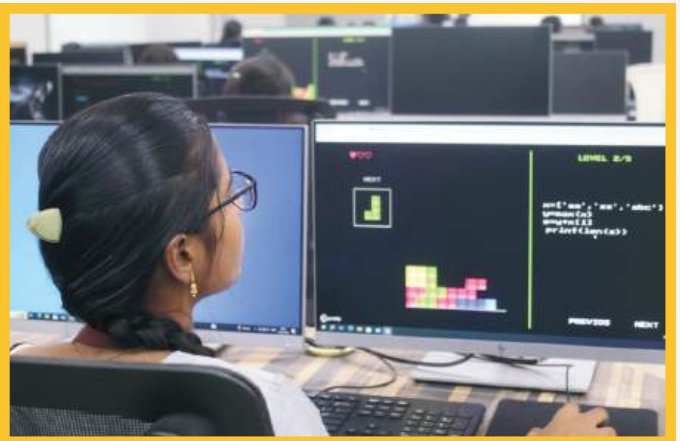


AHA Indian Idol



Telugu Basha Dhinotsavam

EVENTS SPOTLIGHT



ACM Spardha



Student Induction Programme

EVENTS SPOTLIGHT



CIVIL Guest Lecture



MECH Guest Lecture



Krishnashtami

EVENTS SPOTLIGHT



Student Tribe Fest - 2K24



Ganesh Idol Distribution

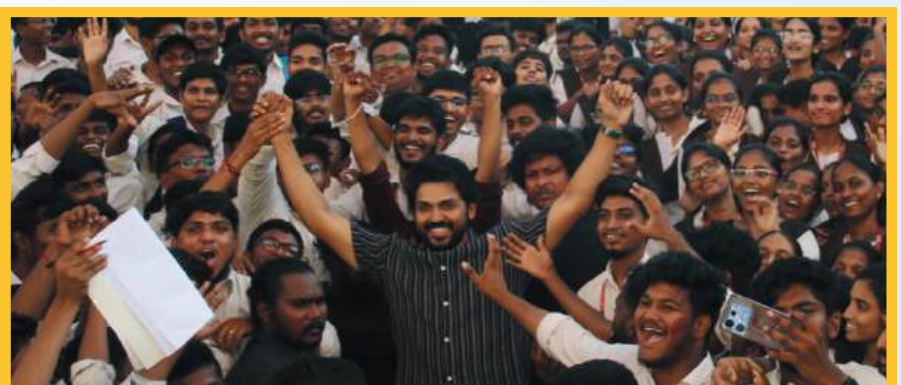
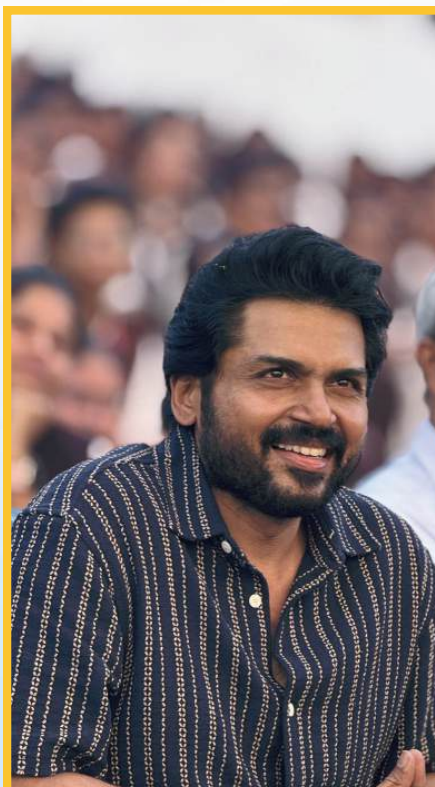


Awareness Talk on CPR

EVENTS SPOTLIGHT



Engineer's Day



Satyam Sundaram Movie Success Meet

EVENTS SPOTLIGHT



Pottel Movie Promotion



Resolution Day



NSS Swachathahi Seva

EVENTS SPOTLIGHT



IETE AIKYA



SAC Recruitment 2024



Tribute to S. P. Bala Subramanyam

EVENTS SPOTLIGHT



IEI EXOUSIA



Fresher's Day Class of 2028

India has seen significant growth in entrepreneurship, with the number of recognized startups surpassing 1,00,000 by 2023. The country's Total Early-stage Entrepreneurial Activity (TEA) rate also rose to 12%, up from 5% in 2021. Additionally, India climbed to the second position in the Global Entrepreneurship Monitor (GEM) rankings in 2023, reflecting its increasingly favorable environment for new businesses.

* source: Startup India Factbook and GEM 2023 Report

INDIA'S RISE IN ENTREPRENEURSHIP

A NEW WAVE OF INNOVATION AND ECONOMIC GROWTH

- By Chakradhar

There are an estimated 582 million entrepreneurs worldwide. Interestingly, India's industrial development wasn't inferior to that of advanced European nations when Western merchants first arrived. This demonstrates that the concept of entrepreneurship has a long and rich history in India. Today, we're witnessing a new wave of Indian entrepreneurs driving innovation and economic growth. India has emerged as a major hub for startups, with three major cities – Bengaluru, Mumbai, and Delhi – ranking among the top 40 startup hubs globally. According to the OECD (2007), an entrepreneur is "an individual who creates a new business, plays an active role in its operations, assumes most of the financial risk, and enjoys most of its success." Entrepreneurship, the process of

creating a new business, is often fueled by innovative product or service ideas.

The Rise of Startup Culture:

Entrepreneurship has become a prominent topic in Indian media. Startup founders are building brands that define their identities and are consistently featured in the news. These "new-age" companies are disrupting established sectors, from finance to healthcare, and tackling delivery challenges that traditional organizations have struggled with.

The Importance of Startups:

Startups play a crucial role in driving innovation. They bring new ideas to market, fostering competition and development. This competition benefits consumers by offering them

a wider range of choices and potentially lower prices.

Understanding Entrepreneurship:

Entrepreneurship is the process of creating, developing, and managing a new business venture with the goal of generating profit. It requires innovation, risk-taking, and the ability to identify and seize opportunities. Key factors for a successful entrepreneur include curiosity, optimism, adaptability, courage, empathy, problem-solving skills, persistence, and the ability to learn from failures. Entrepreneurs are change agents within the economy, making a difference in their communities and the world through their entrepreneurial mindsets.

Fostering a Culture of Entrepreneurship:

Encouraging a culture of entrepreneurship is vital for creating more jobs and spurring economic growth in India. To achieve this, it's important to understand the key characteristics of successful entrepreneurs and offer them the necessary support.

The Startup Ecosystem:

A startup is a new business founded by an entrepreneur to develop a product or service and grow it into a large, successful company. The number of successful startups in India has grown significantly in recent years. In 2016, there were only 504 startups; by 2020, that number had skyrocketed to over 14,000. These startups have created more than 170,000 jobs, propelling India to become the world's third-largest startup ecosystem, behind only the United States and China.

Startup Financing:

Beyond a good idea, startups need capital to get off the ground. Startup financing refers to the process of raising funds to cover the costs associated with starting and growing a business, such as research and development, marketing and advertising, hiring employees, purchasing equipment or inventory, and paying for office space or other overhead costs. Various sources exist for startup financing, including personal savings, bank loans, crowdfunding, angel investors, venture capital, and government grants or loans.

Challenges and Opportunities:

Entrepreneurship in India faces challenges, both cultural and practical. While Indian culture values entrepreneurship and innovation, some cultural factors can pose obstacles. Additionally, the Indian business environment can be complex and challenging, with issues such as corruption, red tape, and limited access to capital. Despite these challenges, India's economy has the potential to benefit significantly from entrepreneurship. The country's diverse population,



growing technology sector, and vibrant capital markets create a wealth of opportunities for entrepreneurs. By addressing the limitations and fostering a more supportive environment, India can unlock the full potential of its entrepreneurial ecosystem.

Promoting Entrepreneurship in India:

Government policies play a crucial role in fostering entrepreneurship. By creating a favorable environment for startups, governments can stimulate economic growth and job creation. India has implemented several policies to promote entrepreneurship, such as the "Startup India" program. However, it's important for governments to avoid excessive intervention and focus on creating effective policies. Government ministers can play a key role in directing government departments and agencies to develop these policies.

The entrepreneurial spirit of our graduates continues to shine brightly. Mohiddin Shaik, founder of Healthy Formula and Fit Formula, has created a haven for those seeking a healthier lifestyle. Kireeti Bhashyam, with Arkhas Overseas, is

empowering students to achieve their career goals by providing essential support, including part-time work and accommodation assistance. Meanwhile, B.Gopi Kalyan, the culinary genius behind Starters and Sweet, has brought a delightful cloud kitchen experience to the community, offering mouthwatering starters and desserts. These individuals exemplify the innovation and leadership that drive our institution forward.

In conclusion, India's rise in entrepreneurship is a significant development that has the potential to drive innovation and economic growth. By understanding the key characteristics of successful entrepreneurs, fostering a culture of entrepreneurship, and promoting government policies that support startups, India can unlock the full potential of its entrepreneurial ecosystem.

STUDENT TO ENTREPRENEURSHIP, FITNESS AND GROWTH

The Path to Fit and Healthy Formula

- Interview By Yuktha Sri Mayuka



Mohiddin Shaik is a dynamic entrepreneur and the founder of Healthy Formula for Food, a thriving café dedicated to nutritious dining, as well as Fit Formula, a popular gym that promotes fitness and wellness. A mechanical student who is a 2017 graduate from VVIT, Mohiddin has leveraged his educational background to build successful ventures that prioritize health and well-being. His commitment to fostering a healthier lifestyle in the community is evident in his dual business model, blending quality nutrition with fitness, and his innovative approach continues to inspire others on their wellness journeys.

1. What inspired you to start your first Fit Formula business in March 2020?

I took inspiration from my own journey. Growing up, I was lean and faced body shaming, which motivated me to transform physically. I dedicated time and effort to learn how to get in shape and stay healthy. During this journey, I realized there weren't many gyms with proper equipment in our area, so I gained knowledge and decided to start Fit Formula in 2020.

2. Starting a business in March 2020 must have been challenging due to the COVID-19 pandemic. How did you navigate the initial obstacles?

It was tough, the main challenge was ensuring the safety of our clients, but we pushed our limits. We prioritized safety and sanitization to gain clients' trust. We limited to only 10 people at a time in our 3500 sq. ft. space to maintain proper distance. After each session, we sanitized the equipment and gym area to ensure a safe environment.

3. What unique value or service does Fit Formula offer that differentiates it from other fitness businesses?

Fit Formula isn't a typical commercial gym. Unlike others that follow a fixed workout schedule, we provide both personal trainers (PT)

and general trainers (GT). We give equal attention to all clients, whether they have a PT or GT. We also tailor workouts based on a client's body mass index (BMI), guiding them in the right direction and correcting them as needed.

4. What led you to start your second business, Healthy Formula, in September 2022?

I initially struggled to create my own diet plan and had to do a lot of research. That experience gave me the idea for Healthy Formula, where we focus on providing healthy food options and personalized diet plans.

5. How does Healthy Formula differ from Fit Formula in terms of product offerings and target audience?

Healthy Formula is a café offering healthy food options for everyone, not just bodybuilders. We also provide customized diet plans based on individual needs. Fit Formula, on the other hand, is a gym that offers personal trainers (PT) and general trainers (GT) to guide clients in their fitness journey.

6. What were some of the biggest challenges you faced while growing Fit Formula, and how did you overcome them?

The biggest challenge was launching Fit Formula during the COVID-19 pandemic. We were ready to open, but due to lockdowns, we had to delay the launch. Even though the business wasn't operational, bills and



EMIs had to be paid, which put me at a financial loss. I refused to take help from anyone and wanted to handle everything on my own. Over time, after the initial struggle, things gradually fell into place.

7. What are some important lessons you've learned in business?

The key lessons I've learned are staying up to date, always introducing new features for clients, and valuing their feedback. Also, as a business owner, you should be flexible enough to take on any role, whether it's management or operations.

8. How do you handle the balance and management of running two businesses simultaneously

I follow a strict time schedule, allocating specific time slots to Fit Formula and Healthy Formula, which helps me manage both businesses effectively.

9. What is your vision for Fit Formula and Healthy Formula in the next five years? Are there any new projects you're excited about?

I plan to expand both businesses into franchise models, bringing Fit Formula and Healthy Formula to metropolitan cities.

10. How do you stay motivated and driven as an entrepreneur, especially during tough times

I believe ups and downs are a part of life. Everyone faces challenges, but at the end of the day, we all have bills to pay, and no one else will do it for us. That keeps me going.



“ Discipline, Dedication, and An Unshakable Belief in your Vision is all you need. ”

11. What advice would you give to aspiring entrepreneurs?

My advice is to start small and smart. Have a solid business plan, be prepared for financial ups and downs, stay purpose-driven, build a support network, consider the timing of your launch, and just go for it.

12. How has your journey as an entrepreneur changed your perspective on work and life?

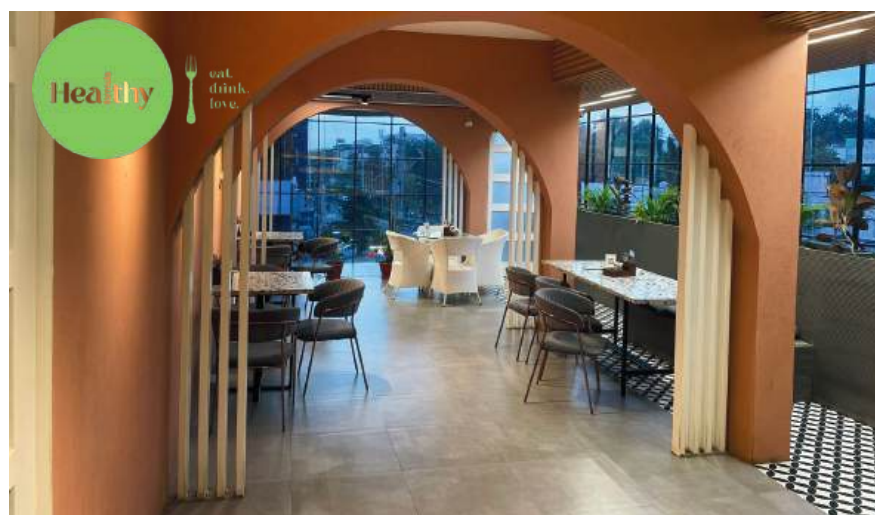
I've learned that work life and personal life should run in parallel, and balancing the two is crucial. You can't let one affect the other.

13. What personal habits or routines do you credit for your success?

Waking up early has been key for me. I wake up at 4 AM to offer my prayers and start my day with positive energy. Later I head to gym and this routine allows me to interact with clients at Fit Formula and understand their needs better. I, now follow a routine of waking up early and going to bed by 11 PM, which has put me on track.

14. Who are your role models or sources of inspiration in the business world?

My father is my biggest role model, both personally and in business. He owns a truck business, and watching him handle ups and downs since my childhood inspired me to venture into business as well.



Take a look at healthy sight

- By Zahira shaik

In today's world of constant screen time and fast-paced living, taking care of our eyes has become more important than ever. A quote eyes are windows of the world blurred vision blurs life. With increased use of computers, phones, and other digital devices, our eyes are under additional stress, leading to discomfort, blurred vision, and potential long-term issues if not properly cared for. Factors like exposure to bright screens, poor lighting, and harmful UV rays from the sun can also contribute to eye strain.

To maintain healthy eyes and clear vision, it's crucial to take proactive measures and address any problems early on. This includes taking regular breaks from screens, ensuring exposing to sunlight, and consuming a nutritious diet rich in eye-friendly nutrients like leafy greens and omega-3 fatty acids. Investing in protective eyewear, such as UV-blocking sunglasses and safety glasses for specific activities, can also help preserve eye health. By adopting these practices, you can safeguard your vision and fully appreciate life's wonders with confidence.

1. Say hello to ophthalmologist every size monthly

Scheduling regular eye checkups is the basic step to maintaining good vision. During such tests, eye professionals will be able to notice

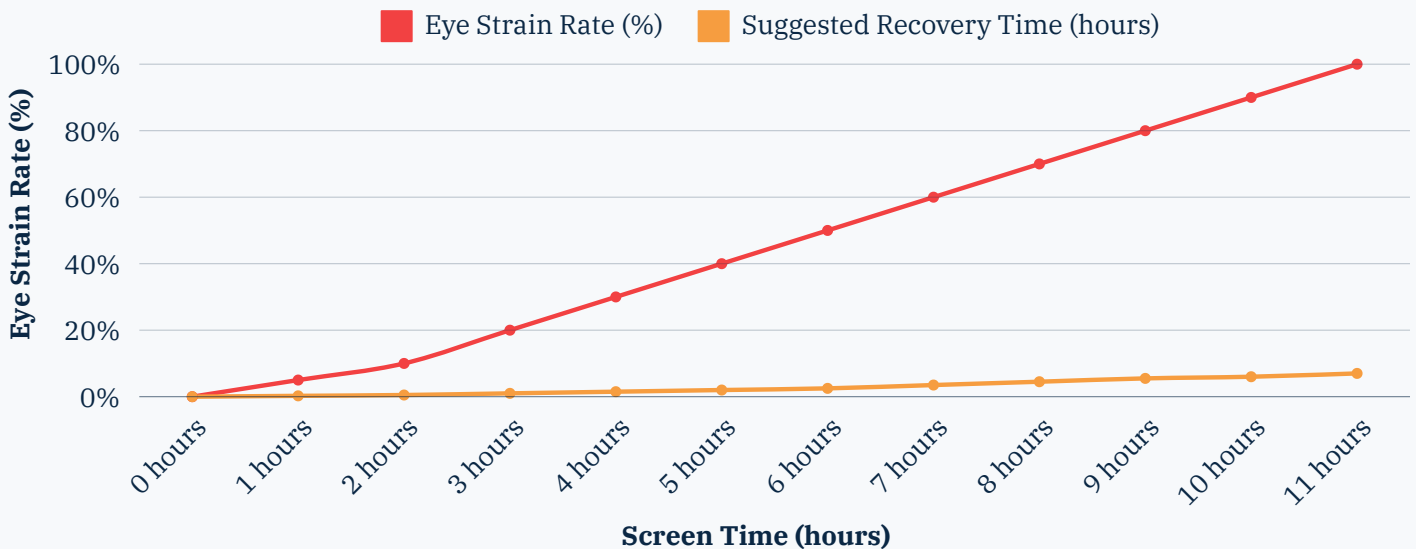


early signals of glaucoma, cataracts, and macular degeneration, among other diseases that could damage vision beyond correction. When these defects left untreated cause serious problems. Even if you see well, yearly eye exams are an opportunity for your doctor to update prescriptions as needed and check the overall health of your eyes so that future problems can be treated as early as possible.

2. Discipline screen time prioritize rest for eyes when they are strained

In modern times, increased exposure to screens does contribute to eye strain from digital platforms by

**EVERY
20
MINUTES
look at something
20
FEET AWAY
for
20
SECONDS
TO PREVENT
EYE STRAIN.**



*This graph shows how much screen time impacts both the strain on your eyes and the recovery time needed to relieve that strain. As you spend more time in front of screens, your eyes experience greater discomfort, which means you'll need longer breaks to fully recover. By looking at the data, you can get a sense of how balancing your screen time can help keep your eyes feeling good and reduce the time it takes for them to bounce back.

symptoms of dry eyes, headaches, and blurred vision. Keeping a correct distance from the screen about 20-24 inches is one final effort to minimize these repercussions. Besides that, following the 20-20-20 rule-like work in segments of 20 minutes and then gazing at a 20-second object 20 feet away can reduce eye strain.

3. Wear Quality Shades for Protection against UV rays

Exposure to UV rays has turned into a major danger for ocular health, leading to the development of cataracts and macular degeneration. Wearing quality sunglasses will include 100% protection from UVA and UVB rays.

Polarized lenses for those whose work or lifestyle involves them being out a lot or working under bright lights are especially valuable because they help block glare and further improve visibility. Ensuring your eyewear meets these standards is a critical measure in preserving long-term ocular health.

5. Wear Protective Eyewear During High-Risk Activities

Protective eyewear cannot be taken lightly, whether at work, or in the sports fields, or at home improvement.

Eye injuries happen within fractions of a second and may lead to serious,

irreversible damage. Safety goggles or protective glasses should be required for hazardous jobs in construction, manufacturing, or most sports.

Such protection is designed to block foreign objects, chemicals, and other hazardous elements that might cause irreparable damage to your eyes.

4. Eat Nutrient-Rich Food

Diet plays an important role in preventing eye problems. Certain nutrients in food can reduce the risk of problems that will affect vision. Green leafy vegetables such as spinach and kale contain lutein and zeaxanthin, which are antioxidants that prevent cataracts and AMD.

Also, omega-3 fatty acid-rich fish, like salmon and tuna, are good for maintaining the retina's health and battling dry eyes. Adding fruits high in vitamin C, such as citrus fruits, and nuts rich in vitamin E to your diet further fortifies your eyes resistance to ageing.

A healthy vision is best supported by professional care and conscious daily habits. Make sure to prioritize regular eye examinations, optimize screen use, wear UV-protective sunglasses, include nutrient-rich foods in your diet, and use protective eyewear to significantly reduce the risk of vision problems. By doing so, you are not only ensuring clear vision but also enhancing your overall

quality of life.

Protecting your vision is an investment in your future that enables you to continue enjoying everything life has to offer with clarity and confidence. Exposure to (early morning, evening mild) sunlight for an hour at least physical activity prevent myopia.

**“ONCE
MYOPIC,
FOREVER
CHASING
CLARITY”**

TRANSFORMATIVE EXPERIENCE AT AUNSF 2.0

Journey from VVIT to Anurag University

- By Yuktha Sri Mayuka

The Anurag University National Student Forum (AUNSF) 2.0, held from June 18th to 20th, 2024, was an eye-opening experience for our team. As members of IUCEE EWB VVIT, we embarked on a journey from Guntur to Hyderabad as a team of 16, where Anurag University hosted this transformative three-day event. From insightful discussions on sustainable development to cultural immersion, the event left a lasting impact on each of us. Here's a glimpse into our enriching journey at AUNSF 2.0.



Day 1: From Guntur to Anurag University, Hyderabad

On June 17th, our team of 16 members from IUCEE EWB VVIT set off from Guntur, excited to attend the prestigious AUNSF 2.0. The journey to Hyderabad was filled with anticipation and discussions about the days ahead. Upon arrival, the city greeted us with cool breezes and heavy rain, which despite its intensity, felt refreshing. As we checked into our rooms at Anurag University, we couldn't help but feel a sense of purpose and enthusiasm for the experiences awaiting us.

Rest of the day was spent relaxing in our rooms, recharging for the packed schedule that lay ahead. The calm

before the storm, we were all on "energy-saving mode," preparing mentally for the intellectual and creative challenges we would face in the coming days.

Day 2: Inauguration and Team Building

The opening ceremony on June 18th was a grand affair, setting the tone for an event that would emphasize innovation, collaboration, and cultural exchange. The atmosphere at Anurag University was electric, with students and professionals from various parts of the country coming together. Each individual brought their own perspectives, all driven by a shared passion to contribute to global change.

One of the most exciting aspects of the day was the mentor sessions. Students from different colleges were grouped together, offering a unique opportunity for networking and exchanging ideas. These groupings helped us think outside the box, as we collaborated with people from diverse educational backgrounds and cultures. The day was capped off with an energizing Zumba session that broke the ice and allowed us to bond as a group. Participants left their inhibitions behind, dancing their hearts out and laughing together. It was a fun, crazy experience that made us all feel comfortable with one another, building friendship among strangers.

Day 3: Intellectual Stimulation and Cultural Extravaganza

The second day started early, and I mean really early, at 3:30 AM, we left the hostel for a cycling marathon along Hyderabad's famous Necklace Road. Pedalling through the cool, pre-dawn air with the tank bund buddha statue, and secretariate building beside us was an unforgettable experience. The serene environment, combined with the physical activity, energized us for the intellectually stimulating day ahead.

The theme of the day was traditional attire, and the campus came alive with vibrant colours and cultural pride as students adorned traditional clothing. This was followed by intense group discussions and workshops focused on global issues, particularly those aligned with the United Nations' Sustainable Development Goals (SDGs). We brainstormed innovative solutions to pressing



problems, challenging ourselves to think beyond conventional methods. These discussions were a valuable platform for collaborative learning and exchange of ideas, pushing us to think creatively and practically.

In the evening, we enjoyed a cultural extravaganza that highlighted the diverse traditions of India. This celebration of unity in diversity was a beautiful reminder of how differences can come together to create something extraordinary. The evening concluded with a moonlight dinner shared with IUCEE families from across the country, an event that felt intimate and reflective of the



deep connections we had built during the forum.

Day 4: Creative Expressions and Farewell

The final day was a celebration of creativity and teamwork. We kicked off the morning with a photoshoot to capture the essence of our AUNSF2.0 experience. The photos, taken with mentors and IUCEE Director Ms. Sampada Pachaury, will forever serve as a reminder of the

bond we formed and the knowledge we gained.

One of the most exhilarating activities of the day was the preparation and presentation of our models and role-plays. We were given just three hours to come up with innovative solutions to create presentations, and film a short video to convey our ideas. The time crunch was a roller-coaster ride of emotions, as we had to coordinate effectively, manage stress, and present our projects with clarity and confidence. Despite the pressure, the experience was invaluable, pushing us to think on our feet and work as a cohesive

unit. The feedback we received from our mentors was constructive and offered insight into how we could refine our approaches.

The closing ceremony was a bittersweet moment. Personally, I was confident that at least three teams from our IUCEE EWB VVIT would win awards, as we had given our all. However, the judges found it challenging to decide, and no team was awarded the top prize. Although we didn't bring home a trophy, the experience was much more rewarding than any award could have been. We left the event feeling fulfilled, having gained immeasurable knowledge, skills, and friendships that will last a lifetime.

Day 5: Conclusion and Reflection

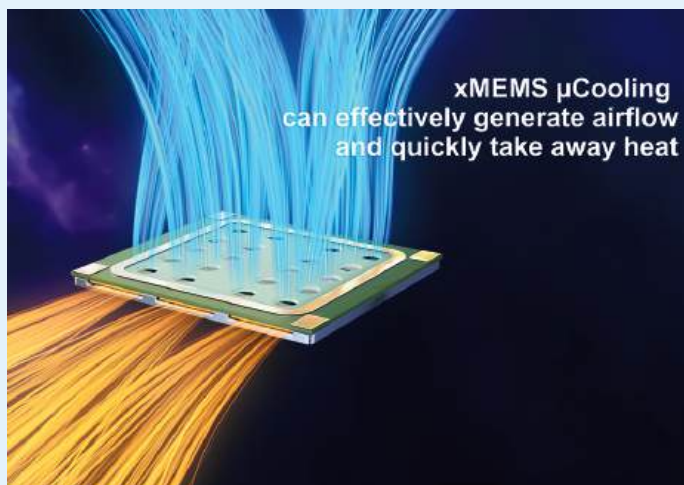
On June 21st, we packed our bags and headed back to Guntur, our hearts full of memories and our minds buzzing with ideas. AUNSF 2.0 was not just an event; it was a journey of growth, both personal and collective. We returned home not only with cherished memories but also with a renewed sense of purpose. The event inspired us to think globally and act locally, empowering us to contribute positively to our communities. In conclusion, AUNSF 2.0 was an unforgettable experience that offered us the tools to drive change in the world. From the mentor sessions and problem-solving activities to the cultural celebrations and friendships we formed, the event was truly transformative. We are now more committed than ever to making a meaningful impact in the world, and we look forward to applying the knowledge and skills we gained at AUNSF 2.0 to our future endeavours.

VOV

TECH FEED

DISCOVERING THE LATEST IN TECH TRENDS AND INNOVATIONS

xMEMS Launches Revolutionary Cooling Chip for Ultraportable Devices



xMEMS Labs has introduced the XMC-2400 μ Cooling chip, the first all-silicon, active micro-cooling fan for ultramobile devices. This ultra-thin, silent chip cools powerful processors in smartphones, tablets, and other advanced devices, addressing the need for effective thermal management. Sampling starts in Q1 2025, with demonstrations in Shenzhen and Taipei this September.

Chandrayaan-3 Detects Mysterious Moonquakes

India's Chandrayaan-3 mission has made significant discoveries on the Moon's south polar region. The mission's Instrument for Lunar Seismic Activity (ILSA) detected over 250 seismic signals, including 50 unexplained ones that might be linked to Moonquakes. This is the first seismic data from this region since the Apollo missions. ILSA, aboard the Vikram lander, operated for 190 hours and recorded ground accelerations using advanced sensors. Most signals were linked to the rover Pragyan's movements, but 50 signals had no clear source, suggesting further study is needed.



The findings were published by ISRO researchers in the journal ICARUS. This data could provide new insights into the Moon's seismic activity and its internal structure.

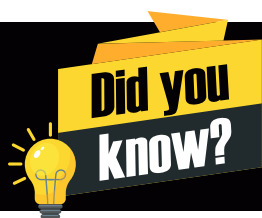
Superintelligence Could Be Here in a Few Thousand Days!



OpenAI CEO Sam Altman predicts that superintelligence AI surpassing human intelligence could emerge in just a few decades. He envisions AI helping people achieve unimaginable feats, with personal AI teams, virtual tutors, and advancements in healthcare and software creation. However, Altman also warns of potential job disruptions, emphasizing the need to navigate AI's risks. Although it might not be an entirely positive shift, Altman believes the benefits will be transformative for humanity.

Tesla could start selling Optimus robots by the end of next year, Musk says

Elon Musk's Tesla unveiled its humanoid robot, Optimus, which is designed to assist with various tasks. Recently, the robot demonstrated its capabilities by serving drinks at an event. Optimus aims to enhance productivity and assist in everyday activities. The development showcases Tesla's advancements in AI and robotics. Videos of the robot in action have generated significant interest online.



➤ AI can "Dream"!

Google's DeepDream algorithm can generate hallucinatory, dream-like images by exaggerating patterns it detects in pictures.

➤ Venus rotates backwards!

Venus is the only planet in our solar system that rotates in the opposite direction to most other planets. If you were on Venus, the Sun would rise in the west and set in the east.

Unveiling the Future: Meta Orion Glasses

Meta Orion glasses represent a significant leap in augmented reality technology, designed to seamlessly integrate digital information into our daily lives. These sleek, lightweight glasses feature advanced optical displays, providing users with an immersive AR experience while ensuring comfort and style. Equipped with high-definition cameras and spatial audio, the Orion glasses enable users to interact with holograms and digital overlays in real time, making tasks like navigation and remote collaboration more intuitive.



With voice control and gesture recognition, they allow for hands-free operation, catering to a wide range of applications from gaming to professional use. Meta Orion glasses are set to redefine the way we engage with our surroundings, merging the physical and digital worlds in unprecedented ways.

Airtel launches India's first AI-powered network solution for spam detection



Airtel takes the fight against spam to the next level with India's first AI-powered spam detection solution! This innovative network-based tool keeps you safe by automatically alerting you about suspected spam calls and messages in real-time. No need to download anything it works seamlessly in the background. This powerful dual-layer protection system analyzes billions of calls and messages daily, making Airtel a safer space for everyone. The results speak for themselves: on launch day alone, Airtel identified a staggering 115 million spam calls and 3.6 million spam messages on its network!

Nobel physics prize 2024 won by AI pioneers John Hopfield and Geoffrey Hinton

U.S. scientist John Hopfield and British-Canadian Geoffrey Hinton won the 2024 Nobel Prize in Physics for discoveries and inventions in machine learning that paved the way for the artificial intelligence boom. Hinton has been widely credited as a godfather of AI and made headlines when he quit his job at Google, last year to be able to more easily speak about the dangers of the technology he had pioneered.



Hopfield, 91, a professor emeritus at Princeton University, created an associative memory that can store and reconstruct images and other types of patterns in data. The award comes with a prize sum of 11 million Swedish crowns (\$1.1 million) which is shared by the two winners.

British-born Hinton, 76, now professor emeritus at the University of Toronto, invented a method that can autonomously find properties in data and carry out tasks such as identifying specific elements in pictures, the academy said. Widely considered the most prestigious award for physicists across the world, the prize was created, along with awards for achievements in science, literature and peace, in the will of Alfred Nobel.

India Overtakes U.S. to Become the World's 2nd Largest 5G Network



India has surpassed the United States to become the second-largest 5G network globally, following China. This rapid expansion underscores India's commitment to technological growth and digital transformation, with millions of new users gaining access to faster internet speeds and enhanced connectivity.

➤ The hottest summer on record

The summer of 2024 was the hottest ever recorded, pushing discussions on how technology, including AI and green innovations, can help tackle climate change

➤ World's first fully Robotic heart transplant

Saudi Arabia has made headlines by performing cardiac surgeries entirely with robots, achieving a flawless success rate! This innovation ensures precision and accelerates patient recovery, setting a new standard in medical care.



THE SCIENCE OF SLEEP

- By Chakradhar

Until the 1950s, the world thought that sleep was a passive condition—a state without activity by body or brain. It has now become obvious, says Dr. Mark Wu, a sleep expert and neurologist at Johns Hopkins, that sleep is an active period wherein the brain busies itself with many life-supportive functions that have significant consequences on our health. By investing hours, scientists like Dr. Wu have unraveled the mystery of such processes and their impacts on mental and physical health. Learning about what sleep researchers have discovered is a great way to understand the amazing things our brains do while we sleep. Scientists are always trying to learn more about this important process.

The Importance of Sleep

Sleep is the underlying factor of health and wellness. The body heals itself while the brain sorts out the processed information during sleep, strengthening your memory. Not having enough sleep will make people obesity prone, increase the risks for heart diseases, and cognitive impairment.

Sleep Cycles

When you sleep, your brain goes through two different kinds of sleep: REM sleep and non REM sleep.

Non-REM sleep is divided into four stages. The first stage is when you're falling asleep. The second stage is a light sleep where your heart and breathing slow down. The third and



fourth stages are deep sleep. People used to think that REM sleep was the most important for learning and remembering things. But now we know that non-REM sleep is more important for this. It's also the most relaxing and refreshing sleep.

During REM sleep, your eyes move quickly behind your closed eyelids, and your brain waves look like they're awake. You breathe faster, and your body becomes still.

After REM sleep, you go back to non-REM sleep, but you spend less time in the deep stages and more time in REM sleep. You usually go through this cycle four or five times a night.

Dreamland

Of all the elements that come with sleeping, dreams are by far the most mysterious. To this date, scientists only partially understand them. Some theories say it is the brain's way of processing through emotions and memories; other theories claim it has a more evolutionary function. Whatever the reason for dreaming, they do indeed give a glimpse into our subconscious mind.

Tips for Better Sleep Hygiene

There are few tips to get enough sleep. Here are some tips to help you sleep better

Stick to a schedule: Go to bed and wake up at the same time every day, even on weekends.

Have a bedtime routine: Do something relaxing before bed to signal to your body that it's time to sleep.

Make your bedroom sleep-friendly: Keep your room dark, quiet, and cool.

Limit screen time: Avoid screens for at least an hour before bed, as the blue light can interfere with sleep.

Watch what you eat and drink: Avoid heavy meals, caffeine, and alcohol close to bedtime.

Finally, sleep is very important for our health. We need enough good sleep for our bodies and minds to feel good. Sleep helps our bodies heal and feel better, makes us happier, and helps our bodies fight sickness. If we

“Sleep is an investment in the energy you need to be effective tomorrow.”

- Tom Roth

don't get enough sleep, we might feel tired, have trouble focusing, and even get sick more often. So, it's important to get enough sleep and let our bodies rest.



GIGA COMPUTING

The Next Frontier in High-Performance Technology

- By Yamuna

The relentless march of technological progress has brought us to the threshold of a new era in computing: an era defined by unprecedented computational power, sophisticated hardware, and transformative applications. This era, known as giga computing, represents a significant leap forward in the field of high-performance computing (HPC). To understand the significance of this development, it is essential to trace the journey from the early days of supercomputing to the cutting-edge systems that define today's giga computing landscape.

A Journey Through Time: From Supercomputers to Giga Computing

Giga computing's origins trace back to the mid-20th century, a time when electronic computing was just emerging. The 1960s saw the advent of the first supercomputers, like the CDC 6600, designed to perform complex scientific calculations with unprecedented speed. This milestone laid the groundwork for future machines capable of tackling previously insurmountable problems.

Throughout the 1970s and 1980s, supercomputing technology advanced rapidly. The Cray-1, with its cutting-edge design, pushed performance boundaries and became instrumental in scientific research. However, these early machines were limited by their single-processor setups.

The 1990s brought a game-changing shift with parallel computing, allowing multiple processors to work together. This innovation greatly boosted computational power and efficiency, enabling more complex models and simulations and setting the stage for progress in fields like climate modeling and molecular biology.

The Rise of Exascale Computing: A Global Race

As the need for more powerful computing systems grew, "exascale" computing emerged in the early 2000s, referring to systems capable of performing at least one exaflop, or one quintillion (10^{18}) calculations per second—a thousand-fold increase over previous systems. This sparked a global race, with countries like the United States,

China, Japan, and the EU investing heavily in this technology, seen as vital for scientific, industrial, and national security advancements.

By the 2010s, exascale projects were well underway, with the U.S. Exascale Computing Project (ECP) and leading supercomputers like China's Sunway TaihuLight and Japan's Fugaku pushing performance limits. In 2021, the U.S. achieved a milestone with the Frontier supercomputer, the world's first official exascale system, marking the start of the exascale era and paving the way for giga computing.

Giga Computing: Defining the Next Generation of HPC

Giga computing marks a significant leap forward in high-performance computing, building upon the advances made by exascale technology. It excels in managing vast datasets, performing complex calculations at unprecedented speeds, and supporting diverse applications across multiple sectors. Central to giga computing is the drive for exascale performance, which involves performing quintillions of calculations per second. This immense computational power goes beyond speed, enabling breakthroughs in fields previously thought out of reach.

A major feature of giga computing is massive parallelism. By using thousands or even millions of processors simultaneously, these systems can address complex problems like simulating subatomic particles, modeling climate change impacts, or training AI systems with huge data requirements.

Specialized hardware is crucial for maximizing giga computing's potential. Graphics Processing Units



(GPUs) are effective for parallel tasks and are ideal for machine learning and scientific simulations, while Tensor Processing Units (TPUs) are tailored for AI workloads, enhancing performance.

Advanced interconnects, such as high-speed networks like InfiniBand and Ethernet, play a key role in efficient data transfer between processors and memory, ensuring rapid and accurate communication.

Energy efficiency is a critical aspect of giga computing. As these systems have high power demands, innovative cooling techniques, including liquid and immersion cooling, are used to manage heat, while energy-efficient designs aim to minimize environmental impact.

In essence, giga computing is defined by its ability to handle complex challenges and drive innovation through advanced parallelism, specialized hardware, efficient data transfer, and energy-efficient designs.

The Transformative Impact of Giga Computing Across Industries

Giga computing is revolutionizing various fields with its powerful capabilities. In scientific research, it allows for the simulation of complex systems, such as quantum-level particle behavior in physics, providing deeper insights into fundamental processes. In artificial intelligence, it is essential for training large-scale machine learning models that drive innovations in natural language processing and image recognition.

The pharmaceutical industry benefits from giga computing by speeding up drug discovery through molecular simulations, reducing both time and costs. In finance, it enables the analysis of vast datasets, helping investors make informed decisions and optimize strategies. Climate modeling also relies on giga computing to predict environmental changes accurately, aiding in the fight against climate change.

Finally, in engineering, giga computing supports the design and



testing of products like aircraft and automobiles, ensuring they meet rigorous standards while minimizing development time and costs.

Overcoming Challenges and Embracing the Future

Giga computing, while groundbreaking, faces significant hurdles. The high costs of building and maintaining these advanced systems limit accessibility for many organizations. Additionally, the substantial energy demands raise sustainability concerns, making energy efficiency a critical focus.

Programming complexity adds another layer of difficulty. Utilizing giga computing's power requires advanced skills and tools, highlighting the need for specialized training in the field.

Despite these challenges, giga computing is evolving with promising trends:

Quantum Computing: Offers potential breakthroughs in fields like cryptography and drug discovery by leveraging quantum mechanics.

Neuromorphic Computing: Mimics brain functions to enhance AI and machine learning capabilities.

Edge Computing: Improves real-time data processing by bringing computing power closer to data sources, essential for the growing Internet of Things (IoT).

As giga computing advances, addressing these challenges and embracing emerging trends will shape its future impact.

Conclusion: The Future of Giga Computing

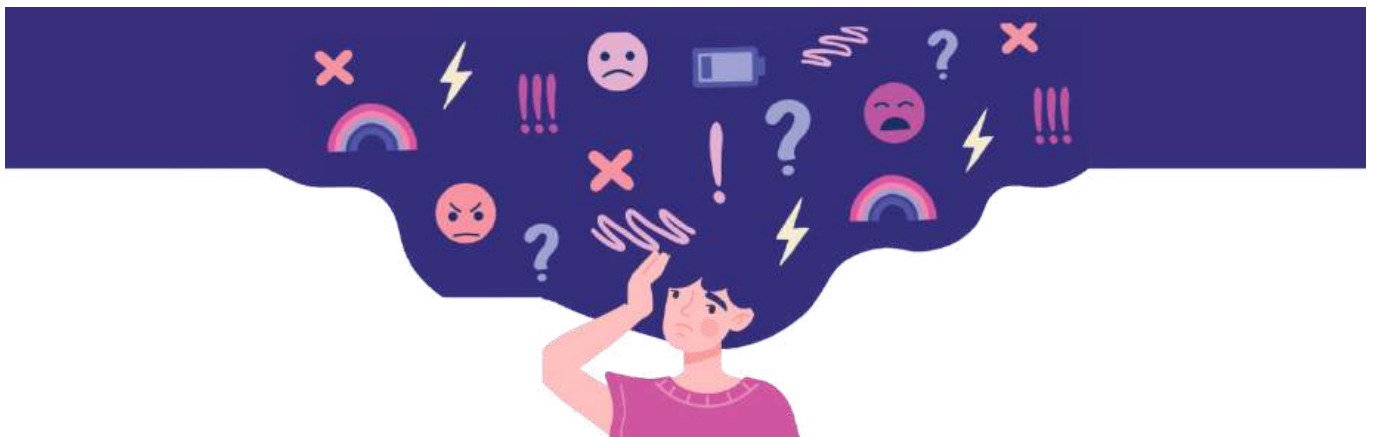
As we look to the future, it is clear that giga computing will play a vital role in addressing some of the world's most complex challenges. From advancing scientific research to driving innovation in artificial intelligence, drug discovery, financial modeling, and beyond, giga computing has the potential to transform industries and improve the quality of life for people around the world.

The road ahead will not be without its challenges, but the possibilities offered by giga computing are too great to ignore. By continuing to invest in research, development, and education, we can unlock the full potential of this transformative technology and pave the way for a future defined by innovation, progress, and a deeper understanding of the world around us.

SOCIAL MEDIA AND MENTAL HEALTH

The impact of social platforms on young people's psychological well-being.

- By Zahira Shaik



Human beings are social creatures who depend on meaningful relationships with others to navigate life's challenges. Insufficient social connections can hurt mental well-being. The emergence of social media in the digital age has significantly influenced communication patterns, particularly among the younger generation. This shift raises important questions about its effects on psychological health. Over the past decade, social media has become an integral part of daily life for millions, especially young people. Many individuals spend hours each day browsing through feeds, chatting with friends, sharing photos, and staying updated with the latest trends. While social media provides a virtual space for staying connected, entertainment, and information, it has sparked debates about its potential impact on mental health.

Social Media and Mental Health

According to the World Health Organization, mental health is defined as "a state of well being in which every individual realizes their abilities, can cope with the normal stresses of life, work productively and fruitfully, and make a contribution to their community." This can be supported by social networking, allowing for personal

expression, shared experiences, and relationship building across different geographical and cultural groups. For many young people, social media provides a sense of belonging and acceptance, as well as the opportunity to form communities based on shared interests or values.

On the other hand, social media can also be valuable for promoting mental wellness. It offers a platform for seeking peer support and

participating in discussions about mental health awareness, as well as accessing resources that may not be readily available otherwise. Social media can act as a lifeline for those who feel lonely, providing a means for self-expression and a sense of belonging. During a crisis like the COVID-19 pandemic, social media has played an essential role in staying connected and reducing feelings of loneliness.

Negative Effects of Social Media on Mental Health

The use of social media can have negative effects on mental health, especially for young people. Continuous exposure to social media can worsen mental health problems.

Cyberbullying is another significant threat. Social media platforms can facilitate harassment and hate, with



victims being bombarded by hurtful comments and messages. The anonymity of the internet can lead people to behave abusively without realizing the harm they are causing. This can result in increased anxiety, depression, and even suicidal thoughts among young people.

Excessive time spent on social media can lead to sleep disturbances, reduced face-to-face communication, and decreased productivity. People who are hooked on social media may neglect self-care activities like exercise and outdoor games, as well as personal relationships. Long hours on social media have been linked to attention problems and reduced academic performance in students.

Finding a Balance: How to End Up on the Positive Side of Mental Health

It's clear that there are more signs that social media hasn't been entirely positive. However, we shouldn't

overlook its potential for positivity when used in the right way. Social networking can play a significant role in maintaining good mental health by providing a space for connection and support. The key is to strike a balance between the virtual world and real life. Setting boundaries for social media use can bring several benefits, such as managing screen time, creating a healthy online environment, and nurturing positive online relationships. It's also crucial to recognize signs of social media fatigue and take a break when feeling overwhelmed or stressed.

Parents, teachers, and mental health professionals also play a role in educating children about healthy online practices. By openly discussing the dangers of emotional exploitation on social media and improving mental literacy and critical thinking skills, young users can learn to use social media safely and responsibly.

In conclusion, social media, while a powerful tool for bringing people together, can have a complex impact on young minds, both positive and negative in terms of mental health. The digital world offers endless opportunities to engage and build a community, but it also raises the risk of fuelling anxiety, comparison, and loneliness. Being aware of these effects and healthily using social media provides a great opportunity for young users to benefit from what these sites have to offer while protecting their mental well-being. As the digital and real worlds become increasingly intertwined, maintaining a healthy relationship with social media is crucial for achieving a balance between mind and body.

MAN OF MASSES

N T R

DEVARA

PART

REVIEW

- By Chakradhar

Finally the "Rajamouli curse" is broken, and what a comeback it is for Jr. NTR in "Devara." After a six-year pause from solo projects and the massive success of "RRR," the pressure is on, and he delivers.

"Devara: Part 1," which is directed by Koratala Siva, is a visual feast packed with action, featuring a stellar cast that includes Jr. NTR, Saif Ali Khan, Janhvi Kapoor, and many prominent actors. Produced by NTR Arts and Yuva Sudha Arts, the film's action sequences are thrilling, designed to grab your attention and keep you on the edge of your seat. Some standout dialogues really elevate Devara's character and add an extra touch of Koratala Siva to the film.

Jr. NTR shines in his dual roles as Devara and Vara, effortlessly switching between intense action and heartfelt emotion. His commanding presence and impressive dance moves make him a true star.

The first half of the movie is particularly engaging, with Koratala Siva doing a great job of immersing us in the film's world and the challenges the characters face. The second half does slow down a bit, but it's worth the wait for the climax, which left everyone buzzing with excitement. The "Ayudha Pooja" sequence is a highlight, showcasing stunning performances, sharp writing, and beautiful production design. The storytelling here is captivating, and Devara truly radiates an "X" factor.

Saif Ali Khan is compelling as Bhaira, a man seeking revenge, while Janhvi Kapoor makes her mark despite a limited role, especially in the musical numbers. The supporting cast—featuring talents like Prakash Raj and Srikanth—also holds their own, adding depth to the film.

The design elements are top-notch, thanks to Sabu Cyril's incredible work on sets and costumes, which feel both authentic and immersive. Rathnavelu's cinematography shines in visually striking sequences like the Ayudha Pooja fight.

Anirudh Ravichander's music enhances every moment, heightening emotional intensity, especially during the action scenes. The score creates a palpable sense of suspense that builds beautifully to the climax, showcasing his remarkable talent.

Though "Devara" received mixed reviews at first, it's finding its footing at the box office. Audiences are loving the story, the performances, and the stunning visuals. Many agree this is a film best experienced in theaters, where the big screen truly enhances the magic. Overall, "Devara" marks a triumphant return for Jr. NTR and celebrates the incredible talent of everyone involved.



23BQ5A0326

I. Surya



22BQ1D5807

Roopa Yalavarthi



22BQ1D5802

Prem Chadalawada



21BQ1A4208

Komal SNVS



22BQ1A4274

Swamy Kanulla



23BQ5A0332

K Giridhara Karthik



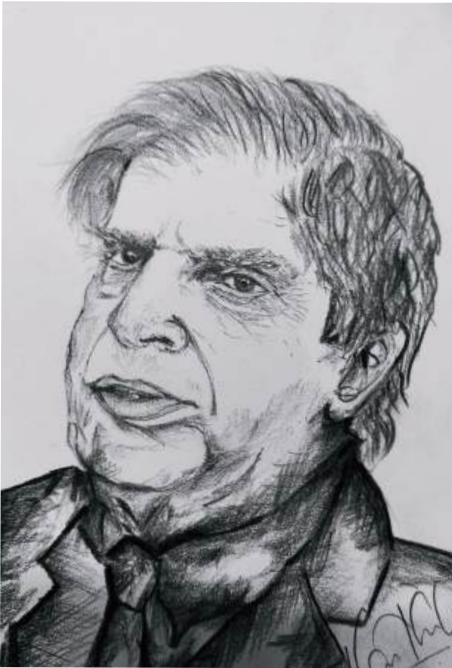
22BQ1A42A0

Srisowmya Narne



22BQ1A42G6

Vanga Srujana



22BQ1A4293

M. Karthik



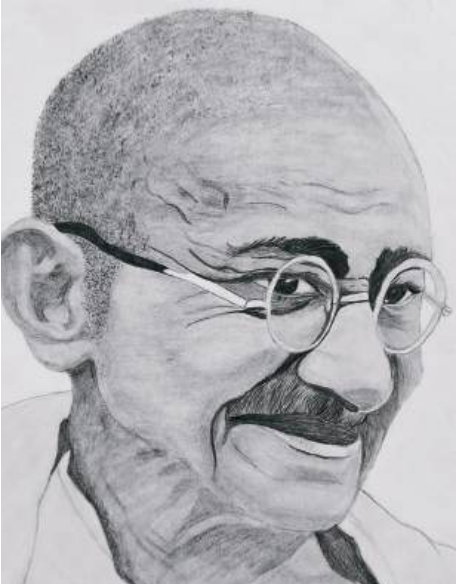
23BQ1A4705

Harini Bommini



22BQ1A5449

Gayathri .G



23BQ1A61E4

Vadapalli Thulasi vaishnavi



22BQ5A0101

Anupoju Siva Mahesh



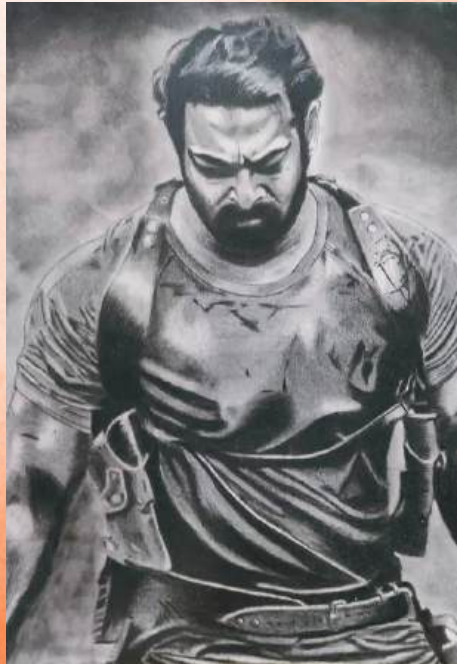
21BQ1A5409

Aradhana Daggubati



21BQ1A1275

K. Yuktha



22BQ5A0115

vinay kumar

**The greatest
pleasure I've had is
trying to do
something that
everybody says
could not be done.**

Ratan N Tata



✉ voiceofvvit@gmail.com

📷 [voice_of_vvit](#)