

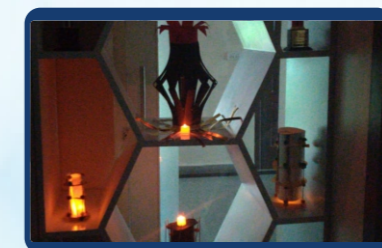
# Gatik Pulse

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## **FROM THE EDITOR'S DESK**

Our young teenagers have finally settled down to the new ambience. Adapting to new systems and learning self-governance have become their norm. They have realized that there is much more to explore and grow.

The Sports Day brought a lot of surprises where the students showed great sportsmanship.

In the long run, we shape our lives, and we shape ourselves. The process never ends. To give them yet another opportunity to explore their leadership and persuasion skills, Gatikians were encouraged to contest for mock student elections and promote their candidature.

@Gatik we encourage learners to put on their creative thinking hats and make productive use of their crafting skills. Decorative lamp shades and a welcome design with flowers added festive ambience to the campus on the eve of Diwali.

We dedicate this issue to promulgate our Gatikians' skills beyond the books.

**Vijayasree Varanasi**  
Editor



**MR. AVINASH M**

**“It is not the load that breaks you down, it is the way you carry it.”**

**-Lou Holtz**

I found this saying not just as a definition for defining 'STRESS' - the most discussed word of the generation, but also as a solution to STRESS by itself. Today, most of us aren't convinced with high educational qualifications, living beyond certain standards and success in life. We aim at eternal success.

Long term planning and importantly interim goals play a dominant role in having a purpose for living. When that purpose is defined and we put in our grit to realize the dreams systematically, it makes every day pass by, with beautiful memories. In this pursuit of our passion, the word 'Stress' becomes the most less used word all through our lives.

It is in defining this very purpose of life that we have to guide our future generations especially our young adults. They need to be explained the importance of being organized and having day to day benchmarks set for themselves. From our end, they need to be appreciated for their success and can also be guided / advised. This is why a collation with the complete family at least twice a week is important irrespective of our schedules, for, we have a chance to discover and advise and also define and reiterate the purpose of living.

Thus, leading a purposeful life with set interim goals and being guided from time to time helps the post millennials in leading a stress free life. But, it has to be made clear to them that being undisciplined is not being stress free but being principled make us stress free, for, that enables us to reason our every deed before it is done.



**MR. VIKRAM**  
Director

## THEATER AS A LEARNING TOOL

To begin with, the first time I attempted to act was in a drama when I was eight. I was so rigid and inexpressive that my drama teacher changed my role and gave me the role of a post box. No letters got posted but certainly lot of messages got assimilated and that was the beginning of my taking interest in drama and theatre....the journey continues with limitless learnings.

It is here, that I would like to emphasise, that theatre will help students to participate, and when a student participates it helps them to do away with their reservations. In today's world which is so fast paced and mechanical, theatre helps in exploring the unexplored and makes them more aware and sensitive to various issues.

Theatre makes you build a connect with people and impact their lives by conveying the message in a very subtle way. Various exercises as part of theatre workshops build a sense of sincerity and determination. Performing on stage doesn't always mean that you need to be vocal and heard. Conveying a message to the audience and communicating by gesticulation using body language should be effective enough to substantiate your message.

Numerous aspects of theatre experiences are sensory and tactile and help students share their ideas and showcase their creativity in whatever aspect possible. Theatre also develops numerous social skills, helps students express and appreciate the differences in opinions with utmost calm and composure. They learn from each other, which is contrary to the conventional classroom learning

Theatre as a tool in classroom sessions helps in blending students from different social and cultural backgrounds with ease. It helps in putting aside differences and shedding their inhibitions and performs as one while helping each other. Theatre helps us putting ourselves in others shoes and empathize with them.

Let us use theatre to improve the quality of learning and help students to be more flexible and adaptable to classroom sessions.

## LITTLE BOBBY



Little Bobby came into the kitchen where his mother was making dinner. His birthday was coming up and he thought this was a good time to tell his mother what he wanted.

He gathered courage, walked up to his mother and said, "Mom, I want a bike for my birthday." Little Bobby was a bit of a troublemaker. He had gotten into trouble at school as well as home. Bobby's mother asked him if he thought he deserved to get a bike for his birthday. Little Bobby, of course, thought he did.

Bobby's mother wanted Bobby to reflect on his behavior over the last year and said "Go to your room, Bobby, and think about how you have behaved this year. Then write a letter to God and tell him why you deserve a bike for your birthday".

Little Bobby stomped up the steps to his room. Jessy, his pet dog followed him. Bobby thought for sometime and sat down to write a letter to God. Jessy sat beside him and started watching what Bobby was doing.

### Letter-1

Dear God,  
I have been a very good boy this year and I would like a bike for my birthday I want a red one.  
Your Friend,  
Bobby  
Bobby knew that this wasn't true. He had not been a very good boy this year, so he tore up the letter and started again to write another letter.

### Letter-4

Dear God,  
I know I haven't been a good boy this year I am very sorry. I will be a good boy if you just send me a bike for my birthday. Please!  
Thank you,  
Bobby.  
Bobby knew, even if it was true, this letter was not going to get him a bike. Now, Bobby was very upset. He went downstairs and told his mom that he wanted to go to church. Bobby's mother thought that her plan had worked as Bobby looked very sad. "Just be home in time for dinner.", Bobby's mother told him. Bobby walked down the street to the church and up to the altar. He looked around to see if anyone was there. Bobby bent down and picked up a small statue of Mary, the mother of God. He slipped the statue under his shirt and ran out of the church, down the street, into the house and up to his room. He shut the door of his room and sat down with a piece of paper and pen to write a letter.

### LETTER-5

GOD,  
I'VE KIDNAPPED YOUR MOM. IF YOU WANT TO SEE HER AGAIN, SEND THE BIKE !!!  
BOBBY.

### Letter-2

Dear God,  
This is your friend Bobby. I have been a good boy this year and I would like a red bike for my birthday. Thank you.  
Your Friend,  
Bobby  
Bobby knew that this wasn't true either. So, he tore up the letter and started again.

### Letter-3

Dear God,  
I have been an OK boy this year. I still would really like a bike for my birthday.  
Your Friend,  
Bobby.  
Bobby knew he could not send this letter too. So, Bobby wrote the fourth letter.

# ORIGAMI

Origami is the craft of folding paper to make models of animals, birds, and objects. Students were given step by step instructions to make star box, flowers and birds and so on.



# Diwali Festivity @ GATIK JUNIOR COLLEGE

Preparing a lamp shade is an art which requires creativity and novelty. Students were made to prepare lamp shades for Diwali. To beautify the lamp shades battery operated lights were placed inside the shades. A Floral Rangoli was also designed by students.



## POWER POINT PRESENTATIONS

PowerPoint presentations are commonly used in business meetings and for training and educational purposes. To familiarize students with this skill students were asked to choose a topic beforehand and build a PPT and present it to the audience.

## MOCK ELECTIONS

Mock election for student representatives was held to familiarise students with the electoral process. As a part of the process, contestants were asked to do "Manifesto presentation", wherein each contestant came up with their agenda. There were 8 contestants for student representatives.

Day 1 : Filing of nominations and allocation of symbol after scrutinization  
Day 2 : Elections, Counting and Declaration of results.

Abhiram Narayandas (CEC) who bagged majority votes was declared the winner by the Principal.



## WHY QA IS TESTED IN COMPETITIVE EXAMINATIONS

Quantitative Aptitude simply means the ability of an individual to solve numerical and mathematical calculations. It assesses the capability of playing with numbers in a logical manner. This is very often required in most of the competitive exams.

A person with a quantitative aptitude will be in a better position to analyze and make sense of the given data. Therefore, quantitative aptitude is an important skill required for a prospective business executive. Aptitude test basically involves mathematical questions. In these questions, speed of the candidate matters more than his/her knowledge.

### What does QA test?

#### Mental Alertness

Quantitative aptitude tests your mental alertness. The business world is a ruthless one, complex challenges being part of the routine. For this to happen, a management executive needs to be mentally alert to the changes happening around him/her.

#### Problem Solving

Business people have a lot to think about- profits, competitors, regulations, employees and so on. A major part of his/her work requires him/her to find solutions to deal with various such problems. Hence, it is an essential skill.

#### Numerical Ability

Numbers play a crucial role in businesses and commerce in general. Profit and loss calculations, sales and investment analysis and many other such functions require the individual to be comfortable with numbers as he/she will have to deal with all kinds of numerical data on a day to day basis. Quantitative aptitude, therefore, becomes an important pre-requisite for management and business personnel.

#### Analytical Skills

An integral part of possessing quantitative aptitude is analysis. Numbers amount to nothing if proper and correct analysis does not accompany them. Analysis forms the backbone of businesses today. It helps a company formulate short term and long term plans which are crucial for growth. Therefore, quantitative aptitude is important.

#### Accuracy

Quantitative aptitude helps in accuracy. Given that numbers, percentages, graphs, formulae, analysis are at play, it is crucial to be highly accurate with data, as there is a good scope for errors.

Quantitative Aptitude is thus important, as the nature of future jobs demand certain amount of numerical ability.

**- Rambabu.M  
Faculty**

## CAREER ORIENTATION

A career orientation session was held at the college on 14<sup>th</sup> September 2019. Mr. Kalyan Chakravarty, V - Head of Talent Acquisition EPAM systems was invited as a resource person.

In his address Mr. Kalyan threw light on the economic trends and the current scenario of growth in India. He pointed the stupendous economic growth that India has achieved over the last decade and credited it to the globalization. He said globalization has in turn led to more job avenues and hence the job seekers should equip themselves better. Every job is driven and backed by technology so people with right skills will prosper.

Giving a detailed analysis, he pointed that the jobs in future need knowledge aided with technical skills as most of the present day jobs will be redundant giving way to tech. based careers.

He reiterated the fact that passion coupled with a fire to achieve and a deep understanding of the field will mould a person into a successful individual. Expect problems, failures and troubles in career but learn to bounce back with courage was his message to the students.

What do corporates look for was his next focus. Though academic credits are important Mr. Kalyan said clear communication, clarity of thought and willingness to stretch beyond comfort zone and learn, are the key aspects. He also discussed various jobs in demand and explained the ASK principle.



The talk was ably concluded with the valuable point that 'Upskilling creates efficiency and on hand experience improves learning'.

The new programs of MPC with AI / Comp. Sci./ Design / Architecture being introduced @ Gatik for the academic year 2020 were formally launched by the guest Mr. Kalyan Chakravarty V.



# SPORTS DAY @ GATIK

**Cricket** which remains the favourite sport in the country found its place in Gatik as well. Students put in their best efforts and showed great team spirit. In the first match the batting team set up a target of 40 runs for their opponents. The second team chased the target with ease with their star batsman Ram and were almost at the winning point. Their hopes were shattered and they lost the match owing to a superb bowling spell from faculty member Mr. Rambabu. Shashank took a key wicket at a crucial moment with his stunning dive-catch.

Best Bowlers : Shashank (4 wickets) & Karthikeya (4 wickets)

Best Fielder : Chaitanya

Best Partnership : Sai Ram & Paul Joseph (50 Runs)

Highest Strike rate : Mr. Chandu (5 Sixes, 4 Fours)

In a yet another Faculty vs Students match Ram and Paul Joseph gave a tough stand adding 50 runs with their partnership. Shashank cast his magic spell and managed to take 4 wickets.



**Singles and doubles Shuttle badminton** matches were conducted @ Hunters Academy. Tough league rounds brought forth the best players to the final matches in which Wekshita and Varuni emerged as winners in doubles and Ashrith Raj was the winner in singles.

Indoor games like Carroms, Chess and Table Tennis were also held @ Gatik campus. The Table Tennis champ was Noel Jose while Wekshita & Harshith bagged the winners place in Carroms and Manideep emerged as the prize winner in Chess.



Friendly matches of Kabaddi and Kho-Kho too were played where the members of the faculty and the students joined together.



# EVOLUTION OF FASHION INDUSTRY IN INDIA

Indian fashion scenario is known for its cultural heritage, elegance and colorfulness. Not only is it comfortable, sophisticated and incredibly beautiful but it has also transformed through the decades. From ethnic to western, salwar-kameez to denim, the fashion industry in India has gone through a lot of transformation.

The fashion industry in India has a wide range of clothing, from traditional to casual. The Indian traditional embroidery techniques have paved their way into the international platform portraying a fusion of Indian and western clothing. Apart from these, India is most famous for sarees. India represents a variety of sarees woven in silk and cotton. The fashion scenario in India has an interesting history.

During the British Colonial period, Indian clothing, especially among the nobles and upper classes, began to reflect a European influence. Indian clothing went through a lot of changes during the Colonial period. This led to transformations as well as conflicts among people. Post-independence, western clothing gained increased popularity, especially in the metropolitan cities, which led to the development of the Indo-Western style.

The beginning of the 21st century brought about a stable and clear picture of the Indian fashion industry. Fashion became more cosmopolitan. The market for branded clothes is emerging in India. An ever-increasing number of people are getting inclined towards branded garments as they provide quality affirmation. Numerous national and global brands have created a niche for themselves in Indian fashion industry. Branded attires mark a significant contribution to the evolution of Indian fashion industry.

Indian fashion industry has expanded to such an extent over time that it has now come at par with the international fashion industry and has become one of the most popular revenue generating industries of India.

**Summaiya Ruhi  
MEC**



# CAREER ORIENTATION

A career orientation session was held at Gatik Junior college on 23<sup>rd</sup> October 2019. Mr. Rajeev from The Manorama Arts and Design School (MAD school) was the resource person for the career orientation program.

Mr Rajeev began his session with a question, which according to him should be the persistent query with all the students – How do things work? According to him, seeking answers for this in everything they see and perceive around, will open a plethora of avenues for them. Creativity is a laborious process which should be supported with precision.

## Role of design in the world

- Differentiation between products
- Statement (determines the style / statement the consumer wants to show the public)
- Creates desire to buy products
- Uniqueness in the market
- Aesthetics
- Extension of one's personality

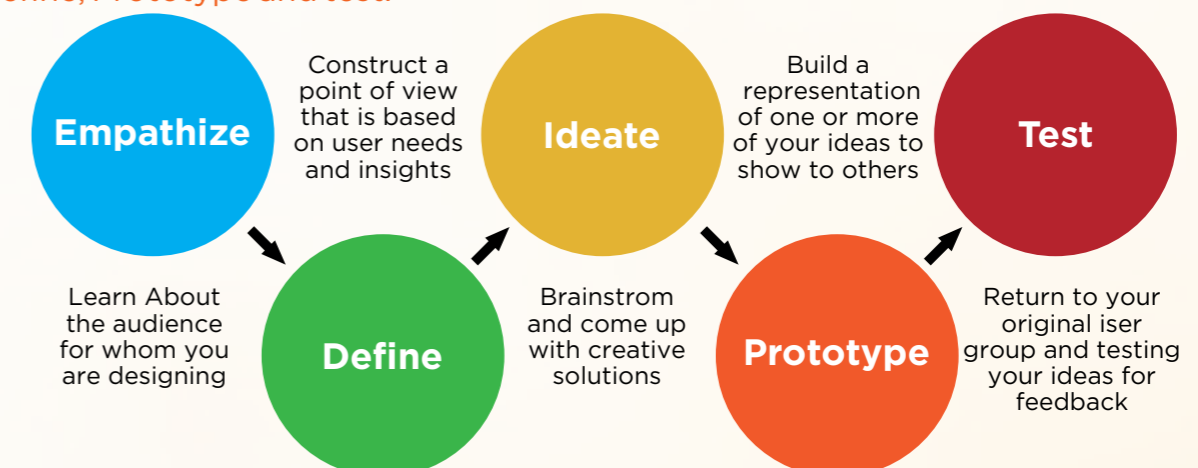
Design as such, requires a multi-disciplinary approach and designers should be differentiators, desirous, unique, aesthetic.

## Skills required to be a designer:

- Problem solving
- Critical thinking
- Observation
- Curiosity
- Eye for detail
- Leadership skills
- Communication skills to express your ideas
- Hard work



He also explained what is a good design and what is a bad design with an example. A device should be user friendly to qualify as a good design. Inspiration to create a design can come from many directions but design thinking needs to have a structural approach like – Empathize, Ideate, Define, Prototype and Test.



He threw light on the various design disciplines available – Product Design, Animation, Video and Film, Automobile, Furniture and so on. He also explained about the institutes offering Designing courses.

**Compiled by  
M.Abhinav Krishna  
MEC**

# THE UNIQUE YOU

Believe in yourself  
And all that you do.  
There are things you'll create  
That could only come from you.  
The way you see the world  
Might be your source of inspiration  
But the way you interact with it  
Makes you part of the creation.

**S.Sujeethra**  
**MEC**

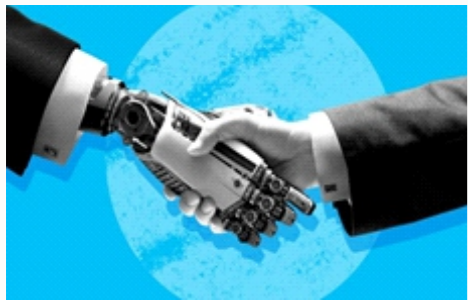


## WHAT IS ARTIFICIAL INTELLIGENCE (AI)?

Artificial intelligence (AI) is an area of computer science that emphasizes the creation of intelligent machines that work and react like humans. Some of the activities computers with artificial intelligence are designed for include:

- Speech recognition
- Learning
- Planning
- Problem solving

Research associated with artificial intelligence is highly technical and specialized. The core problems of artificial intelligence include programming computers for certain traits such as Knowledge, Reasoning, Problem solving, Perception etc.



Machines can often act and react like humans only if they have abundant information relating to the world. Initiating common sense, reasoning and problem-solving power in machines is a difficult and tedious task.

AI Research Goals .

Strong AI - It aims to create machines that think.(still in process)

Applied AI - It aims to produce commercially usable smart systems e.g. medical diagnostic system and stock trading system.

Cognitive simulation - Computers are used to test theories about how the human mind works—for example, theories about how people recognize faces or recall memories. Cognitive simulation is already a powerful tool in both neuroscience and cognitive psychology.

Application of AI

1. Smartphones - The AI integration is helping in bringing features like scene detection, mixed and virtual reality elements.

2. Smart Cars and Drones- Companies like Amazon and [Walmart](#) are heavily investing in drone delivery programs and it will become a reality far sooner than what you expect.

3. Social Media Feeds- if you are using social media, most of your decisions are being impacted by artificial intelligence.

4. Music and Media Streaming Services- Whether you are using Spotify, Netflix, or YouTube, AI is making the decisions for you.

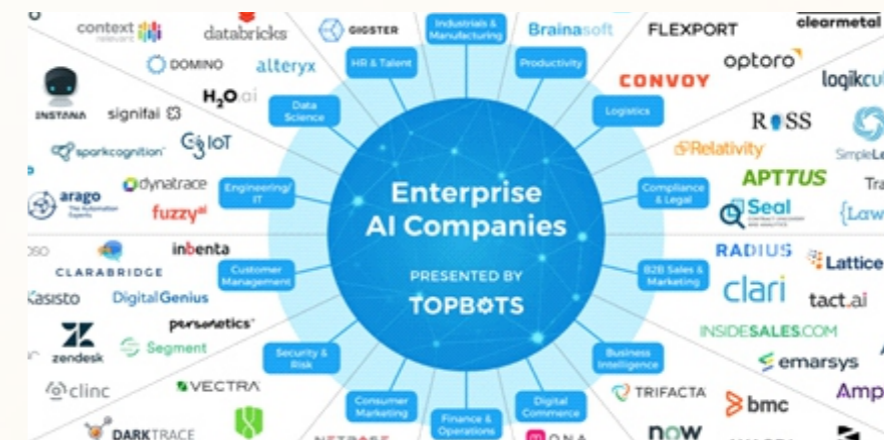
5. Video Games - On the large scale, it is observed that OpenAI 5, developed by the company OpenAI which is being backed by Elon Musk, is beating pro-level Dota 2 players

6. Online Ads Network - One of the biggest users of artificial intelligence is the online advertisement industry which uses AI to not only track user statistics but also serve us ads based on those statistics.

7. Banking and Finance - The banking and finance industry heavily relies on artificial intelligence for things like customer service, fraud protection, investment and more. AI is also being trained to look at large samples of fraud data and find a pattern so that you can be warned before it happens to you. Also, when you hit a little snag and chat with bank's customer service, chances are that you are chatting with an AI bot.

8. Security and Surveillance -With technologies like object recognition and facial recognition getting better and better every day, it won't be long when all the security camera feeds are being monitored by an AI and not a human.

**Artificial intelligence has the potential to revolutionize many parts of business - From marketing to supply chain**



**Siva Kumar- Faculty**  
**[With inputs from Internet]**



# SPOOKY ZONE

## “The Mysterious Alarm Clock”

Logic, Science, Rationality these attributes in a person's life, dictate and prove that most of the times we just “Imagine” things to be supernatural. Their occurrence has a simple explanation.

Unfortunately, I have had something “spooky” happen to me personally, which I have not been able to explain. What makes it “Spookier” is, others in my family were part of the experience.

For my 10<sup>th</sup> birthday, my Dad's friend gifted me an Alarm Clock. Your average “Cock-a-doodle-doo” noised clock with an Analog display.

I was in New York at the time, and never used it. When I was 11, my father was transferred to Aurangabad in Maharashtra. Suddenly early morning School time demanded I make use of the clock. The first few months it worked as expected. I set the time, it rang in the morning, it had a mute button on-top which I took great pleasure pressing OFF.

Then one morning, instead of the regular “Cock-a-doodle-doo----- Cock-a-doodle-doo”. The clock says “GOOD MORNING”. I thought to myself, “Yup, my imagination is running wild, I didn't hear anything”, shrugged it off. Next morning, same thing again and AGAIN I ignored it. This went on for a week, till I decided to INVESTIGATE, check if I was going crazy. The next time the clock rings, I would NOT press the MUTE BUTTON.

So as planned, the next day the clock rang....”Cock-a-doodle doo..... GOOD MORNING ....” And I didn't press Mute, I let it ring, and it goes “Cock -a -doodle-doo....GOOD MORNING VANITA”.

Imagine the horror of an 11 year old, I ran to my parents room next door and told them what had happened. My mother was sure I needed therapy, but my father stopped her and told he MIGHT have heard the “Good Morning” as well over the last few days. My Imagination or something else, you decide!

First thought, our neighbours were messing with us, but turned out they were not even in town at the time this was happening. So, my mother took the clock to her room in hopes I would stop getting scared. Little did she know, I wasn't scared of it at all. Days I would hear the “Good Morning”, I would land up having a great day at school.



Coincidentally, during this time, my younger sister was very sick, she needed medication every few hours, so my mom decided to use the clock to time her medicines. Sure enough, few mornings she heard the “Good Morning” as well. Unfortunately, my sister's health deteriorated to the point where we were scared we would lose her. So we all dropped our obsession with the clock. Few months passed by again, one morning, the clock rang, “Cock-a-doodle-doo...good morning”, but this time, the voice heard was sick and sad. THAT DAY my sister started recovering, she was back to normal in 2 days after that....but the clock never said “Good Morning” again.

We were not sure what happened, so we gave the clock for repair. He took a day and told us there was a 10 second loop recording with just “Cock-a-doodle-doo” nothing else. When we got the clock back, it stopped working all together.

Whatever might be the mystery behind my Alarm clock, I still keep it with me as a good luck charm.

My Imagination or something else, you decide!

**Vanita Khosla**  
Manager Student Services

## EERIE..... ANTHONY FRANKLIN

One day when I was in sixth grade, I was walking back home from school. It was raining heavily. My home was about a mile away from school and I had to pass by a cemetery. It was not a typical shabby spooky one. A team of workers were employed who took care of its maintenance.

On that day, I clearly remember walking past a group of these workers sitting on one of the benches and enjoying a break. As I passed by, I noticed that a middle-aged man in the blue uniform was staring at me. When my eyes met his, he quickly looked away. I managed to notice that he had a grey beard and the name badge read 'Anthony Franklin'. As I continued walking, I noticed that he was following me. The other workers had resumed their work. I did not think about it much at that point. I continued walking and reached the main road. He was still walking behind me. I began to worry, “Is he stalking me? Should I call for help?” The expression on his face scared me.

It had stopped raining. There was a grim silence all around. I increased my pace and so did he. He came closer and tried to strike a dialogue with me saying, “The road is all wet, right?” I smiled and nodded nervously at him.

By then, I was close to my house. I did not look back. I pranced towards my house, quickly reached for the keys and walked into the house and locked the door. I stole a peep from the corner of the window and I saw that he was pacing on the road near our compound wall. I dialled my dad and the police and waited for help. Another quick glance at the road and VROOM it was empty.

That night I could not sleep. I could see a shadow on my window. Somebody was clearly stomping in the corridor. I gathered courage and slowly and stealthily walked up to the living room. It was pitch dark. I could hear my heartbeat. I opened the window and just then a truck passed by and the headlights illuminated the corridor. I saw Anthony Franklin standing there in his blue uniform but ... in the place of his face there was a hollow skull. I screamed my lungs out and fainted.

On enquiry, we learnt that there never was an employee with those features or the name. I never saw him again after that night but whenever I think about it a chill runs through my spine.

Who did I actually see? Or was it just my extended imagination of the rainy evening's experience? I am clueless.

**Faisal Nazeer**  
MEC



# CAREER ORIENTATION

A career orientation session was held at Gatik Junior college on 25<sup>th</sup> October 2019. Mr. Suraj Peri was invited as the resource person to explain about Artificial Intelligence and its application in our day to day lives.

He began differentiating programming with AI saying that the former is a set of rules while the latter is based on making the computer understand based on past actions. This was further explained comparing the intelligence demonstrated by machines and natural intelligence demonstrated by humans.

He then clicked a selfie with the students and asked how it would be stored and where they would like to post it. When students answered that they would create memes or post it with dog ears and tag friends on social media he explained how the filters they use to create such images use patterns embedded into the software to identify facial features.

He chose Health care, Energy and Education sectors as the core issues for the discussion. With a quick statistics he drove home the point of application of AI in health care for diagnosis, prediction and pathology. He explained how advantageous it would be if our mobile phones are programmed to predict our ailments and caution us about our health risks.

Explaining how knowledge can lead to progress, he related the satellite images showing trends in temperature forecast to London which is using this knowledge to generate sustainable energy solutions from renewable sources.

Questioning and understanding coupled with science is working miracles in the field of education. Personalized, customized courses and content is available with many reputed academies like Coursera, MOOC and Khan Academy.

Mr. Suraj largely elicited points from the audience and then linked them to the usage of AI. He took examples of DRS in cricket, driverless cars, sensors in automobiles and so on to drive home, the application of AI in our everyday lives.



# TRAVELOGUE - GOA-OUR GETAWAY

After a long stretch of not leaving the house, a holiday was finally being planned. And where should it have been ..... None other than the QUEEN of all holiday destinations - Goa. Goa is a place with a mix of cultures, historical places, depicting Europe right in the midst of India, sandy beaches, and many more tourist attractions. The ride from the airport to our hotel took us nearly one and half hours. In those 90 minutes, I was already enthralled & intrigued by all the places around us. The buildings ranged from quaint old Portuguese structures to modern complexes. The amalgam of Portuguese and Indian culture defines the Goan culture. One will have an offbeat experience while spending time over there.

Our first destination there was "Aguada Fort". This is one of the few intact ports that were constructed by the Portuguese. The fort has a lighthouse, which was used to guide ships to the port. The lighthouse stands witness to an era long bygone. Next, we went for a boat ride, which started through the backwaters, and went to the open sea. Here, we had dolphins acknowledging our presence by providing us glimpses of themselves making us hunger for more. The ride also provided us with a better view of Fort Aguada. Next of course, we hit the beaches! The place where everyone longs to be, sinking their feet in the sand, collecting seashells, and once in a while finding some crabs too! We visited four beaches that day, namely Baga beach, Calangute beach, Vagator beach, and Anjuna beach, a rocky beach. Baga beach and Calangute beach are two connected beaches, which are the most popular beaches in Goa. They accommodate thousands of people who come here to relax, soak up sun, get wet, and of course enjoy water sports.

Vagator beach is a lesser crowded beach, for people like me who prefer less people around. The Vagator beach has beautiful sunsets, which is why most of the people come here during late evening to sit down and relax after a stressful day. And if one doesn't feel like leaving, there are small shacks set up along the coastline, to spend the night there. Anjuna beach is mostly rocky, where you can go and sit on the rocks, and dip your feet in water without getting them sandy. Here, not many waves rise up, so there isn't much risk of getting completely wet.

We started our second day by visiting the Francis Xavier church. The intricate architecture of the interiors of the church spoke volumes of the era in which it was constructed. Next, we went to a spice garden, where we saw plenty of plants of common spices. I found the vanilla plant quite peculiar. It is really hard to believe that the flavor vanilla grows on a creeper plant. The cashew plant was interesting too. I always thought it was just the nut that grows, but I found out that there is a fruit too. It certainly was educational.



And on we went, to the Miramar beach. This beach is located in the capital city Panaji. There are scads of shops near the beach. In fact, one can buy clothes and get tattoos made at the same time! The tattoo makers advertise their tattoos all around. Every 2 meters I ran into tattoo makers. Our last destination for the day was the famous Dona Paula jetty. It is a viewpoint at the mouth of the Zuari River. There were many shops set up here too, mostly clothes. You can enjoy the calm environment, leaning on the railing.



The last day was earmarked for the best thing- Water Sports! My favorite one is jet skiing. It feels marvelous, as you are going at high speeds! Ironically, you are in the air half the time. Paragliding gave me a different kind of 'high'- literally and figuratively. The view from up there was awe-inspiring. You could see miles over the sea (of course only water!). Banana ride was another interesting, slow and lethargic water sport, which brought in the thrill because of the dips it gave. If you come across a large wave, grab on to ropes and hold on for dear life!



We flew back home that evening, with warm memories, and of course, sunburnt skin and enthralling experiences etched into our memories!



**Aman Srivastava  
MEC**

## OUR TRIP TO PRASADS IMAX

On 16<sup>th</sup> October 2019, we hostelers of Gatik visited Prasad's IMAX located in the heart of the city. We started at 7:30 a.m from our hostel and reached there.

Firstly, we went to The McDonalds and enjoyed a good breakfast. We bought the tickets and entered the entertainment zone. We began with Bowling Alley and then went to play billiards, followed by table tennis.

After having a round of delicious snacks again, we went for indoor car driving, where they displayed some cars for driving. We seven of us went, chose the car of our liking and got inside the vehicles and we started dashing around.

We then went to scary house and when we were going in, there was a person who jumped on us wearing a scary Halloween mask. We walked around the place - it was dark and we could hear some strange sounds. We exited from scary house and went into VR zone where we observed that whichever way we were going there was some radium light with different colours.

The last and final thing was movie watching. We booked the tickets to watch 'Panic House'. We collected the 3D glasses and the show started. Our chairs were shaking and we heard different noises in the background.

We returned to the hostel with a lot of wonderful fun-filled memories.

**Varshith  
MEC**

# INDIAN CULTURAL DIVERSITY

The culture of India is the oldest culture of the world aging back to around 5000 years ago. Indian culture is considered as the first and supreme culture of the world. We follow "Unity in Diversity" which means India is a diverse country, where people of many religions live together peacefully, despite having their own separate culture. Though people differ in their language, food, tradition, rituals etc. they live with unity.

There are almost 22 official languages and about 400 other languages spoken daily in India in its various states and territories. According to history, India has been recognized as the birthplace of Hinduism. Huge population of India belongs to the Hindu religion. Other variations of the Hinduism are Shaiva, Shakteya, Vaishnava and Samatara. India is the heart for traditions.



**Rahul Reddy  
MEC**

Arthur is 75 years old and played golf every day since his retirement 15 years ago. One day he arrives home looking downcast. "That's it," he tells his wife. "I am giving up golf. My eyesight has become so bad that, off late after I hit the ball I can't see where it went and I am spending a lot of time finding the ball."

His wife sympathises with him and makes him a cup of tea.

As they sit down she says, "Why don't you take my brother with you and give it one more try?"

"That's no good," sighs Arthur, "Your brother is 85. He can't help."

"He may be 85," says the wife, "but his eyesight is perfect."

So, the next day Arthur heads off to the golf course with his brother-in-law.

He tees up, takes a mighty swing and squints down the fairway.

He turns to the brother-in-law and says, "Did you see the ball?"

"Of course I did!" Answers the brother-in-law. "I have perfect eyesight."

"Where did it go?" Arthur asks.

"I don't remember".



Source - Internet

# CHILDHOOD AND ADOLESCENCE – GETTING A FEW FUNDAMENTALS RIGHT!

Research indicates that 90% of a child’s brain is developed by the age of 7. This development includes the perceptions, personality traits, communication styles, and the various other filters through which we process the world. Spectacularly, all of this development also does something really fantastic – it makes each one of us unique!

Another brilliant finding is that during Adolescence – the age between 13 to 19 years – this uniqueness advances in two amazing ways. One, the brain starts cutting out all the stuff we don’t give time to; and two, it starts building stronger connections with the stuff we give time to.

As adults, it is our responsibility to understand and respect this uniqueness. We can aid the process of development in young adults by being more allowing, patient, compassionate, kind, logical, reasonable, and non-judgmental.

Understandably, this is tough! However, being an adult encompasses the ability to take on tough jobs. We have to understand that by focusing on the key areas of development in Children and Adolescents, we can help them learn the skills necessary to face life’s challenges. Again, research in Psychology helps here too. It has identified the key areas of development that need focus: Self, Emotional, Social, Physical and Cognitive. Perhaps, it is time that we, as adults, pause to think and reflect on the choices we make, in the interest of our future generations.

More in the next newsletter! Until then, I leave you with a quote: “Kids don’t remember what you teach them; they learn from what you are!”

**Ron Fernandes**  
Personal Excellence Coach

# WHY AND HOW DOES AGE MATTER?

*“IN A WORLD WHERE WE CAN APPRECIATE WE STILL CHOOSE TO CRITICIZE.”*

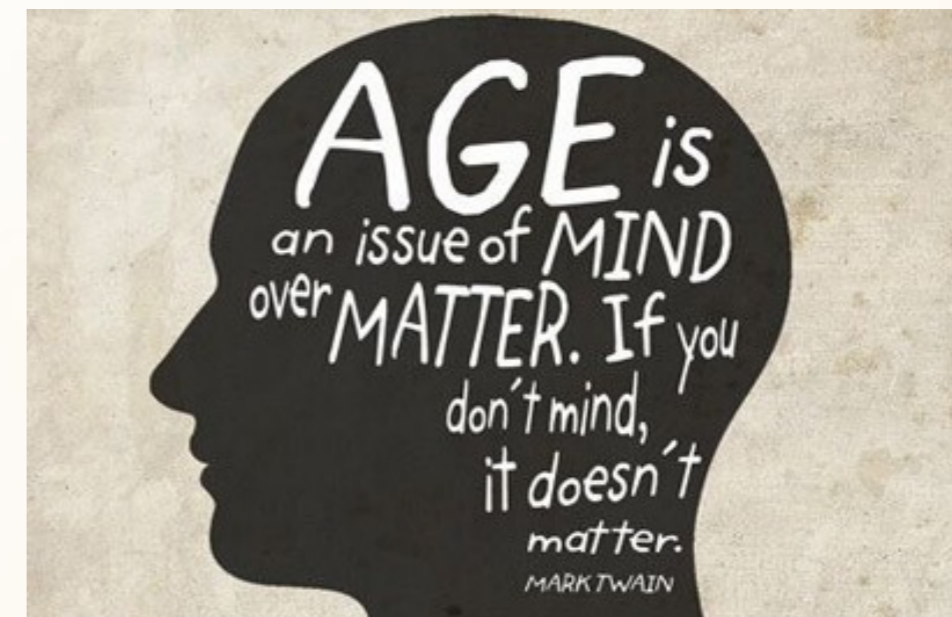
All of us want our parents to be very progressive in their thinking and allow us to do whatever we want, however when our parents want to do something they wish to, why is it that we have reservations?

Most children due to some embarrassments criticize their parents when they enter teenage or when they become “young adults” as some call it. Few very sad reasons to this can be that some feel ashamed when they are asked to invite their parents to their colleges. They feel due to their parent others’ perception about them would get affected. Fathers and mothers who were once the heroes to their daughters and sons suddenly find themselves scorned by eye-rolling youth. It’s a confusing and sudden emotional twist that leads to misunderstandings and often discomfort between parents and their ‘growing children’.

We need to realize that it’s not parents who are unable to be broadminded, it’s we youth who become selectively broadminded. We claim to be modern and be broad minded but do not show the same trait when it comes to the elder generations. We all pretend to be mature, however we need to know that real maturity is understanding the sacrifices, dreams and aspirations our parents make to give us a reasonable lifestyle.

To conclude I would say it’s not only we who have dreams and aspirations or need a platform to showcase them, even our parents deserve to receive all the opportunities to showcase their interests without being judged by the younger generations. Let us prove that we are not only modern but also very progressive youth who understand elder generation the way we want them to understand us. Let us begin an evolution of a better youth where we see our parents beyond their grey hair, their language and their shape.

**Mathilda Genevieve Lewis**  
MEC



## A QUICK REMINDER

Water plays an important role in our lives. It is an irreplaceable element needed for human survival. We use water for many purposes. Statistics show that very soon some cities in India may run out of water. Conservation of water is the need of the hour. Like the saying goes "If each of us save a little, we can save a lot."

Here's how you can help starting right at home

- ❖ Think before throwing a glass of unfinished water down the drain, it could be used for watering plants in the garden.
- ❖ Fix any leaking tap immediately.
- ❖ Sweep driveways, sidewalks and steps rather than washing them.
- ❖ Use a sponge and a bucket of water to clean your vehicle.
- ❖ Using a bucket instead of a shower to bathe can reduce your water consumption by 80%.
- ❖ Wash fruits and vegetables in a basin.
- ❖ Use a watering can to water the garden.
- ❖ Water your yard and outdoor plants early or late in the day to reduce evaporation.



**Harshith  
MEC**

## LIFE LESSON

A wise man sat in the audience and cracked a joke. Everybody laughed like crazy. After a moment, he cracked the same joke again and again. This time, less people laughed. He cracked the same joke again and again, there was no laughter in the crowd.

He smiled and said: "When you can't laugh at the same joke again and again, why do you keep crying over the same thing over and over again?" Forget, Forgive and Move on.

**Meghana Chouha  
MEC**

[Sourced From Internet]

## HOW TO BUILD READING SKILLS?

Many people enjoy reading as a way to relax and enrich their minds. Reading is also an increasingly critical skill. It is essential to read widely to learn, to develop and be successful in all pursuits of life.

A few strategies to increase your reading skills

- Start at a comfortable reading level
- Expand your vocabulary
- Practice the vocabulary by using it in your daily life.
- Make reading fun
- Make reading a social experience
- Go online for better resources
- Find a series



**ASHRITH RAJ  
MEC**

## YOU COULD BE THE ONE

You could be the one in the world,  
Where birds fly and travel all around;  
No other way to go,  
You are the one to blow.

You could be the one on the earth,  
Where animals are not on the death berth;  
No other way to present them,  
You must not threaten them.

You could be the one in the country,  
Where democracy is not at stake;  
And you could be the one to save,  
Just wait for your call of duty.

You could be the one in the family,  
Where no bonds are still alive;  
And relationships yet to believe,  
If humanity dies, human dies as well.

**Wekshitha  
MEC**

