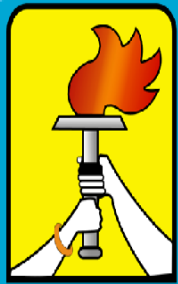


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HINDUSTHAN COLLEGE OF ENGINEERING AND TECHNOLOGY

DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING



CYBERLINES (MAGAZINE)

VOLUME 11

**2018 – 2019
(ODD)**

EDITOR'S DESK

From the Chief Editor Desk...



It gives me immense pleasure to bring out the issue of our magazine “CyberLines” as the name itself symbolize it marks the whole time line of our department of Computer Science and Engineering.

The main motto of bringing out this magazine is to show the surrounding, our achievement, work and contribution to the society for every academic year. The magazine reveals all the hard work of our students, their extracurricular activities, and we complement their hard work under the winners and toppers in this magazine, and I am quite happy in sharing these details with the Heads of the Departments, our well wishers and all others who are bonded to CSE, through this magazine.

This magazine is also for us to look back to the past, the path we traveled together as a unit. The supports we got from our colleagues and subordinates. It reflects our complete journey of the past year.



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It gives us time to think about our beloved passed out students, and wish them all success in the corporate life they are undergoing now. The current volume has come out well, and the work from our students has made it more colorful. We hope our forthcoming volume will be enriched more delightful incidents, ideas and thoughts to share.

With Regards

Dr. S. Shankar

Head of the Department

From the Editor...

It was a great pleasure for me working on this magazine along with the student members of our Editorial Board. While collecting the states and details for this year's magazine, I got the opportunity to find few young talents of our department. I was happy to know that apart from the Academic field, our students have also shown many interests in other fields and also in the development of our college. They were keen in the development of this magazine and all other activities related to its publishing Glad to work with you guys.

The current volume has come out well and it will be still better in the following years.

With Regards

Prof.D.Magesh, AP/CSE



COMPUTER SCIENCE AND ENGINEERING

THE CYBER LINES

Computer has become the part of our life. The work of a computer engineering is not only restricted to the field of IT, their job continues even outside that, like Automobiles and many other fields. The department of Computer Science and Engineering is linked and synchronized with all other department of Engineering. Hence the world moves ahead along with us!

Our Mission

To prepare the students to become computer science professionals at par with the current trends technology and to mould them to attain excellent leadership qualities thereby making them component in the hardware, software and research arena.

Our Vision

To provide an excellence for individuals to develop technologically superior, socially conscious and nationally responsible citizens.

TECHNICAL PROGRAMMES

COMPUTER SCIENCE AND ENGINEERING

1) Two day hands on workshop Enterprise Application Development with Cloud pass

A two days hands on workshop was conducted on 24th and 25th of September 2018. The aim of the workshop was to train the students to be able to develop Enterprise Applications on the Salesforce platform was conducted by,



Mr. Vigneshwaran Paramadhayalan from CloudBull India. The students built an application with the resource person guiding them at every step.



By the end of the session everyone had developed an application of their own and had a fairly good understanding of the Salesforce platform. The session concluded with Mr. Vignesh throwing light into various opportunities available with Development over Cloud and a Certificate presentation.

2) Seminar on Virtual Reality

COMPUTER SCIENCE AND ENGINEERING

A Seminar on “Virtual Reality” was conducted on the 14th of July 2018. It was inaugurated by Dr.S.Shankar, Head Of the Department. The main objective of the seminar was to introduce students to Virtual Reality Technology. It was conducted by Mr.Aravindh R, Team Lead in Care Soft Global Pvt Ltd, Pollachi.



A demo session was held as part of the Seminar . The students experienced Virtual Reality individually. Later the resource person explained about the applications of VR and developing applications on VR. The programme ended with valediction. Dr.S.Shankar, Head of the Department, Hindusthan College of Engineering and Technology gave the valedictory address.

3) Two day hands on workshop on python

A two day hands-on workshop was held on 7th and 8th of September 2018. It was handled by representatives from Pantech Technologies , Coimbatore. A total of 50 students attended the event.



On the first day a general introduction about python programming language was given. For the rest of the day , the bare basics including the syntax and structure was taught. The next days, students were taught advanced programming concepts and a gist about available Py libraries was given. The students were urged to take up projects of their own to get comfortable with the language. The Workshop ended with Dr.Shankar ,HOD CSE delivering the valedictory address.

II. NON TECHNICAL PROGRAMMES

COMPUTER SCIENCE AND ENGINEERING

1) Hot careers in Australia IT Industry

A One day guest lecture on Higher studies and opportunities in abroad was conducted on 25th of September 2018.



The Keynote was delivered by Dr. Gaye Deegan Program Director, School of IT & Mathematical Sciences, University of South Australia. She brought to light about the opportunities available for pursuing higher studies in Australia and careers available in IT Industry in there.

2) One day guest lecture on Higher Education & Opportunities in Abroad.

One day guest lecture on Higher studies and opportunities in abroad was conducted on 27th August 2018. It was carried out by Ms. Deepa Srinivasan, Branch Head, IDP Education Pvt Ltd., Coimbatore. She described about the opportunities available for higher studies in abroad countries like US, UK, New Zealand, Australia and Canada.



She described about Quality of Education, Cost of matters, Security and Surveillance in overseas. She detailed about the duration for PG and Ph.D., programmes in each country and also about the scholarships available for overseas education. This lecture created awareness among students about overseas education and cleared doubts about scholarships and job offers.

The Department of Computer Science and Engineering is established in the year of 2000 with a mission of preparing the students to become computer science



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professionals at par with the current trends in technology and to mount them to attain excellent leadership qualities thereby making them competent in software, hardware and research arena. The department offers B.E and M.E programmes. The department is permanently affiliated to Anna University, Chennai and accredited by NBA.

The Department has signed MoUs with organizations like Infosys, Sun Microsystems, Sutherland Global Services, PT Education, BSNL, Cisco Networking (CCNA), HCL Info systems, RED HAT Linux, Techno park, UTL Technology etc., to promote Industry – Institute Interaction for the benefit of students and faculty.

CSE Department has been recognized as research centre by Anna University, Chennai. The Department has highly qualified, committed and research oriented faculty members and 3 Anna University recognized supervisors.

Department Achievements:

Department received Best Accredited Student Branch Award and Longest Student Branch Award from Computer Society of India (CSI) since 2014.



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Programmes and Seminars organized by Department:

1. A seminar on the topic Wireless Sensors and Networks was conducted by the department on 23rd June 2018.
2. Guest Lecture on Big Data Learning Platform by Mr.Karthick Veer ,Data Scientist, CEO ,Black Board Learning was delivered on 30th June 2018.
3. A lecture on Python Programming was given by Mr.Eswaran M ,Technical Manager ,Live Stream Technologies,Coimbatore on 3rd July 2018.
4. Data Analytics using Qlik ,Guest Lecture was given by Mr.Pankaj Muthe ,Program Manager ,Qlik Technologies on July 5th 2018.
5. A seminar on Virtual Reality was conducted by Mr.Aravindhnan, Team Leader Care Soft Global Private Ltd on 14th July 2018.
6. National Level Workshop was conducted on 28th July 2018 .The topic was Grid and Cloud Computing and the resource person was Mr.S.Sampath Kumar, Sun Microsystems,Coimbatore
7. A Guest Lecture on the topic Industry Needs was given by Mr.Natesan , Swifterz Creative Services(LLP) on 11th August 2018.
8. Guest Lecture on Machine Learning was conducted by Mr.Buvaneswaran on 18th August 2018.
9. Guest Lecture was given by Ms.Deepa Srinivasan on the topic Higher Education and Opportunities Abroad on 27th August 2018.
10. Two Days Hands-on Workshop on Python Programming was conducted by Pan-Tech ProEd Pvt Ltd,Coimbatore on 07th & 08th September 2018.



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11. Guest Lecture on IT Solutions, Business Intelligence and Applications was conducted by our Department on 08th September 2018
12. Two Days Hands-on Workshop on Enterprise Application Development on Cloud PAAS by Mr. Vigneshwaran Paramadhayalan on 24th & 25th September 2018.
13. Guest Lecture was given by Ms.Gaye Deegan on the topic Hot Careers in IT Industry on 22nd September 2018.
14. Two Days FDP on Enterprise Application Development on Cloud PAAS & AWS by Mr. Vigneshwaran Paramadhayalan on 24th & 25th September 2018.

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Sports Activities:

S.No	Name of the Student	Name of the event	Class	Event Level(Zonal/University)	Organized By	Recognition Received
1	Manimaran G	Athletic	IV CSE	Anna University Zone 10, Intercollegiate Meet	Dr.Mahalingam College of Technology, Pollachi	Overall Championship
2	Gopinath	Handball	III CSE	Anna University Zonals	Nehru College of Technology, Coimbatore.	Runner
3	Jegan	Handball	II CSE	Anna University Zonals	Nehru College of Technology, Coimbatore.	Runner
4	Hari	Handball	I CSE	Anna University Zonals	Nehru College of Technology, Coimbatore.	Runner

EXTRA CURRICULAR ACTIVITIES



This can help students build their skills outside of the classroom. In addition to building skills within a specific discipline, extracurricular activities are great for developing general academic and soft skills.

The Department , ensures that the students regularly take part in Extra-Curricular activities to ensure all round development of students. The achievements of the students are

summarized below.

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Manimaran G , was a part of our college team which was adjusted the overall champion in the Anna University Zone 10, Intercollegiate meet held on 15th and 16th October 2018 at Dr.Mahalingam College of Technology, Pollachi. The college handball team of which Manimaran G, Jegan, Hari and Gopinath were a part of bagged the Silver medal in the Anna University Zone 10, Intercollegiate meet held on 26th and 27th of September 2018 at Nehru College of Technology, Coimbatore.



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Articles by Staffs

Why We Make Poor Decisions

D. Satheesh kumar

Assistant Professor

Department of CSE

HICET

I like to think of myself as a rational person, but I'm not one. The good news is it's not just me — or you. We are all irrational. For a long time, researchers and economists believed that humans made logical, well-considered decisions. In recent decades, however, researchers have uncovered a wide range of mental errors that derail our thinking. The articles below outline where we often go wrong and what to do about it.

- [5 Common Mental Errors That Sway You From Making Good Decisions](#): Let's talk about the mental errors that show up most frequently in our lives and break them down in easy-to-understand language. This article outlines how survivorship bias, loss aversion, the availability heuristic, anchoring, and confirmation bias sway you from making good decisions.
- [How to Spot a Common Mental Error That Leads to Misguided Thinking](#): Hundreds of psychology studies have proven that we tend to overestimate the importance of events we can easily recall and underestimate the importance of events we have trouble recalling. Psychologists refer to this little brain mistake as an “illusory correlation.” In this article, we talk about a simple strategy you can use to spot your hidden assumptions and prevent yourself from making an illusory correlation.

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- Two Harvard Professors Reveal One Reason Our Brains Love to Procrastinate: We have a tendency to care too much about our present selves and not enough about our future selves. If you want to beat procrastination and make better long-term choices, then you have to find a way to make your present self act in the best interest of your future self. This article breaks down three simple ways to do just that.

How to Use Mental Models for Smart Decision Making

The smartest way to improve your decision making skills is to learn mental models. A mental model is a framework or theory that helps to explain why the world works the way it does. Each mental model is a concept that helps us make sense of the world and offers a way of looking at the problems of life.

You can learn more about mental models, read how Nobel Prize-winning physicist Richard Feynman uses mental models, or browse a few of the most important mental models below.

Top Mental Models to Improve Your Decision Making

- Margin of Safety: Always Leave Room for the Unexpected
- How to Solve Difficult Problems by Using the Inversion Technique
- Elon Musk and Bill Thurston on the Power of Thinking for Yourself



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Why Facts Don't Change Our Minds

J. Prakash
Assistant Professor
Department of CSE
HICET

The economist J.K. Galbraith once wrote, “Faced with a choice between changing one’s mind and proving there is no need to do so, almost everyone gets busy with the proof.”

Leo Tolstoy was even bolder: “The most difficult subjects can be explained to the most slow-witted man if he has not formed any idea of them already; but the simplest thing cannot be made clear to the most intelligent man if he is firmly persuaded that he knows already, without a shadow of doubt, what is laid before him.”

What's going on here? Why don't facts change our minds? And why would someone continue to believe a false or inaccurate idea anyway? How do such behaviors serve us?

The Logic of False Beliefs

Humans need a reasonably accurate view of the world in order to survive. If your model of reality is wildly different from the actual world, then you struggle to take effective actions each day.

However, truth and accuracy are not the only things that matter to the human mind. Humans also seem to have a deep desire to belong.

In *Atomic Habits*, I wrote, “Humans are herd animals. We want to fit in, to bond with others, and to earn the respect and approval of our peers. Such inclinations are essential to our survival. For most of our evolutionary history, our ancestors

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lived in tribes. Becoming separated from the tribe—or worse, being cast out—was a death sentence.”

Understanding the truth of a situation is important, but so is remaining part of a tribe. While these two desires often work well together, they occasionally come into conflict.

In many circumstances, social connection is actually more helpful to your daily life than understanding the truth of a particular fact or idea. The Harvard psychologist Steven Pinker put it this way, “People are embraced or condemned according to their beliefs, so one function of the mind may be to hold beliefs that bring the belief-holder the greatest number of allies, protectors, or disciples, rather than beliefs that are most likely to be true.”

We don't always believe things because they are correct. Sometimes we believe things because they make us look good to the people we care about.

I thought Kevin Simler put it well when he wrote, “If a brain anticipates that it will be rewarded for adopting a particular belief, it's perfectly happy to do so, and doesn't much care where the reward comes from — whether it's pragmatic (better outcomes resulting from better decisions), social (better treatment from one's peers), or some mix of the two.”

False beliefs can be useful in a social sense even if they are not useful in a factual sense. For lack of a better phrase, we might call this approach “factually false, but socially accurate.” When we have to choose between the two, people often select friends and family over facts.

This insight not only explains why we might hold our tongue at a dinner party or look the other way when our parents say something offensive, but also reveals a better way to change the minds of others.



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Facts Don't Change Our Minds. Friendship Does.

Convincing someone to change their mind is really the process of convincing them to change their tribe. If they abandon their beliefs, they run the risk of losing social ties. You can't expect someone to change their mind if you take away their community too. You have to give them somewhere to go. Nobody wants their worldview torn apart if loneliness is the outcome.

The way to change people's minds is to become friends with them, to integrate them into your tribe, to bring them into your circle. Now, they can change their beliefs without the risk of being abandoned socially.

The British philosopher Alain de Botton suggests that we simply share meals with those who disagree with us:

"Sitting down at a table with a group of strangers has the incomparable and odd benefit of making it a little more difficult to hate them with impunity. Prejudice and ethnic strife feed off abstraction. However, the proximity required by a meal – something about handing dishes around, unfurling napkins at the same moment, even asking a stranger to pass the salt – disrupts our ability to cling to the belief that the outsiders who wear unusual clothes and speak in distinctive accents deserve to be sent home or assaulted.



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Articles by Students

College can still be rigorous without a lot of homework

Karan. M

IV CSE

CSE

What is rigor?

In education, academic rigor tends to be defined in two different ways: as a workload that is demanding and difficult or as learning experiences that challenge and support students to think more deeply.

Given the importance of critical thinking, the way rigor is defined makes a big difference in terms of the ways that the general public – as well as administrators, policymakers, journalists and researchers – assess if a college is rigorous. It also makes a difference in terms of faculties' expectations for students, the types of classroom activities they use and the assignments they give.

In other words, if rigor means workload, then students who spend a lot of time studying should become better critical thinkers. In contrast, if rigor means academic challenge, then students who practice higher-order thinking skills, such as analysis and evaluation, during class, on assignments and during exams should become better critical thinkers.

That's why my study examines each definition of rigor – workload and academic challenge – in terms of helping students develop critical thinking skills. The study also looks at those definitions of rigor in relation to two related dimensions of lifelong learning. One is reading and writing for pleasure, and the other is the habit of thinking deeply and critically about things.

In these surveys, students reported their course workload, including how many books they read, pages they wrote and hours they spent studying for class. They also reported how much their courses challenged them to engage in higher-order thinking. Faculty ask students to practice higher-order thinking when they ask challenging questions in class and give assignments that ask students to analyze information or form an argument.



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Since the Wabash National Study measured students' critical thinking and lifelong learning skills at multiple timepoints, my study looked at how much students developed these skills in relation to their workload and the academic challenge of their classes. Of course, students who are motivated to get good grades may be more likely to develop these skills. And lots of other college experiences, like interacting with faculty outside of class or being in an honors program, might also make a difference. My study accounts for these factors in order to better understand the unique influence of each definition of rigor.

What matters

Here's what we found.

In the first year of college, higher-order thinking was related to an increase in both dimensions of lifelong learning: reading and writing for pleasure and the tendency to think deeply. Higher-order thinking was not related to development of critical thinking skills. Workload was not related to students' critical thinking or either dimension of lifelong learning.

Across four years of college, higher-order thinking was related to an increase in students' critical thinking skills and both dimensions of lifelong learning. Workload was related to only one dimension of lifelong learning: reading and writing for pleasure. This relationship was driven primarily by the amount of reading students did, rather than the amount of writing they did or the amount of time they spent studying.

Perhaps most importantly, my study suggests that students learn important critical thinking and lifelong learning skills because of challenging class experiences regardless of the workload. In other words, college can help students be better critical thinkers and lifelong learners without requiring them to spend a lot of time studying.

These implications matter particularly for students from low-income backgrounds, who are more likely to work full-time during college. Low-income students are also more likely to commute to campus and have family responsibilities.



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DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING

CYBERLINES (MAGAZINE)

VOLUME 11

2019 – 2020 (EVEN)

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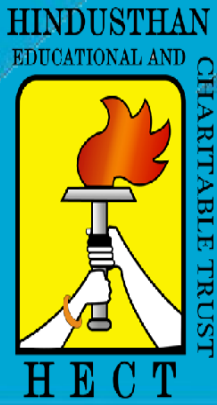
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Santhosh K.V

(III CSE C)



HINDUSTHAN COLLEGE OF ENGINEERING AND TECHNOLOGY

DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING

CYBERLINES VOLUME 12



**2018 – 2019
(EVEN)**

I. TECHNICAL PROGRAMMES

1. Seminar on Augmented Reality Technology in Rehabilitation

A Seminar on “Augmented reality technology” was conducted on the 18th of DEC 2018. It was inaugurated by Dr.S.Shankar, Head Of the Department. The main objective of the seminar was to introduce students to Augmented reality



where new technology which blends virtual objects with real scenes in real time and this may be an effective intervention to use in rehabilitation.



The Technology appears not ready for general practical use but the encouraging results support further research. The event was organized by Ms.Syed Ali Fathima.S J,Ph.D Scholar(part time),Department of Computer Science and Engineering.

2. Codeconqr Test

A test was organized on the topic “CODECONQR” which was conducted on 22 DEC 2018, the main theme of the program is to test the students how they are programming ,and using their skills



It was inaugurated by Dr.S.Shankar, Head of the Department CSE.150 students participated in the test. The event was organised by Ms.K.Ramya, Assistant Professor, Department of Computer Science and Engineering.

3.Seminar on Recent Trends On IOT

A Seminar on “Augumented reality technology” was conducted on the 19th of JAN 2019. It was Inaugurated by Dr.S.Shankar, Head Of the Department. The aim of the seminar is to know what are components are used in trending by IOT Personal and Home, Enterprise, Utilities, Mobile.



Internet of Things (IoT) is presently a hot technology worldwide. Government, academia, and industry are involved in different aspects of research, implementation and business with IoT. Today it is possible to envision pervasive connectivity, storage and computation, which, in turn, gives rise to building different IoT solutions.The IoT offering ranges from managed connectivity to devise management and application soGware to any form of analytics. Therefore, it is very important to learn the

Fundamentals of this emerging technology. The Internet of Things has the potential to change the world, just as the Internet did or even more.It was Conducted by Mr.A.Mohammed Ali, Twirltact Technolog Solutions Pvt, Ltd, Coimbatore.

4.One day hands on workshop on

Redhat Academy -Linux

A one day hands on workshop was held on 15th DEC 2018.It was handled by Mr.C.V.Mahendiran, business head from Plexus Network Pvt, Ltd. A total of 200 students attended the event.



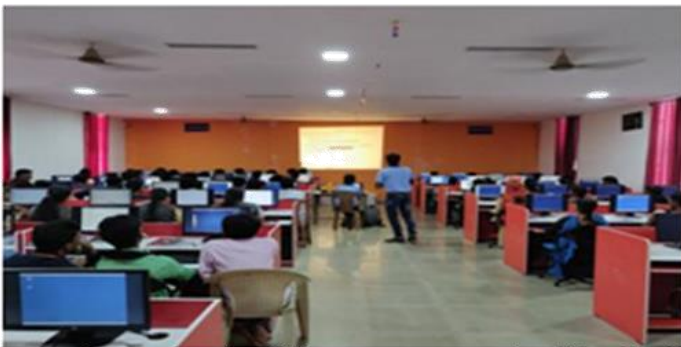
Students Gain valuable experience with hands-on lab environments about linux, learn Features and benefits in linux, Red Hat Academy turns academic institutions into centers for enterprise-readytalent by outfitting them with Red Hat training and certification.

The students were urged to take up projects of their own to get comfortable with the language. The Workshop ended with Dr. Shankar, HOD CSE delivering the valedictory address.



5. seminar on wsn(Wireless Sensor Networks)

A Seminar on “Augmented reality technology” was conducted on the 31st JAN 2019. It was inaugurated by Dr.S.Shankar, Head Of the Department. the aim of the seminar is to know about the Wireless Sensor Networks, what is the application of WSN and what types are there, and mainly why sensors are used in various places.



A wireless sensor network (WSN) is a computer network consisting of spatially distributed autonomous devices using sensors to cooperatively monitor physical or environmental conditions, such as temperature, sound, vibration, pressure, motion or pollutants, at different locations.

Department of Computer Science and Engineering

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CSE Department has been recognized as research centre by Anna University, Chennai. The Department has highly qualified, committed and research oriented faculty members and 3 Anna University recognized supervisors.

Department Achievements:

Department received Best Accredited Student Branch Award and Longest Student Branch Award from Computer Society of India (CSI) since 2014.

II. Placement Details:

80 students got placed in various MNCs including TCS, CTS, INFOSYS, HCL, WIPRO , Hexaware Technologies, Chennai ,URAM, AMAZON, Mindnotix, Solver Minds Dot Technologies, KGISL, UGAM etc...

III. Paper publications by faculty and students:

1. Paper Publications by Faculty Members

S. No	Academic Year	Int/National Journals	Int/National Conferences	Total
1	2018-2019	21	3	24

2. Research Grant:

Dr.S.Shankar, HOD/CSE, Computer Science and Engineering received Rs.5,74,000/- for the project title of "Augmented Reality (AR) using Natural User Interface (NUI) Based Physical Therapy Rehabilitation Framework with Mobile Decision Support System (MDSS)" from All India Council.

IV. List of students Co-curricular/extracurricular activities:

S. No	Academic Year	Seminar/workshop
1	2018-2019	143

I B Pratheebha from III CSE A won First Prize in Texperia Webbed Web Design held at SNS college of Technology.

Inplant Training:

S.No.	Name	Year	Inplant Training	Organized by	No of Days
1	Priyanka D	III	PBS Info Systems Private Limited	PBS Info Systems Private Limited	1 Month
2	Priyanka D	III	BSNL	BSNL	1 week
3	Mohammed Fahadh Hussain	III	Hewlett Packard Enterprise	Hewlett Packard Enterprise	4



Placed Students



N. Keerthana, Ugam Solutions,
Coimbatore, 2.5 Lakhs



K. Nivetha, ATOS SYNTEL,
3.18 Lakhs



M. Loganayaki ,L & T Infotech,
Chennai, 2.48 Lakhs



Arunachalam K, Hexaware
Technologies,Chennai, 2.5 Lakhs



M . Puranaprabha , CTS,
3.38 Lakhs



Ajith P, L & T Infotech,Chennai,
2.48 Lakhs



Placed Students



Abinaya K, CTS,
3.38 Lakhs



Subbu V, Hexaware Technologies,
Chennai, 2.5 Lakhs



BHARATHI A, TCS,
3.38 Lakhs



Swetha V, L & T Infotech,
Chennai, 2.48 Lakhs



Vijaya Lakshmi K, CTS,
3.38 Lakhs



Savitha S, NDOT,
2.4 Lakhs



12 Skills to College Success from the Beginning

Karan. M

IV CSE B

Department of CSE

HICET

- 1. Time Management** When you have a four-page essay due in three days, a club meeting on Wednesday, a party on Friday night (which should not be happening during COVID), and of course some of those good old couple hours of homework, the ability to manage your time will feel like a blessing. Now I'm not saying you should have an essay to complete the day before (see time management), but since we all find ourselves in that situation now and then, organizing priorities and removing distractions can make a huge difference. Prioritize your tasks from most to least important; recognize that this list will be different for everyone, some need those eight hours of sleep, while others need to study for that last-chance test to pass the class. Next, recognize the deadlines and significance of each assignment. A Spanish vocabulary worksheet won't hold the same weight as a biology lab or English paper. Balance those assignments according to their deadlines and points and start with the most important.
- 2. Organization** It's easy to sleep away those extra ten minutes rather than making your bed, but organization can have a huge impact on your emotional and physical state. Seeing an organized room can motivate you to keep up the self-discipline throughout your day, from finishing homework, to attending extracurricular activities.

3. Additionally, staying organized with assignments, meetings, and other events can reduce stress and prevent surprise deadlines. I recommend getting a planner that suits your lifestyle at the beginning of the year to start the semester prepared.
4. **Staying motivated** Time management and organization can only go so far if you don't have any motivation. Yes, they can help increase it by reducing the sense of overwhelmingness and loss of control, but keeping up with that motivation is key to an amazing and productive college experience.

A few tips for remaining motivated include:

- Exploring new activities and clubs. Get as much involved as you can in campus life. Big or small, chances are there's a club out there for you. And if not, perhaps lead your own!
- Understand that things may not always turn out as you hoped. There will be times when a bad grade comes through or that internship you tried so hard for didn't work out. Learn from them and move on.

Sure, a good cry can be de-stressing, but it's crucial to accept the consequences and prepare for what's next. As Albert Einstein once said, "A person who has never made a mistake, has never tried anything new."

5. **Taking good notes.** Classes can become a little easier to comprehend when you can remember what your professor talked about for the entire 50 minutes. A key to success, taking good notes can make those quizzes and tests much less daunting, and help you remain focused on the subject.
6. **Writing a professional email.** Avoid calling your professor by their first name, and always leave your name at the bottom of the email. For a general reference, the more formal the circumstances, the more polished your email should be. Avoid grammar mistakes, and use complete sentences.
7. **Keeping up with finances** Whether you just got a brand-new credit card or you're trying to budget your weekly expenses or wondering about financial aid, budget planning is a beneficial skill to possess. I suggest getting a budget planner for—you guessed it—organization, as well as keeping track of how much you may earn and where you spend it.

This Fastweb article provides a solid layout to budgeting for college students. Additionally, keep in mind the academic financial sphere. Chart out your financial aid, how much you're paying out-of-pocket each semester, as well as keeping an eye out for future scholarships.
8. **Recognizing when you need help and knowing where to receive it.** College can be a difficult time for many different people for just as many different reasons. Whether it's homesickness, academic difficulty, mental health, or networking, it's crucial to ask for help.

9. Do not hesitate to visit your school's counseling center or academic help center (yes, both facilities are available on college campuses) to get the support you need. Do not fear criticism but rather understand that those people are there to see you succeed.
10. **Knowing how to clean.** Some basic cleaning sprays—antibacterial or perhaps something a little gentler—a duster, a handheld vacuum, and some rags go a long way in keeping your dorm room cozy and inviting.
11. **How to change a tire and other basic car details.** While in today's digital age and with Jiffy Lube around every corner, knowing how to change a tire may not be the most crucial skill, but it's still helpful to know your car and what's going on if something does happen.
Here's a fantastic video just under ten minutes that covers some of the basics of car mechanics.
12. **Balancing work and play** While it's important to prioritize academics, it's equally important to give yourself some time off. After a particularly arduous week, or perhaps after a series of exams, plan out a favorite activity for the weekend, and spend some time on de-winding.
Not only will these boost productivity and decrease stress, but also lead to increased emotions of fulfillment and joy.
13. **Following your instincts.** Seriously, do not go anywhere alone with someone you do not know. It might only be a simple walk down to the next shop—taking a shortcut through an alleyway— or it might be the offer for a couple of drinks at a restaurant with unfamiliar surroundings.

14. As a general tip, bring a friend with you whenever exploring new places and meeting new people, and always tell someone whom you're going with and when they should expect you back. If something feels wrong, follow your instinct. There's a reason that squirrely, upsetting feeling arises in our gut, and it's always better to be safe than sorry.
15. **Last, but certainly not least ...laundry** It is tiresome, I do empathize with that, but it's also necessary. Separate the whites from the blacks, cold water for those delicate dress pants, hot for that athletic uniform. Here's a great article that makes laundry a bit more bearable.

How to manage everything all at once as a student

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1. **Stay Organized** When you have a million different things all happening at the same time, it is easy to lose track of where you are supposed to be and what assignments you should be focused on completing. This is where the true power of to-do lists shines. From the perspective of school, it may help to organize your assignments according to subject. If you are involved in multiple extracurricular activities, separate your tasks according to the activity. There are a multitude of tools out there to help you stay organized. Google Keep is a popular option for students at my school. There are other tools as well, such as Todoist and Trello.

If you are like me, you are also perfectly content with writing out your to-do lists by hand. Whatever works for you, as long as it helps you stay organized and avoid getting overwhelmed by everything you need to get done. If you are going through the process of the scholarship search, it may be a good idea to create a Google spreadsheet to organize which ones you are applying for, their respective deadlines, and application requirements.

2. **Pace Yourself** To avoid overworking yourself, it is important to balance both work time and free time. Taking periodic study breaks after finishing a certain number of tasks is crucial in pacing yourself. If you try to work non-stop all day long, you will find yourself to be exhausted the next and find no motivation to get anything else done—which is quite counterproductive.

I have said this before in my other articles but I will say it again: try using the pomodoro technique! You simply set a timer for twenty five minutes in which you work with full focus. After those twenty five minutes come to an end, you take a break for five minutes in which you step away from your study space and relax for a bit.

You repeat this cycle of working and taking a break as many times as necessary until your tasks are complete. But if you are planning on working for a long time, take a thirty minute to one hour break after three to four cycles of the pomodoro technique.

The selling point of this strategy is that you are able to work without getting distracted since you are allowing yourself to take periodic breaks. Remember that it is also perfectly okay to say “no” to additional responsibilities and commitments and take time for yourself.

3. **Find Motivation** In a typical academic setting, students are constantly interacting with their classmates and teachers, inspiring each other to stay on top of their to-do lists. But in today's virtual world, when you have nothing but a Zoom screen, students are being forced to motivate themselves.
4. The good news is that there are ways to turn your worst distractions into top motivators. For example, if you find yourself wasting a ton of time scrolling through TikTok, start following influencers who share tips on overall well-being and time management.
5. When your for-you-page is filled with people telling you to get back to work, it makes it easier for you to put your phone down. Aside from the apps on your phone, try to surround yourself with people who inspire you. Set up a study group with some classmates in subjects you are struggling with.

Articles by Staffs

Dealing with Angry and Difficult Customers

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If dealing with irate customers makes you want to drive home, jump back into bed, and hide under the covers ... take heart. Once you know the tricks of the trade, angry customers become less upsetting and more acceptable as part of the customer service landscape. Here's how to diffuse overheated situations and win them over.

Listen First, Speak Later

The initial burst of anger from your customer will almost always be the most intense. And because it's so stressful for the person on the receiving end, flustered employees often try to end the confrontation quickly in order to ease their own discomfort. This mistake usually leads to escalation. Resist the urge to interrupt, argue, or engage in problem solving. Instead, relax, slow down your breathing, and listen intently while nodding and making eye contact with your customer

Clarify

Immediately after apologizing, repeat the customer's complaint to him or her. Clarifying the complaint assures the customer that you're concerned about the problem and helps you avoid further misunderstandings that may reignite his or her anger again.

Maintain A Calm, Positive Tone

You have tremendous influence over your customer's emotional state. (Although it doesn't feel that way!) Lowering your voice and speaking slowly and calmly in a pleasant manner relaxes and disarms an angry customer.

Take Immediate Action

The longer they wait, the more they seethe. Make the unhappy customer your top priority. You want him or her to see you as an advocate, not an opponent. Start by asking what resolution is desired, and begin working toward a solution.

Managing Traumatic Stress

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Tips for Recovering from Disasters and Other Traumatic Events
Shooting rampages on college campuses, along with other types of disasters, are often unexpected, sudden, and overwhelming. In some cases, there are no outwardly visible signs of physical injury, but there is nonetheless a serious emotional toll. It is common for people who have experienced traumatic situations to have very strong emotional reactions.

Understanding normal responses to these abnormal events can aid you in coping effectively with your feelings, thoughts, and behaviors, and help you along the path to recovery.

What happens to people after a disaster or other traumatic event? Shock and denial are typical responses to traumatic events and disasters, especially shortly after the event. Both shock and denial are normal protective reactions.

Shock is a sudden and often intense disturbance of your emotional state that may leave you feeling stunned or dazed. Denial involves your not acknowledging that something very stressful has happened, or not experiencing fully the intensity of the event. You may temporarily feel numb or disconnected from life. As the initial shock subsides, reactions vary from one person to another.

The following, however, are normal responses to a traumatic event:

- Feelings become intense and sometimes are unpredictable. You may become more irritable than usual, and your mood may change back and forth dramatically. You might be especially anxious or nervous, or even become depressed.
- Thoughts and behavior patterns are affected by the trauma. You might have repeated and vivid memories of the event. These flashbacks may occur for no apparent reason and may lead to physical reactions such as rapid heartbeat or sweating. You may find it difficult to concentrate or make decisions, or become more easily confused. Sleep and eating patterns also may be disrupted.
- Recurring emotional reactions are common. Anniversaries of the event, such as at one month or one year, can trigger upsetting memories of the traumatic experience. These 'triggers' may be accompanied by fears that the stressful event will be repeated.
- Interpersonal relationships often become strained. Greater conflict, such as more frequent arguments with family members and coworkers, is common.

On the other hand, you might become withdrawn and isolated and avoid your usual activities.

- Physical symptoms may accompany the extreme stress. For example, headaches, nausea and chest pain may result and may require medical attention. Pre-existing medical conditions may worsen due to the stress.

How do people respond differently over time? It is important for you to realize that there is not one 'standard' pattern of reaction to the extreme stress of traumatic experiences. Some people respond immediately, while others have delayed reactions—sometimes months or even years later. Some have adverse effects for a long period of time, while others recover rather quickly. And reactions can change over time. Some who have suffered from trauma are energized initially by the event to help them with the challenge of coping, only to later become discouraged or depressed.

A number of factors tend to affect the length of time required for recovery, including:

- The degree of intensity and loss. Events that last longer and pose a greater threat, and where loss of life or substantial loss of property is involved, often take longer to resolve.
- A person's general ability to cope with emotionally challenging situations. Individuals who have handled other difficult, stressful circumstances well may find it easier to cope with the trauma.
- Other stressful events preceding the traumatic experience. Individuals faced with other emotionally challenging situations, such as serious health problems or family-related difficulties, may have more intense reactions to the new stressful event and need more time to recover.

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