Indian
Institute of
Technology
Hyderabad

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Sunshine

Pulse

Happiness

Edition #02

"Happiness lies in walking the success path chosen by you"

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From Editor's Desk.....

Dear Readers,

To begin with, we would like to express our sincere gratitude to all our readers for hailing our first newsletter: **Sunshine Pulse - Edition 1** and providing us with your valuable suggestions.

The outbreak of COVID-19 pandemic changed our life style which also brought us to a point where we got more time to spend with our loved ones. Definitely, this pandemic taught us a valuable lesson and made us to realize what really matters at the end-of-the day. In times of crisis like this, finding a little happiness goes a long way. So, is it possible to be happy in these challenging situations? If yes, are there any ways to be happy? Is it possible, for the students to be happy in these out of campus era where virtual learning is in its peak stage?

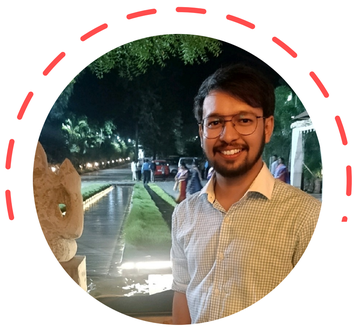
Hence, we have decided to dedicate this edition of our newsletter with "Happiness" as its theme. Now, we are back with second edition of our newsletter: **Sunshine Pulse 2**. We have received good contributions not only from our current students but also from our faculty and alumni. This edition includes many articles that are worth reading and encapsulates students' happiness through the lens of their hobbies such as photography, home gardening, health-fitness, etc. It's a beautiful glimpse of what happiness means to them from their perspective.

We hope you appreciate this effort and encourage us to keep on delivering the best to the IITH fraternity in the capacity of Team Sunshine - Counseling Cell.

Happy Reading!
Wish you all a happy and safe stay.

Dr. D. Sukumar
Faculty Coordinator

Maria Morris
Senior Psychological Counsellor



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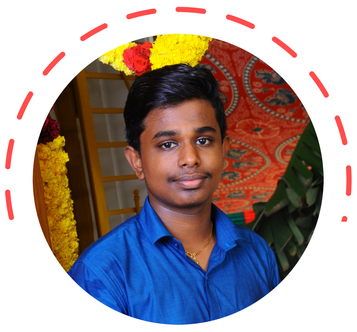

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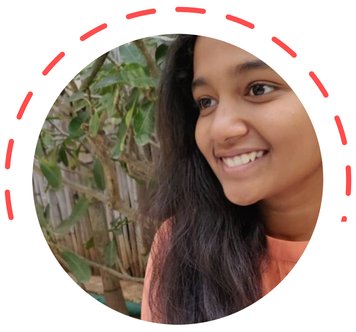

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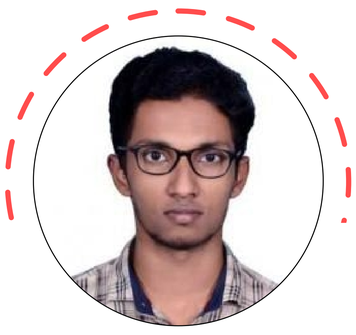

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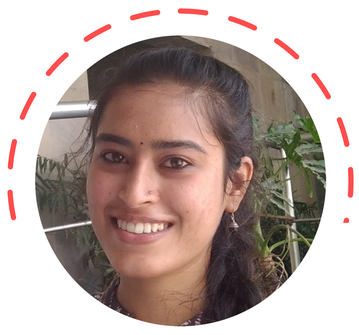

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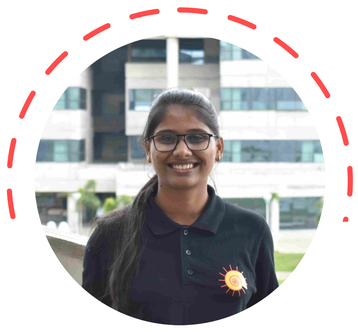

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* Displayed Alphabetically.

Message from Director

It may be raining now, but the Sun always comes out!

Dear Friends,

We at IIT Hyderabad (IITH) are always observant & argent towards the well-being of all our students. Sunshine Cell has been created to provide emotional comfort and restrain the self-esteem of the students.

I am happy that we have sailed through a hard time of the COVID-19 pandemic and this is all because of the enthusiastic and energetic students of IITH. Understanding the difficulty of the sudden change in the environment we at IITH has ensured our students are mentally and emotionally strong. In this direction, the Sunshine team has also been providing psychoeducation and psychological counselling support 24*7 for our students through on-line modes like tele-counselling, video calls, emails, chat sessions.

In July 2020, the Ministry of Education, Government of India has also launched a novel initiative called "MANODARPAN" as part of Atma Nirbhar Bharat Abhiyan. MANODARPAN - A psychosocial support for mental health & well being of students during the COVID-19 outbreak and beyond. Following the different guidelines under MANODARPAN, IITH has also initiated regular session on weekend series wherein topics like motivation, procrastination, perfection and mental health, emotional first aid, interpersonal relationships and mental health, balance in life, digital detoxification, people that inspire, sleep hygiene, stress management, comparison with others, healthy boundaries, thankfulness, etc.

Launching the second edition of Pulse on the occasion of International Day of Happiness is one such initiative. I congratulate Sunshine Cell on this publication and wish them success for the upcoming edition.

Now with the availability of the COVID-19 vaccine and a relatively lower rate of virus spread, I am hopeful we will be soon able to come to normal life from this new normal, students will soon be able to enjoy campus life, have lecture in-person and get relief from excessive screen time.

Rabindranath Tagore once said "Hope is a bird that can see light when the dawn is still dark".

Looking forward to meeting you soon.
Stay Safe, Stay Smart!

-Prof. B. S. Murty
Director
IIT- Hyderabad

Lead With Happiness

By
Thirupathi B
MS20BTECH11029

Happiness is an essential feature of human life. Without it, life holds no meaning at all. It is not possible at all for a person to live their lives devoid of joy and Happiness. Each human being is an independent, free-thinking individual. Everyone has an outlook on life that is different from the other. Hence, the definition of Happiness is also variable for people.

However, whatever may be the definition of Happiness, there is no denying of that Happiness is an integral part of our lives. Without it, there is no point in living or going about in life.

Many consider Happiness to be a peaceful and calm sense of joy that occurs within one' s mind. For them, it cannot be measured in terms of worldly things. Happiness tends to become a feeling, that can be grasped through the satisfaction of the mind and soul, and not through the pleasure of the body. Happiness, for some, can also imply success.

Being ambitious, hardworking, successful often become ways in which a person obtains Happiness in life No feeling is absolute. It might happen that the things used to make us comfortable during our childhood, no longer hold the same significance in our lives. This happens because our priorities and our goals change over time. As we grow up, our outlook and vision in life mature, and we no longer base our Happiness on things we used to love previously.

- Happiness is directly linked with love and positivity.
- In an ideal situation, doing what one loves is the ultimate path to absolute Happiness.
- The fulfillment of personal goals and desires makes one happy.
- It is immensely important for a person to lead a happy life.
- Without a happy life, one becomes exhausted and tired of daily routine.

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Cover Story

There is no right or wrong way to obtain Happiness. Different people have different methods by which they can derive Happiness. All of them are valid; none of them are false or incorrect. Judging people based on what they love and what they hate is not justifiable. We all have different priorities in life, and not all of those are similar. They can be different, but that doesn' t mean they are wrong. Doing anything that makes one feel happy inside out should be considered as valid and rightful.

" You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life" .

-Albert Camus

Having gratitude the quality of being thankful; a readiness to show appreciation for and to return kindness is another way people of all cultures cultivate happiness. Instead of focusing their mental and spiritual energy on negative things, like bills, financial problems, health issues, happy people focus on being alive and not decrepit, having people to love and support them, waking up in the morning, having a purpose of pursuing, being able to breathe and think and eat and pray and love. They are grateful for anything and everything. Happy people make gratitude a daily habit, even a ritual. Happiness also is dependent upon how one spends their time, as in their job. Most of the workers spend at least 40 hours working each week; that's at least 160 hours a month, and close to – if not more than – 2, 000 hours a year doing their job. This means that to be happy, one may have to make crucial decisions regarding the job or career they choose. If the job makes them a worse person the one they don't want to be if this job causes them to resent their life, they should probably look for another post. It doesn't make them happy, it doesn't fulfill them and it detracts from their happiness.

Happiness can most certainly be found and not just momentary pleasure, but genuine, long lasting happiness, which is not something that comes to a person randomly. In fact, most people have to work very hard for a very long time to finally find happiness, to create the best possible version of it. Moreover, it is something that any person can build on their own. It is not unattainable. Happiness can happen to anyone, mostly because everyone deserves to be happy.

DISCLAIMER: There should be a WARNING that reads something like this: This {fill in the blank} (vacation, luxury car, expensive jewelry, mansion, etc) will not turn you into different person or solve relationship issues. If you are a pessimist focusing on the negative or easily upset by life events not under your control or if you are in a relationship with serious problems, this will NOT help you! If you are Living WELL Aware, taking on life's challenges with joy, working on what is under your control to be the best version you are capable of being, not agonizing over the past or worried about the future, you will appear alien to most.

Bthirupathi

Uplifting Stories

Choice That Made Me Happy

The last one year has been very difficult for most, if not all of us. It all started towards the end of March 2020, when the institute announced an extension of the mid-semester break due to the outbreak of the COVID-19 pandemic. Some saw the lengthening of the holidays as something to rejoice; little were they aware of how long that "extension" would end up to be.

As the virus gripped its hold across country and the world, everything came to standstill. Lockdown were announced, people lost their livelihoods and were dying by the thousands every day. Soon, the world realized that the pandemic was here to stay and that we need to find ways to move on with our lives. So, started the adventure of online education. While it seemed new, it was the only solution for us to get moving. Somehow, I got the coursework done and then in June 2020, it was time for me to begin my M.Tech project work. While, initially, working remotely was fine, soon, I began to realize that things were not working, partly because of the nature of the research and mainly because the conditions at the place where I was staying were not so cheerful. Every day began to feel like a curse. That's when I made a choice to come to the institute, thanks to my supervisor and the management for giving me that choice.

On the 5th of October 2020, I was back in campus. My mind felt light, refreshed and I was ready to get on with my life once again. The two-week quarantine felt like a breeze. Meeting friends after a long gap also was good. Even the mess food, which I dreaded eight months ago tasted so yummy. My research work also gained a lot of momentum.

Another choice is having experimental work in my project, again thanks to my supervisor, has turned to be a life changing one for me. This choice has given me memories that will be with me forever. From an academic point of view, my horizons got broadened. I was learning new things every day. My interest and passion towards my research grew and every day now seemed to be a blessing, thanks to persistent motivation and direction from lab-mate.

What is really worth mentioning is the change in me as a person, for the better, due to this choice and the resulting connection that I got to make. I see myself as a highly introverted and shy person who not only avoids talking to others too much but also as someone who is aloof of material and emotional attachments due to several circumstances. But, now, I began to feel valued. That feeling, when

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Uplifting Stories

someone cares for you, seemed really worth it. I have learnt so many things in the past four months, the most important of them being to shed the weight of expectations and to find joy in inter-personal relationships without carrying any emotional baggage. Even this journey hasn't been without its ups and downs. They both have blended wonderfully to give me an experience worth cherishing. This happy moment takes me back to another choice that I made before joining IITH. I am glad, I made the choice to quit a relatively stable job in order to pursue my higher education one that I was deeply regretting in the middle of the lockdown. Because, it has been this choice that has helped me gain this amazing transformation in the first place. I feel, choices may be straight forward or slightly tricky. When the choices are a bit complicated then, one should follow her/his heart and commit to it, without being affected by the intermediate events, because I am believer that the almighty has a firm plan in order to make everyone's life meaningful.

Dinesh Prabhakaran
CC19MTECH11005

Choice That Made Me Happy

In my teens I had health issues. I was weak and it troubled me in a thousand ways.

One of the best choices I made at that time was to join a gym. The instructor assured me that within no time he will make me fit as a fiddle. He introduced me to the various exercise equipment they had and how the same are to be used. It was a famous gym near our place and it had a good following. Of course being a private gym it did not come free and the subscriber has to pay a year fees which was quite a sum. Further we needed instructor for doing power yoga, dietician and other specialized training. It eventually worked out for me. My college was about twenty-five kilometers from our house and I had to catch the Mumbai suburban local daily which used to be crowded and took 3 hours of my time daily. The classes were of a total of 7 to 8 hours' duration and being an engineering student, I had to devote full concentration to the lectures, experiments, case studies that took up a lot of time. Besides home assignments had to be attended to.

So finding time for the gym was an issue. Somehow I squeezed in an hour or so in the night and devoted my energies to the gym routine. Initially I did not get much results. But slowly after following the diet routine advised to me and doing the exercises properly muscles began to show up and there was a marked improvement. The new experience was thrilling and I began to look forward to these gym classes.

They were the only period of my day when I could really live my life. But I never regretted the decision to join a gym and as my health improved I was able to devote long hours for my academics which paid in the form of rich dividends and I was able to get the desired pointer of marks. Soon exercise became very natural to me so I purchased some equipment at home also to enable me to ensure continuity to the exercises.

I explored new forms of exercises like yoga, acupressure, mediation, zen, reiki, aerobics and adopted it to my routine as was convenient. Soon I graduated from the college with good grades and I will say my making the choice of joining a gym paved the way for success in my life. Not only that it helped me become a happy individual and the mere thought of exercises brings a smile into my lips and the joy that I get is profound. Exercising actually tones up the body systems so that it works wonders to our mind and keeps us in a positive frame of

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Uplifting Stories

mind. Another important aspect of exercise is breathing. It improves our breathing to provide oxygen to all parts of our body which is requisite for the all-round development of our body and mind. It is a natural oxidant to the blood vessels and the pumping of air that happens in an exercise routine releases chemicals called endorphins which are vital to the endocrine system.

What this great choice I made happened to be a turning point in my life. In today's sedentary world exercising is a must to live life happily and to the full extent. Unlike in the days of yore we have well equipped gyms in the nook and corner of city and we have instructors, dieticians, yoga teachers who help us in every way. I am sure even the kings of yester years did not get this luxury brought to us by growth of civilization and technology. So we better use it and be happy. I don't regret the hours spent by me on the gym. In fact, I consider this to be a boon and I will inspire any one coming to me to join a gym.

Ajit Ramakrishnan
ME20MTECH14008

Choice That Made Me Happy

Not Losing Hope

To be frank, the first few months of lockdown were completely wasted for me in terms of academics. My daily routine transformed from working on project or reading research publications in addition to attending classes during academic hours while on campus to binge watching a multitude of TV series and car reviews. I stopped attending online classes or even if I joined, many times I would mute the tab and continue watching TV series or a random car video. I don't know why but I just didn't get the interest to study at home.

However, I just had one hope, that I can stop wasting time or at least be compelled to work when I join the office for my internship at KPIT Technologies. KPIT is one of the pioneers in the automotive software industry in India and also supplies Autonomous Driving software to big players like BMW. I was very much interested and eagerly waiting to start working because I loved cars right from my childhood. As a matter of fact, I can identify and recognize almost all cars on Indian roads from over 50 meters away in any direction. That is the amount of love and attention to detail I give to cars and the same was the driving force for me to get working on the internship project as soon as possible.

Unfortunately, due to the rapid rise in the number of COVID-19 cases, the internship was shifted to virtual mode. Apart from my expectation of being productive while working as an intern at the office getting ruined, the original project of Diagnostics of Digital Twin of a car was simplified to that of a random object at home and it completely disappointing. This was done because the company didn't want to share its data with interns to avoid IP rights issues as we would be working on our personal devices. What was even more discouraging was that the company refused to pay the stipend while some companies were giving work from home bonuses and even laptops. Owing to all these, I was very much discouraged though I became a bit productive than earlier months. So, I decided that I should work hard and prepare well so that I can get placed in a good MNC unlike the current company. And I prepared a strict daily routine for myself for Placement preparations and was waiting for the completion of internship to implement the routine.

After the completion of Internship, I decided to take a week rest before starting preparations and resumed watching TV series etc. By the time I realized, that one week became one

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time I realized, that one week became one month, i.e. I wasted one more month! By then, I had practically just one month left before Placement exams start, yet a lot of things to be learnt and ocean of problems left to solve. Also, due to COVID-19 crisis the number of companies registering was very less compared to that of previous year. Thus my discouragement increased even more. However, I had this hope that if I get to the interview, I can get through it successfully.

Placement exams commenced, companies kept registering for the hiring process but, as I am from Civil engineering, I was not eligible for many companies. Thankfully, my Minor in Electrical engineering gave me eligibility to some more companies. However, the total companies I was eligible for was around half of that of my CS friends. Also, during lockdown many have changed their career options and have chosen IT industry. This created situation where number of candidates were significantly high and vacancies were low. And, shortlists of the companies contained at least 25% of the candidates who were shortlisted for more than 10 other companies. As mentioned earlier I was hopeful of doing great in the interview, but I was not getting shortlisted for much interviews. There are many factors unknown to us in the way companies prepare shortlists, sometimes I didn't find my name though I got better score than many in the shortlist.

Whatever may be the reason, the fact was I wasn't shortlisted and I cannot change it now and it was bitter to accept that. As interviews were approaching, I started focusing on companies I had in hand and I was very interested and hopeful of one such company, Jaguar Land Rover (JLR).

As described earlier, I love cars and JLR was special because I admired both Ratan Tata and their design language. Another important reason which pushed me to work at JLR was my senior Piyush Udhan, he is my ideal at IITH. We shared an interesting bond in Sunshine, I worked as a mentor under him later he worked as a mentor under me. Hence, he would be the best boss or senior I could have at the beginning of my career. With JLR I saw the opportunity of making my passion for cars as my profession.

However, on the day of the interview companies played smart. As the interviews were being conducted online, they were hiring at multiple institutes parallelly and didn't have any minimum number of recruits from each institute, they wrapped up as soon as their vacancies on whole were filled. Some companies walked away without recruiting even one candidate after conducting multiple rounds of interviews. It was just as simple as disconnecting from the meeting for them. Sadly, even JLR played similarly and I along with ~10 others didn't get a chance for the interview even after waiting till late in the night. That was devastating for me, all my hopes with JLR have been shattered. I was losing hope on placements and looking for other better options, which I had none! The next big company which I had was HSBC Technologies and with the encouragement from my Parents and Sister, I geared up for

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the Interview which was on the next day casting all my burden upon GOD and having faith in Him. The shortlisted candidates were divided into batches and I was in the last batch. The company has informed the coordinator that they would be hiring around 2 candidates, but by the time I went for the interview, already 3 were selected and I started losing hope again. However, I did the interview good enough though I gave 1 wrong answer. After few minutes of tension, I got the call for HR interview, which went smooth. And after few minutes of tension and anxiety I got the information that I was Selected! I got placed on Day 1 and what was even more surprising was that I was the first person from entire Civil engineering department to get placed. Civil engineering department to get placed. It was possible only by GOD's Grace and the support of my Parents and Sister. The choice of not losing hope ultimately made me happy. Also, throughout the Placement season, though I have seen some candidates getting way more than what they deserve, I have never seen anyone not getting at least what they deserve. Hence, keep working hard, believe in yourself and importantly DO NOT LOSE HOPE.

Joel Prakash K
CE17BTECH11023

Perspectives on Happiness

“The Happiness” Update

How does a happy morning look like? As rays of sunlight playfully nudged the world to come alive, a fresh fragrance of wild flower radiant with the kisses of bees and the mysterious humming of the birds unfurled the dawn, inviting the humans to pen a fresh chapter. Stop. How does a happy morning look like in the modern world? Few hundred likes overnight. Tens of appreciating comments. A voice note from a beloved. And an uploaded episode of your favourite series. On a not-so weird town called Chaser, a millennial guy called Rum-e woke up to a happy morning.

His brand-new video song on “How to be a happy otter (HTBAHO)” just crossed a million views. His favorite cricket player had re-tweeted his song. Few thousands of comments read “Day made” with a happy emoji. Websites injecting daily doses of happy quotes to its subscribers happily prescribed heavy doses of “HTBAHO”. Self-proclaimed empaths and therapists on internet rode on the success of the song by using “HTBAHO” as their BGM and posing with an I’m-a-wholesale-happiness-seller smile. In fact, one spiritual leader had made an acapella of it with close-up shots to his beard-masked face. Rum-e did a happy otter face as he got out of his bed and sung. “How to be a happy otter, shut the world & take some water”

Volume of happiness soon turned low as he carefully analysed his happy situation at hand. Next to the million views, was a thousand dislike. A comment that read “Boring”.

Threads of meme trolls. Hurls of abuses. Rum-e’s world was filled with sadness from all quarters. He raged to explain the beauty of his lyrics & the rhythm of his music to those mindless commenters. He wanted to report every single page that trolled him. Such an injustice had occurred to the Rumi of modern times.

It deeply hurt him-The rejection-Of his creation, Of HIM. The very world which Rum-e wanted to "shut" was taking its place within him. Dejected, he turned to his secret guru and typed "how to handle trolls on social media (HTHTOSM)" He was delighted to find out that he was not the only one having issues within "HTHTOSM" as it was a suggested search topic. Among the links that popped up, one blog by a fellow zootuber called Zoomaniac caught his attention. Zoomaniac had a few million views and had been on trend for many years now and it only seemed appropriate to read his journey on handling rejections. Zoo had made it simpler with four hashtags. #IdentifyingTroll- Deciding on whether a particular text amounts to a troll. Rum-e was surprised to see that most of the trolls were simply empty words with no constructive feedback. People were using social media just to vent out their frustrations and the amount of hatred spewed need not take away his joy of creation. #IgnoringTrolls- Most of the trolls pierced him like an arrow mainly because he had taken them too personally. A key to ignoring trolls is to see the comments objectively and put them in a chest of “I don’t need you” and throwing the chest into a far off

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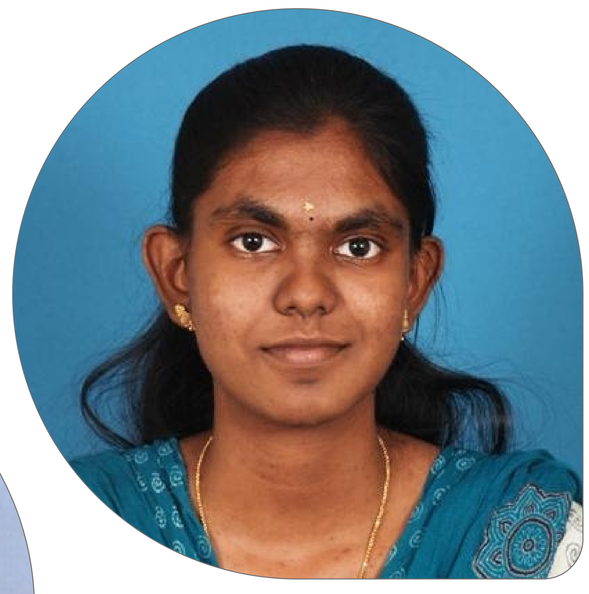
ocean. #PickingTheRightCriticism Finding the constructive criticism among the mess and getting reasons to improve and grow. Rum-e was now keen to look at this and he started to filter the ones which were written by the audience in order to genuinely improve the content. #SayBackWithHumorThe final pointer was to diffuse the comments with humor but with caution. The reply should address the concern raised and at the same time should be witty.

Rum-e wanted to take this seriously and hence he started to filter out comments in the way Zoo suggested. To one comment where the viewer wrote, "you can try some different profession dude." Rum-e now knew that this one has to be ignored. To another comment, "I dislike the way you dress up." Rum-e understood that there is no constructive feedback about the music here and locked it in his IDNY chest. Another viewer wrote, "I used to think that being happy always is not practically possible as humans. Sometimes we experience sadness, pain, excitement, anger, lust etc. But after listening to your song, it feels like happiness is a state and not an emotion. Even in deepest of pitfalls, we can find a reason to be happy. It's more like a choice." Rum-e smiled slightly reading this praise but he also understood the subtle hint to include real human emotions as well in his future compositions. Another viewer wrote, "your instruments sound like a dog being chased by other dogs who mistakenly entered into their territory." Rum-e replied to this by saying, "Thanks for the feedback. Next time I will make the music richer by including sounds of birds, cattle and from the wild." After going through the comments, Rum-e returned to the tab where Zoomaniac's blog was opened. Just before closing it, he saw that there was an edit in the blog just 15 minutes ago. Zoo had added another hashtag to the article #HTHTOSM. "Sometimes we overthink and unnecessarily burden our minds with unworthy thoughts. This understanding is beautifully captured in the song HTBAHO. Check this out and enjoy the music, understand the lyrics. I am listening it on loop. Hope you will like it too- "How to be a happy otter, shut the world and take some (cold) water".

Sometimes the very thing we chase and search comes from within us provided we remove the hindrance that prevents us from experiencing it. Rum-e's system now got a new update-The Happiness update.



Vidhya Bharathi
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Akarsh Bajpai
BO18RESCH01001

Ups and Downs In Ph.D.

When I was in school, I used to think that the next step will be college after that job with a lavish life. How cool and the simple idea was that! But as I was taking one by one steps of my plans, I felt it was more like a mirage. After school, I decided to be a doctor. I appeared in medical entrance examinations. Some I failed, some I missed narrowly. After few months, I realized that the medical profession was not my cup of tea. I gave up on my dream of becoming a doctor. I moved on to do under graduation (UG) and then postgraduation (PG). Until the last semester of my PG, I had no plan for further studies. But suddenly, I decided to do a Ph.D. So, after my PG was completed, I prepared for the joint CSIR-UGC NET exam. This time luck was in my favor. I cleared the exam and got admission, too, as per my plan. I felt as if I had a magic wand with me, which granted me my wishes with a swing in the air.

However, I didn't know that my magic wand will stop working after that. I was happy initially in the college for getting my wishes fulfilled so easily. But Ph.D. is not a straight path. There are many ups and downs. I endeavored walking that path. Sometimes I fell myself, and sometimes I felt that something or someone was pushing me to fall. But I was not ready to give up. I didn't want anybody to win from me. After all, being a doctor was my dream, though it is not the same as what I wanted to be during my school days; in the end, it was going to add Dr. to my name. But my fear and frustration were slowly overpowering my determination, plus the unknown negative power was in full mood to throw me off the path.

After two and half years, the situation turned against me so badly that I could be quitting the Ph.D. anytime. But I decided to resolve the problem. I tried improving all the areas of my work, thinking it will save me. It helped me to some extent but not permanently. I thought I am back on track, but after six months, I was off track again. Now there was no chance of going back to the same path. So, I thought, "It doesn't matter if I can't walk on the same track and reach my destination. I have spent almost three years reaching my goal; I will make another path to get there."

Though I was determined to save myself, I often felt weak. Sometimes I feared losing. Often, I felt like a victim, but the more I victimized myself more I realized it was futile to do so. It is good to have someone by your side, but I had no one to fight for me. I had not talked about my situation to my family also. I didn't want to sound like a failure to them. So, I knew I must save myself, and I had to be my savior. Therefore, I went looking for a way to design that path. It didn't take long to do so. I saw a helping hand ready to show me how to carve that path. I was soon walking on that new path with a new mentor in whom I saw not only a torchbearer but also a friend. I

continued...

learned a lot of things under his guidance. And I can say that that was the best thing that had happened to me. I felt so much happiness and confidence under his guidance. Now when I look back at those dark times of my Ph.D. I don't feel sad. Instead, I feel happy because that made me aware of my strength. I never thought that I will face this situation in my life, but it happened. But I am glad that instead of shattering away, I came out of that situation with flying colors. In the end, I will say never think that life is a pre-planned journey. Many times, unknown or unwilling turns come up which we don't know how to tackle. But if you look deep down your heart you will realize that you have immense strength to overcome the problems in your life. Never victimize yourself, follow your dreams and desire. Sometimes you will need to change the path to reach your destiny. All you have to do is find the answer to the "how" question.

Neema Kumari
BO15RESCH11004

The Happiness Formula

Happiness is a term associated with the mental state involving positive emotions such as satisfaction, fulfilment, peace and delight, to name a few.

Humankind is always in pursuit of happiness since time immemorial. From the stone age, when happiness equated to plentiful meat and fruits to eat, to the present age where activities ranging from more likes in social media to creating a successful product are related to joy, our quest for happiness is never-ending.

Many researcher have developed mathematical model for the state of happiness of the subject considered. A few of them are briefly discussed in this article.

Wilhelm Ostwald, one of the pioneers in physical chemistry, proposed a formula for happiness in the early 1900s. He believed that 'every conscious experience is proportional to total energy flow'. According to him, if the experience is in agreement with the will, it gives a pleasurable feeling; the energy associated with this feeling is denoted as A. Similarly, the energy proportional to the experience not in harmony with the will is denoted by W. The happiness formula is thus given by G=k(A+W)(A-W), where k is the conversion factor. The experience is said to yield a state of happiness if the above expression yields a positive result (i.e.) A>W. The total energy participation (A+W) is included in the above expression to include the effect of the state of health of the individual. For example, young people have a high value of (A+W). As a result, the intensity of happiness or unhappiness is very high for this category of people, whereas it is low for older adults.

In the present century, British researchers Rothwell and Cohen published a simple equation for happiness . They concluded that happiness is primarily proportional to the personal characteristics (P) of the individual, such as resilience, adaptability and the outlook for life and the existence (E) of friendships, health and financial stability and higher-order characteristics (H) like ambitions, self-esteem and expectations. Thus, happiness was formulated as

$$G=P+5E+3H$$

A dynamic model for happiness was proposed by J.C. Sprott, a professor at the University of Wisconsin. The proposed linear model for happiness is read as:

$$\frac{d^2R}{dt^2} + \beta\frac{dR}{dt} + R = F(t)$$

Where happiness (G) is given by G=dR/dt. Furthermore, is the rate of decay. Here F(t) represents a time (t) dependent function which includes the effect of the external events on happiness. For an event like winning a lottery, an initial state of happiness that quickly

continued...

declines, followed by slight unhappiness and attainment of equilibrium, is predicted by the above model for a critically damped condition. This model was also modified to incorporate non-linear effects, and so on.

Thus, researchers have actively carried out extensive work to model happiness and understanding the mechanism and the factors influencing happiness.

As a concluding remark, a few ideas are given below that can be incorporated by us to create our own 'formula' for happiness. These include adopting a positive mindset, setting realistic goals, gratitude, savouring life, adopting a healthy lifestyle, making the right choices, etc. and more importantly, accepting joy and sorrow as inseparable seasons of our life. As Kahlil Gibran wrote in his book 'The Prophet', "When you are joyous, look deep in your heart, and you shall find it is only that which has given you sorrow is giving you joy."

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Note:

This article is more like a review of some of the happiness models/equations published previously in news/ literature.

Aswin R
ME19MTECH01002

Moon among the Stars

“C’mon stop being a stud. Learn to enjoy life.”
I have heard this so many times which actually made me think what does “Enjoy mean” ?

Does only partying, chilling, bunking classes, “cool” attitude account to happiness?

I get happy even if I study. I like going to classes. I like doing assignments all by myself. I like the sense of achievement I get for the input I gave. I like being proactive. I like to take courageous decisions.

I felt happy when I did not let the societal expectation of a “chill cool attitude” did not change me.

I am still proud for what all I did and experienced at college irrespective of the comments like,She just does all those for popularity.
Why can't you just go with the convention and try to change things?
What does she get if she doesn’t copy assignments? Is she a fool?
She is always with classes and books, she can’t enjoy.

There might not always be coherence between inner feeling and societal expectation.
But, going with the heart gives us immense satisfaction than portraying fake happiness.
The majority culture kills the individual traits, ideas of yours which are beautiful.
Take courage in portraying who YOU are.

We all are unique. India is known for its mosaic diversity, we must appreciate and propagate it. Don’t let anyone saying that you are different effect you. Moon is always wonderful among the stars.

Samhitha Reddy
EE12B1029 - ALUMNI

Happiness: A Logical View

When we hear the word "happiness", the normal logical questions that come to our perspective are: what is happiness? Why do we need to be happy? How can we be happy?

But the answers to these questions have many aspects. It can also be viewed as the world in its history and into the future trying to find "happiness". Let's go in an arranged way to look into the questions.

Firstly, what is happiness?
It is a state of mind (software brain) that we feel that everything is pleasant, when things are happening according to our inner model of the world. Inner model this is an important concept that every person has their own unique model of the universe (basically it's hard to define a stationary point of happiness since everything is someone's inner model) stored in their mind. The inner model is developed from the inputs we have been acquiring since our childhood. Also the inner model is dynamically changing with inputs and the tools inside our mind like intellect, memory, imagination, perception developed from the state of responses to our inputs. Additionally, various religious and spiritual aspects in our lives also try to create copies of that sacred inner model that "Gods" had, the so-called guide to the path to happiness, to the present human beings.

The inner model is so simple in our childhood, like we love our parents, we become happy when we are subjected to sweet gestures, engage in simple fights of OUR choice, we play simple games..... even a small toffee would make us happy. Then the definition of happiness was very simple and straightforward.

As we grow up, this inner model starts to get complicated. It is like programming a complex algorithm, hence becoming very hard to debug the programme - to find where the error is in the code. Because as we grow up, certain changes keep happening, we are mostly carried away by thoughts, the forbidden apple. Till now to be happy there is minimal or no effort needed. Now things are becoming very easy that we can feel pleasure just through some thoughts, that is very cost effective and effortless, so most of us believed in that and buried that pattern of thought deep into our inner model. And as the consequence, which is inevitable, as time passes the code shows error and puts the majority of the inner model construction at risk. For some, the shattering of the inner model is unbearable that it creates trauma and adverse effect to the health itself. Now this is sadness.

Happiness is opposite of that. We have to understand the difficulty of creating an inner model that precisely imitates the happiness model of the universe. And from the mythology, only Gods seem to attain those positions. The

continued...

model is well described in many philosophy, it is a matter of fact that humans can attain true happiness only in that state, and I feel that unfortunately it is not going to happen in near or far future. There is a need for some great personalities to guide us to attain that state, and I hope that it will happen in the future.

Pertaining to limited scale, let us think about how we can create happiness in our great institute IIT Hyderabad. The students here are intellectual and passionate, so full of sunshine, beaming with great ambitions. The purpose of our pursuit in IIT Hyderabad is to attain a great job or to pursue research. But to make our institute a happier place, we need to satisfy people's expectations. Well that is not possible, given the vast variance in human beings' perception. We cannot lead our life by satisfying everyone's expectations as they are mutually exclusive.

By considering our institute, we can be happy being part of interesting lectures, adequate resources for learning, a calm place to build the knowledge, engaging with interactions with people who enhance our perception, good internet connectivity and above all, to be happy and stress-free, we need people who are willing to help us in any situations of trouble. So, the way to happiness here is to limit the expectation to the above points. The essence of our role can
be perceived as a soldier in a war field where we have to work in a hard and smarter way, without attaching ourselves strictly to the results. So do the best without expecting any reward. What we sow, we reap. God will give the reward we deserve. And in this process, we might as well be happy and radiate happiness - a state of pleasantness in and out.

Article edit credits:
Mounica JBVN.

Abin S
BM20MTECH11005

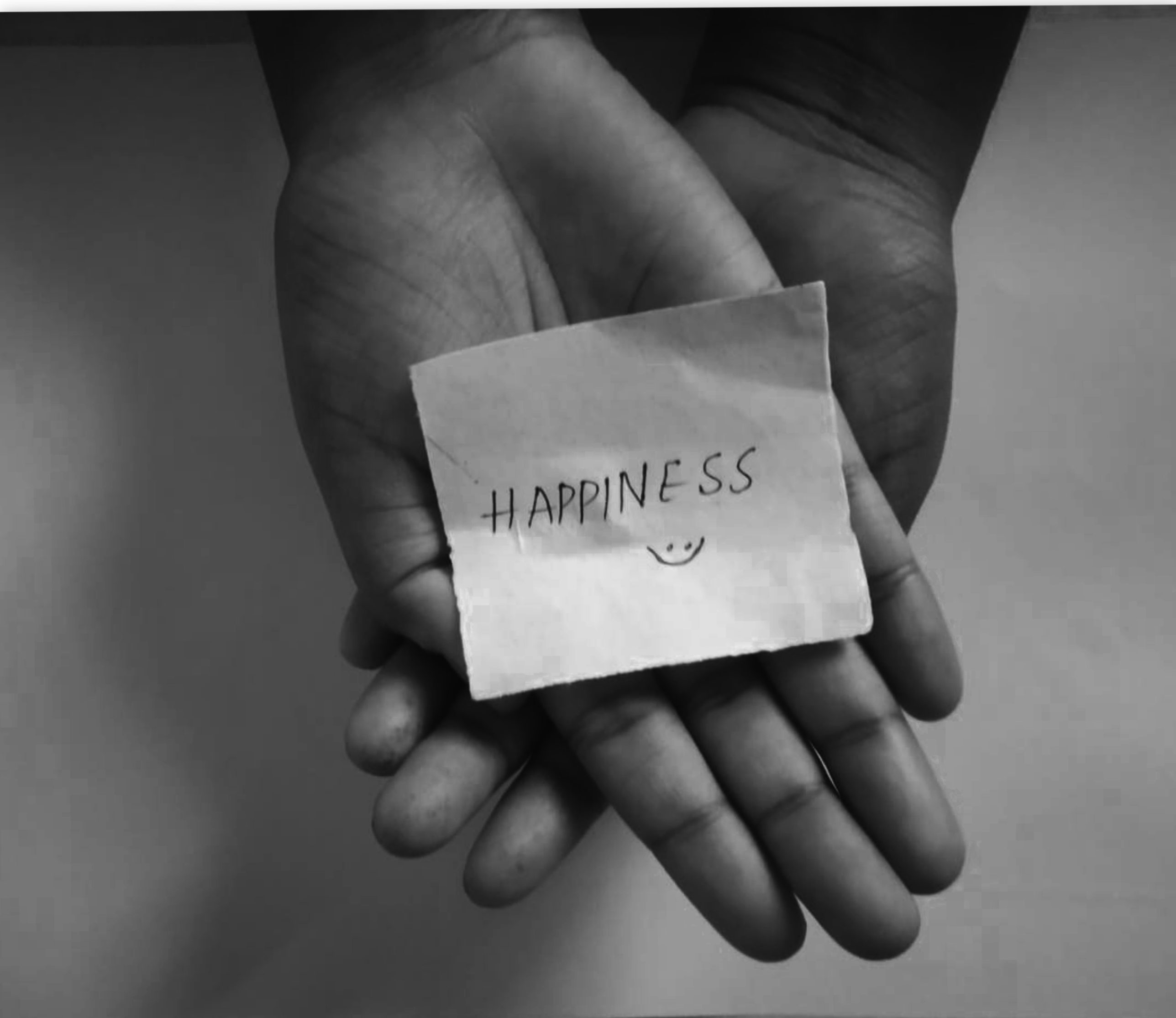
A Musing on Happiness

When we started to write about happiness, it began with an ironic question “Are we happy enough to write about happiness?!” Well, the answer is what we are still searching for. Sometimes it is a satisfying hot tea in the rain or a yummy ice-cream on a sunny day. Sometimes it is the crimson hues of sunset or the sunrise during a brisk morning walk. Sometimes it is standing on the shore and staring into the horizon. Sometimes it is getting your hands dirty in the garden and watching your plants grow. Sometimes it is your friend waking you up in the morning for class. Sometimes it is sleeping until noon on a lazy Sunday. Sometimes it is coming home to your pet. Sometimes it is listening to your favorite song. Sometimes it is a deep nap after a long, tired day. Sometimes it is the silence of the night with the solitary moon and the constellations. Sometimes it is amma’s dosai and sambar. Sometimes it is Sunday night mess chicken biryani. Sometimes, just sometimes, you find happiness even in the little things you do and that is when you feel life worth living.

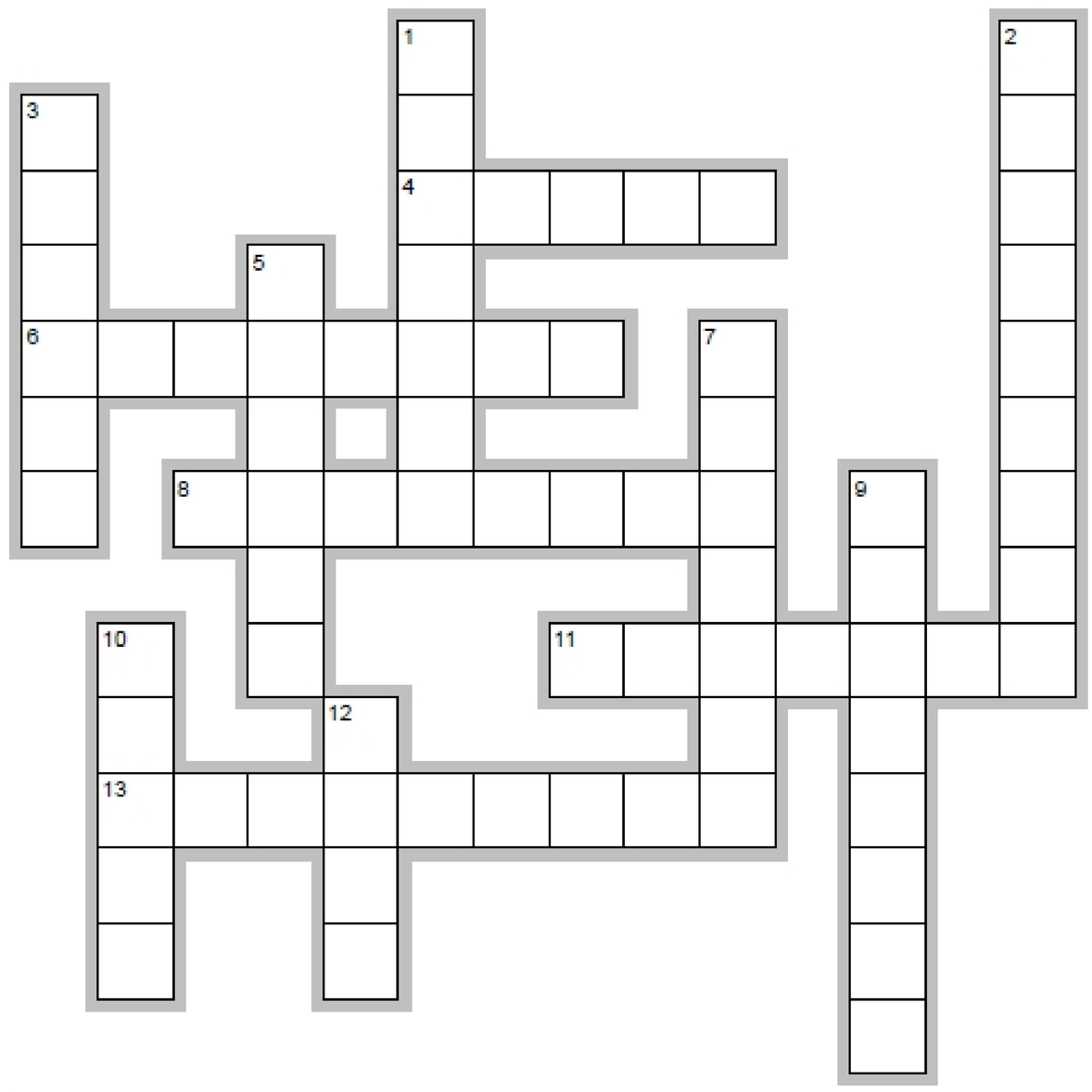
So, I guess we could say that happiness
is not this or that.
It is in EVERYTHING!!

Andrea Kagoo
Bhuvana K
BO19MTECH11005
BO19MTECH11007

Creative Art Based **on** Happiness



Happiness Sources and Signs



Across

4. Melodic Sound
6. Students feel overjoyed when exams are over and this begins
8. Often termed as the best medicine. A reaction to something funny
11. A group whose company one usually enjoys most; A famous US sitcom
13. A child's ----- can bring smiles on anyone's face

Down

1. Sara is very happy today. She has been --------- her favourite song since morning.
2. A --------- meal followed by sound sleep. What do I need more to make my day
3. I am not sit at home type. I like to ------- to different places every year.
5. You often wait for this at the beginning of month, and often elated if its your first.
7. An act of doing good for others, particularly those who are in need.
9. A team at IIT Hyderabad dedicated to make student life comfortable and fun-filled.
10. A classic sign of cheerfulness
12. One of the best companions on any trip

Answers

1.HUMMING 5.SALARY 8.LAUGHTER 11.FRIENDS
2.DELICIOUS 6.VACATION 9.SUNSHINE 12.BOOK
3.TRAVEL 7.SERVICE 10.SMILE 13.INNOCENCE
4.MUSIC

Dr. Mayur Vaidya,
Assistant Professor,
MSME.

Happiness
lies
in
walking
the
success
path
chosen
by
you

-Neema Kumari

BO15RESCH11004

Original Quotes

Happiness does not rely on the destination, but on the path taken to reach it.

Shwetha S
BO20MTECH11001

Where Does Happiness Lie?

Where does happiness lie?
Does it lie in the paper in your wallet?
Does it lie in the achievements and power?
Or does it lie in those fleeting pleasure?
Are these your only treasure?

Happiness is simpler than we expect.

Happiness is seeing a familiar face after years,
Happiness is hearing your dearest voices.
Happiness is feeling grateful for every little blessing,
Happiness is taking a mindful nature walk, admiring.

Happiness is knowing that you can nap a bit longer,
Happiness is knowing that you can make someone happier.
Happiness is knowing that you are living without any regret,
Happiness is knowing that you are not perfect, yet you accept.

Happiness is being content with yourself.

Shwetha S
BO20MTECH11001

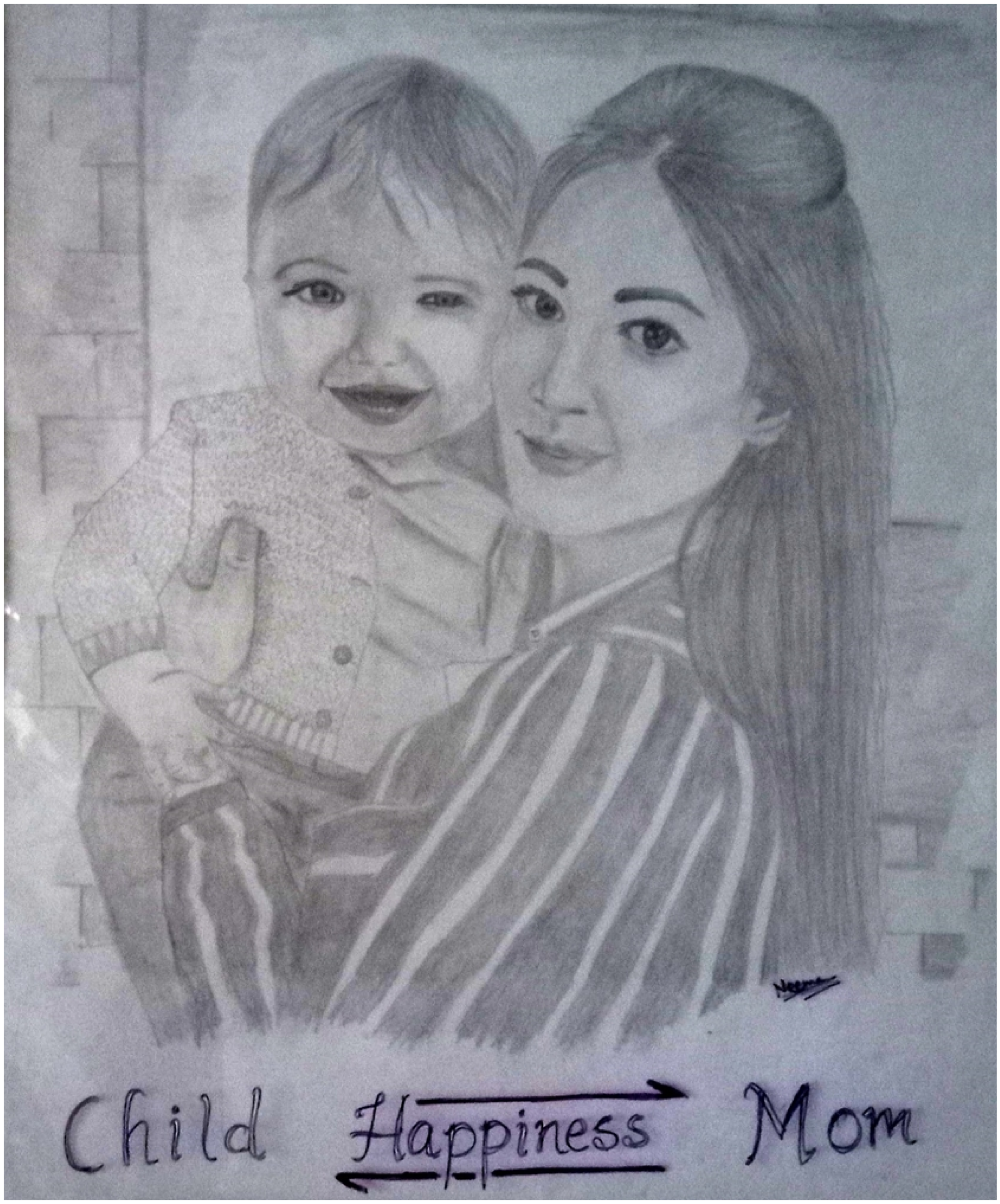
Happiness

"Happiness comes in waves, it will find you again", may be this is my wave..!

This picture was taken as a part of our field visit to Chambdabad Jharkhand. After a long period, monotonous lock down which had drained me, I finally had stepped out of the home. We were busy on the field with our work but, the curiosity and excitement of these kids was being so contagious. All left aside, next few minutes we were completely lost in tapping the kids within us.
And every time I look at this photo the wave slowly hits me again, bringing a large smile on my lips😊.

Prathyusha Potharaju
BO18MTECH11006 - ALUMNI
Front cover page photo credits

Photos on Happiness



Neema Kumari
BO15RESCH11004

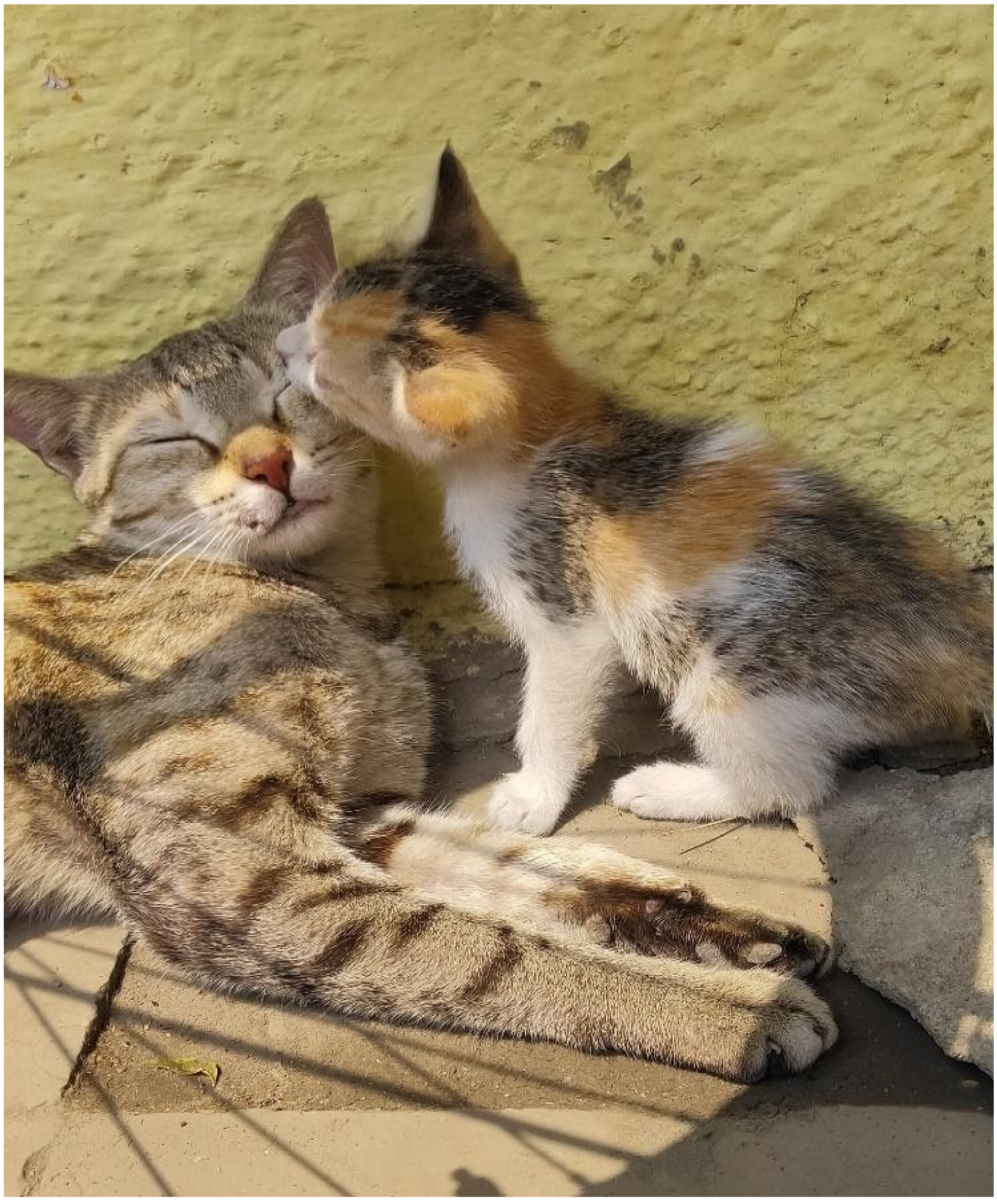
Photos on Happiness

My Story With Photographs

If you roam around new places and meet new people, your mind will be fresh. After sightseeing, you can do any work very well, but in this COVID-19 Pandemic, we did not have any way to roam around and meet people. Nonetheless, our academic schedule was extremely hectic. Every day we were in a rush to do assignments, preparing for quizzes/exams. Therefore, we were heavily pressurized. So, I chose another way to be happy every day. I used to walk on the terrace every evening and just fell in the love with the sunset. Every day I had a different view pleasuring my eyes of the same sun with a different aura. Sometimes clouds try to hide the sun behind them, but the sun knew that he was my day-to-day dose for freshening up. So, he kept trying to come back if hidden by clouds and gave me a fresh mind every time.

Ajana Dhaval
PH20MSCST11023

Back cover page photo credits



Ineffable love of a mother and child..

Ashwini Umale
BO19MTECH11008

Photos on Happiness

Happiness is to 'CLICK' the wonderful creations of GOD

This Grey Hornbill was captured during the lockdown in the backyard of my home at Coorg, Karnataka.

I am sure everyone will agree to the fact that the lockdown made us realize the beauty of nature, the wildlife at its best. The happiness of the wildlife enjoying the fresh air took us back to the lifestyle years back.

I wish a lockdown rule for a week or so in a year will help these nature's beauties to fly happily and spread happiness as well 😊

Yashashwini S D
BO18RESCH11004

Books In My Happy Place

"That's the thing about books. They let you travel without moving your feet."
– Jhumpa Lahiri.

Books have the power to transport you into a world of surreal imagination, they are pure magic.
They can even turn giant tigers into best friends.

Here is me with my books in my happy place!

Dinesh Prabhakaran
CC19MTECH11005

Photos on Happiness

The true source of happiness lies in the beauty of nature. One who learns to live by the laws of nature will enjoy eternal happiness.

Sonali Sunil Dulange
EE20MTECH14001

Photos on Happiness

Designers are the creators; they give life to something from within themselves. There is always a rewarding feeling in finding solutions to problems. Engaging in such endeavours, one finds their thoughts in a state of complete freedom, away from anxiety and stress. One experiences a rush of happiness because the process is just as fulfiling as the final creation. The hands represent a designer finding content and happiness in the creation and emergence of their work into the world.

Vijay Gasti
MD20MDES14010

Photos on Happiness

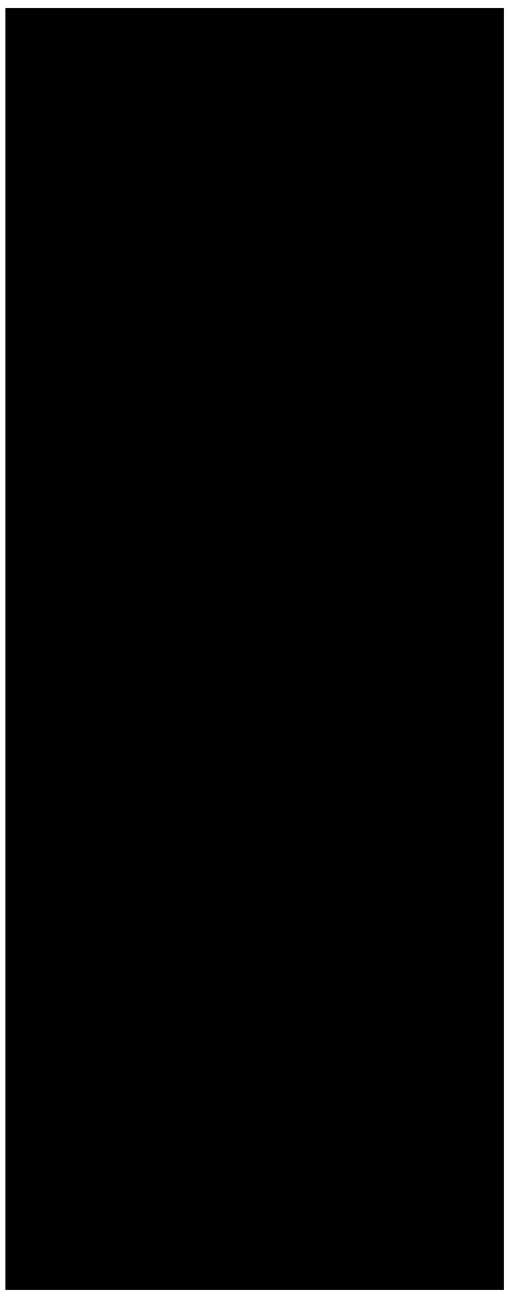
Ecstasy: A flamenco dancer performing at a tableau in Granada, in the Andalusia region of Spain.

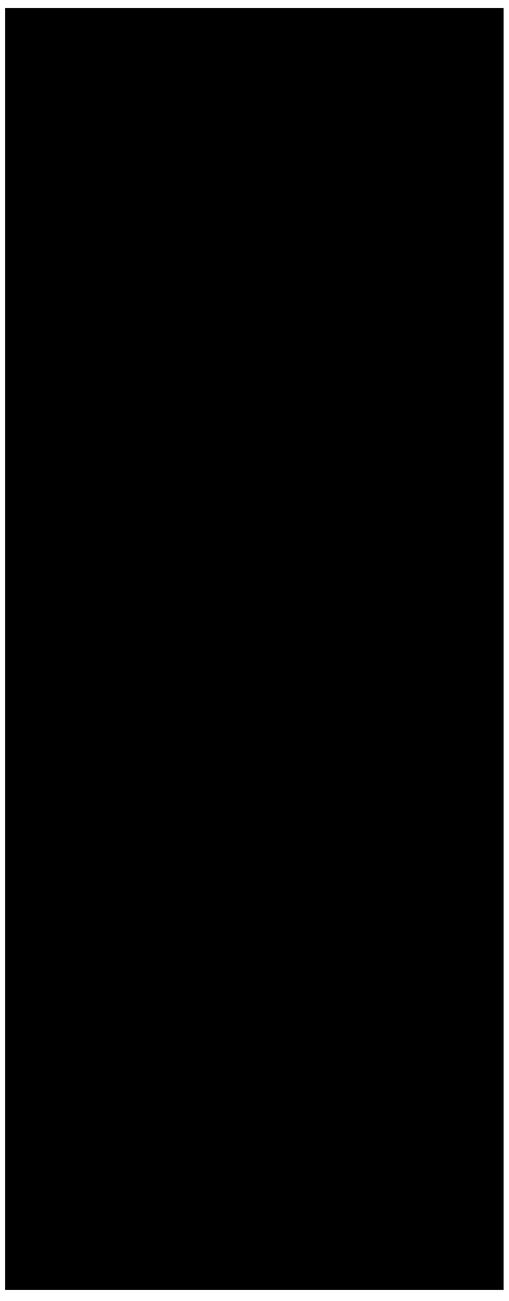
Dr. Ranabir Dey
Assistant Professor
Dept. MAE

Summer Happiness: A kid enjoying a summer day at a public fountain in Nice, France.

Dr. Ranabir Dey
Assistant Professor
Dept. MAE

Videos on Happiness





Video link:
www.drive.google.com/file/d/1HExXn_U5xcDrOzSse8Aqyhl9J2X7tFXr/view?usp=drivesdk

Swati Mohanty
EE20RESCH11007

Videos on Happiness

Video link:
https://drive.google.com/file/d/1IKrIPOVf0AmSBxPYSFOrC75LH9R41UAi/view?usp=drivesdk

yashashwini S D
BO18RESCH11004

Being Happy Again

Very often we come across people who find it difficult to move on and be happy for a very long time after a break up, or failure; be it academic, financial or personal. Moving on and being happy again is as difficult as climbing a mountain for them. But sometimes I wonder if people genuinely want to be sad. If you ask most people what they want in their life, other than success, wealth and probably other materialistic things, somewhere deep down, we all want to be at peace, peace with ourselves and in our lives. Somewhere we all want to be happy and if not completely happy then at least be satisfied and content in life.

Then the question arises if we want to be happy in life how come we find it difficult to experience joy and happiness after what breaks our heart? From what I have seen through my years of clinical practice so far, the reason people find it difficult to move on and find happiness again is because very often we have pinned all our hopes, all our dreams, and all of our happiness on one person, one goal, one aim in life. This is the reason sometimes we hear responses like "I will be happy only when ....happens" or "I will be happy only when ..... comes into my life". And when that leads to a disappointment we find it difficult to find our purpose in life again. Which reminds me of a famous idiom: Never put all your eggs in one basket.

So how does one find happiness and purpose in life again?
The answer lies in something that Martin Seligman, the pioneer of positive psychology mentioned about authentic happiness. If you read up and research on the same, you'll find that Martin Seligman talks about how people experience happiness by having 3 types of experiences in life:

1- The Pleasant Life:
People experience happiness and other positive emotions by savoring and cherishing experiences, things and people in their life

2- The Good Life:
When people derive happiness from knowing their strengths, their virtues and using them to improve their personal, professional and academic lives.

3- The Meaningful Life:
When people derive a deeper sense of life satisfaction and happiness by using their strengths for a greater cause; for the betterment of others.

To conclude I would like to say that life is full of uncertainties and sometimes getting back on our feet can be difficult, but if we are aware of our IKIGAI (Japanese it means our purpose of being) and we have emotionally invested in various sources of happiness, then it's just a matter of time and a little bit of effort before you can be happy again.

-Maria Morris
Senior Psychological Counsellor,
IIT- Hyderabad

Pursuit of Happiness

Have you ever thought of doing fast-forward in your life so you could see if the decisions you're making will lead to happiness in the future?

To answer this, I want to share a small story, a few months ago, a friend of mine had a sudden unexpected profit, eight months before that time, he had quit his job as a manager to go to work for two friends who were starting a small health care company. The company enjoyed success, and within eight months they got huge profits and his life become like a cakewalk. I met him in those times and asked how he was enjoying his free time. He said, "well, 'it's great being able to travel, spend and do the things that I have always wished to do. But, he added, "it's strange; after I got over all the excitement of making all that money, things started returning to normal. I mean things are totally different, I bought a new house and stuff, but overall I don't think I'm much happier than I was before.

"Just around the same time, I had another friend of the same age who was diagnosed with throat cancer. We spoke about how he was dealing with his cancer status. He said, "Of course, I was devastated initially, it took me so much time just to come to terms with the fact that I have cancer. But over the past 6months things have changed. I seem to get more out of me and did an introspection of myself, and on a moment-to-moment basis, I started feeling happier than I ever have. I just seem to appreciate and acknowledge everyday things more, and I am grateful that so far I haven't developed any severe cancer symptoms and I can enjoy the things I have. And even though I would rather not be having cancer, I have to admit that in some ways it has transformed my life.. in positive ways..."

'In what ways?' I asked. "You know that I have always tended to be more or less like a materialistic person but over the past year coming to terms with my mortality has opened up a whole new world. I have started exploring spirituality for the first time in my life, reading a lot of books on the subject and talking to people discovering so many things that I have never even thought about before. It makes me feel excited about just getting up in the morning, about seeing what the day will bring for me."

These two of my friends illustrate the important and essential point that happiness is determined more by one's state of mind than by external events. Leading happy life is not about avoiding difficult times or being positive all the time. A happy life is about being able to respond to adversity in a way that allows you to learn and grow from the experience. And experiencing adversity can make us more resilient and lead us to take important decisions in our lives, such as changing careers or overcoming hardships.

And in the world of scientific research, closest we can get to find a reason for happiness is by looking at the Harvard Study of Adult Development- a study that has tracked the lives of 724 people for 78 years, and one of the longest studies of adult life ever done, found out that close relationships are what keep people happy throughout their lives more than money or fame. Those connections protect people from life's exhaustion, delay physical and mental ailments, and are stronger predictors of long-lasting happy lives than social class, IQ, or even genes. At the end of the day, our happiness is a choice we have to make and is a journey we have to travel.

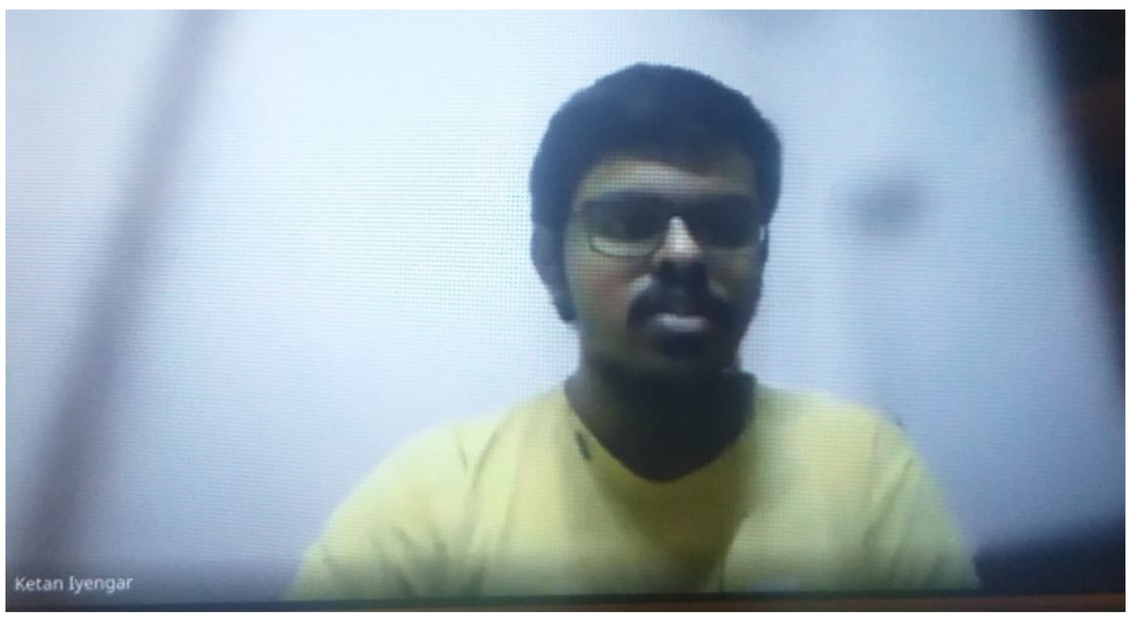
-Phani Bhushan
Psychological Counsellor
IIT- Hyderabad

Reports on Sunshine Activities

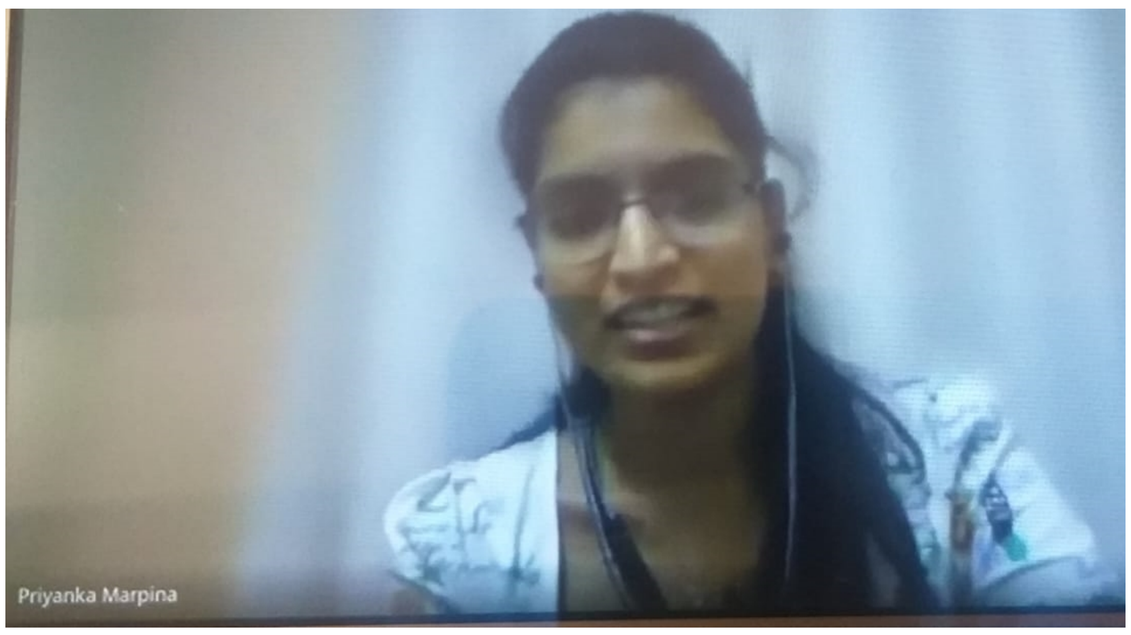
Placement Talk

Every year sunshine organizes a pre placement talk for final year students. For this, alumni are invited to share their placement experience and give advice to the students regarding exams and interviews.
Pre placement talk 2020 was organized in an online mode on 29th November from 6:00 PM to 7:00 PM with the presence of 3 alumni who were placed in some of the best companies.

Piyush Udhan: He was placed in Jaguar Land Rover, passed out from IITH in 2020 with B.Tech in Electrical Eng.



Ketan Iyengar: He was placed in Microsoft and passed out from IITH in 2020 with B.Tech in Engineering Physics.



Priyanka Marpina: She was placed in Microsoft, passed out from IITH in 2020 with B.Tech in Electrical Eng.

Scavenger Hunt

Sunshine conducted the Scavenger hunt event for the whole student body of IIITH. This event aimed at :

- A refreshing fun activity for any group of friends
- Making new friends , meeting new people/ creating more interaction for individuals who couldn't do the same due to the online mode.

It was conducted on the 9th January, 2021 using the platform of discord. It saw a participation of around 400 students. The students who didn't have enough members to form a team were paired with others in the same situation. The organising team mentors were assigned a few teams. They were responsible for keeping the score of the teams under them and giving directions/ instructions. The event started at 4 PM and ended around 7:30 PM.
The winners were announced to the students via an email and given prizes.

Winners:

1)Abhijeet
Vatsan
Sajal
Abhishek
Vishnu

2) Adyasa
Manya
Hiransh

The Sunshine team wishes the awardees hearty congratulations.

Mother Language Vlogathon

India is a diverse country with a very rich culture. Mother Language is an intrinsic part of our culture. There are a large number of languages spoken across the country. Hence it is our responsibility to preserve and promote our Mother Language. On the occasion of International Mother Language Day observed on 21st February every year, declared by the United Nations. We at Sunshine, would like to help you promote your Mother Languages. As a part of this initiative, Sunshine organized a Vlogathon competition-2021, where participants were asked to shoot a video of themselves speaking about IIT Hyderabad in their own mother language.
We have uploaded those videos in our Facebook page and Instagram page. Winners were decided based on the number of the likes and shares their videos received via Facebook & Instagram.

The results of this competition is as follows:
Winners:
Mrs. Malini .K.
Section Officer,
Office of Career Services

Consolation Prize:
Mr. Rajkumar . B.
Technical Superintendent,
Design Department

The Sunshine team wishes the awardees hearty congratulations.

Mr. Rajkumar . B.
Technical Superintendent,
Design Department.

Slow Cycle Race

The coronavirus pandemic has had and continues to impact the lives of people dramatically. In the midst of this difficult time, following all the COVID-19 rules and regulations, to uplift the spirits of students and all other IITH fraternities staying on campus, Sunshine had organized an event "Slow Cycle Race" on February 20-21, 2021. We received an overwhelming response for participation. The total registration count for the event was 160, including the on-spot entries. The competition was organized in five different categories: Students (Male, Female), Faculty/ Staff (Male, Female) and Faculty/ Staff dependents (kids).

Winners in each category were awarded with certificates and prizes.
The event would not have been successful without help from hostel office, Green Office, CSO and their staff, DR & AR admin, FIC hospital, FIC sports and Mr. Adarsh Bhat (Photography).

Winners:

Students (Male)
Sahil Rohila
Shaik Ghouse
Yogesh Swami

Students (Female)
Deeksha Waghela
Dhivya V
Soni D. Prajapati

Faculty/Staff (Male)
Saransh Khandelwal
Palle Mohan Kumar
Krushna Chandra Hembram

Faculty/Staff (Female)
Purva Kherkar
R.Meenakumari
R L Prasanna

Faculty/Staff dependents
Darren Immanuel
Ajay Prakash
Sathivika
E.Pranay

Special Prizes
Ajay Raj L
Ajiket Patil
Shashwat Kumar

The Sunshine team wishes the awardees hearty congratulations.

Happiness Day

The "International Day of Happiness" was celebrated by Sunshine – Counselling Cell on 20th March 2021. To celebrate this day and spread a little cheer, we distributed prizes and certificates to the winners of Slow Cycle Race and Mother Language Vlogathon competition.

Sunshine - VOCALS
(Volunteers On-Call for Active Listening Support)

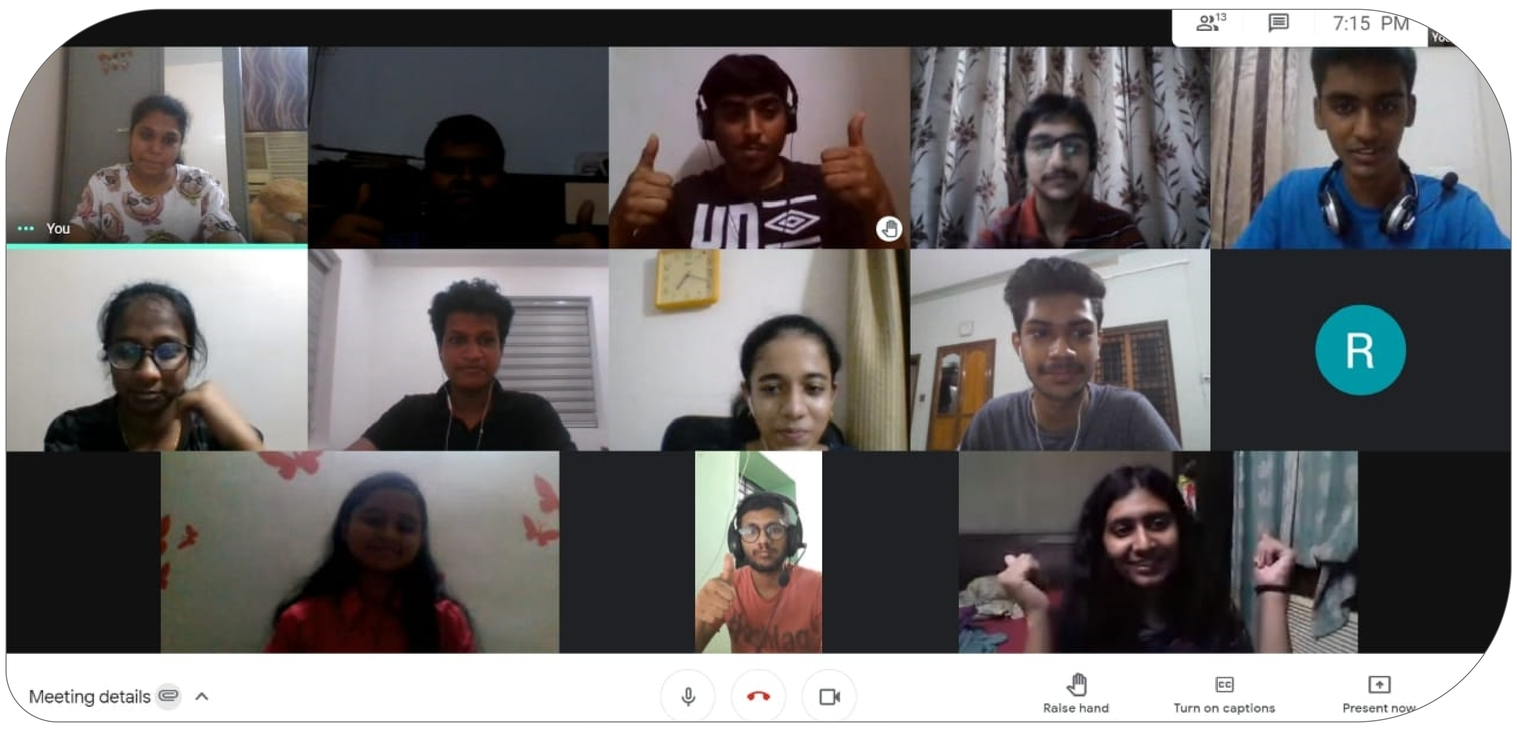
Ever since the lockdown was imposed and the ongoing pandemic forced us to be physically away from each other and campus life, Sunshine thought it might be a good idea to start a helpline to help students voice-out their challenges during this ongoing pandemic. Calling our Helpline will put our students in touch with one of our Sunshine volunteers, who will listen without judgment to a caller's concerns and keep it confidential. The volunteers are not professional counsellors, but students who have been thoroughly trained in active listening. Though we are student volunteers, students are welcome to call back in case they want additional listening support.

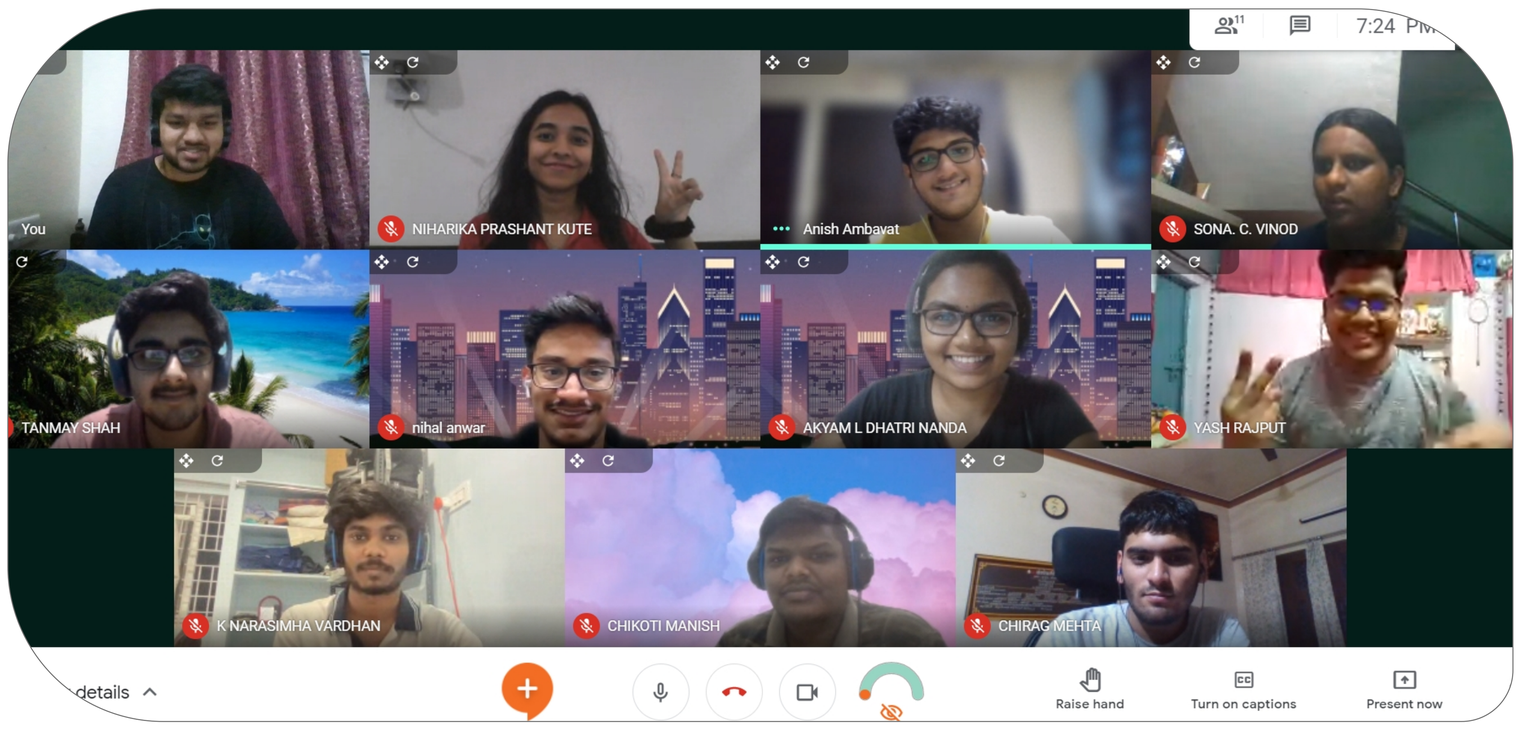
We are happy to provide referrals to counselors who are able to work with on-going challenges. A volunteer's compassion and empathy can provide emotional support during difficult times. Finding someone to listen over the phone is rare. The need for a live, human response has never been greater than it is today. Hence the idea of starting a helpline was launched on 1st March 2021 with 69 student volunteers who have been managing the helpline for an hour daily on all the working days.

Ice Breakers

Usually students get to interact with people from their own branches and sometimes miss out the opportunity to know people from different branches. Ice Breakers is an event organized by sunshine every year so that people from diverse backgrounds can interact with each other.

This year the event was organized in an online mode on 21st March from 5:00 PM to 6:30 PM where 17 groups were made with the strength of each group being 25 to 26 people. All the groups joined their respective google meets and played various games like 2 truths 1 lie, Questions only, Skribble/ Pictionary, No smiling, Scattergories, Weird makeover.





Feedback on Weekend Series

It's a good session ma'am and the word "self-talk" is new learning to me along with the views of different people.

-Vikram Cherala
EE18RESCH11003

Thanks a lot for the session ma'am. It will be very interacting if we were in the campus.

-G Pavan Kumar
BM20MTECH11001

It was an interesting topic and the session was informative. Thanks for the session.

-Gajanan Shetkar
CS17BTECH11016

It was really good and I learned a lot of new things. Thank you.

-Manmohan Mitruka
BM19MTECH11003

Good session and looking forward to more sessions of this kind.

-Amalapuram Suresh
CS19RESCH11001

Thank you very much for this session. It's an important topic and the discussion has been engaging.

-Sreya Majumdar
LA17RESCH11005

Great session sir. Would be glad if there is session on digital detoxification.

-Raghu Vamshi
ME20MTECH14015

Feedback From Freshers

It's a very excellent opportunity given for the students by this program. I had never experienced this kind of mentorship program before. And the mentors also gave a lot of caring. All the mentors are very free to talk to give a interaction with us. They are very friendly.

-Guguloth Abhishek
MS20BTECH11008

My mentors have been very good throughout the semester. They solved all my doubts about academic curriculum (Especially Ashutosh Chaurasia).

-Nagubandi Krishna Sai
MS20BTECH11014

Good. Mentors provided me with valuable insights on branch change. It would be better if more events are conducted on programming.

-Akhil Gattu
BM20BTECH11001

The mentorship program by Sunshine has helped a lot in this online semester. This program helped me to interact with new people and make new friends. My mentors also helped me whenever I approached them for help. Overall, I'm very much satisfied and happy with this program.

-Narasimha Vardhan
MA20BTECH11006

Mentorship program is very nice. We get nice opportunity to ask our doubts to our seniors. Thank you.

-Sarvesh Mokhare
CH20BTECH11023

Sunshine Team: Student Heads

Narasimha P
BO17RESCH01002
PG MENTORSHIP HEAD

Heera Lal
BM19MTECH11005
PG MENTORSHIP HEAD

Jujjuvarapu Sai Kishore
ME18RESCH11003
MANAGEMENT HEAD

Jayant Rangi
MA17BTECH11006
UG MENTORSHIP HEAD

Pavani Palvai
ME18BTECH11026
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MANAGEMENT HEAD

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EE18BTECH11006
STUDENT WELFARE SECRETARY

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