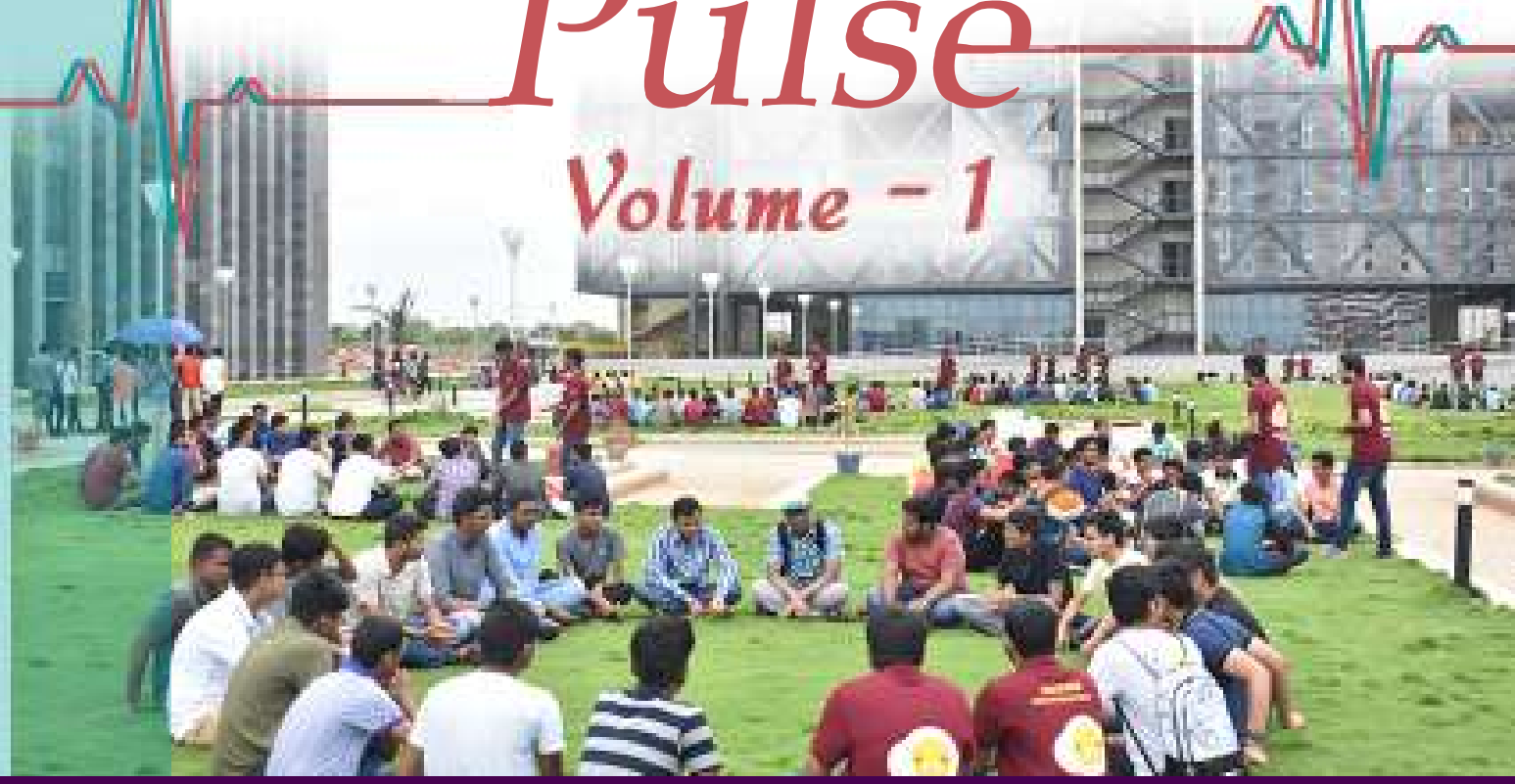
# Sunshine Pulse

Volume - 1



NEWSLETTER

A togetherness shower of light

ight of hope Listening you

We stand by you let's smile

Stay calm

# <<INDEX>>>>>


| | |
|---|---|
| 1. Message from Director | 1 - 2 |
| 2. Message From Dean Students. | 3- 5 |
| 3. Team behind newsletter | 6 -9 |
| 4. Acknowledgement | 10 |
| 5. Cover story Deeptesh's journey at IITH | 11 - 18 |
| 6. Crossword - IITH trivia | 19 - 20 |
| 7. Little things | 21 -28 |
| 8. Things to do around Hyderabad | 29 - 39 |
| 9. Art Section | 40 - 47 |
| 10. Memes | 48 |
| 11. Quotes and stories | 49 - 52 |
| 12. From the Counsellors | 53 - 66 |
| 13. Sunshine through 2019-2020 | 67 - 73 |
| 14. Sunshine Session Snaps & feedback | 74 - 76 |

# Message from Director

*Dear Friends,*

*It gives me an immense pleasure to launch the first edition of 'Sunshine Pulse' the Sunshine Newsletter.*
*The ancient Roman proverb "Having a healthy mind is just as important as a healthy body" has more significance in today's modern world, wherein everyone appears to be stressed for some reason or the other. In traditional Indian way of living, this is emphasized more through Yoga. Yogic practice is supposed to lead one to "Samadhi", which is nothing but a "balanced mind".*
*I am happy to note that, these is a lot of effort in the whole world on mental well-being now-a-days. Counseling plays a vital role in healing and mental well-being, and especially in an educational institution, it helps students to face the turmoil they go through due to various pressures. Counselling gives them space to vent out and encourages the students to understand themselves and guides them to resolve their problems related to academic stress, anxiety, depression, addictions and other problems they face.*
*COVID-19 pandemic has far-reaching implications, which continue to unfold globally including our community. Staying away from close friends who used stand by you when you are in*

*difficulties, due to the imposed social distancing in this pandemic has added further stress on the minds of the students. Mental well-being in times like this is crucial and I am extremely happy with the measures that the Sunshine has taken to be in touch with all the students in these difficult times. The efforts of the whole Sunshine team and the psychological counsellors of IITH are laudable.*

*In recent times, under Atmanirbhar Bharat Abhiyan, launched by honorable Prime Minister Shri. Narendra Modi in the month of May 2020, the Ministry of Education has also launched "Manodarpan' initiative in July 2020 with an aim to provide psycho-social support and counselling to students for their mental health and well-being. Thus the Govt. also is taking steps towards improving the mental well-being of its population.*

*We need to promote the well-being of our students and empower them with life skills needed to face the challenges of this dynamic world. Each student is precious and his/her well-being is utmost important for us. Let us be more vigilant in dealing students' problems. Let us motivate the students to identify their inner strength, which will enable them in their holistic development.*

*The 'Sunshine Pulse' Newsletter is a very important and timely initiative. I strongly believe that this newsletter will promote the Sunshine activities and serves the students and IIT community in more efficient way.*

*I congratulate and appreciate efforts of the Sunshine, the Counselling Cell team of IIT Hyderabad.*

*With best wishes,*
***Prof. B.S. Murty***

# Message from Dean Students

*It's my pleasure share the student activities at IITH in this issue of the Sunshine Newsletter – Sunshine Pulse. Hope all the students are safe and doing good.*

*Students at IITH excel in academics and extracurricular activities. In the current lock-down situation, many online events are conducted for students, including Quarantine Cooking Challenge, Poster Making Competition, Slogan Writing Competition, Drawing Competition, Mandala Art Challenge, Online Quiz Competition, and Poetry Competition.*

*IITH has managed to the best for the well-being of the students both physically and mentally, during this pandemic situation. Regular online yoga sessions are being conducted for the students of IITH to help students maintain good health and be fit. Students at IITH observed 6th International Yoga Day with full enthusiasm in online mode. "Ek Bharat Shrestha Bharat" (EBSB) Club of IITH organized Online Yoga Day Challenge, on account of this, which was a huge success with participation from many students, faculty and staffs. Sunshine – Counselling cell at IITH, has conducted individual, group and interactive sessions with students through various online modes. Periodically shares articles with students on motivation, power of self-confidence, managing difficult emotions, etc..*

*Extra Mural Lectures at IITH intends to bring eminent personalities from eclectic domains on one platform to talk about various subjects like art, social work, economics, psychology, sports, science etc and inspire our IIT Hyderabad fraternity with insights that they could induce in their lives. In this regard, we had speakers from wide spectrum of areas like: Success Secrets for Students by Dr. B. V. Pattabhiram, Gandhian Principles by R. K. Paliwal (Director-General, IT Department), Interaction session with Dr. Y. V. Reddy Ex-Governor RBI, Juggling by Mr. Satwinder Singh Setia*

*The annual techno-cultural fest of IIT Hyderabad, ELAN & NVision offers a host of exciting competitions to test one's skills, informal events and pro-shows to the event unforgettable. IITH's BOG Chairman, Dr. B. V. R. Mohan Reddy has also inaugurated the first issue of "किरIITH - The Crowning Glory" – Quarterly e-magazine of IITH" during this edition of Elan & nVision on 16th, February, 2020. Milan - The General Championship 2020 was launched first this year at IITH which is a 10 days long inter-hostel celebration including activities in Sports, Cultural and SciTech to promote cohesiveness among the students. Around 200 students from IITH actively participated in Inter IIT Tech Meet held in IIT Roorkee, Inter IIT Sports Meet held in IIT Kharagpur & IIT Bhubaneswar, Inter IIT Cultural Meet held in IIT Bombay, bringing laurels to IITH by winning prizes in various competitions held during the meet.*

*NSS team at IITH are actively involved in various community development programs like UDAAN - Study center, where the students teach underprivileged children free of cost, Vidhaydhaan - remedials to clarify the concepts/doubts of school kids through traditional, fun way and short videos, Swacchatha he Seva and Plastic waste*

*free campaigns, Orphanage visit, National Education Day, Clean India Drive, Fit India Movement. First Saturday of every month is identified as 'Green Day of Month', where students participate in mass plantation in the campus along with faculty and staff.*

*To promote creativity and innovation among students, IITH has started BUILD program – Bold and Unique Ideas Leading to Development. Under this program, students project with novel idea is supported for a period of 6 months up to a funding of 1 Lakhs for prototype development. Total of 16 projects were selected this year, in which around 8 of them were related to Covid.*

*Hostels at IITH have top-class facilities like rooms with Radiant Cooling Technology, Recreation Center, High-speed Internet Connectivity, Mess, Gym, Indoor Games, TV Room, Dance Room, Banking Services, 24X7 Medical Service, Canteen facility and Security.*

*Due to pandemic, considering safety of students, IITH instructed them to return home in mid of March 2020. Recently, IITH has started bringing students back to campus in stages, starting from 10 August 2020 adopting all the safety measures. Hoping to see all students back to campus and resume all the activities in full swing live at IITH campus.*

*With best wishes,*
*P. Rajalakshmi*

# TEAM BEHIND NEWSLETTER

Dr. D. Sukumar
fic.sunshine@iith.ac.in

## Professional Counsellors

Maria Morris
maria.morris@admin.iith.ac.in

D. Phani Bhushan
phani.bhushan@admin.iith.ac.in

## Heads

Shepal Bhansali
me18mtech11012@iith.ac.in

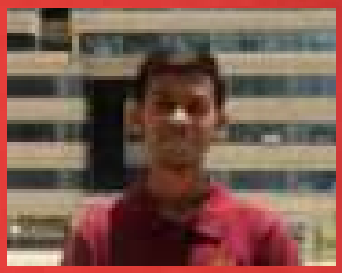
Vishal Sinha
bm18mtech11006@iith.ac.in

# Editorial team

Akshita Ramya
es16btech11012@iith.ac.in

Joel Prakash
ce17btech11023@iith.ac.in

Vignesh K
es17btech11023@iith.ac.in



Rajdeep Agrawal
ep18btech11012@iith.ac.in

Abhishek Ajit Sabnis
me18btech11049@iith.ac.in

Abhijeet Gunjal
me18btech11001@iith.ac.in

# Editorial team

Jyoti Tiwari
cs18mtech11034@iith.ac.in

Sushanta Banerjee
ee19mtech11034@iith.ac.in

Shripad Tamboli
me18mtech11013@iith.ac.in

Pradeep Kumar Yadav
bm18mtech11005@iith.ac.in

Sourav Chakraborty
ce18resch11008@iith.ac.in

Abhiraj Kesharwani
bm18mtech11009@iith.ac.in

# Editorial team

Divyam Tayal
ee18mtech11029@iith.ac.in

# Designed by

Rohit Dhondge
ce18btech11026@iith.ac.in

# ACKNOWLEDGEMENT

**"Feeling gratitude and not expressing it is like wrapping a present and not giving it."** – William Arthur Ward

In the current pandemic stuck world, when we are so isolated yet connected, and we grab on to a new norm without letting go the lessons learnt from the past; acknowledgements and gratitude are in order.

The Sunshine Newsletter Team expresses its utmost gratitude to Dr D. Sukumar, faculty in charge of Sunshine, The Counselling cell. We express our gratitude to Miss Maria Morris and Mr Phani Bhushan, our student counsellors for the overall concept, design and their valuable inputs to bring this piece into existence. We appreciate Dr G. Prabhu Shankar who envisioned this newsletter; a way to connect and reiterate the tales, artwork, and pieces of lives of our fellow IIT students. This newsletter isn't just the collection of intellect and creativity of the students of IIT Hyderabad, but also the endeavour that goes behind making something that existed only in novel thoughts.

We thank Rohit Dhondge for the design and graphics, Abhijeet Gunjal and Abhishek Ajit Sabnis for the content curation, Sourav Chakraborty, Rajdeep Agrawal, Sushanta Banerjee and Jyoti Tiwari for editing and proofreading, Vishal Sinha and Shepal Bhansali for the overall coordination.

With this, we acknowledge our Sunshine Family for their constant support and assistance in making this newsletter. We express our gratitude to all the participants who came forward to contribute with their stories and experiences.

# COVER STORY

## Deeptesh's journey at IITH

# How Did he Make it through 4 years?

*Things started off on a difficult note right in the first month. By the time I tried to understand Calculus -1, it's exam was done and the next course had started. Alongside academics, I would spend a lot of time playing online video games and learning Hockey which I never played before coming to IIT. Going to the Inter-IIT Sports Meet was perhaps the only notable achievement I managed in my first year. The second year turned out to be a roller coaster ride. It started with getting a couple of PoRs i.e. Sunshine Mentor and the Hockey Coordinator. Things went smoothly until Probability came and it was for the first time, I failed a course. It took a few days before I could regain composure and tell it to my parents. They were supportive about it and somehow the semester passed as I went for the Inter-IIT Sports Meet for the second time. The new semester went even more downhill as I got another FR, in a course which I was struggling to gain any interest in. By the end of 4 semesters I had a dismal CGPA with FRs in two courses.*

*Third year turned out to be a turning point. Engineering Science 4 years helped me to take the courses which I wanted*

*and thus I ended up taking courses which I found interesting and thus managed to improve my CGPA decently. I also barely managed to clear out my FRs as I looked forward to my final year.*

*The whole summer I was unsure about my future career path. In all the chaos, sitting for placement was the last option.*

# Placement Experience

*I was preparing for UPSC and GATE, when the companies started coming to campus. Most of my friends already had Pre-Placement offers, so they were relaxed as well. While companies would be presenting about themselves, I went to one of the companies whose job profile I found interesting. After the presentation I had a month before the tests and the interview, so I started preparing immediately. After successfully managing to clear the test, came the interview day. Even though the interview went well, I was not recruited by the company. I was sad that my preparation couldn't reap any benefits. At the same time another company was taking interviews. My friend suggested I should sit for that company. The interview went normally. They were impressed with my extra-curricular profile, which included being the captain of the hockey team. Then, there were my*

*achievements from my school time which they found impressive. After a few more questions to figure out whether I would fit in their company, the interview was over and they said they'll declare their results the next day. I called my mother after the interview, still disappointed that I couldn't make it through the interview for the company I was preparing for a month. She said it's okay and there might be something else destined for me. The next morning, I had my morning practice for the upcoming Inter-IIT, and I was casually checking my mails when I was elated to see my name selected for the company.*

**What do you think help you got placed ?**

*Being the captain of the hockey team and being a consistent member of the hockey team was one factor which worked for me. Being a team player and a leader is what the interviewers liked about me. Also, to add were my achievements throughout my life.*

# Message for Juniors

*We shouldn't see the Institute as just a place where we would study for four years and then graduate with a job or higher study opportunities. It's a place where you can learn a lot of other things such as musical instruments or sports. A place to improve your social skills and make friendships which would last a lifetime. And it's okay if you don't manage to get success in them.*

*Failures are not full stops; they are just semicolons for you to get over and improve yourself. Problems in our lives need not always be seen as an obstacle, they can also be a quicker pathway to learning things. The important thing is to never lose hope and give up..*

# Jumping back after those FRs

*After the first FR, I was sad, however it was the second FR which hurt even more as I missed the passing limit by half mark. I didn't tell my parents about the second FR and decided to clear it the next year.*

*I put in more effort and this time while I was doing my backlog courses, I cut back a little on my other activities such as online games and sports.*

*Also, since I was doing better in other courses at the same time, it gave me more confidence to clear the backlog exams.*

# Experience being a mentor in Sunshine

*When I was a fresher my mentors were very good and nice to me. They proved to be very helpful not just in my first year, but in my journey throughout. This motivated me to join Sunshine so as to help the next batch of students and contribute to society in general.*

*I had to talk and socialise a lot more compared to my usual self, but I saw it as a learning opportunity to improve myself. It always felt good helping people, and being able to guide my mentees was a responsibility I was more than willing to take.*

*It perhaps didn't go the way I planned. There were challenges and obstacles on the way, and I don't know how good an impact I was able to create on my mentees, but to sum it up, it was a new thing I learnt and enjoyed doing.*

# Balancing Personal and Academic Activities

*It took me two years to find the right balance. For the first two years I got carried away with the newfound freedom of living in a hostel. But after the FRs I realised that this can't keep going on and I need to pull up my socks. I had cut off on gaming in my fifth semester and focused purely on academics. As I slowly started getting my academics on line I managed to make time for other activities and found the middle balance. It all comes down to how well you prioritise the things in your life and how much effort you put in for them.*

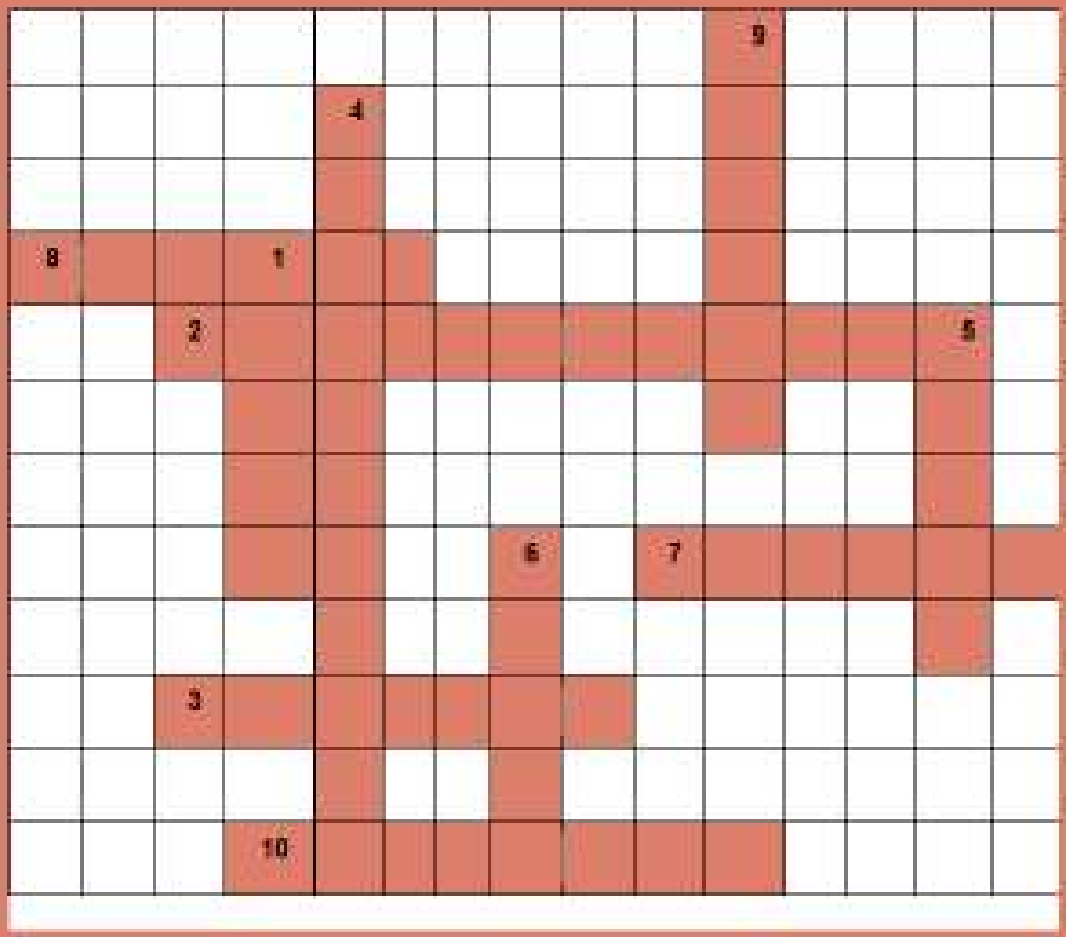
***If you could start all over again from your first year, what would you do differently?***

*I would be more serious about academics, so that I get less stressed about it later. Less of gaming; I probably felt I got addicted to it at some point of time. Make more friends and talk more.*

# What do you think juniors have to do for developing their social life at iith?

*Participating in various clubs is a simple way to develop a social life. You meet your fellow batchmates who have similar interests. You meet seniors who already have a year or two of experience which can be very helpful. The more clubs you participate in, the more your social group expands. However, then your academics become more challenging, so you have to find the right balance. It's also necessary to bond with your pod mates who would be staying around you for the next few years*

# WE CROSS A TRY N D



# CLUES

## ACROSS

2. Dean academics and interim Director at IITH. Professor at the Department of Chemistry, works on catalysis, nanomaterials and energy systems.
3. Associate Professor, Department of Maths and faculty coordinator at Sunshine.
7. UG student head, Engineering Science Dept, Batch of 2020
8. Created and manages Sunshine app, Electrical Engineering department.
10. Finance Manager at Sunshine, Mechanical Engineering department.

## DOWN

1. Shanti Swarup Bhatnagar Prize awardee for Science and Technology, worked as faculty at IITKGP and HoD at IITM.
4. Chairman of the counselling cell from 2014-2019, associate professor at the Department of Chemistry, chairman of HCU from 2015-2019.
5. A counselling psychologist who joined on the day the counselling cell was launched.
6. A new member to IITH and Sunshine, and a qualified clinical psychologist.
9. Web and publicity manager, Sunshine. Created and updates Sunshine website. Also UG mentor, dept. of CSE.

# LITTLE *Things*

**I WISH TO DO SOMETHING GREAT AND WONDERFUL, BUT I MUST START BY DOING THE LITTLE THINGS LIKE THEY WERE GREAT**

*-Albert Einstein*

# YOU ARE NOT ALONE

*In another 17 days, I'll turn 24, and believe me, 24 years is long enough to understand how valuable life is. As I write, I realize that I have not made the best use of every opportunity given to me.I study in one of the best institutes today, and I could have got this early in life if I would have worked a little harder a few years ago when preparing for JEE. I was upset, but I realized I was not alone, and that was not the only chance to get into IIT. I worked harder for the second chance and cleared GATE to pursue my MTech here. It's okay to make mistakes, but we should try not repeating them.When growing up, my parent's fight made me very upset. I was not mature enough tounderstand why they fight. The day my parents fought, I was gloomy and sad sitting in the last bench lost in my thoughts. A friend came to me and asked what was bothering me, and innocent me told the reason, and then what she told me, surprised me. She said she is upset for the very same reason. We both realized that day that we were not alone. We did nothing but just shared with each other the things that bothered us. And eventually, we both understood that our par*

*ents fight for us, for our better future.We feel we have so many problems, issues in our own life. But look around, We are never alone. We are upset because we are not satisfied with our job, look around there are people with no jobs and would do anything to have the job that you have. We fight and disrespect parents for a mobile phone that you asked, but they cannot afford it. Look around to the kids whose parents cannot provide money for their education. We have no time to talk to our family and spend time with them. Look around for those who do not have family. It is effortless to find something good that you don't have, but others do. But try to look around for something good that you have, and others would do anything to have that. We will then make life a little less complicated and a lot more happy.*

Article by

-Akshitha Shinde
cs19mtech11033@iith.ac.in

# TRUE MENTAL HEALTH LESSON

*Being Healthy means both " Physically & Mentally Fit ". Graduates and Researchers are much more prone to Mental Health issues because of Stress, Competition and Performance. Let us all end the Stigma attached with it.*

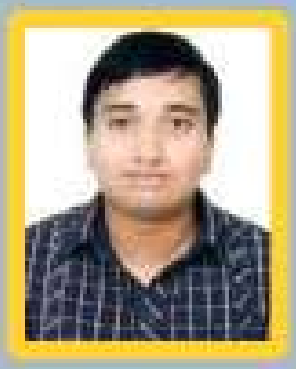
*I want to share my struggles with mental health. I was clinically diagnosed with Bipolar Disorder( type II), characterised by extreme mood swings ranging from Manic Highs to Depressive Lows. During Manic Highs I feel that I can do anything, abuse anyone and feel active throughout the day. During my Major Depression, I thought I was worthless and felt how it was so painful to live and had strong Suicidal Thoughts. Then, I started to read Bhagavad Gita & sat all day long in the Temple just Seeing God and talking to the Priest.*

*I felt the divineness of God when I was diagnosed with Dengue Fever and was asked by the doctors about my other (Bipolar Medications). So, they referred me to Asha Hospital,Hyd and I was given rTMS ( Repetitive Transcranial Magnetic Stimulation) to activate my Brain*

*cells. Within 10 days, I started cracking jokes on my friends and still happy with the medication.*

*Personally ,I know what it means being through a depression. Always reach out to those willing to Listen to your Emotional or Psychiatric Condition.*

Article by



Lukka Karthik Subhash Chandra
me18mtech11004@iith.ac.in

அருவருக்கத்தான் செய்கிறது? நம்மை போன்ற உயர்ந்த மனம் கொண்டவர்களை கண்டால் அருவருக்கத்தான் தான் செய்கிறது

இதென்ன தேசம்? தொலைத்தொடர்பு தொழில்நுட்-பத்தை விரிவுபடுத்த 5000 கோடியில் செலவு செய்து அதிவேக இணைய செயற்கைக்கோளை விண்ணுக்கு அனுப்பி என்னத்த சாதிக்க போறீங்க?

இது தான் தொழில்நுட்பமா? இதற்கு தான் படித்-து பட்டம் பெற்ற விஞ்ஞானிகளா? சௌசம் இல்லாமல் சிறுநீர் பெய்து தம் மலத்தில் தாமே புரண்டு திரியும் பன்றிகள் கூட மனிதனை விட உயர்ந்தது என நான் கருதுகிறேன்

போட்டி போடும் கார்ப்பரேட் நிறுவனங்கள் வருவதில்லை, பொதுவுடமை பேசும் அரசியல் கட்சிகள் குறிப்பிடுவதில்லை, அரசு மட்டும் கவனத்தில் வைக்கிறது? இவர்கள் இதற்காக தான் இருக்கிறார்கள் என்று அவர்கள் மீது ஒரு கடுமையான காழ்புணர்ச்சி பார்வையாக

மாறுகிறது. அதற்கென ஒரு இனத்தையே உருவாக்கி அவர்களை தேசத்தின் கொடிய நோயான தீண்டாமையில் வாழ வைத்திரு--க்கிறார்கள் இந்த சமூக மலங்கள்

என்றாவது நீ தொட்டதுண்டா? இல்லை வேண்டாம், அதை சிறிது நேரம் பார்க்க முடியுமா? அப்புறம் எப்படி அதற்கு ஒரு சமூகத்தை தேடுகிறார்கள்? ரிசர்வேஷனு வாய்கிழிய பேசும் சாதிக் கட்சிகளின் இளைஞர்களே இந்த வேலைக்கு உங்களின் சாதிவிழுக்காடு அதிகரித்தால் வேலைக்கு சேர்வீர்களா? இது தான் அரசியலமைப்புச் சட்டத்தின் விரியமோ?

இதற்கு தான் தொழில்நுட்பம் விரிவுபடுத்--தப்படுகிறதோ? உயிருக்கு ஆபத்தான ஒன்றை விருப்பம் இல்லாமல் தேசம் திணித்ததன் காரணமாக இயங்கும் இவர்களுக்கு உங்களின் உயர்ந்த விருதுகள் இணையாகுமா? மற்றவர்--களை கைதட்டி வரவேற்க்கும் நாம் தான் இவர்களை மூக்கை மூடுக்கொண்டு

அழைக்கிறோம்
மலங்களை விட மனிதர்கள் உயர்வதே இல்லை.
இதை அள்ளுவதால் அவர்கள் தாழ்வதும் இல்லை

மலத்தின் கூடாரம் இவர்கள் என்றால் படைத்த
இறைவன் இவர்களின் மஞ்சளில் நீராடி படைத்த
பாவத்தை போக்கிக்கொள்ளட்டும்

Article by

Sriram Kasilingam
ms19resch11005@iith.ac.in

*Heritage*

# AROUND *Hyderabad*

-Sriram Bhupathiraju
la17mphil11005@iith.ac.in

# WHY WALK AROUND HERITAGE ?

*- Look and feel the kaleidoscope of history, culture, sights, sounds and your very own experience*

*- Trace a city's history by involving yourself*

*- Imagine the time and space of yesterday, contrast it with today and let your imagination run wild and in this process, live this vivid imaginary drama*

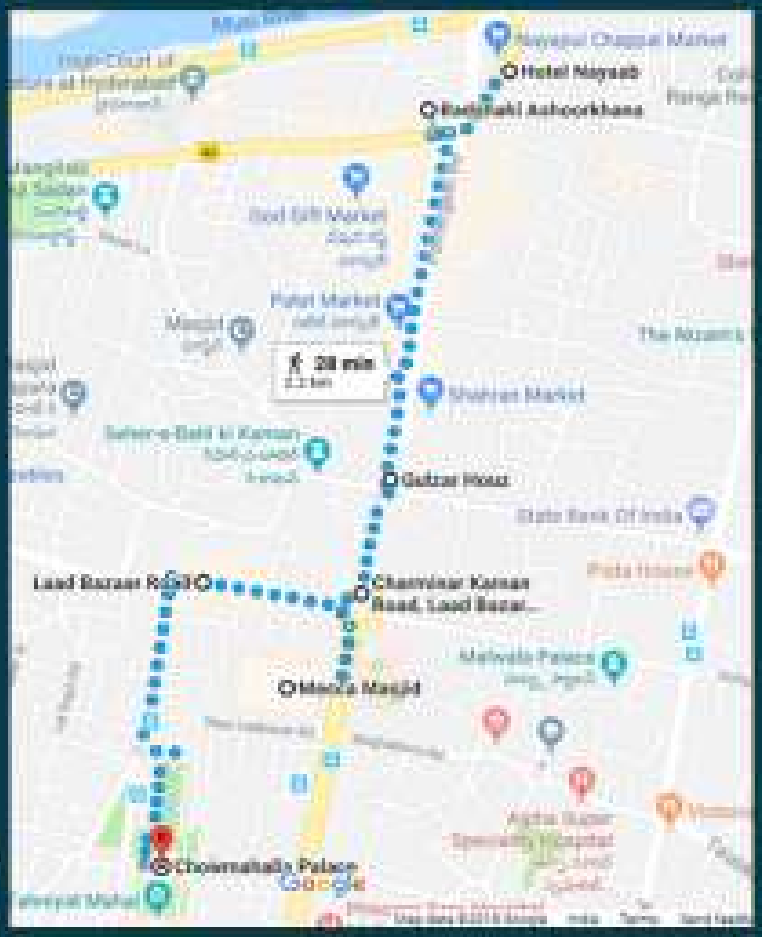
*- Become the master of your imagination*

*- Be a slave to the humbling facts of history*

*- Humble yourself of the achievements of the past*

*- Connect with history, derive your own lessons, imagine and pave a happier future*

# ROAD MAP




*Places Covered:*

*/Hotel Nayaab/*

*/Badshahi Asoorkhana/*

*/Charminar/*

*/Patterghati Market, Gulzar Hauz,Char Kamaan/*

*/Laad Bazaar/*

*/Mecca Masjid/*

*/Unani Hospital/*

*/Chowmahalla Palace/*

# BADSHAHI ASHURKHANA

- Built in 1592
- Royal Place of Mourning
- Structure is supported by 4 solid block rock pillars
- Mosaic stone from Persia
- Islamic Shiite place of worship
- Royal Mourning Place, Mosaic
- Iranian Art and Indian Influence (Flower and non-geometric multi–colour
- 2nd place to be constructed in HYD after Charminar – 1594
- 9 generations in one family taking care since it was built
- Used as a stable for about 80 years after Aurangzeb's conquest
- Lower part of the Mosaic has been damaged in the flood of 1908
- Renovation efforts since the 2000's and onwards in coordination with the embassy of Iran

# GULZAR HAUZ/ CHAR KAMAN

*PattharGhati Market*

*- Opens up from Nayapul to Gulzar Hauz*

*- Famous markets of Hyderabad*

*- Granite built structures*

*- Second floors were added in 1920/30's, these worked as in house workshops, storehouse for the shops*

*About 4 Kamaan*

*- North - Machli Kaman - Or the "arch with a fish" / Gate opening to Machilipatnam, from where sea trading routes opened up*

*- South – Charminar Kaman - Opens the way to the Charminar*

*- East - Kali Kaman - Krom where royal musicians, played the shehnai and drums, five times a day, or heralded the arrival of important visitors on special occasions.*

*- West - "Kaman-e-Sehar-Batil" (the arch of the magic breaker) now corrupted to Kaman Sher-e-Batil and Mitti-Ka-Sher. Spell Breaker Arch, Grand, opens to palaces of the affluent, all palaces have been destroyed by Aurangzeb, none exist today (Dad Mahal, Khudadad Mahal, Lal Mahal, Chandan Mahal, Sajan Mahal, Nadi Mahal and Jinan Mahal).*

*Gulzar Hauz*

*"Char-Siu-Ka-Hauz" (the cistern of four cardinal points), watered the Qutub-Shahi army personnel*

# CH4RMINAR

- *Centre point of the city plan of replicating Islamic Heaven*
- *Indo-saracenic Architecture*
- *(Legend) Place Where Muhammad Quib Shah Saw Bhagmati First*
- *Centre Of The City Of Hyderabad When Constructed.*
- *Legend Says, There Is A Tunnel That Exists Between Here And The Golkonda*
- *Centre Of The Trade-route/Sea Link (Surat To Masulipatnam)*

*Four Sunday Heritage Walks Are Conducted By Tourism Dept*

# UNANI HOSPITAL

- Graeco-Arabic Medicine
- Was brought to India by the Islamic rulers from the North
- Has an influence of Ayurveda in India
- This hospital was setup in 1938
- There are medical degrees in Unani offered by Indian Universities under the Indian Ministry of Health
- The original hospital is a couple of Km away in 'Darul Shifa' Meaning. 'Door to Health'.
- This was set up by the Qutub Shahis – Oldest functioning Unani Hospital in India, 400 years old

# MECCA MASJID

- Built by Muhammad Kuli Soil from Mecca in the central Arch, so the name.
- Commemoration Of A Millennium Of Islam
- Architectural Details
  - 10,000 People at one time
  - 50 Years to Complete
  - Construction spread across two dynasties
- Resting Place of Asaf Jahi
- 2007 Terrorist Bombing happened here
- Houses a fabulous public library with really old books
- Has a private Entrance to the Chowmahalla Palace

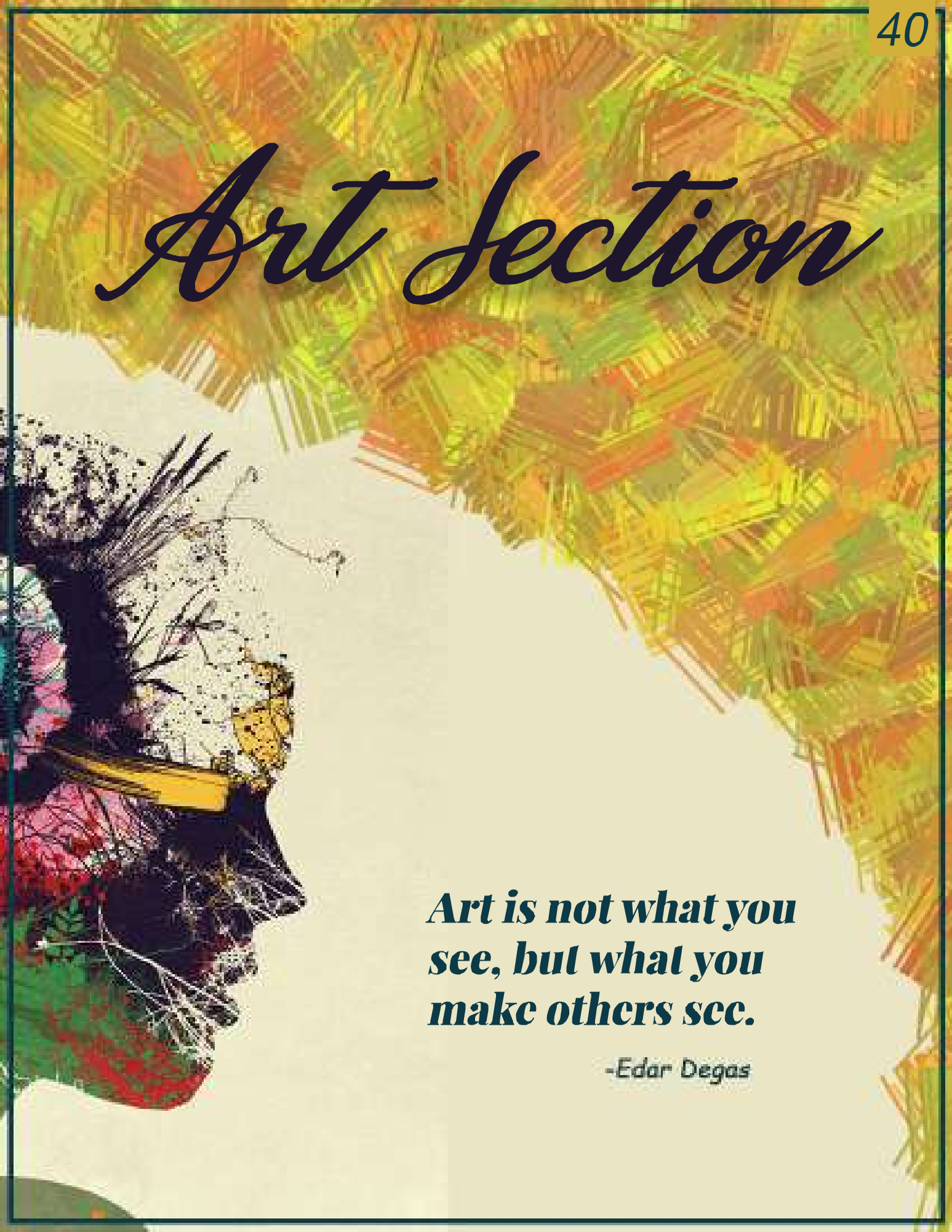
# LAD BAZAAR (LACQUER BANGLE/ CHUDI BAZAR)

- *Markets of Hyderabad fell in the crossroads of the North/South*
- *Orient/Middle East/Persia*
- *Qutub Shahi Caravan Route*
- *Golconda was the only kingdom that had Diamonds in the world until 1889*
- *Lacquer Bangles is a Qutub Shahi Art*
- *Inexpensive Wedding Wares*
- *Main Entrance to the Chowmahalla Palace -Julukan Dar-waza/Kaman*

# CHOWMAHALLA PALACE

- *Char Mahal (Qutub Shahi Palace)*
- *4 Quarters – Chow Mahallat (Persian/Arabic)*
- *Seat of Power of the Last Nizam*
- *Started in 1750 and completed over the next 100 yrs.*
- *House of the World's Richest/2nd richest Man of all times ($200 Bil in today's $)*
- *Diamonds were used as paperweights here (125 Carat Jacob Diamond)*
- *Jewellery sale of 1995 ($5 Bil Mkt Value bought by the Indian govt for $125 Mil)*
- *Consolidation effort by Princess Esra in the 1990's*
- *Opening up of the refurbished palace to the public*
- *Fun things to do- Pictures dressed up as the Nizam.*

# Art Section



***Art is not what you see, but what you make others see.***

-Edar Degas

## CUTE MINI ALMIRAH MADE FROM WASTE SMALL CARTONS

## HOT AIR BALLOON MADE FROM WASTE PLASTIC BOTTLE AND PLASTIC BALL

FLORAL WALL PAINTING

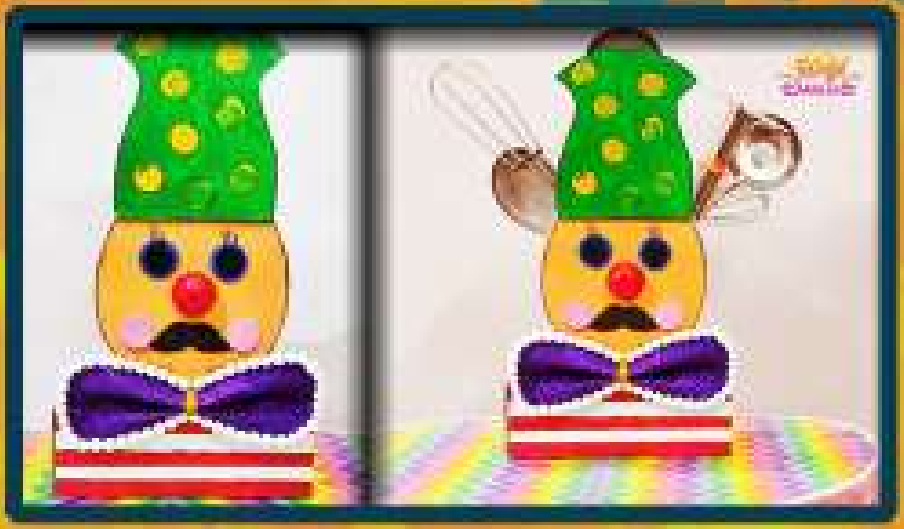
DORAEMON WHITEBOARD MADE FROM WASTE CARD-BOARD WHICH CAN ALSO BE USED AS A FRIDGE MAGNET

F.R.I.E.N.D.S THEMED DIY. "CENTRAL PERK" LOGO MADE FROM WASTE PLASTIC BOTTLES & CARDBOARD

" SUPERHERO" LOGO WALL SHELVES MADE FROM WASTE CARDBOARD

"DEATHLY HALLOWS" NIGHT LAMP MADE FROM WASTE CARDBOARD

"ANDROID" & "DINO" IN A SERIOUS CONVERSATION. DINO WAS MADE FROM WASTE CARDBOARD AND ANDROID WAS MADE FROM WASTE CARDBOARD AND PLASTIC BALL.



"JOKER"
MADE FROM WASTE TT BATS WHICH CAN BE USED AS A DESK ORGANIZER AS WELL AS A KITCHEN

"GORGEOUS COUCH"
MADE FROM OLD AND OUT-FASHIONED METALLIC TRUNK

# WORDS FROM THE CRAFT MAKER

I'm Aiswarya Pradhan. I'm a student of M.Sc. Chemistry at IIT-Hyderabad and I belong to Bhubaneswar, Odisha.

"Art and Craft" has always been an integral and inseparable part of my life. For which, I thank the "Disney Channel" for all its cartoon characters and especially, for the show "Art Attack", which used to be my lifeline, throughout the whole of my childhood and it also prompted me to join painting classes at the age of 5.

My parents always considered my artistic skills as a threat to my studies as I was equally good at Academics, though they always feel proud of my capacities as an Artist. But somehow, the increasing pressure of my studies forced me to stop painting at the age of 12. But as they say, no matter how hard you try to stay away from the things you love the most, destiny always plays its role in bringing them back to you.

So, when I was pursuing B.Sc. in Chemistry, simultaneously, I was preparing for IITJAM. Suddenly, I developed an attraction for Crafts, for which I was

never trained, unlike painting. I started making crafts in the night time, so that my parents wouldn't complain about me, wasting my study time. Very soon, I realized how much attached I had become with my craftwork. And then, I cracked IIT-JAM and got selected for IIT-Hyderabad. For me, it was like a dream come true.

I left Bhubaneswar and came to Hyderabad but that also did not prevent me from devoting some time out of my busy schedule, to my interest of making crafts. I contributed in organizing ELAN & nVision , 2K19, by way of my crafts.

During the Coronavirus Pandemic, on one hand, I was worried about the unprecedented events taking place all around the world, on the other hand, I fortunately got plenty of time to explore my creativity. And finally, I created a YouTube channel of my own, with the name "Darling Crafts", which provided me a platform to showcase my craftwork. I usually prefer making crafts from waste things like cardboard and plastic.

Be it decorating my own room or giving customized hand-made gifts to my near and dear ones, despite all my study pressure, I always try to keep the spark of craft alive within myself, in every possible way.

-Aiswarya Pradhan
cs19mtech11033@iith.ac.in

laughter

haha

# Memes

amusement

lol

MEME BY MEMER

# "QUOTES AND STORIES

" I was cursing myself for having no shoes until I saw a man having no feet "
This gives a positive attitude towards life finding perfection in imperfection,
it's ok, not to be ok !!!

" a child on the ground saw an aeroplane and said "I wish I could be there "
and
the pilot on the Aeroplane, seeing the ground said "I wish I could be there "
------- That's life ... so be grateful for what you have...

Quotes by

Adebba
cs19mtech11034@iith.ac.in

# A NIGHT THAT WAS...

It was a cloudy, contemplative night. She put down her pen near the pile of assignment sheets. Walking wearily to the window, she stared at the night sky tessellated with flossy clouds. SILENCE prevailed...all that she could hear was the ticking of the clock. The orchestrated silence of the night triggered a wave of reminiscence. She knew what was coming! The journey so far; an eclectic mix of accolades, irony, distress and loads of affection unfolded before her.The clock was set back; it was roughly two decades ago. She saw a cute little girl strolling by,flaunting a beaming smile on her face. Epitome of happiness the child was! This was her."Not that she did not have a sad story to tell; Such was the innocence of the child. No matter what was taken away from her, she was still ready to receive what was to come".Years rolled by. She saw the little girl grow up. Fascinated by fairies, enthralled by the phenomenal Harry Potter theme by John William and dreaming of Hogwarts, reading works of Enid Blyton and Roald Dahl, she grew up. Consistent academic records, medals and trophies stood testimony to her mother's selfless sacrifice and indomitable motivation. Everything was seemingly perfect...but it wasn't so! Pangs of suffocation hit her ! Relatives,occasionally cordial, would never fail to gift frustrated at the hypocrisy of the society. She spent

sleepless nights, sobbing under her favorite blanket, recounting how outrageously unfair events befell her! Tears welled in her eyes as she recounted the emotional turmoil that she went through. She struggled to find a way out of this labyrinth of distress...and she found her MAGIC BOX! She peeped inside; her tiny eyes grew wide! She found NOTHING!! She got the analogy right. She equated emptiness to hope and determination; And she now had a box FULL of HOPE and UNSWERVING DETERMINATION. She etched her way through the labyrinth...and was out of it finally! Back in the present, the clock was inching towards twelve. With a smile on her face, she stared at the sky again. The moon now revealed itself from behind the clouds. The soft light of the moon grazed its way through the translucent glass and gently fell on her mother, who was asleep. She turned around and saw her mother's face glimmer in the moonlight. Her eyelids were now drooping. She turned off the lights, clambered onto the mattress, laid down beside her mom and closed her eyes, looking forward to an enlivened tomorrow of hope!! "Sweet dreams..."

Bala Priya C
ee19mtech11032@iith.ac.in

# From The Counsellors

# Happiness

Article By Dr.T.Anitha Reddy
Senior Psychological Counsellor
Indian Institute of Technology, Hyderabad

*Happiness isn't something that just happens to you. Everyone has the power to make small changes in our behavior, our surroundings and our relationships that can help set us on course for a happier life. Happiness looks different for everyone. For you, maybe it's being at peace with who you are. Or having a secure network of friends who accept you unconditionally. Or the freedom to pursue your deepest dreams.*

*Indeed, happiness is somewhat ambiguous and can be defined from different perspectives . Some people, especially those who are highly committed to their religious faith, view happiness in ways that emphasize virtuosity, reverence, and enlightened spirituality. Others see happiness as primarily contentment—the inner peace and joy that come from deep satisfaction with one's surroundings, relationships with others, accomplishments, and oneself. Still others view happiness mainly as pleasurable engagement with their personal environment—having a career and hobbies that are engaging, meaningful, rewarding, and exciting.*

*Regardless of your version of true happiness, living a happier, more satisfied life is within reach. A few tweaks to your regular habits can help you get there. Habits matter. If you've ever tried breaking a bad habit, you know all too well how ingrained they are.*
*Well, good habits are deeply ingrained, too. Why not work on making positive habits part of your routine?*

*Happiness isn't something that just happens to you, living a happier, more satisfied life is within reach. A few tweaks to your regular habits can help you get there. Here's a look at some daily, monthly, and yearly habits to help kick start your quest.*

*Just remember that everyone's version of happiness is a little different, and so is their path to achieving it. If some of these habits create added stress or just don't fit your lifestyle, ditch them. With a little time and practice, you'll figure out what does and doesn't work for you.*

# Daily habits

***1. Smile:*** *We smile because we're happy, and smiling causes the brain to release dopamine, which makes us happier. That doesn't mean you have to go around with a fake smile plastered on your face all the time. But the next time you find yourself feeling low, crack a smile and see what happens. Or try starting each morning by smiling at yourself in the mirror*

***2. Exercise:*** *Even a small amount of physical activity can make a difference. You don't have to train for a triathlon or scale a cliff — unless that's what makes you happy, of course.*

***3. Get plenty of sleep:*** *No matter how much modern society steers us toward less sleep, we know that adequate sleep is a vital trusted source to good health, brain function, and emotional well-being.*

***4. Eat with mood in mind:*** *Start by making one better food choice each day*

***5. Be grateful:*** *Start each day by acknowledging one thing you're grateful for.*

***6. Give a compliment:*** *Performing acts of kindness can help you feel more satisfied.*

***7. Breathe deeply:*** *If you're having a hard time taking slow, deliberate breaths, try counting to 5 in your head with each inhale and exhale.*

***8. Acknowledge the unhappy moments:*** *Let the moment pass and take care of yourself. Remember, no one's happy all the time.*

***9. Keep a journal:*** *A journal is a good way to organize your thoughts, analyze your feelings, and make plans. And you don't have to be a literary genius or write volumes to benefit.*

***10. Face stress head-on:*** *Life is full of stressors, and it's impossible to avoid all of them. For those stressors you can't avoid, remind yourself that everyone has stress — there's no reason to think it's all on you. And chances are, you're stronger than you think you are.*

# Weekly habits

***1. Declutter:*** *Keep a designated box for giveaways to make things a little easier (and avoid creating more clutter).*

***2. See friends:*** *Humans are social beings and having close friends can make us happier.*

***3. Plan your week:*** *Even if you don't stick to the plan, blocking out time where you can do laundry, go grocery shopping, or tackle projects at work can help to quiet your mind.*

**4. Ditch your phone:** *Sounds too daunting? Try doing a shorter amount of time several times a week. Turn off all the electronics and put those ear buds away for at least one hour once a week. They'll still be there for you later. If you still want them, that is.*

**5. Get into nature:** *Your green space could be anything from your neighborhood park, your own backyard, or a rooftop garden — anywhere you can appreciate some nature and fresh air.*

**6. Explore meditation:** *It can be as simple as sitting quietly with your own thoughts for 5 minutes.*

**7. Consider therapy:** *If you feel like you're hitting a brick wall, consider speaking with a therapist on a weekly basis.*

**8. Find a self-care ritual:** *Whatever it is, make time for it. Put it in your planner if you must, but do it.*

> *"Your beliefs become your thoughts,*
> *Your thoughts become your words,*
> *Your words become your actions,*
> *Your actions become your habits,*
> *Your habits become your values,*
> *Your values become your destiny.*
>
> *- Mahatma Gandhi*

# Monthly habits

**1. Give back:** *Maybe that's helping out at a food bank on the third weekend of every month, or offering to watch your friend's kids one night per month*

**2. Take yourself out:** *Even if you're a social butterfly, spending some deliberate time alone can help you re-connect with the activities that truly make you happy*

**3. Create a thought list:** *At the start of each month, make a short list of happy memories or things you're looking forward to on a small piece of paper or on your phone*

# Yearly habits

**1. Take time to reflect:** *The start of a new year is a good time to stop and take inventory of your life. Set aside some time to catch up with yourself the way you would with an old friend*

**2. Re-evaluate your goals:** *Let go of any goals that no longer serve you, even if they sound nice on paper*

***3. Take care of your body:*** *As you build habits to improve your happiness, make sure to follow up with routine appointments to take care of your body*

# Surviving Criticism

**By Ms. Maria Morris**
**Senior Psychological Counsellor**
**Indian Institute of Technology, Hyderabad**

*Despite the risk of sounding cliché, I thought I must write this article for those who are often left emotionally wounded and don't know how to recover from criticism.*

*So, have you ever experienced a situation where people have taken the liberty to judge and criticize you? How did you deal with that? As far as I can imagine, it is not easy for many of us to instantly see the bright side of such comments, if any. Very few can actually put emotions aside and look at the constructive aspect of such comments or understand the point of view of the person judging us.*

*Nevertheless, how do we protect ourselves from being emotionally wounded when people pass remarks about us?*

**1. Do a reality check from a third person's perspective:**

*Let's say you had to analyse the same aspect or situation being evaluated, but you did it from another person's point of view, how would you evaluate it? Would your view be similar or any different?*

***2. Understand the mindset of the person giving the feedback:***

*From my experience so far, I have come to understand that many times when people pass remarks or a comment, it seems to come from their own experiences in life or their assumption and understanding of life in general. However, not every time another person's perspective about us may be right. Besides, sometimes people's opinion tends to be influenced by their unhealthy thinking pattern. Such as, a tendency to focus only on the faults and filter out the positives, or magnify things beyond actual proportion, label and judge without the lack of evidence to support the same, judge everything in extremes- it's all or nothing; which by the way refers to distorted thinking patterns as Aaron Beck called them. Therefore, once we understand what makes a person say what they say, it becomes imperative to know what feedback to consider and what feedback to acknowledge as another person's perspective and just leave it at that.*

***3. The importance of knowing yourself well through all this:***

*No matter what anyone else says or thinks about you, what ultimately matters the most is what you think of yourself. You can either make or break yourself. Many times we have a tendency to take things too personally, not separating ourselves from our actions. But that's where we have to develop this compartmentalized perspective when we*

*analyze ourselves. Analyze the action/ behaviour, not your entire entity or self. For example: When being fired for certain aspects of my job, it's important to consider just aspects about my work that need to be reviewed, not my entire self. As an individual I may be great in certain aspects of life, but in other aspects I may need to work on myself. But that does not mean on the whole I'm terrible or bad. We have to learn to look at each aspect of ourselves independently rather than making a holistic judgment based on one factor.*

*To conclude, we cannot always stop or control what others tell us but we can definitely control what we allow to affect us.*

# Self Love

Article By Phani Bhushan
Senior Psychological Counsellor
Indian Institute of Technology, Hyderabad

*Self-love, self-respect, self-worth: There's a reason they all start with 'self.' You can't find them in anyone else. But typically, when people talk about love, they are referring to practicing love towards other people. But showing love to yourself is just as important. Imagine how you treat yourself on a daily basis as if you were another person, in a relationship with you. Are you good to yourself? Is your mind kind to your body and soul? The saying "you are your own worst enemy" often holds true as we find ourselves being self-critical to a degree that we would never be towards a loved one or even a stranger. The negative things that we tell ourselves can be destructive, leading to stress, depression, and anxiety. However, practicing self-compassion can be the solution. In my practice and my own psycho-spiritual journey, I see that at times we all beat ourselves up with cruel self-talk, set ourselves up for failure with unrealistic expectations, deprive ourselves of things we deserve through self-sabotaging behavior, abuse our bodies through neglect or harmful choices. Such behavior impacts our mental and physical health, our relationships,*

*After counseling a lot of individuals and couples, as well as doing my own inner work, I've come to believe that perhaps our greatest life lesson is learning how to fully accept and love ourselves. For only when we are truly aligned with our own beautiful and unique spirit, we can completely and authentically give and receive real love. This is because when we love ourselves, we know that we can give without becoming resentful, exhausted and depleted, and we can receive because we know, we deserve it. Self-love can be attained by the easiest ways like creating an organized, clean and aesthetically pleasing room environment for yourself, making time for leisure and hobbies, journaling your strengths and everything about you for which you are grateful, documenting everything you accomplish & feel good about yourself, prioritizing sleep and exercise.*

*Self-love is a journey. It takes dedication, devotion, and practice. Resolve to love yourself each and every day and watch your best self-blossom and your greatest life unfold! Self-love is an exponential force.*

# SHOW YOURSELF SOME LOVE

## Ease stress and doubt with self-compassion and kindness.

1. Find a quiet place to reflect.
2. Breathe deeply then bring your positive qualities to mind.
3. Give yourself love. Let go of any negative thoughts.
4. Conclude by recognizing your positive qualities.

# SUNSHINE THROUGH 2019-2020

## 1.Sunshine Training

The training of the UG mentors was held for a week to help the mentors learn how to make their mentees comfortable on campus. Several interesting activities like role-play, group talks, and elocutions were conducted.

## 2.Sunshine on registration day

Sunshine showed active participation in introducing the club to the new batch students.

## 3.Sunshine orientation and app Launch

The sunshine team and purpose were introduced to the new batch of IITH students, followed by the launch of the official app of Sunshine by Dr. Prabhu Shankar.

## 4.First mentor mentee meeting

The first mentor-mentee interaction was held on the lawn grounds of IITH after the orientation, after which several other meetings were held to ensure that the new batch felt secured, with due permission of the authorities.

## 5.Second mentor-mentee meeting

The mentees spoke about how the new atmosphere was and how they were getting accustomed to it.

## 6.PG team selection and training

The first official PG mentor team with full involvement was formed. The applicants were filtered by the UG heads initially, and the final selection was made by the counsellors. Training was held for the selected heads and mentors

## 7.Ice breakers

The first fun event to develop interaction among the new batch students and with their mentors took place in C-LH3

## 8.Walkathon

To spread awareness among students about mental health, a walkathon was held October 15th. Good student participation and encouragement from the faculty was received.

## 9.Movie making

Several students came up to express their views on various aspects including mental health issues, how they overcame their problems and their experience at IITH. The faculty fraternity has shown great interest too

## 10.Guest Lectures

For the first guest lecture, Sunshine has invited the Suicide Prevention India foundation for a talk with the mentors.The second guest lecture was held by the Pause for Perspective foundation.

## 11.Pre- Placement tallk

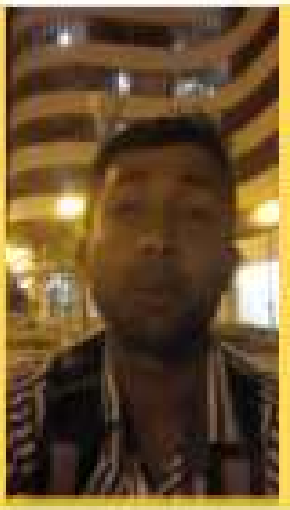
Sunshine invited the alumni to motivate final year students and help them cope up with their stress during the crucial placement period of December.

## 12.Treasure hunt/Amazing race

A collective event for the freshers to let them get to know their campus and the facilities it offered. It was enjoyed thoroughly by all the freshers.

## 13.Vlogathon

A fun event where several students came forward to share their campus-life experiences in their mother tongue. This event, held to celebrate the International Mother Language Day, was appreciated by many.



# Sunshine Session Snaps

**ALL HUMAN INTERACTIONS ARE OPPORTUNITIES EITHER TO LEARN OR TO TEACH**

*-M Scott Peck*

# SESSION FEEDBACK

Had a lot of fun. It's a session where we get to know ourselves more. It was an amazing experience.

Happy to hear good things about me, The session was engaging.

Good exercise to get to know your classmates a bit better.

Enjoyed the session. Felt much closer to my friends

Refreshing break from exam stress as well.

.

Made me happy and I enjoyed it.

A very good medium for interaction.

Genuine concern and very friendly.