World Yoga Day

By– Keshav Mehrotra (ECE– Second Year)

Yoga, having its roots in India, is now flourishing its branches over the countries around the world. It is a physical, mental and spiritual practice having its origin over 6000 years ago in India and aims to integrate the body and mind. It is a moment of pride for every Indian that June 21 has been declared as the world Yoga day by the United Nations General Assembly. The major contribution after this approval is of Indian Prime Minister Mr. Narendera Modi when he called for the adoption of June 21 as International day of Yoga during his address to UN General Assembly on September 27, 2014. This initiative found support from many global leaders. At first the prime minister of Nepal supported the proposal of Prime Minister Narendra Modi and now more than 177 countries including USA, Canada, China and Egypt have supported this move, including 175 nations co-sponsoring the resolution.

Yoga has been practiced in India for thousands of years, it is taught in many schools and individuals or groups can be seen doing asanas in parks across the country. Over the past few decades, it has also grown in popularity in the West where it has become a multibillion dollar industry and been endorsed by celebrities like Madonna. To popularize this event, top Bollywood actors and sports stars have been roped in and training camps are being held all over the country. But the day, being billed as one to promote “harmony and peace”, has hit a controversy note. While the shadows of Yoga are warmly welcomed by different countries globally, the decision of celebrating Yoga Day has created a row in the womb of its mother itself. People in India are claiming it to be a decision promoting Hinduism. Muslim associations like the influential Islamic scholars group, Jamait Ulema I Hind, the All India Muslim Personal Law Board and similar associations like the influential Islamic scholars group, Jamait Ulema I Hind, the All India Muslim Personal Law Board and several prominent imams have taken issue with a common sequence called “Surya Namaskar” which they interpret as sun worship. “Om” which is often chanted in yoga classes is also a sacred sound in Dharmic religions. People are seeing it as Prime Minister Narendra Modi’s act to prevail Hinduism. India’s vast diversities of mindsets can be seen by the fact that out of 177 sponsoring nations, 47 are from the Organization of Islamic countries.

Despite of these facts, massive preparations are under way in India to celebrate the first international day of Yoga on 21 June. The lawns of India Gate in the heart of the capital are a hive of frenetic activity. Rajpath, has been shut to traffic for days, dozens of metal detectors are in place, a massive public address system is being installed and 7000 yoga mats are being unRolled. This is where 35000 officials, soldiers and students are expected to perform 35 minutes of exercises, led by trained Yoga teachers. Similar events are being organized in hundreds of Indian cities and towns and across the globe too. Popular yoga gurus with hundreds of thousands of followers, smaller private yoga studios and individuals have also pledged to participate in the event which the Indian government hopes will get into the Guinness Book of Records. There will be yoga at Siachen, the highest battlefield in the world and on high seas. The estimated cost of Delhi’s event is 300 million rupees. 650 districts of India are participating and of the 193 UN member countries, celebrations will be held in 192 countries, except in Yemen because of the conflict there. The effect of Yoga is that the Uttarakhand government, withdrawing its decision to stay away from international Yoga Day celebrations, has now decided to be a part of event with Chief Minister Harish Rawat scheduled to inaugurate a state level yoga workshop on June 21.

The preparations of the world Yoga Day are on hike globally and in India too. It is now our choice to increase the row by our narrow outlook or to feel proud to be part of such a country whose child is attracting the glance of the world.
"Success is never ending and failure is never final."

With an outstanding performance in TCS, HCL and other top companies, MITians again stunned everyone by getting placed in top global companies like MICROMAX etc.

MICROMAX visited MIT campus on 27th May'14. A total of 123 students got their placement in it. Only B.Tech 2014 passing out students of branch EC,EI,CS, IT,EE were eligible for participating in the recruitment process.

Raunaq Automotive components Pvt. Ltd. also visited the MIT campus for the recruitment. B.Tech 2014 passing out students and MBA students were eligible for the drive.

MIT has provided 100% on-campus placements of eligible students in session 2014-15. Total 653 students got their placement in the top ranking companies.

Students selected in MICROMAX

Place to Visit

By– Smarika Agarwal (ECE 3rd Year)

Ladakh

Ladakh is one of the best destinations in India to travel to in summer and during the entire monsoon season. Bereft of rain as it is, Ladakh is favoured among the adventure and thrill seekers as the highway to this Himalayan kingdom opens up in May. June is the best time to visit Ladakh if you want to avoid the crowd in Leh. Amazing rock formations, ancient Buddhist culture, some of the highest motorable passes in the world, and turquoise high altitude lakes are the major allure of Ladakh.

Things to do in Ladakh may include visits to, Pangong Lake Tso Mori Ri Lake, Nubra Valley, Lamayuru, Padum, Kargil and the confluence of River Indus and Zanskar.

Some of the important Buddhist Monasteries to visit in Ladakh for a glimpse on ancient Buddhist cultural traditions are the Hemis, Thiksey, Lamayuru Monastery, Diskit Monastery, Shey, Rizong and Likir among others.

Several world famous trekking routes starts from Ladakh and draws visitors from around the world to this Himalayan wonder which include the Frozen River or Chadar Trek and Markha Valley Trek.
From the beating of our hearts to the chemistry of our brains, scientists are taking advantage of our bodies’ natural energy sources.

Researchers have long sought to harvest renewable energy from the world around us. Now, scientists are turning inward. The beating of our hearts, the rush of our blood and the myriad chemical reactions that keep us alive are all potential energy sources. Experts are working to develop technologies that take advantage of the powerful biological ecosystems we already carry around with us.

Engineers at the University of Illinois at Urbana-Champaign and Northwestern University teamed up with cardiologists at the University of Arizona to develop what they call piezoelectric nanoribbons, which attach to the outside of the heart muscle, much like a Band-Aid. These tiny strips contain crystals that create an electric current when flexed — each time the heart expands and contracts. In animal tests, electrical output reached 0.2 micro-watts per square centimeter, potentially strong enough to power self-contained pacemakers and make battery-replacement surgeries a thing of the past.

With an average temperature of 98.6 degrees Fahrenheit, the human body constantly emits heat. A research team at Korea’s KAIST University used a screen-printing technique to create a flexible glass fabric wristband that turns this thermal energy into electricity.

It produces about 40 milliwatts of energy from a band measuring 10 centimeters by 10 centimeters, which could trickle out a charge to keep a cellphone or smart-watch battery charged.

Two biomedical scientists at the University of Malmo in Sweden created an electric current between two electrodes placed in a solution of blood and water.

Through a chemical process known as reduction/oxidation, one electrode steals electrons from glucose, the natural sugar in the blood, and becomes an anode, which releases electrons. The other electrode becomes a cathode, which gathers electrons, in this case, from oxygen, effectively making the system a blood-fueled battery.

While it’s still a concept in the lab, this biofuel cell could one day work inside the body to indefinitely power pacemakers, the researchers say.

Our cerebrospinal fluid, the shock-absorbing liquid around the brain and spinal cord, is rich in glucose. Some innovators want to use that glucose the same way our bodies do — to create energy.

A silicon fuel cell, which creates electricity from chemical reactions, has a platinum anode that strips electrons from glucose to create energy. The electrons then flow to a cathode, creating an electric current between the two.

The researchers, based at MIT, aim to eventually embed the device in the brain to power implants that could help paralyzed patients regain limb use.
“Be the change you wish to see in the world.”

G.K. Quiz
By – Anmol Goel (CS 3rd Year)

1) For the prestigious White House fellow programmes, three Indian-origin youngsters have been named. This programme was founded in.................by President Lindon B. Johnson.
   a) 1964 b) 1972 c) 1974 d) 1980

2) 13th June is observed as International Albinism Awareness Day every year. It was adopted by the UN General Assembly in?
   a) 2011 b) 2012 c) 2013 d) 2014

3) The US government has opened an investigation against two of the biggest Indian outsourcing companies for possible violations of H1-B visa rules, according to a media report. Which among these are two of them?
   a) TCS and Infosys b) TCS and Wipro c) Infosys and Wipro d) Infosys and Vedanta

4) Legendary fast bowler Sir Wesley Hall is the latest cricketer to be inducted into the ICC Cricket Hall of Fame. He belongs to?
   a) West Indies b) Australia c) New Zealand d) England

5) China today launched a freight train service between its northeastern city of Harbin and Europe, opening a new trade route to Europe covering a distance of nearly ........... Kilometers.
   a) 5000km b) 7000km c) 10000km d) 13000km

Answers

1) a 2) d 3) a 4) a 5) c

Sudoku
By – Anmol Goel (CS 3rd Year)

Solution

Monthly Health Tips
By – Niharika Verma (ECE 3rd Year)

1. Eating one pomegranate a day (approximately a 100 grams one) will provide you with 17% of your daily recommended amount of vitamin C. Vitamin C is an essential component that your body needs for a healthy immune system, and will help you to fight off coughs and colds in the winter.

2. Mint has a potent phytochemical that can prevent various types of cancers. Called perillyl alcohol, the phytonutrient has shown the capability of preventing skin cancer, colon cancer and lung cancer in animal studies. Its benefits in this particular area are still under the scanner when it comes to humans.

3. Bananas reduce swelling, protect against type II diabetes, aid weight loss, strengthen the nervous system, and help with the production of white blood cells, all due to high levels of vitamin B-6.

Websites an Engineer Must Know.. 
By – Archit Saxena (ECE 3rd Year)

www.thecivilengineer.org
www.engineergirl.org
Aditya (Akshay Kumar) is an extremely righteous professor who dreams of creating awareness among the youth and making them ‘doers’ instead of being ‘watchers’ to the rotten system of corruption. He is a professor at National College, which seems more like a hypothetical college where no police can enter. Aditya along with a team of his students who have now branched out of college and are placed in various government organizations chalks out a plan to erase the top-most corrupt officials. Calling himself as Gabbar, Aditya kidnaps Tehsildars, Collectors, PWD official and even a police official and kills them. Of course, no man with a clean past would voluntarily take up such a cause of teaching the society a lesson hence we learn about Aditya’s past.

Been married to Kareena Kapoor’s character, five years back Aditya is all set to start his family when in an unexpected mishap of a building collapse, he loses his pregnant wife. Naturally, agitated by this, after digging up information on the building collapse, Aditya gathers evidence against Digvijay Patil (Suman Talwar), who is the builder. While Patil almost kills Aditya, he is miraculously saved by some medical students who find his body lying in front of their bus. The new lease of life that he gets is to make sure that he teaches not only Digvijay but the other corrupt officials a lesson.

On the other side Sadhu (Sunil Grover) is an honest constable who in spite of his wit is always a butt of jokes amongst his seniors. It is Kuldeep Pahwa (Jaideep Ahlawat) who comes as the special officer who finally recognizes Sadhu for his work.

And well, in the end Gabbar is successful in creating the desired revolution amongst the youth.