



SURANA COLLEGE AUTONOMOUS

Bangalore University | Re-accredited by NAAC with "A+"
Recognized by AICTE - New Delhi



(Newsletter - MCA Programme)

Volume 02, Issue 01

2023

Internalize >> Empower >> Evolve

Dept. of MCA, Surana College, Bangalore

THE FOREWORD

“If you look at creation the way it is, it is explosively beautiful”

-Anonymous

Indeed, creating is special. Creating anything takes time, effort, dedication, and action. Very exclusive magazine from MCA department, “The Impressions”, is an outcome of creative minds and their relentless effort. These minds have invested a lot of time and effort to materialize the glimpses and celebrations of the department for the past year.

The idea was handed over to the editing team by Dr. A Srinivas, director of MCA programme. The world needed a lens to see the moments of the department. The lens came out as “Sadhana Mirror” and was released during the 14th valedictory of Sadhana. Over the years, there were many cherishable moments and there was a need for something bigger than a “Mirror”. Introduced in 2022, the first edition of “The Impressions” was released to ensure the delivery of captivating moments of the department.

Every year, a team of students is assigned the task of bringing the moments to life and creating a collage of memories. This edition of the magazine is the endeavor of one such dedicated set of minds. The department is thankful to the team, the faculty, and everyone who was involved directly and indirectly in the entire process of bringing the magazine to life.

Editing Team



Shravani C



Vivek T



Gayathri V B



Tarun Kumar CH

Dept. of MCA, Surana College, Bangalore

Director Speaks...



With justifiable pride, it can be placed on records that we meet the demands of new-age students and work with self-conviction, commitment, and complete focus. The path to perfection is not easy yet we achieve it. We have will and the potential.

Hearty congratulations to team MCA (Colleagues and Students of Computer Science) for taking the department activities to a higher level with your passion and unclinged commitment. It can be placed on records that programs such as Sadhana bring value addition to our MCA programme and eventually evolved as USP of the department.

The road map given by me more than a decade back is meticulously getting executed by you and shaped you into a confident and competent individual. Your journey from enthusiastic beginner to disillusioned learner to reluctant contributor to peak performer is highly valued.

Some people are consistently successful because of the qualities and abilities they develop in addition to the curricular aspects. My dear friends let me firmly state one thing, genuine career happiness comes from achieving personal goals in harmony with organizational goals. Wishing all the best for the rest of the years.

Dr. A Srinivas

Director (L&D) - SEI

Director MCA

Dept. of MCA, Surana College, Bangalore

From the HOD's Desk....



With the revolutionary computing technologies at its forefront, the Indian IT sector is growing exponentially. While the dramatic growth is enabling a smarter planet, it has also created a dearth of proficient IT professionals. But fortunately, there are multiple academical courses offered by various colleges and institutions, which aim to meet the rising demand. Amongst them, MCA course is considered as one of the most sought-after. This post-graduation course helps an individual to hone the required technical skills to develop avant-garde tools and digital applications.

Our students and alumni have played a very important role in our success story. We are ever grateful to our students and alumni for their involvement in executing the visions of the department. We are also proud to say that, over the years, we have been able to maintain a strong bond between our alumni and the department. The objective of the department has always been to give the best to our students. The autonomous status has given us academic freedom to emphasize practical learning experiences.

Dr. K Balaji
HOD, Dept. of MCA

Dept. of MCA, Surana College, Bangalore

Team MCA



Mrs.Bharati Ramesh, Mr.Akshay, Dr.K.Balaji, Mr.Chandan Hegde, Mrs.Hema Prabha, Mrs.Ramya

The department of MCA was established in the year 2000. MCA is offered as a two-year program with a current intake of 60. The program is approved by AICTE and is autonomous under the affiliation of Bangalore University. The course is intended to produce qualified professionals well-equipped with the necessary skills and knowledge to meet the growing demand in Computer Science and Applications. The course emphasizes programming languages, web technologies, software testing, software engineering and application development requisites to fulfill the IT requirements. In contrast, the essence of basic mathematics, statistical concepts, and computer fundamentals provide a vital foundation. Introducing practical teaching aids to enhance every aspirant's ability to identify, analyze, model, and solve a problem through computation has been the primary objective of this course.

In addition, the department offers various cutting-edge technologies as add-on courses and personality development workshops from industry experts to the student community. The MCA program has been designed to give equal stress on theoretical and practical learning in applied computer science. It is envisioned to deliver an updated industry-oriented education to meet the expectations of the leading corporations of Silicon Valley. The department of MCA has secured twelve University ranks and eight gold medals.

Person to Personality (The cover story)

Having the ability to lead, inspire and guide is not every individual's trait. A person becomes a personality when they have experience, determination, and the ability to convert ideas into action. The department had an opportunity to meet one such personality, one of our own, Dr. DNS Kumar (Dr. DNSK), Principal and Academic Director of Surana College. A team comprising Mr. Sujan (student), Mr. Puneeth (student), and Mr. Ajith (student) was given the task of interviewing the leader himself.

The team spoke to the leader and the visionary about his interests, life experience, and goals.



Interaction with Dr. DNS Kumar

Sujan (student) : We have gathered that you have over three decades of experience in the field of finance and education. Could you please shed more light on your previous positions?

Dr. DNSK: Well, I started my journey with the industry that was on behalf of a university, three of us were sent to a steel industry in Canada to introduce the competency-based law and capacity-based activities, in the areas of standard Crossing budgetary control system and in sync to sort of operation.

Then I got an opportunity to work with the government of Goa as a professor. Few years of working in there my interest in research grew. In pursuit of the same I decided to move to Bangalore, had been installed as a dean of an organization. We did a good job in two years in terms of adding self-learning programs and courses. When I was doing research one of the leading universities in Bangalore gave me an opportunity to bring in a research culture in their university. And there I spent almost 10 years as a director for research initiatives.

Then, we also established a staff academic college, and I was the chairman of that wherein we drew the expertise across the country to deliberate on various aspects of Education, research, and more. This all experience gave me the confidence that I would be able to Spearhead a good Institution and when I was looking for an opportunity there came an opportunity from Gurugram as a Vice Chancellor and for a period of three years I could spend good time with my colleague's students and all other stakeholders.

Puneeth (student) : That was wonderful to hear let us start off from where it all began your hometown Belgaum. Would you like to take us back to your growing days and the journey thereafter?

Dr DNSK: See if I recall my student days the graduation days were wonderful days. We had a team of seven people and we never used to compete for marks. We always used to come together, and debate financial aspects. I remember my graduate and post-graduate professors very much and that was a very good beginning that gave me a platform to perform. I used to enjoy lunchtime with the professors, they used to share their lunch with me.

Puneeth (student) : Only a handful of people go ahead and choose their passion as a Profession. What apart from teaching were you keenly interested in?

Dr. DNSK: Law! I regret having not done the law otherwise the kind of depth into which I am personally very proud of it.

Sujan (student) : Role models influence our actions and motivate us to uncover our true potential and overcome our weaknesses. Who was one such role model for you, growing up?

Dr. DNSK: As far as education is concerned, my father. He was a teacher, and he and a few of my professors at the graduation and post-graduation level.

Sujan (student) : Finance is not everyone's cup of tea, it requires a certain amount of Planning and Consistency along with a sharp eye for crunching numbers. How did you conclude that finance as a profession was optimal for you?

Dr. DNSK: You know from the beginning I would say Commerce student and I was very used to like accounting, taxation, the budgetary control system. When I was in Goa, I did not go so much deeper into the application part of commerce but when I came to postgraduate for MBA program, I started my consulting in Belgaum. Consulting assignments make you go deeper in discipline. And there I got passionate about finance, accounting, and application of all these and building financial sustainability to small and medium Enterprises.

Puneeth (student) : You have an illustrious career spanning over 3 decades, how important is keeping yourself updated with time or staying relevant with each passing decade?

Dr. DNSK: To be very frank, in the first decade, I was not very updated. I started to update myself after I am interacting with the small and medium size enterprises, you require strong control over the subject and also need to be inter-disciplined. When you deal with SME's you need to know everything. I started doing international certifications. I did my CMA in 2013. I was a valuation analyst from the U.S in 2014 and did forensic finance from U.S in 2015.

Sujan (student) : Can you describe your approach to leadership and man management?

Dr. DNSK: it must be collaborative, cooperative, and recognizing the strength of people. Instead of looking into the negativities or other side of a person what are the positive aspects of each one of them and I always remember Einstein. He said, you can learn from the smallest of the small people of the organizations. That way a small person contributing also would be a good wealth to the organization, wealth of knowledge, and wealth of values.

Puneeth (student) : What is your view on the current education system in India? What are some of the things that you would perhaps change about it?

Dr. DNSK: To portrait National Education Policy (NEP) as a welcoming idea and to bridge the gaps that are made in conventional education. Number one requirement is capacity building. Development of capacity of the professors must be the priority. Number two would be introducing higher studies with regional values, multidisciplinary aspects, and global reach. Blended mode of education has become the need of the hour for continuous learning. Industry institute collaborations and skill-based learning are a few more to add.

Sujan (student) : What are the short-term goals and long-term goals in Surana College?

Dr. DNSK: Short-term goals at Surana college are to ensure academic rigor and research culture. Long-term, we must become a university. Where application science must be brought in all the disciplines such as computer science, business, commerce, hotel management, etc.

Puneeth (student) : What are your views on The National Education Policy 2020, and do you think adjusting to the new changes would be a challenge for the student community?

Dr. DNSK: Not at all, students are very bright, and they are well informed. The National Education policy is a challenge for sure. Capacity building among the professors is a challenge to institutions. An institution which won't spend or invest in the faculty upskilling will not be successful in adapting NEP.

Sujan (student) : What are your favorite books and what book would you recommend that every student must read?

Dr. DNSK: I would urge my student friends to read a good book written by Warren Buffett, who throws a good light on how disciplined one must be in business impression and in building one's wealth perspective. The second one is by Judy Collins, the Mighty Fall, showcasing how one should be careful in planning and in education.

Puneeth (student): You have worked closely with students from various demographics across the nation. What do you think are the key skills they should be working on collectively in order to move towards success?

Dr. DNSK: Communication and dialogue and sorting out the issues. These three things are very important. I see a reasonably good percentage of the students having back up their mind some downside questions they won't create a dialogue with the professors or with the outside resources. More you have the dialogue, the more you have the communication, the more clarity you get.

Rapid Fire Round

Sujan (student): First question, Bangalore, or Belgaum

Dr. DNSK: Bangalore

Puneeth (student): Favorite sport

Dr. DNSK: Tennis

Puneeth (student): What is your greatest professional accomplishment?

Sujan (student): Is teaching an attitude or a passion?

Dr. DNSK: It is an attitude.

Puneeth (student): If you had a time machine what part of history would you go back to?

Dr. DNSK: My college days

Sujan (student): Describe yourself in one sentence

Dr. DNSK: Positive thinker

Puneeth (student): What food would you choose if it had to be the only thing you could eat for the rest of your life?

Dr. DNSK: Dosa

Sujan (student): What is something that you don't like doing?

Dr. DNSK: Corruption

Puneeth (student): What is your vision for Surana college in the next five years?

Dr. DNSK: University

Sujan (student) : Your understanding of Dr. Srinivas from the past three months, is administrator, great motivator, able Mentor capable leader?

Dr. DNSK: Capable leader.

Puneeth (student) : Your understanding of Surana college in one sentence?

Dr. DNSK: Scope for development

Sujan (student) : On a scale of one to ten, how do you rate yourself as a teacher, as an administrator, as a researcher?

Dr. DNSK: As a teacher seven, as the administrator nine, as the researcher eight.

Puneeth (student) : Your comment about the interview

Dr. DNSK: Well organized, well thought.

Personality Profile

Dr.D N S Kumar

Principal and Academic Director,Surana
College,Bangalore

IMA(USA) and NACVA(USA)
CMA, CVA, MAFF, Fellow-IIV , Valuation of Business and
Forensic Finance



A doctorate and an erudite scholar with an experience of 30+ years, has served as the Vice-Chancellor and Dean for many institutions across the country. Rendering his expertise to students, he has worked as a professor of finance and catered to young talent by mentoring and teaching them various subjects including Strategic Cost Management, Corporate Finance, Risk Management and Valuation of Companies. He is a Master Analyst in Financial Forensics and has pursued his specialisation in Valuation of Companies, Bankruptcy and Liquidation and Reorganisation.

SADHANA



THE IT CLUB

The game changer and the second religion of the department.
It is the amalgamation of,

- Bundle of energy.
- Ample of ideas.
- Unlimited potential.
- Unstoppable performances.
- Collective team spirit.
- Jubilant Celebration.

Glimpses of Sadhana-The IT Club



Event 'Logo design'



Event 'Speak to Lead'



Event 'Project Presentation'



Event 'Tech Quiz'

The Concept of **Sadhana** was inducted into the MCA Department by Dr. A Srinivas in the academic year 2005-2006.

"Practice makes man perfect" is an old saying and this word is a new world order for that, we have changed the quote to "Practice for Perfection", which is the caption for our IT club called SADHANA. Sadhana is a weekly event conducted by the students, for the students to improve their soft skills and to practice certain skills needed for their fruitful IT careers.

Various events conducted by the students, for the students:

- Aptitude on various topics
- Start-up
- Logo design
- Project presentation
- Pick-and-speak
- Case study
- Group discussions
- Spreadsheet challenge
- Break the query
- IT manager and more...



Event 'IT Manager'



Event 'Group discussion'

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Event 'Break the Query'



'Event 'Start-up''



Event 'Project Presentation'



Event 'Think it out and speak it out'

Teams compete against each other every week in various activities and competitions organized by the students. A season begins with a formal inaugural function and ends with a valedictory ceremony where the winners are awarded.

Winners & Runners



Event Tech Presentation



Event Spread-sheet Challenge



Event Project Presentation



Event Blank Coding



Event Start-up

GLIMPSES OF SADHANA-THE IT CLUB



Event Tech Rounds



Event Brain Surge



Event IT-Manager



Event Case Study

LIST OF EVENTS - SADHANA 2022 - 23, SEASON 2

Each year, Sadhana hosts 30 events in two seasons. Each season has 15 events of various kinds. Each event is organized by one among the 15 teams. The remaining 14 teams compete with each other for the top 5 winning spots. The team with the most points is awarded the best team at the end of two seasons.

So far, a total of 15 events have been conducted in Sadhana season-2. The following is the list of events with the respective organising teams. The events are scheduled every Thursday afternoon.

| Date | Organizing Team | Event | Aptitude topic |
|-------------|------------------------|---------------------------|--------------------------------|
| 15/12/2022 | Bug smashers | Start_up | C,C++ Programming |
| 22/12/2022 | Reebot rebels | Logo Design | Time and Distance |
| 29/12/2022 | Cyber Knights | Project Presentation | Java Programming |
| 05/01/2023 | Code Warriors | Pick-And-Speak | Train & Probability |
| 09/01/2023 | Synergy | Break the Query | Ages & Ratio-Proportion |
| 12/01/2023 | Dynamic Dudes | Blank Coding | Data Interpretation |
| 19/01/2023 | Fantastic Four | Spreadsheet Challenge | Quantitative Aptitude |
| 27/01/2023 | Tech Tycoon | Techno Code | Verbal Ability |
| 02/02/2023 | Team Gigabyte | Tech Quiz | Data Structures in C++ |
| 09/02/2023 | Power Seekers | Tech Presentation | Logical Reasoning |
| 03/02/2023 | Pixel Brothers | IT Manager | Ratio & Proportion, Ages |
| 17/02/2023 | Tech Buddy | Group Discussion | Agile Point & Turing Minds |
| 23/02/2023 | Skam Squad | Case Study | Banker's Discount & Alligation |
| 02/03/2023 | Code Blasters | Think it out Speak it out | IBM |
| 09/10/2022 | Team Elite | Tech Rounds | Company Paper |

'Azadi Ka Amrit Mahotsav' Celebration (Elixir of Energy of Independence)

“

The department of computer science has conducted an event to celebrate 75 years of independent India. The event was hosted at the post-graduation center, Kengeri campus. Students prepared posters with details telling the story of the nation's independence, its struggle, and its growth to become one of the most powerful economies of the 21st century. The posters were prepared using the articles and graphics collected from the newspapers rendering the achievements and accomplishments of fellow countrymen in various fields.

”



Poster show made on 75th year of Independence

Art of Living - Yes+ Program

(A fun, dynamic course for young professionals.)



The department of MCA hosted a 6-day life skills and mind management program titled YES+ from the art of living, Bangalore team. The event started on 5th September 2022

at our Kengeri campus. A 5-day in-house program included sessions on mind and meditation, exploring the breath, power of responsibility, building interpersonal skills, and inner peace and outer dynamism. A total of 59 students from MCA participated. The 6th day was an outbound program at the art of living campus, Kanakapura road where the students and the faculty of the department get to experience the tour of the campus.



A visit to the AOL, kanakapura road and many energizing, fun sessions.

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Srujana

(A cultural program)

College Cultural Program is conducted to identify the best talents in students through various activities, in the month of September for about three days. Students are deputed to participate in various inter-department competitions. The cultural week for the PG students under the banner of "Srujana" was held between 12th September 2022 to 14th September 2022. The winners of sports week and cultural events were awarded on the college day held on 14th October 2022.



Students of MCA performing various art forms at Srujana. Team MCA bagging the award for group dance.

Srujana

(A cultural program)



Talents diversified at various events of Srujana.

Ethnic Day

(A blend of cultures and colors)

Ethnic Day is always the most awaited fest for students every year. we celebrated Ethnic Day on 13th September 2022, which is vibrant and exuberant day by wearing ethnic clothing. "Ethnic Day" to celebrate and rejoice the culture and values of our great nation. In addition to the beauty of the traditional attire. The event was conducted to bring out the tradition and moral values that we as Indians have learned as we grew up. The event was conducted to celebrate our Indian pride.



Students of final year MCA in Ethnic attire.

Graduation-Day (2020-2022 Batch)

The graduation day for the batch 2020-22 was held on 15th October 2022. Ms. Rashmi Havala, Associate General Manager, HCL America Inc, was the chief guest for the day.



Mock interviews by distinguished Alumni (A novel initiative from the dept)

The idea of a mock interview for the final year students was adapted to prepare their minds for a brutal process ahead of them. Our alumni were more than happy to carve a piece out of their busy corporate schedule and dedicate it to a few morale-boosting sessions for the present MCA batch. A panel of 5 - 6 distinguished alumni was made to test and assess the young, to-be graduates to prepare them for the subsequent interview processes. The mock interview was conducted in two sessions on two different days. One panel was constituted of relatively young alumni whereas the other was led by well-experienced professionals.



The panel for round-1 of mock
interview held on 21st January
2023

The panel for round-2 of mock
interview held on 4th February 2023



**Mock Interviews by distinguished Alumni
(A novel initiative from the dept)**



Each session had two rounds of interview - HR and Technical round



Industrial Visit

(An experiential learning @ e-Mudhra campus)

The department arranged a field visit to eMudhra, the largest Certifying Authority (CA) in India for digital signatures and other forms of electronic signatures, on 31st January 2023. The students visited the eMudhra digital campus located near Devanahalli, Bangalore. They had an opportunity to experience various operation facilities of the company such as development, support, management, and data center. Mr. Naveen Kumar ML, Sr. Manager – GRC, of eMudhra presented key technologies behind the digital signature certificate such as PKI (Public Key Infrastructure), tokens, the structure of CCA (Controller of CA), and many more. Mr. Naveen Kumar ML also gave a roadmap to becoming an expert in the field of cybersecurity.



Mr. Sivakumar S, Chief IT Officer of the company gave a glimpse into the operations of the company and its history. Students also experienced the upcoming data center of eMudhra which was still under construction. The members of the organization also discussed their plans for the near and distant future. The presentation proceeded with an interactive session with students to clarify their doubts about career building in cybersecurity and queries related to DSC.

MCA freshers' induction - The novel and Creative Approach

The induction week was planned to have a series of expert talks and team-building activities. Spanning an entire week, during the induction program the freshers had a chance to hear some of the best speakers and engage themselves in many interactive sessions.

DATE

EVENT

16-02-2023

- Inauguration of the MCA programme

17-02-2023

- Session on "Mental Hygiene" by Dr Sudarshan, HOD, MSc (Psy)
- Address by Dr. A Srinivas, Director – L & D(SEI) & Director – MCA
- Sadhana Event - "Blogging"

20-02-2023

- Session on "Psychological health for techies" by Mr. Ravi Agrahara, MSc(Psy)
- Session on "Technopreneurial Ecosystem in India - Way forward" by Mr. Vijay.J, GM Corporate Communications, Micro labs, Bangalore
- Activity - 1 (Know each other-Playing intro videos)
- "Know your College" by Dr.K Balaji, HOD, MCA
- Activity - 2 (QUIZ – Round 1)



| DATE | EVENT |
|------------|--|
| 22-02-2023 | <ul style="list-style-type: none">• Session on 'Placements in Surana' by Ms Sowmya, Placement Officer, Surana College PG Departments• Alumni Interaction – Mr.SushanthSarkar, Microsot Business Solutions |
| 23-02-2023 | <ul style="list-style-type: none">• Activity - 1 (Know each other- Playing intro videos)• Activity – 3 (Team building activity)• Library Management in Surana by Mr. Gururaj D, Librarian• Address - Dr. Vanishree M R, Dean – Research & Consultancy, Surana College |

MCA batch 2022 - 24 Inauguration

(Yet another new beginning)

Pre-induction

The department conducted a series of pre-induction activities for the newly admitted MCA batch. The activities included creating an introduction video, completing short-term certifications, video reviews, building small projects, etc. The best performers were chosen from the activities and were awarded during the MCA induction program.



**Ms. Revathi R, Principal Technical Architect,
TensorIoT, Chief Guest for the event**



**Dr. D N S Kumar, Principal & Academic
Director, Surana College**



Dr. M.S.Ranga Raju, Director-(MBA)



**Dr. A. Srinivas, Director (L&D) - SEI
Director MCA**



Dr. K Balaji
HOD, Dept. of MCA



Session on "Mental Hygiene" by
Dr.Sudarshan, HOD, Msc (Psy)



Session on " Psychological health for Techies"
by Mr.Ravi Agrahara,MSc(Psy)



Session on "Technopreneurial Ecosystem in
India - Way forward" by Mr. Vijay. J, GM
Corporate Communications, Micro labs,
Bangalore

MCA Freshers' Induction



Alumni Interaction - Mr. Sushant Sarkar, Program Manager, Microsoft Business Solutions, delivered a talk on "Campus to Corporate"



**Session to First year MCA students
Resource Person: Dr. Vanishree M R,
Dean – Research & Consultancy**

Activity Best out of waste

(Team building activity)



Freshers' day 2023

(Embracing the journey)

Freshers' Day, is an exciting event held to welcome new students of the MCA batch 2022-2024 to campus on 04-Mar-2023. The day began with a warm welcome from faculty members and senior students who serve as guides and mentors. The anticipation, the excitement, and the camaraderie among new students fill the air, setting the stage for an unforgettable event.



A Spectacular Start to College at Fresher's Day



SurSangram - Trivento

(An intercollegiate IT, Management and Psychology Fest)

"SurSangram" is an annual IT, management and Psychology intercollegiate festival bringing colors to campus life. A 2-day festive mode for the post graduate courses invites colleges from all corners of the country. This year's fest was no short of competitors as the hosts experienced a record breaking footfall. The first day of the fest kickstarted with a formal inaugural ceremony followed by events around the campus. The second day had a cultural fiesta and valedictory function as an endnote.



University Rank Holders

(Our Pride)



The department has a total of 12 University Ranks and 8 Gold Medals

Student's Corner

(Arts and Articles)

eSports In India

India is a country that is passionate about sports, but in recent years, a new form of competition has emerged and gained significant popularity - eSports. eSports, or electronic sports, is a type of competitive gaming where professional players compete against each other in organized tournaments, often with big prizes at stake.

In India, eSports has been steadily gaining ground, especially among the younger generation who have grown up with video games as a part of their lives. With the rise of online gaming platforms like Steam, Twitch, and YouTube, it has become easier for players to showcase their skills and for fans to follow their favorite players. The popularity of eSports in India has been further driven by the growth of mobile gaming. The country has over 500 million smartphone users, and a significant portion of them play mobile games regularly. Games like PUBG, Call of Duty, and Valorant have become household names, and their tournaments attract massive viewership and sponsorships.

However, some challenges still need to be overcome for eSports to reach its full potential in India. One of the biggest obstacles is the lack of infrastructure and support from the government and private sector. While some companies have started sponsoring tournaments and players, there is a long way to go before eSports can be considered a mainstream industry in the country. Nevertheless, the future of eSports in India looks promising.



Rohit YS
2nd year MCA

Mental Health Awareness in Students

Good mental health is essential for well-being, and it can contribute to a student's ability to find success in the world. It can help students to develop and maintain strong relationships with others, as well as an overall sense of contentment.

- Why do students suffer from poor mental health?
There are several reasons why students suffer from poor mental health. Bullying, Peer pressure, Family issues, Toxic relationships, Lack of sleep, Poor diet and Lack of exercise are some of them.
- How to improve mental health in students?
- Give students the confidence to speak up – without negative repercussions, they may be more willing to share what is going on in their lives.
- Encourage students to exercise daily. This improves the mood throughout the day.
- Promote positive self-esteem – remind them of their special qualities and encourage them to like themselves.
- Encourage students to practice mindfulness – having them focus on mindful activities.



Roopashree M
2nd year MCA

The first step is recognizing the signs and symptoms of poor mental well-being and addressing them with compassion and care before it gets too bad. Finally, it is important to remember that mental health problems are often treatable. There are a few effective treatments available, and with the right support, many people can recover from mental illness and go on to lead happy and fulfilling lives.



Anusha D
2nd year MCA

Painting: Industry 4.0



Shravani C
2nd year MCA

Pencil Portrait



Keerthiraj H
2nd year MCA





Manoj M
2nd year MCA

Painting: Industry 4.0



Raksha R yadav
2nd year MCA

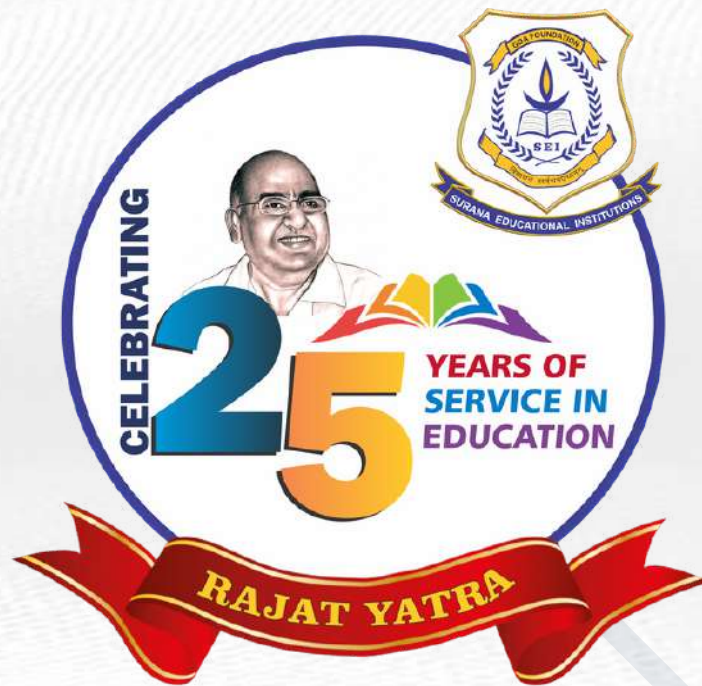
Pencil Sketching



Sneha Latha M
1st year MCA

MCA Army 2021-2023

The Budding Resources in the Nation Building



*"The path for perfection is not easy.
Yet, we try, we have the will and the potential"*