

## कोरोना को हराना है तो टीकाकरण करना है



### Rejuvenate Health and Maintain a good Nutrition level on Priority During the **Coronavirus (COVID-19) Pandemic**

**Good nutrition is crucial for health**, particularly in times when the immune system might need to fight back. While no foods or dietary supplements can prevent or cure **COVID-19** infection, healthy diets are important for supporting immune systems. Consume enough fibre. Fibre contributes to a healthy digestive system and offers a prolonged feeling of fullness, which helps prevent overeating. Dietary supplementation has not been linked to **COVID-19** prevention. However, supplementation with **vitamins C and D, as well as with zinc and selenium**, was highlighted as potentially beneficial for individuals with, or at risk of, respiratory viral infections or for those in whom nutrient deficiency is detected. People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases. So we should eat a variety of fresh and unprocessed foods every day to get the **vitamins, minerals, dietary fibre, protein and antioxidants** your body needs. Drink enough water.

**Every day is the new beginning. Take a deep breath, smile and start again!!**

### #Unite2Fight Corona

#### A Balance is the key: Yoga poses to strengthen your immune system against Covid- 19.

The fitter you are, the better is your immunity. From the ancient period, Yoga has been India's habit tracker. It's a combination of balancing physical, mental, and spiritual practices or disciplines that keep you strong in every sense. With Covid-19 cases increasing every single day, it's time to get active and take self-responsibility.



**Pranayama**



**Bridge Pose**  
(Setu Bandha Sarvangasana)



**Trikonasana**  
(Triangle Pose)



**Uttanasana**  
(Forward Fold)



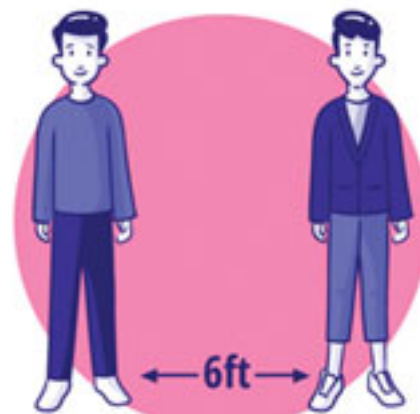
**Bhujangasana**  
(Cobra Pose)

The stress and anxiety due to COVID-19 are for real, and yoga is an ultimate solution to combat them. So, take a deep breath, set the alarm to an early morning hour and practice your way to a stronger immunity!

### Coronavirus Prevention



Clean your hands often



Avoid close contact



Stay at home



Cover coughs and sneezes



Wear a facemask if you are sick

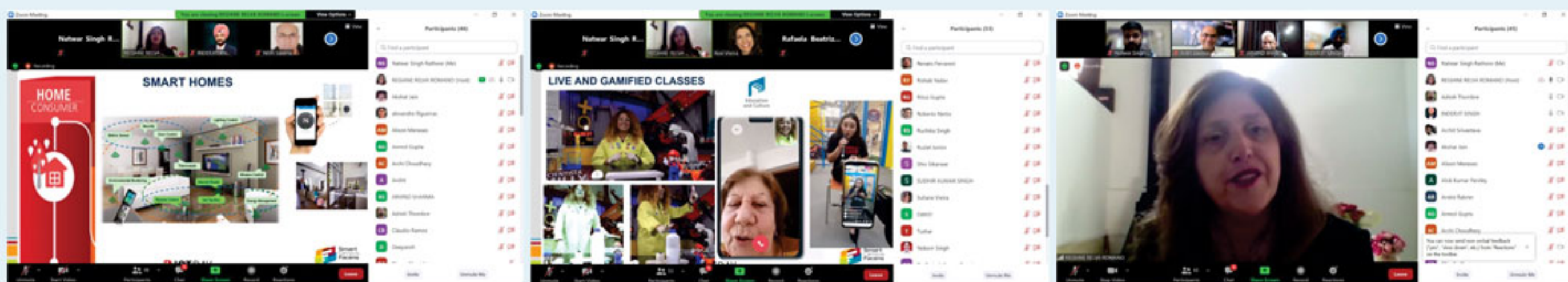
**Take Steps to limit Corona virus Exposure**

<< ONLINE EVENT >>

Online webinars, seminars and lectures provide the perfect basis for successful studies, especially in this worldwide pandemic. In contrast to a webcast where information is presented on demand and only transmitted in one direction, **KIET School of Pharmacy & Anchrom** collaboratively organized an interactive webinar on **"HPTLC: Technique and Applications"** on **3<sup>rd</sup> April 2021** and therefore allowed two-way communication between the organizer and the other participants. The speaker of the webinar was **Mr. Vishwajit Kale, Application Specialist (Anchrom Enterprises Pvt. Ltd)** and therefore, speakers' session was the crux of the matter of this successful webinar that brought a fresh perspective exponentially.



The **"Internet of Things" (IoT)** is not the **"hype"** or a **"buzzword"** anymore; it now has the power to change our world. IoT Day came into light in 2010 and invites to the Internet of Things community to set up an event, a lunch, a talk with the neighborhood on what #IoT is and what it means in everyday life for all of us. Keeping this objective in mind, **Department of Electrical and Electronics Engineering** in **KIET Group of Institutions** celebrated **IoT Day (Internet of Things)** on **9<sup>th</sup> April 2021** with **FACENS University Brazil**, internationally acclaimed academic cooperation. The overall lineup is for the innovative projects for **SMART CAMPUS**.



<< EVENTS @ KIET >>

Plastics have become a serious ecological threat to humanity. To spread the awareness to the young minds & supported by **Dr. Minakshi Karwal**, as per the direction from **PMO & MoE ID No. 5342841/PMO/2021/SW** from **Prime Minister's Office**, **KIET Group of institutions** successfully conducted the essay competition, **"Elimination of Single-Use Plastic"** on **3<sup>rd</sup> April 2021**. Entrants were asked to write a short essay in answer to a question and encouraged them to explore their writing skills. The objective of the essay competition is to take a step back and recognize the implications excessive plastic waste has on the environment in order to understand the significance of cutting back on single-use plastics.



<< KIET MILESTONES >>

Milestones achieved by the KIETians getting placement with the Top Recruiters.

**At KIET:**  
**Brands are produced!**  
**Brands are recruited!**  
**Brands are recruiting!**

PLACEMENT SPOTLIGHT 1.0				PLACEMENT SPOTLIGHT 1.1		
<b>Adobe</b> ₹27.70 LPA 2 Students	<b>amazon</b> ₹19.30 LPA 1 Student	<b>ION</b> ₹12.50 LPA 3 Students	<b>KRONOS</b> ₹13.29 LPA 2 Students	<b>blackearth</b> ₹20.00 LPA 1 Student	<b>Gainsight</b> ₹13.00 LPA 1 Student	<b>ACCOLITE</b> ₹11.00 LPA 2 Students
<b>Red Hat</b> ₹11.00 LPA 1 Student	<b>QSVS</b> ₹10.00 LPA 41 Students	<b>LOWE'S</b> ₹19.14 LPA 2 Students	<b>Grab</b> ₹15.00 LPA 1 Student	<b>WILEY</b> ₹11.00 LPA 1 Student	<b>Hashedin</b> ₹9.00 LPA 8 Students	
<b>ZS</b> ₹12.00 LPA 13 Students	<b>BNY MELLON</b> ₹11-21 LPA 1 Student	<b>U</b> ₹10.00 LPA 5 Students	<b>ATKINS</b> ₹4.50 LPA 6 Students	<b>infoedge</b> ₹7.50 LPA 3 Students	<b>Codeyoung</b> ₹7.00 LPA 4 Students	<b>kuliza</b> ₹7.00 LPA 1 Student

<< AWARDS & RECOGNITIONS >>

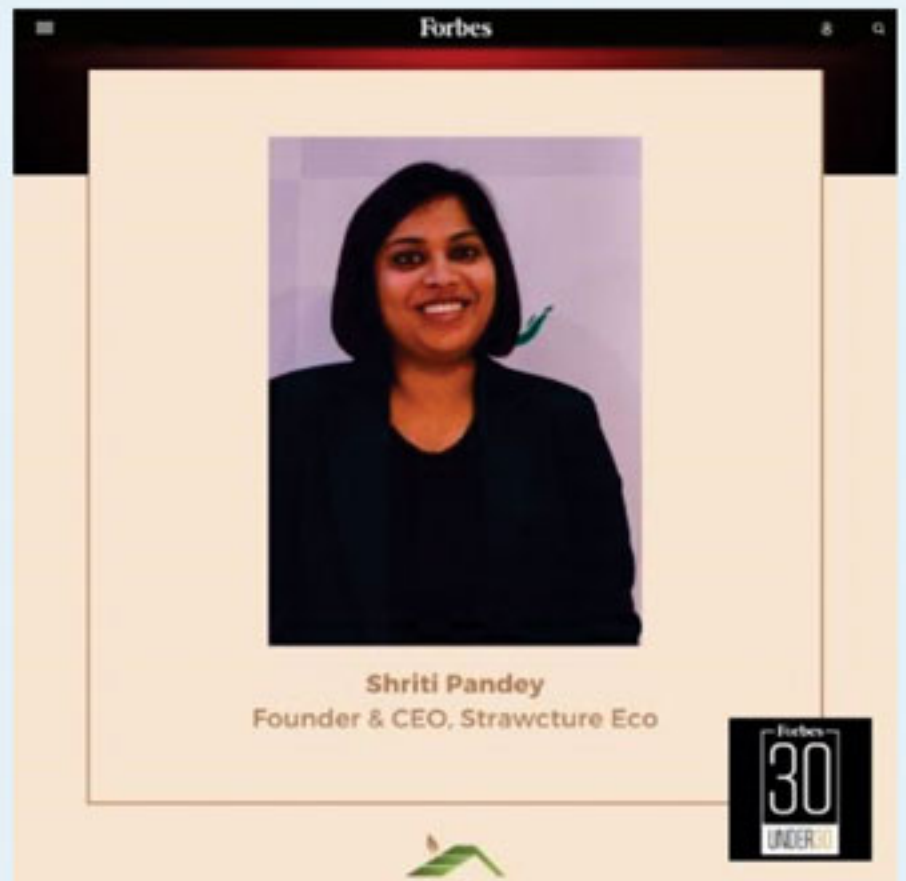
Awards recognize those who have made major achievements, presented groundbreaking ... who have made important contributions in various engineering disciplines. **KIET Group of Institutions, Delhi NCR** proudly announces that **Team Interstellar** won **Phoenix award at NASA Human Exploration Rover Challenge 2021**. To honor and to encourage our young minds we proudly congratulate and acknowledge their extraordinary efforts for playing a critical role in promoting engineering excellence.



"If you work JUST for money, you'll never make it, But if you love what you are doing, success will be yours". This saying is proven by our young mind **Mr. Dinesh Kumar** of the **Electrical and Electronics Engineering Department** has secured an **All India Rank 7** in **Engineering Services Examination (ESE) 2020**. **KIET Group of Institutions** celebrates the dedication you've shown on the way to this achievement. **"Congratulations and best wishes for your next adventure!"**



Our alumnus **Ms. Shriti Pandey** (Batch: 2010-2014, Civil) Founder **Strawcture Eco** has been featured in **Forbes' Top 30 Young Entrepreneurs in Forbes 30 - Asia 2021** under the category of **Industry, Manufacturing and Energy**. Congratulations on your well-deserved success & looking forward to watching you cross your next finish line.



<< KIET INITIATIVES >>



## &lt;&lt; YOUNG FACULTY SPEAKS &gt;&gt;

"Manage emotions during Covid -19"

By:- Dr. Priyanka Sharma, Addl Head &amp; Associate Professor, HS&amp;S Department



"Cultivate emotional bonding in a crisis: Manage emotions during Covid -19"

The world is going through a lot of sufferings and turbulence. The coronavirus outbreak is affecting people across the world in different ways. To come out from emotional disturbance to emotional bonding awareness, vulnerability, empathy and compassion are the four pillars of emotional bonding to take care for people in crisis. By talking and doing activities together, we can share skills like problem-solving and how to manage emotions. It was the time when academic session was on peak & my entire family turned out to be corona positive, I went into fright but I got so much emotional support from my colleagues at KIET which really worked to handle tough life situations. I was open to myself to accept other's expression of care and it helped to maintain my own emotional stability and build up a close support network that is essential, especially during turbulent times. Connect, collaborate & make a difference, build resilience, reach out for help, talk to peers, help each other and share what you have learned and experienced. This way you will learn from each other's experience. Sometimes merely listing emotions can help regulate nervous systems, ease anxiety and tension, and allow individuals to activate their logical thought processes.

So Stay tuned, Stay Positive

## &lt;&lt; CORONA WARRIOR STORIES @KIET &gt;&gt;

I am on the road to recovery after having COVID-19 and my experience made me stronger than before. Not long before, I began to experience **mild cough, cold and pain**. Sure enough! My test results confirmed it. As a precaution, I decided to **self-isolate** in one of the room in my flat for **two weeks and a half** to avoid getting anyone else sick. I too went into panic mode but I got lot of **strength and support** from **my both families**, one is **mine** and another is my **KIET family**. Their comfort and compassion helped me to get through one of the toughest times in my life. I accredit a lot of my strength to my **family, friends, and colleague** and everyone who physically and mentally supported me. In times like these, it's important to focus on the things we can control and try to remain optimistic—not to live in fear, but to take care of yourself and the people around you.

Stay home, stay safe!

If you do, someday soon we'll be able to cherish moments together again.

Dr. Ruchita Gautam

Associate Professor

ECE Dept.



Getting infected with Novel **Corona virus** disease was a scary phase of my journey. On **April 4<sup>th</sup> 2021**, I took the **RT-PCR covid test** and was found **POSITIVE** on the next day. I was asymptomatic, except for losing my sense of smell, and taste. It was shocking initially, but I finally accepted the situation. I was recommended **home quarantine** with all requisite **medicines prescribed by the doctor**.

During this period, not just medical care but **mental and emotional** support helped me to fight with this dreadful disease. Receiving the kind gesture for my well being and a sense of care from my organization **KIET Group of Institutions** was the biggest support to me for my speedy recovery.

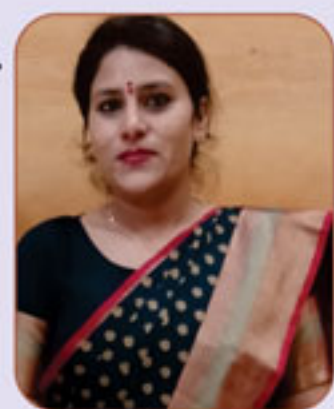
I want to remind people that we can all fight this if we stay at home, stick to the facts and guidelines, and stay positive.

Do not panic and prepare yourself for all the eventualities.

Ms. Sapna Yadav

Asst. Professor

MBA Dept.



## &lt;&lt; EDITORIAL BOARD &gt;&gt;



धोड़ी चाय पियो  
नज़ारे देखो  
नज़ार उठाओ  
सितारे देखो....

कीबोर्ड की छिटपिट में  
दबती हुई साँसें  
महसूस करो  
आह भरो !  
अंगड़ाई लो  
अरे यार... जल्दी क्या है .....

परग

Parag Pallav Singh  
4th yr, CSE Dept.

एक उष ही तो निकालनी है  
अकेले, साथ में या भीड़ में  
जल्दी क्या है .....

भागना ही तो है आखिर तक  
कछुए की तरह या सोकर  
जल्दी क्या है .....

मिलना है मेहनत का फल  
मिलेगा आज, परसों, नहीं कल  
मेहनत करो ! झटे रहो  
जल्दी क्या है .....

कहते हुए थक गए लोग  
मज़ा सफर में है जनाव  
मंज़िल पर ठहरने की  
जल्दी क्या है .....

परग

देख नहीं रहे,  
कितने भागे हैं  
तुमसे पहले फरटि में

ज़रा गौर करो,  
बैठे हैं बेचारे  
बुढ़ापे के सज़ाटे में

फरटि भरते हुए  
काल के गाल में  
जाने की  
जल्दी क्या है .....

परग

तुम जवान हो,  
जवानी काम लो,  
जीवन का मकसद ढूँढो  
इस दौड़ से आराम लो

मतलब समझो,  
समझो खुदको  
के तुम एक धावक नहीं  
इंसान हो,  
कोई शावक नहीं

वज्रत से पहले  
अण्डा फूटे  
जीवन नहीं रहता उसमें

और तुमको  
फूटने की इतनी  
जल्दी क्या है .....

परग

KYA HAI