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Editors message

Warm Greetings of New Year 2024.....

They say “ We find TREASURE wherever our HEART is”.

Sometimes opportunities makes us feel lively, occupied, associated, and rewarded. I wanted to reach beyond the lines that have become too familiar and easy for me. The start of the Editorial journey is making me feel that I met the next and improved version of myself.

With the pool resources of dedicated, supportive team members, I feel we are bringing out the most astonishing results. With continuous hard work, we are able to bring the most distinctive and worth-reading piece of articles to the newsletter. I can proudly say, that all readers will definitely get inspired and will be able to follow their heart to find the most beautiful treasure, the “Passion to read”.

Wishing various Departments for successful Accreditation, congratulating faculty for getting Doctoral degrees, celebrating student recruitments, appreciating faculty for applying for research funds, getting MOUs, publishing papers, patents and wishing all the very best for further victory.

Focus attentively on FOCUS and be a part of it ...

| **Dr. Vidyalakshmi K**, Chief Editor

Publications and Conferences

• Dr. Sheshadri G S, Professor, Department of EEE, published a paper entitled “Power Loss Evaluation of 5 Level Multilevel Inverters Connected to Solar Sourced Stand alone Micro Grid System” in International Research Journal of Engineering and Technology (IRJET) published in Journal Vol 11, No. 2 February 2024.

• Mr. Pradeep M N, Department of BME and Dr. M. Suresh, Department of ECE, published a research paper titled “Speech Enhancement using Weiner Filter and Spatiotemporal Prediction Filter Approach” in Acta Scientiae Journal, pp. 226 ISSN:1517-4492/E-ISSN: 2178-7727, Vol. 7, No. 1 , February 2024.

• Mrs.Rashmi H C, Asst. Professor Department

of ISE, published a research paper titled “Privacy-aware novel lightweight Cryptography Mechanisms for IoT (Internet of Things) Security” in Scopus indexed journal, Multimedia Tools and Applications, Springer Nature.

• Dr Srinidhi G A, Published Indian Patent on
(i) “AI based Prevention of cyber-attacks on healthcare organizations using IoT, Cloud Computing and Machine Learning approach”, Application Number-202441001931, Journal Number-202441001931.

(ii) “Artificial Intelligence based authentication and monitoring system for E-learning and Eye retina movement detection on online examination using supervised machine learning algorithms”, Application Number- 202341083916 Journal Number- 202341083916.

- Dr Sunil K and Pruthviraj K, Department of Chemistry, published an article titled "synthesis, characterization, antimicrobial, theoretical and in-silico studies of novel paper imide fused pyrazole derivatives" in journal Indoamerican Journal of Pharmaceutical research, Vol 14 (01), DOI NO: 10.5281/zenodo.10633641, 2024.

- Aishwarya H S, 2nd Year, M.Tech, Dept. of CSE, Dr. Siddappa M, Professor, Dept. of CSE, have published a research article titled "Design of Hybrid Model for Detection and Classification of Vehicles", Bhanupriya B H, 2nd Year, M.Tech, Dept. of CSE, Dr. Channakrishna Raju, Professor, Dept. of CSE, have published a research article titled "Android Virus Detection Using Permission-Based APK Analysis and Machine Learning", Sowjanya R N, 2nd Year, M.Tech, Dept. of CSE, Dr. Sujatha S R, Professor, Dept. of CSE, have published a research article titled "An Automated Approach to Cyberbullying Detection and Prevention

using Machine Learning", Sameera Fathima, 2nd Year, M.Tech, Dept. of CSE, Dr. C D Guruprakash, Professor, Dept. of CSE, have published a research article titled "Musical Moods : Emotion Detection and Music Recommendation", Prof. T.S. Bharath, Asst. Prof, Dept. of CSE, Dr. Channakrishna Raju, Professor, Dept. of CSE, have published a research article titled "Content Format Preserving Procedure Using Dynamic Data Masking for Healthcare Data", Dr. Guruprakash C Dyamanna, Professor, Dept. of CSE, have published a research article titled "SecurIoT-ELACA: Lightweight Security Framework for Privacy-Enhanced Publish/Subscribe Communication in IoT Healthcare Systems", Vidyashree T C, 2nd Year, M.Tech, Dept. of CSE, Madhumala G, Asst. Prof, Dept. of CSE, have published a research article titled "Classification of Web URL Features for Detecting Phishing websites", in SSAHE - Journal of Interdisciplinary Research (JIR), Vol 4, Issue 2.

Faculty Achievements



- Mr. S.K. Girish, Asst. Professor, Department of EEE, defended his final Viva Voce to receive the award of Ph.D. degree on "Studies on Partial Discharge Activity in Contaminated Liquid Insulation" under the guidance of Dr. B.V. Sumangala on 1st February 2024 at his research center.



- Mr. Abhilash K.E. Asst. Professor, Department of Civil Engineering, has participated and presented paper in "International Conference on Recent Trends in Infrastructural Development & Sustainable Materials" (IC-RTIDSM-2024), held on 9th and 10th February 2024 at Raison College of Engineering, Nagpur, and was awarded with best paper.

- Dr. Srinidhi G A delivered a lectures on the topics:**

- "Securing your e-commerce infrastructure to enhance profitability" at Fit well Tumakuru organised jointly by MSME facilitation centre Bangalore and Fitwell Tumakuru on 6th February 2024.

- "Security in e-marketing and Social Media Marketing" at MSME facilitation center Bangalore on 16th February 2024.

- Three research project proposals were submitted for SERB-POWER (women) grants on 15th February 2024 by the following faculty:**

- Dr. Pushpalatha K R and Dr. Vidyalakshmi K**, Department of CSE(DS) on the project title "Automatic Detection and Classification of lungs diseases using advanced Deep Learning Techniques" for Rs. 30 lakhs.

- Dr. Renukalatha S and Dr. K R Asha**, Department of CSE, on the project title "Development of Advance Laboratory to Recognize Kannada Characters in Ancient Inscription for Archaeology Department", for Rs. 30 lakhs.

- Dr. Nasreen Taj M, Department of EEE and Dr. Renukalatha S**, Department of CSE, on the project title "Nano polymer composites for EMI shielding, packing of nano devices and lighting applications", for Rs. 24 lakhs.

• **Mr. Praveen Kumar C**, Asst. Professor, Department of EEE has delivered an expert talk on “Process of Innovation Development, Technology Readiness Level (TRL) Commercialization of Lab Technologies & Tech-Transfer” organized by the Dept. of EEE, BITM, Ballari on 26th February 2024.

• **Dr. Sunil K**, reviewed articles for reputed Bentham Science Publications USA / UAE & Netherland in February 2024.

• **Dr Pradeep A.R**, Asst. Professor, Department of Civil Engineering, was one of the reviewer of “International Journal of Steel Structures” in February 2024.

• **Dr. N Pradeep**, Asso. Professor, Department of EEE and **Dr Srinidhi G A**, Asst. Professor, Department of ETE were the reviewers for 2nd International Conference on “Integrated Circuits and Communication Systems” (ICICACS-2024) organized by Department of Electronics and Communication Engineering, H.K.E Society s Sir M Visvesvaraya college of engineering, Raichur during 23rd and 24th February 2024.

• **Dr. Shilpa G N**, Asst. Professor, Department of EEE, was one of the reviewer for International Conference on “Emerging Research in Computing, Information, Communication, Artificial Intelligence and Machine Learning” held during 23rd and 24th February 2024 at NMIT, Bangalore.

• **Dr.Manjula Yerva**, Associate Professor, Dept., of AI&ML, **Dr.Savitha C**, Asst. Professor, Dept., of AI&ML and **Dr. Pushpalatha K R**, Associate Professor, Dept., of CSE(DS) were one among the reviewers of 2nd International Conference on “Integrated Circuits and Communication System”, organised by Dept., of ECE, Sir MVCE-Raichur from 23rd to 25th February 2024.



• **Dr. H.V Jayaprakash**, Assoc., Prof., Department of Chemistry was invited as chief guest & speaker for the special lecture on the occasion of “National Science Day”celebration held at Sheshadripuram College, Tumakuru on 23rd February 2024.



• **Mr. Rudresh K R**, Physical Education Director, was the Chief Guest for the Annual NSS Camp held at Multidisciplinary Constituent College for Women, Bengaluru City University Malleswaram, Bengaluru on 15th February 2024 and delivered a talk on “Sports & Leadership Qualities”



• **Dr. H S Annapurna**, Professor and Head, Dept. of ISE and **Mrs. Roopa T**, Asst. Professor, Department of ISE, delivered a guest lecture on “Automata Theory and Computability” at Raja Reddy Institute of Technology, Chikkabanavara, Bengaluru, on 22nd and 23rd February 2024 respectively.



• **Mrs. Sowjanya G V**, Asst. Professor, Department of Civil Engineering defended her Ph.D on the thesis titled “Experimental Investigation on Properties of Self Curing Concrete with Artificial Fine and Coarse Aggregates”, under the guidance of **Dr. T Mahadevai** - ah, Professor, BGSIT, B G Nagar and **Dr. S B Anadinni**, Professor, Presidency University, Bangalore.

Student Achievements

- **Lingaraju C** (20ML004), 8th semester, BME student got selected as an Intern into Skanray Technologies, Mysore.



- **Mr. Veerashekara Swami** (20ML010), 8th semester student got selected as an Intern into Home Medix India Pvt. Ltd., Bangalore.



- **Shivshankar A R** (20ML008), 8th semester, BME student got selected as an Intern at Nesa Medtech Private Limited, Bangalore.



- **Sharan M G, Pradyumna K V, Sampada, Rakshita A Bhoj and Sneha Bai R**, 3rd year students, Department of ISE, participated in the Jnana Vijnana Tantrajana Mela-2024 (JVTM) Techfest held at Adichunchanagiri Institute of Technology, Chikkamagaluru, on 19th and 20th February 2024 through VARSITY CIRCLE and bagged 2nd prize in the presentation on Quantum Communications.

Faculty Participation

- **Mr. Pradeep M N** has participated in 5-Days' FDP on "Advanced Research in Biomedical Engineering" organized by Department of Biomedical Engineering and Medical Electronics in association with IEEE, IETE, IE(I), held at Saveetha Engineering College (Autonomous) Chennai from 29th January to 2nd February 2024

- **Mrs. Nanda K V**, Asst. Professor, Dept. of MCA has participated in an online Faculty Development program on, "Viksit Bharat 2047- Role of Engineering Faculty" from 29th January to 2nd February 2024 organised by Rajiv Gandhi University of Knowledge Technologies, IIIT RK Valley, RK Valley campus, Andhra Pradesh.

- **Prof. Dhanya PM**, Asst. Professor, Dept. of CSE has participated in the 6-Days' Faculty Development Program on "Generative AI with Hands-on Training Using Python" organized by the Department of Computer Science and Engineering, Mar Baselios College of Engineering and Technology,

Thiruvananthapuram, during 29th January and 3rd February 2024

- **Mrs. Nandini G R** Asst. Professor, Dept. of ISE has attended a weeks' AICTE training and learning (ATAL) academy faculty development program on "Applications of AI in Healthcare and Agriculture" at NAVKIS college of Engineering, Hassan from 29th January to 3rd February 2024.

- **Dr. Sujatha S R**, Professor, Dept. of CSE and Mrs. Roopa T Asst. Prof, Dept. of ISE has participated in Live Training Program on "Git and GitHub" organised by ExcelR Edtech Pvt. Ltd., from 24th January to 7th February 2024.

- **Dr. Batluri Tilak Chandra and Mr. Lohith N**, Asst. Professors, Dept. of ME has participated in 5-Days' online FDP on "Advances in Materials Technology for Next Generation Manufacturing", organized by Department of Mechanical Engineering, Ballari Institute of Technology & Management, Ballari, on 1st and 5th February 2024.

- **Prof. Swarnalatha G L**, Asst. Professor, Dept. of CSE has participated in the International Workshop on “Research Article Writing and Research Funding” organized by Knowledge Research Academy, Coimbatore on 7th February 2024.

- **Prof. Veena N D**, Asst. Professor, Dept. of CSE has participated in 10 hours National Faculty Development Program on “Business Analytics” organized by AISSMS College of Engineering, SJC Institute of Technology and Matrusri Engineering College in collaboration with ExcelR Edtech Pvt. Ltd during 5th to 9th February 2024.

- **Mr.Praveen M**, Dept., of ECE attended ATAL 6-Days’ FDP on “Exploring the Path to 6G: Unleashing the Potential Beyond 5G” , organised by The National Institute of Engineering, Mysore, during 5th and 10th February 2024.

- **Dr. Y.G. Praveen Kumar**, Dept. of ECE, attended 2-Days’ workshop on the topic “Design to Tape out using Open Source Tools”, organised by Dept. of ECE, IIT-Dharwad during 10th and 11th February 2024.

- **Dr. Raju A S and Mrs. Latha K** has participated in the 5-Days’ online FDP on “Medical Device Regulatory Affairs” organized by the Department of Biomedical Engineering from 12th to 16th February 2024.

- **Maanasa M. R.** Dept., of ECE attended Technical talk on “Claude AI”, held on 15th February 2024, at Skill Nation, Bangalore.

- **Dr. Supriya M C, Dr.Pushpalatha K R and Dr. Vidyalakshmi K**, Dept., of CSE(DS), **Dr. Manjula Yerva, Dr. Savitha C and Mrs.Haripriya R**, Dept., of AI&ML, **Dr. M.N. Sharada Guptha, Mr. Hareesh K N and Mr. Raghavendra D**, Dept., Of ECE, **Prof. Vani B V, Prof. Pradeep M, Mrs. Gangadhar M L, Mrs. Roopa T, Mrs. Nandini G R, Mrs. Suma G R, and Mrs.. Shaziya Nusrath SK** , Dept. of ISE, **Mrs. Nanda K V, Asst. Prof, Dept. of MCA, Mrs. Prathibha S B, Mrs. Bharati N and Mrs. SreeBharghavi** , Asst. Professors , Dept. of CSE has participated in the 3-Days’ FDP on Deep Learning using python organized by Department of CSE(DS), SSIT, Tumakuru from 15th to 17th February 2024.

- **Dr. M.D. Anitha Devi, Dr. M.K. Shayla**, Dept., of ECE, **Dr. Sujatha S R**, Dept. of CSE, **Dr.Manjula Yerva**, Dept., of AI&ML and **Dr Srin-**

idhi G A, Dept., of ETE, attended 6-Days’ FDP on the topic “Cyber Security and Ethical Hacking”, organised by Dept., of ECE, KIT-Tiptur, held during 12th and 17th February 2024.

- **Dr Batluri Tilak Chandra**, Asst. Prof, Dept. of ME has participated in 5-Days’ International virtual FDP on “Global Conversations in Mechanical Engineering: Bridging Innovation and Sustainability”, organized by Department of Mechanical Engineering, Madanapalle Institute of Technology & Science, Andra pradesh, on 19th and 23rd February 2024.

- **Prof. Prathibha SB**, Asst. Professor, Dept. of CSE has participated in one-week’ online Faculty Development Program on Applications of AI/ML organized by the Computer Application Department, Narula Institute of Technology from 19th to 23rd February 2024.

- **Dr Srinidhi G A**, Dept., of ETE, participated in One day National Seminar on “Intellectual Property Rights(IPR) and Patent Awareness” Camp held on 23rd February 2024 at Suresh GyanVihar University, Jaipur. (Online Mode).

- **Mrs. Sahana T.S**, Assistant Professor, Department of Civil Engineering, presented a paper on the topic “Adhesive effects on Aluminium double strap joint under Tensile load” in the 2-Day National Conference on “Advances In Polymer Composites (APC-2024)” organized by the Department of Rubber and Plastics technology, MIT Campus, Anna University during 23rd and 24th February 2024.

- **Dr.Kavyashree N**, Asst. Prof, Dept. of MCA has participated in one week’ online Faculty Development program on, “Interdisciplinary Insights: Data Science, Machine Learning and Cyber Security” from 19th to 24th February organised by School of Computer Science and Engineering, JAIN (Deemed-to-be- University), Bangalore .

- **Dr. Venkanagouda M Goudar, Dr. Tejaswini K M, Dr. Venkatesh S H, Dr. Shobha, Dr. Manohar R Gombi, Dr. Chetana C and Dr. Umadevi K B** faculty of Dept. of Mathematics have attended 5-Days’ Faculty Development Program on “Transformations, Probability and Statistics for Engineering Applications” from 26th February 2024 to 1st March 2024 at Acharya Institute of Technology, Bangalore.

Department Activities



Heggere, Karnataka, India
 Maralusiddeswara nagara, vakkodi main road, 9335+Q45, Heggere,
 Kannenahalli, Karnataka 572107, India

• Mrs. Sowmya K R, Asst. Professor, Dept., of EEE has coordinated 42 students of 3rd semester to visit 2.5 MW solar power plant at SSAHE, Tumakuru on 6th February 2024 as a part of “Electric Power Generation Transmission and Distribution” of their curriculum.



Bengaluru, Karnataka, India
 2H88+QWJ, Amra Marg, Mathikere, Bengaluru, Karnataka
 Lat 13.01709°
 Long 77.567343°
 24/02/24 10:52 AM GMT +05:30

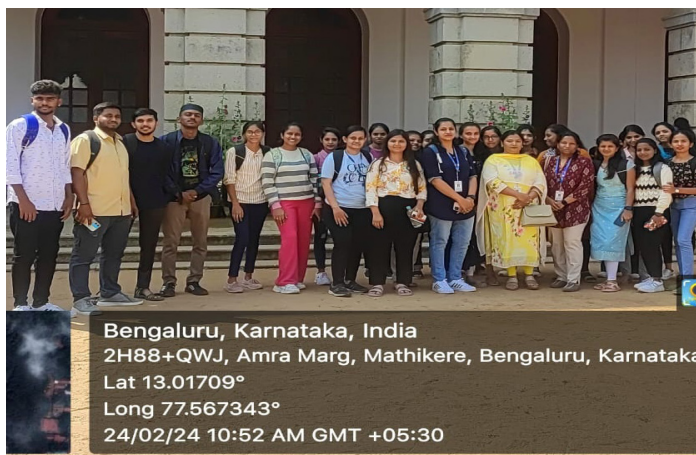
• Department of CSE in association with “Profiole.in” team had organised a session on resume building and other technical aspects on 7th February 2024.



• Dr. Yogananda B.S, Assistant Professor, Dept., of EEE has coordinated 56 students of HMS polytechnic for the 10-Days’ Student Development Program on “PLC Automation” from 12th to 23rd February 2024 at Department seminar hall which was inaugurated by Honorable Principal, Dr. M S Raviprakash.



• Extensive survey camp 2024 for 6th Semester Civil Engineering students as a part of their curriculum was held from 19th to 23rd February 2024 at Melukote organized by Civil Engineering Department under the guidelines of Dr.B.H Manjunath, Prof & Head of Civil Engineering Department and Camp officer Dr.A R Pradeep.



• Department of Master of Computer Applications organized an industrial visit to the Indian Institute of Science (IISc), Bengaluru on 24th February 2024, for the 1st semester MCA students. The visit to IISc was learning and knowledge gaining experience, as the students got an opportunity to know more about some technical aspects, its current applications and on-going projects on it. The visit was very useful to the students in research manner.

Faculty members accompanied with the students are:

1. Mrs.Anuradha G R
2. Mrs. Nanda K V
3. Mrs.Ashwini K J



- Department of CSE(DS) had organised a visit to IISc, Bangalore on 24th February 2024, on the occasion of OPEN DAY, to the 3rd Sem students of CSE(DS). The visit to IISc was very knowledgeable. The students were excited to see scientific devices, models and information about various topics. The students also participated in some events like puzzle solving and coding. Students were guided and accompanied by Dr. Supriya M C, Head Dept., of CSE(DS), Dr. Pushpalatha K R and Dr. Vidyalakshmi K (coordinator)



- Department of CSE(DS) had organised 3-Days' National Level Faculty Development Program on "Deep Learning using Python", in association with Mevi's Technologies, Bangalore from 15th to 17th February 2024, and Dr. Puspallatha K R, Asso. Professor, Dept., of CSE(DS) was the coordinator.

Student Participation

- Savitha J, student of 5th Semester ETE is participated in the online workshop titled "How to become highly Paid Hacker" in February 2024.

Placement News

Harshitha.A (20CS035), 4th Year, B.E, Dept. of CSE, was placed with COD-EYOUNG with an annual package of 7.34 LPA, and companies like Global Quest, Q-Spider are expected to visit our campus for recruitment drives.



College Events



- Dr. Nataraja C, Asst. Professor, Department of EEE, took the charge as Deputy warden for Boys hostel on 7th February 2024.



- The Institute signed a Memorandum of Understanding (MOU) with ExcelR Edtech. Pvt. Ltd, Bangalore on 15th February 2024, for which Dr. Supriya M C, Professor and Head, Dept., of CSE(DS) being the SPOC.

- Civil Police Constable Examination was held at Sri Siddhartha Institute of Technology on 25th February 2024, where more than 700 students had written the exam.



• Dr. Manjula Yerva, Assoc. Professor, Dept. of AI&ML took charge as Dean(SA) on 29th February 2024

- The students of 6th semester, of all the branches are made compulsory to take NPTEL online courses to replace credits on open elective subjects.

Quote of the month

“

“Do the best you can until you know better. Then when you know better do better”

| Maya Angelou

”

Person of the month



Dabbala Rajagopal Raj Reddy

Dabbala Rajagopal Raj Reddy was born on 13th June 1937, in Katoor, Andhra Pradesh. He is an Indian-American Computer Scientist. He is one of the early pioneers of Artificial Intelligence and has served on the faculty of Stanford and Carnegie Mellon for over 50 years. He was the founding director of the Robotics Institute at Carnegie Mellon University. He was instrumental in creating Rajiv Gandhi University of Knowledge Technologies in India, to cater to the educational needs of the low-income, gifted, rural youth. He was the founding chairman of International Institute of Information Technology, Hyderabad. Dabbala Rajagopal Raj Reddy is a renowned Computer Scientist known for his significant contributions to the field of Artificial Intelligence (AI) and Computer Science.

Technical Article

ROLE OF POWER ELECTRONICS IN HYBRID ELECTRIC VEHICLE

Power electronics play a crucial role in the functioning and performance of hybrid electric vehicles (HEVs). HEVs combine an internal combustion engine (ICE) with an electric propulsion system, and power electronics are responsible for managing the energy flow between these different power sources. Here are the key roles of power electronics in hybrid electric vehicles:

1. Electric Propulsion System: Power electronics control the electric motor or motors in the electric propulsion system of an HEV. They manage the power flow from the battery to the electric motor, controlling the motor speed and torque for efficient and dynamic vehicle operation.

2. Energy Regeneration (Regenerative Braking): Power electronics enable regenerative braking, where kinetic energy generated during braking is converted into electrical energy and stored in the battery. This energy can be later used to assist the vehicle during acceleration, improving overall energy efficiency.

3. Battery Charging and Discharging: Power electronics manage the charging and discharging of the high-voltage battery in the HEV. They control the flow of electrical energy to and from the battery, ensuring optimal charging rates and maintaining the battery within its safe operating limits.

4. Electric-only Mode (EV Mode): Many HEVs have the capability to operate in electric-only mode for short distances. Power electronics control the transition between electric-only mode and hybrid mode, managing the power supply from the battery during electric-only operation.

5. Power Split Device: In some hybrid architectures, such as the power-split or series-parallel hybrid systems, power electronics are crucial components in the power split device. This device distributes power between the internal combustion engine, electric motor(s), and generator, optimizing overall efficiency.

6. Inverter and Converter Units: Power electronics include inverters and converters that convert direct current (DC) from the battery into alternating current (AC) for the electric motor and vice versa. These units are essential for the proper operation of electric propulsion systems in HEVs.

7. Thermal Management: Power electronics generate heat during operation, and efficient thermal management is essential to maintain optimal performance and reliability. Cooling systems are integrated into power electronics to dissipate heat and prevent overheating.

8. Torque and Speed Control: Power electronics enable precise control of the electric motor's torque and speed, allowing for seamless integration with the internal combustion engine during hybrid operation. This control helps optimize fuel efficiency and performance.

9. System Integration: Power electronics facilitate the integration of the electric propulsion system with the conventional power train components. They ensure smooth transitions between electric and internal combustion modes, providing a seamless driving experience.

10. Efficiency Optimization: Power electronics contribute to the overall efficiency of the hybrid system by managing energy flows, optimizing the operation of the internal combustion engine, and utilizing regenerative braking to recover energy that would otherwise be lost as heat.

In summary, power electronics are integral to the successful operation of hybrid electric vehicles, enabling efficient energy management, seamless transitions between power sources, and improved overall fuel efficiency and performance. Their role is crucial in achieving the goals of reducing fuel consumption, lowering emissions, and enhancing the sustainability of transportation systems.



Dr. YOGANANDA B.S,
Assistant Professor,
 Dept. of E&EE, SSIT, Tumkur.

March- Notifications

- (i) NBA visit to Department of EEE and Civil Engineering on 15th, 16th, and 17th March 2024
- (ii) International Education Fair to be held on 13th March 2024 by Department of Training and Placement.
- (iii) Free job fair to be held on 9th March 2024 by SSAHE-BOSCH Industry Academia Collaboration center, SSIT in association with Dept. of Training and Placement.
- (iv) International Net Ball Tournament to be held during 12th and 15th March at SSAHE.
- (v) Odd Semester UG and PG Results to be announced
- (vi) Even semester classes to start from 4th March 2024.
- (vii) International Women's day to be celebrated on 19th March 2024.

Article

Younger generation loosing stability by overthinking

Anxiety issues are most seen in female compare to male, woman 38% & men 26 %. The toughest phase is less concentration towards study or work were younger anything feels like hectic, suffers alot they might feeling restless or on edge getting tierd easily , having difficulty in sleep cycle tension and Muscle sweatingSelf care is most important for a person should make addiction which makes happy like watching series , some healthy gossip with your loved once anything that you like the most should be priorities face for a stress relief . At the age of 13 children stress problem, overthinking and stressing themselves which leads to anxiety disorders.



How to overcome

- * Maintain personal dairy keep writing whatever you feel
- * Talk to someone you trust and give and give a warmth hug(which produce Oxytocin)
- * Choose yoga, gym, aerobics, zumba, kind a workout at least which calms your mind throughout your presence (So it produces serotonin)
- * Don't sit idol
- * Try to manage your feelings which take control over you



| Yashashwini,
 3rd sem, SSCMS, Tumkur.

Food intake during anxiety

- | | |
|------------------|--------------|
| * Dark chocolate | * Salmon |
| * Leafy greens | * Vegetables |
| * Avocado | * Yogurt |
| * Eggs | * Nuts |

PHOTO GALLERY



PHOTO GALLERY

