KAMMAVARI SANGAM- 1952

K S Institute of Technology

(Affiliated to VTU, Belagavi, Approved by NBA- CSE, ECE &ME and NACC)

CS GYANBYTES

Department of Computer Science and Engineering Newsletter

Vision

To create competent professionals in Computer Science and Engineering with adequate skills to drive the IT Industry

Mission

1. Impart sound technical knowledge and quest for continuous learning.

2. To equip students to furnish Computer Applications for the society through experimental learning and research with professional ethics.

3. Encourage teamwork through inter- disciplinary projects and evolve as leaders with social concerns

Volume 9, Issue 1
January 2023- June 2023

Program Educational Objectives

PEO 1: Excel in professional career by acquiring knowledge in cutting edge technology and contribute to the society as an excellent employee or as an entrepreneur in the field of Computer Science & Engineering.

PEO 2: Continuously enhance their knowledge on par with the development in IT industry and pursue higher studies in Computer Science & Engineering.

PEO 3: Exhibit professionalism, cultural awareness, team work, ethics, and effective communication skills with their knowledge in solving social and environmental problems by applying computer technology.

Sri. R. Rajagopal Naidu
President

Sri. R. Leela Shankar Rao
Hon. Secretary

Sri. T. Neerajakshulu Naidu
Treasurer

Dr. K. V. A. Balaji
CEO, KSGI

At KSIT, We strongly believe in the overall development of our students with adequate social responsibility and sensitivity. I am very happy that the Department of Computer Science and Engineering have been very successful in spotting the talents in our students and harnessing them and enabling our students to learn content beyond the syllabus through experiential learning from various live and ongoing projects that are present in our institution. All their efforts and learning are being showcased in this newsletter "CS-GYANBYTES". I wish the staff and our talented students the very best in both their professional and personal lives.

Dr. Dilip Kumar K
PRINCIPAL/ DIRECTOR
KSIT

At KSIT, We offer a professional educational experience through various teaching methodologies. By the time the students are graduated, they will be confidence in facing the society being the professional or the personal life. Life on campus is both enriching and exciting. We have excellent infrastructure offering spacious labs, classrooms, research centers, library, indoor play area, transport and hostel facilities. Broaden your network and enjoy your time in KSIT by participating in Co-curricular activities, which span from Interest groups to clubs, to nurture your creativity and passion. Wishing you all a good luck.

The department has a team of highly experienced, committed and eminent faculty members. All the Faculty members are well qualified and competitive enough in preparing the young minds for global competition with an enormous support from the Head of Department as well the Management. Students of CSE department are highly motivated and ready for IT Industry with hands on experience on current technologies/programming languages. KSIT is accredited by NAAC and Department of CSE by NBA for three years (2021-2024).

In VTU results, students are getting ranks and are working with reputed companies with higher salary packages. The students are actively participating in Hackathons and other coding contest at the International, National and State level and making their footprints. Our mission is to inculcate strong theoretical and practical knowledge for continuous learning and prepare students to find Computer solutions for the society through research and entrepreneurship with professional ethics, encourage teamwork in inter-disciplines and evolve as leaders with social concerns. The Department of CSE is striving hard towards the goal of providing innovative and quality education with high standard to achieve academic excellence and provides platform for the students to achieve their career goals. Several patents have been filed by the department faculty. The students of the department are exposed to industry environment and they have high inclination towards entrepreneurship and research. A large number of alumni are pursuing higher studies/research in India as well as abroad in reputed universities. Staff and students are members of professional bodies like IEEE, CSI, ISTE, BITES and IEI where the faculty members and students are encouraged to publish research papers in reputed journals, participate in Faculty Development Programs and workshops through a well-supported system. The department preserves its achievements and I am excited to announce that our department newsletter "CS GYANBYTES" Volume 9 Issue 1 is all set to release.

-Dr. Rekha B Venkatapur

HOD

SENTINEL HACATHON 4.0

From the success of Sentinal Hack,Sentinal Hack 2.0, Sentinal Hack 3.0 – Department of Computer Science & Engineering hosted Sentinal Hack 4.0 with the theme FuturForge.

SPONSORSHIP LEVELS
We are excited to have you as a part of Sentinel Hack 4.0
Together, Let's make this event a Huge Success!
THANK YOU
CONTACT US
SENTINEL HACK 4.0
24 HOURS
State Level Hackathon
04th & 05th
May, 2023

KSIT
CSE DEPARTMENT
SENTINEL HACK 4.0
04th & 05th MAY, 2023
HACKATHON DOMAINS
Healthcare
Agriculture
Education
Cybersecurity
FinTech
Open Innovation
INVITATION
We are extremely happy to invite you to Sentinel Hack 4.0
EVENTS LIST

The event inaugurated by by the chief guest Dr.K N Subramanya, Principal,R.V College of Engineering,Bengaluru. accompanied by Hon'ble President of Kammavari Sangham Sri. R. Rajagopal Naidu, Hon'ble Secretary of Kammavari Sangham Sri. R. Leela Shankar Rao, Treasurer of Kammavari Sangham Sri.T. Neerajakshulu Naidu , Dr. K.V.A. Balaji, CEO K.S.Group of Institutions, Dr. Dilip Kumar K, Principal/Director, KSIT , Dr. Rekha B Venkatapur, Prof. and Head, Department of CSE were present during the event.

Dignitaries with Chief Guest Dr. K N Subramanya, Principal, R V College of Engineering, Bengaluru

Sentinel Hack 4.0 event is to provide a forum for the students to exhibit their coding abilities in different domains like Agriculture, Education, Cyber Security, Fintech, Healthcare & Open Innovation category to come up with their innovative ideas to solve real-world problems in the respective domains.

65 Teams with over 230 participants all around karnataka has taken part in event enthusiastically to build the solutions.

Mentors and Judges from industry - Academic profiles wittnessed, guided and evaluted the solutions.

Mentors: Dr.Rekha B Venkatapur, Professor and Head, Dept. of Computer Science and Engineering, KSIT, Dr. Prashantha H S, Professor, Dept. of CSE, KSIT , Dr. Surekha Borra, Professor, Dept. of Electronics and Communication Engineering, KSIT, Dr. Vijayalaxmi Mekali, Associate Professor, Dept. of CSE, KSIT.

Judges: Mr. Pradeep Kumar G H, Sr. System Engineer, IBM, Mr.Abhinav Hegde. Sr.Software Engineer , Mr Abhishek Murthy, CTO,Ticketdude, Mr.Kushal S T, UI Developer,Xpresslane, Mr.Srisha Mahuli,Lead Solutions Engineer,InMobi,UK, Mr.Narasimha Prasanna, Sr. Technical Lead, Cognitfi, Ms. Nagalekha Ramesh, Software Engineer, Gupshup Technology India Private Limited. Mr.Sujai, SDE-2,Blend.to, Mr. Samith Bharadwaj, CPTO,Dhiyo, Mr Ketan K, CEO,IJW Tech Solutions

WINNERS OF SENTINEL HACATHON 4.0

Winners: Team KAVA_AI, Bangalore, won a cash prize of Rs. 30,000 and Trophy.

1st Runner-up: Team CASSANO from BNMIT, Bengaluru, won a cash prize of Rs. 20,000 and Trophy

2nd Runner-up: Team Captain Nemo, Bengaluru, won a cash prize of Rs. 10,000 and Trophy.

GLIMPS OF SENTINEL HACATHON 4.0

SENTINEL

SENTINEL HACK
SENTINEL HACK

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#ADDA

EVENTS CONDUCTED

- **The Department of Computer Science and Engineering organized Awareness about Overseas Opportunities by Mr. Arya Gaurav- Strategic Aliance Manager, Mr. Arshad Ahmed - Australia Destination Manager, Mr. Lokesh Narang - Canada Destination Manager and Mr. Mahesh - UK Counselor on 08th May 2023.**

Mr. Arya Gaurav presenting

- **The Department of Computer Science and Engineering organized an event 24 hours State level Hackathon with the moto "FuturForge" under the CSE Firefox student club from 3rd May 2023 to 4th May 2023.**
- **The Department of Computer Science and Engineering in association with AICTE-SPICES and CSI organized Project Exhibition and Paper Presentation Contest by Dr. Shyam Vasudeva Rao, Founder and Director Forus Health, Renalyx Health System Pvt.Ltd was conducted on 28th April 2023 and 29th April 2023.**

Project Exhibition Inauguration

- **The Department of Computer Science and Engineering organized Workshop on "How to Manage Stress?" was conducted by Dr. hallegere Murthy, Scope Foundation Founder on 10th April 2023.**

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- **The Department of Computer Science and Engineering organized Workshop on "How to Manage Stress?" was conducted by Dr. hallegere Murthy, Scope Foundation Founder on 10th April 2023.**
- **The Department of Computer Science and Engineering organized Faculty Development program on "R Programming and its applications" was conducted by Dr. C P Ravi Kumar; Resource Persons are Dr. Rekha Padke, Associate Professor, NMIT, Dr. Gourish Goudar, Asst. Professor, NMIT, Dr. Vijayakrishan Mr. Dheeraj D, Asst. Prof, GAT, Mr. Datta Ram B A, Director – Data Science, Noodles, AI during 27th March 2023 to 01st April 2023.**

Faculty Development Program on R Programming and its applications

- **Awareness Programme on "Outcome Based Education - Awareness Program" by Mr. Krishna Gudi, Asst. Professor, Dept. Of CSE, KSIT was conducted on 07th March, 2023.**
- **Industrial Visit for III Semester Students was organized by the Department of Computer Science and Engineering in the event "Open Day IISc Open Day" on 4th March 2023.**
- **Heritage walk was organized during the event "Janapada Loka" on 27th February 2023 at Ramanagara District.**

Heritage Gallery and Activity

- **Technical Quiz for College level 14th Edition of Engineering It Quiz – "TCS TechBytes 2023" was conducted in association with BITES on 20th February 2023.**

Technical Quiz for College level

- **Guest Lecture on "Entrepreneurship Awareness Programme" was conducted by Mr. Anath Mallya, Founder and CEO Quantech Origin Sacumen on 15th February 2023.**
- **Workshop on "Building Computer Vision AI Model" was conducted by Mr. Varun Poladiya, Head of Marketing at NAVAN AI in association with AICTE SPICES on 08th February 2023.**

Workshop on Building Computer Vision AI Model

- **Awareness Programme "Guidance & Counseling on Higher studies in USA" was conducted by Mr. Shashwat Bhaskar, The Product Manager Intel USA & Alumni of KSIT on 4th February 2023.**
- **Workshop for III Semester Students on "CYBER SAFETY" was conducted in association with CSI, SPICES, by Mr. Nitesh Sinha, Founder & CEO, Sacumen and Mr. Jeevesha, director of HR & Operations, Sacumen on 17rd January 2023.**

Workshop on CYBER SAFETY

EVENTS ATTENDED BY FACULTY

- **Mr. Sanjoy Das attended Five Days Faculty Development Programme on "Recent Advancements in Data Intelligence and its Applications" jointly organized by Jyothy Institute of Technology and Visvesvaraya Technological University from 24th April – 28th April 2023.**
- **Mrs. Swapna Subhash Banasode attended Five Days Faculty Development Programme on "Recent Advancements in Data Intelligence and its Applications" jointly organized by Jyothy Institute of Technology and Visvesvaraya Technological University from 24th April – 28th April 2023.**
- **Mr. Abhilash L Bhat attended Five Days Faculty Development Programme on "Recent Advancements in Data Intelligence and its Applications" jointly organized by Jyothy Institute of Technology and Visvesvaraya Technological University from 24th April – 28th April 2023.**
- **Mr. Kumar K attended Five Days Workshop on "National Education Policy for Skill India and Data Analytics and Cloud Computing" organized by City Engineering College in Collaboration with Institution of Engineers (India) & Edunet Foundation & EYGDS(London) from 10th April – 15th April 2023.**
- **Dr. Vijayalaxmi Mekali attended Six Days Faculty Development Programme on "R Programming and its Applications" organized by Department of Computer Science and Engineering, K S Institute of Technology from 27th March - 1st April 2023.**
- **Mrs. Rashmi H attended Six Days Faculty Development Programme on "R Programming and its Applications" organized by Department of Computer Science and Engineering, K S Institute of Technology from 27th March - 1st April 2023.**

- **Mrs. Namyapriya Dayananda attended Six Days Faculty Development Programme on "R Programming and its Applications" organized by Department of Computer Science and Engineering, K S Institute of Technology from 27th March - 1st April 2023.**
- **Mrs. Ramanjinamma attended Six Days Faculty Development Programme on "R Programming and its Applications" organized by Department of Computer Science and Engineering, K S Institute of Technology from 27th March - 1st April 2023.**
- **Mr. Kushal Kumar B N attended Five Days Faculty Development Programme on "Intellectual Property Rights, Patents and Trademarks" organized by Department of Computer Science and Engineering, DSATM from 13th February – 17th February 2023.**
- **Mrs. Pallavi R attended Five Days Faculty Development Programme on "Artificial Intelligence and Data Science in Image Analysis" organized by Department of Electronics and Communication Engineering, CMR Institute of Technology from 13th February – 17th February 2023.**
- **Dr. Rekha B Venkatapur attended Five Days Faculty Development Programme on "Importance of Data Science in Machine Learning and its Applications" organized by Department of Computer Science and Engineering and Information Science and Engineering, R V Institute of Technology and Management from 6th February - 10th February 2023.**
- **Mrs. Beena K attended Five Days Faculty Development Programme on "Importance of Data Science in Machine Learning and its Applications" organized by Department of Computer Science and Engineering and Information Science and Engineering, R V Institute of Technology and Management from 6th February - 10th February 2023.**
- **Mrs. Pallavi K N attended Five Days Faculty Development Programme on "Importance of Data Science in Machine Learning and its Applications" organized by Department of Computer Science and Engineering and Information Science and Engineering, R V Institute of Technology and Management from 6th February - 10th February 2023.**
- **Mrs. Supreetha Ganesh attended Five Days Faculty Development Programme on "Importance of Data Science in Machine Learning and its Applications" organized by Department of Computer Science and Engineering and Information Science and Engineering, R V Institute of Technology and Management from 6th February - 10th February 2023.**

- **Mrs. Kavya M S attended Five Days Faculty Development Programme on "Importance of Data Science in Machine Learning and its Applications" organized by Department of Computer Science and Engineering and Information Science and Engineering, R V Institute of Technology and Management from 6th February - 10th February 2023.**
- **Mrs. Pallavi K N completed 12 weeks Faculty Development Programme on "The Joy of Computing using Python" organized by NPTEL-AICTE from Jan – April 2023.**

PUBLICATIONS BY FACULTY

- **Dr. Rekha B Venkatapur "A comparative study on different Video Compression Standards: characteristics, working mechanism, performance analysis and applications", High Technology Letters, ISSN NO : 1006-6748, Volume 29, Issue 7, 2023, May 2023**
- **Dr. Prasantha H S, "Blockchain Technology Application for Effective Organ Donation", High Technology Letters (HTL) International journal, ISSN No: 1006-6748, Impact Factor: 2.7, Peer Review ,Vol – 29, Issue – 5, May 2023.**
- **Mr. Laxmikantha K "Food Adulteration Detection & Sorting Solution through Machine Learning" International Advanced Research Journal in Science, Engineering and Technology ISO 3297:2007 Certifiedï Impact Factor 8.066ïPeer-reviewed / Refereed journalï Vol. 10, Issue 4, April 2023 DOI:10.17148/ IARJSET. 2023.10429, ISSN (O) 2393-8021, ISSN (P) 2394-1588**
- **Dr. Rekha B Venkatapur "Traffic Controlling in Smart Cities", The Second Interantional Conference on Artificial Intelligence, Compuational Electronics and Communication Engineering, Manipal Institute of Technology, Manipal, 16th -17th February 2023**
- **Mr. Somasekhar T "A Two- Stage Convolutional Neural Network for Lung Nodule Detection" IARJSET, Vol 10, Issue 2, February 2023, DOI:10.17148/IARJSET.2023.10218 ISSN (ONLINE) 2393-8021, ISSN (PRINT) 2394-1588**
- **Mr. Somasekhar T "Identification of Medicinal Plants by Image Processing of Leaf Samples" International Research Journal of Modernization In Engineering Technology And Science (IRJMETS), Vol 05, Issue 02, February 2023, e - ISSN 2582-5208, February 2023.**
- **Dr. Rekha B Venkatapur "Survey on Institution Accreditation and Automation System", IJARCCE, International Journal Of Advanced Research In Computer And Communication Engineering Volume 12, Issue 1, January 2023 DOI: 10.17148/IJARCCE.2023.12109**

- **Mr. Raghavendrachar S "Survey on Autoencoder Based Detection Of Nutritious Leaves" International Journal Of Advanced Research in Computer and Communication Engineering (IJARCCE), Volume 12, Issue 1, January 2023 DOI: 10.17148/ IJARCCE.2023.12132, Certificate# IJARCCE/2023/6-2**
- **Mr. Laxmikantha K "Survey on Food Adulteration for Toor Daal" International Advanced Research Journal in Science, Engineering and Technology ISO 3297:2007 Certifiedï Impact Factor 7.12ïVol. 10, Issue 1, January 2023 DOI: 10.17148/IARJSET.2023.10136, ISSN (O) 2393-8021, ISSN (P) 2394-1588**

ACHIEVEMENT BY DEPARTMENT

Inter-Departmental Sports Meet Students Competition- CSE Team - Winners for the year 2022-2023

ACHIEVEMENTS BY FACULTY

SESSION CHAIR

- **Dr. Rekha B Venkatapur Session Chair on "National Conference on Computing Technology (NCCT 2023)" organized by RNS Institute of Technology on 8th May 2023.**

PAPER REVIEWER

- **Dr. H S Prasantha reviewer at "IEEE International Conference on Applied Intelligence and Sustainable Computing (ICAISC – 2023)" organized by IEEE Bangalore Section, Shri Dharmasthala Manjunatheswara College of Engineering and Technology, Dharwad from 16st June 2023 - 17th June 2023.**
- **Dr. H S Prasantha reviewer at "Project Exhibition" organized by SJBIT, Bangalore on 3rd May 2023.**
- **Dr. H S Prasantha was an reviewer at "2nd IEEE International Conference on Distributed computing and Electrical Circuits and Electronics (ICDCECE-2023)" organized by Ballari Institute of Technology and Management, Ballari from 29th April 2023 to 30th April 2023.**
- **Dr. H S Prasantha was an reviewer at "IEEE International conference on Integrated Circuit and Communication Systems (ICICACS – 2023)" organized by SLN College of Engineering, Raaichur from 24th February 2023 to 25th February 2023.**

MENTOR

- **Dr. H S Prasantha was an Mentor at Hackathon " CodXPress" organized by IEEE Bangalore Section from 29th April 2023 to 30th April 2023.**

BOOK SERIES EDITOR

- **Dr. H S Prasantha was an Book Series Editor at "Futuristic Trends in Artificial Engineering" organized by IIP Series Conferences a& Edited Books on 13st June 2023.**

PATENTS BY FACULTY

- **Dr. Prasantha H S published International U K Design patent "Agricultural Drone for Crop Health Monitoring", Patent Number 6302803, patent filed on 10th August 2023 and published on 21st August 2023**

ACHIEVEMENTS BY STUDENTS

- **TNS India Foundation conducted Tech Competition 'The Coding Rangers' Conducted on the occasion of ' The National Youth Day' on 12th Jan 2023 – Runner up Prize won by KSIT CSE Team Aakriti-1KS19CS001Indrajit-1KS19CS036 Tanushree –1KS19CS101Ashika H N –1KS19CS016 Thriveni U – 1KS19CS107 Kavyashree S L – 1KS19CS042 Varsha Bai R - 1KS19CS110**

RESEARCH ACTIVITIES

Mr. Raghavendrachar S has been completed Comprehensive Viva on 4th February 2023 carried out under Research Supervision Dr. Rekha B Venkatapur in R and D center, Department of Computer Science and Engineering, K. S Institute of Technology, Bengaluru.

Mr. Roopesh Kumar B N has been Course Work in March 2023 carried out under Research Supervision Dr. Rekha B Venkatapur in R and D center, Department of Computer Science and Engineering, K. S Institute of Technology, Bengaluru.

100% RESULT

VIII SEMESTER	
Internet of Things(18CS81)	MR. KRISHNA GUDI
Storage Area Networks (18CS822)	MR. HARSHAVARDHAN J R MR. ROOPESH KUMAR B N

VI SEMESTER	
COMPUTER GRAPHICS AND VISUALIZATION (18CS62)	MR. NAGABUSHAN PANDARINATH MRS. KAVYA M S
WEB TECHNOLOGY AND ITS APPLICATIOS (18CS63)	MR. RAGHAVENDRACHAR S MRS. PALLAVI K N
CLOUD COMPUTING & ITS APPLICATIONS (18CS643)	MRS. SUPREETHA GANESH MS. NAMYAPRIYA DAYANANDA

VI SEMESTER	
SYSTEM MODELLING AND SIMULATIONS (18CS645)	DR. REKHA B VENKATAPUR
SUPPLY CHAIN MANAGEMENT (18ME653)	MR. RAJESH G L

TOPPERS

VIII TOPPERS LIST			
1	1KS19CS011	AMRUTHA K H	93.20%
2	1KS19CS085	SATISH V	93.20%
3	1KS19CS055	MYTHREYI U	92.60%

VI TOPPERS LIST			
1	1KS20CS076	PRADHYUMNA K	91.13%
2	1KS20CS074	POOJITHA Y	90.13%
3	1KS20CS023	DHANYA SHARANYA SHREE R	89.63%

IV TOPPERS LIST			
1	1KS20CS058	N KEERTHANA	89.2%
2	1KS20CS074	POOJITHA Y	88.7%
3	1KS20CS091	SHILPA M	88.3%

ALUMNI INTERVIEW

Name: Aakriti
Job Role & Company : UI designer @ GAOTek.Inc
Place: Bengaluru
Graduated from KSIT in the year: 2023

How do you manage time and set priorities?

Well, I manage my time and set priorities by first identifying my goals and tasks. I start by creating a list of everything that needs to be done, both short-term and long-term. Then, I assess the urgency and importance of each task. I use a combination of tools, such as calendars and to-do lists, to organize my schedule. Deadlines and due dates play a crucial role in determining my priorities. I make sure to allocate sufficient time to high-priority tasks and try to complete them well in advance. Regularly reviewing and adjusting my schedule is essential for adapting to changing priorities. I also recognize the importance of taking breaks to maintain productivity and prevent burnout. By staying flexible and focused on my goals, I can effectively manage my time and prioritize tasks to achieve optimal results.

How do you plan to achieve your ambitious and goals in life?

As I navigate through life, I plan to achieve my ambitious goals by cultivating a strategic and disciplined approach. Firstly, I am committed to setting clear and specific objectives for myself. These goals act as guiding beacons, helping me stay focused and motivated. To ensure success, I recognize the importance of continuous learning. I am dedicated to expanding my knowledge and honing my skills in areas relevant to my goals. Whether through formal education, self-directed learning, or seeking mentorship, I am proactive in acquiring the necessary expertise.

Furthermore, I believe in the power of perseverance. Challenges and setbacks are inevitable, but I see them as opportunities for growth. I embrace resilience and view obstacles as stepping stones toward achievement, learning valuable lessons along the way.

Share your experience of working as your job role.

Working as a UI cum graphic designer is really exciting as I get to learn new things everyday and explore new solutions to user centric problems. Since I am fairly new to this field I still have lot of things to learn and it has been really exciting so far. One of the highlights is the chance to connect with numerous creative individuals and explore their work, which serves as a continual source of inspiration.

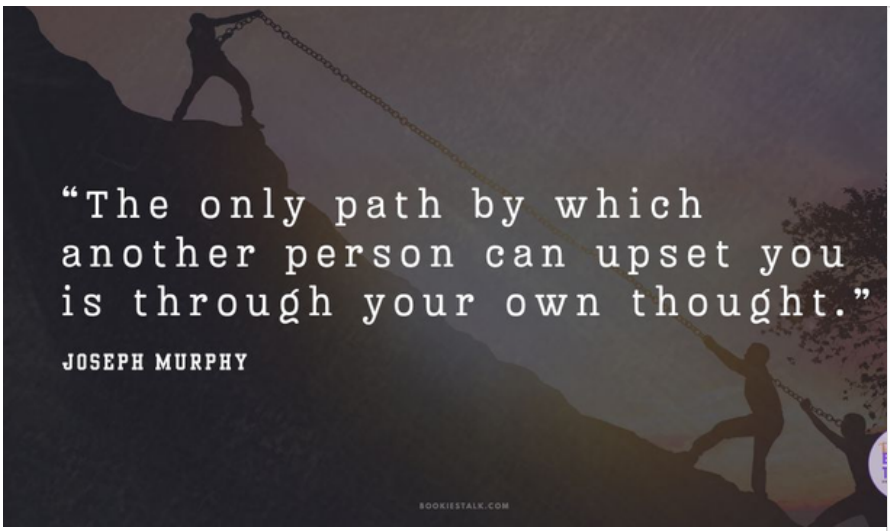
What attitude do you need to become successful?

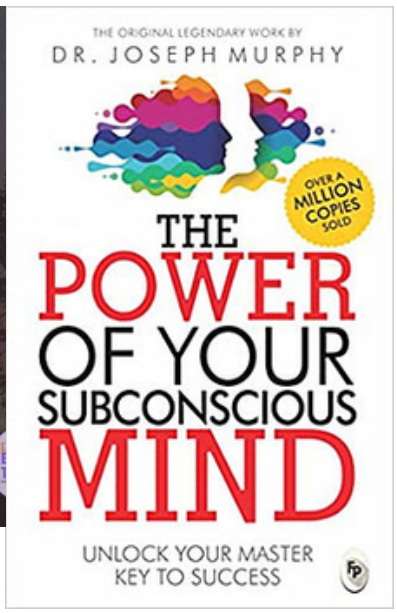
I still have to accomplish a lot of things as of now but I do believe . Challenges are viewed as opportunities for growth, and failures are stepping stones toward improvement. Although always maintaining a positive mindset in the face of adversity can be quite challenging, I feel like If you look the challenges more like opportunities and If a person has discipline and consistency than they can surely succeed in their life goals.

Tell me about your college life.

From the highs of academic achievement to the lows of stress and uncertainty, my college experience was a rollercoaster ride that taught me invaluable lessons about life and myself. In these four years, Being a part of various events organized by the college was a source of immense joy for me. Whether it was the 24-hour Sentinel Hackathon, marathon, or the college festival, Ananya, these events not only imparted valuable knowledge but also facilitated the development of different skill sets. Throughout my journey, there were many professors who motivated me to excel in my future endeavours. Being a part of the 2019 batch was an enjoyable experience, from attending online classes during the pandemic to successfully graduating. At last I would like to say that it has been a long and fulfilling journey to be a part of this college.

The Power of your Sub Conscious Mind



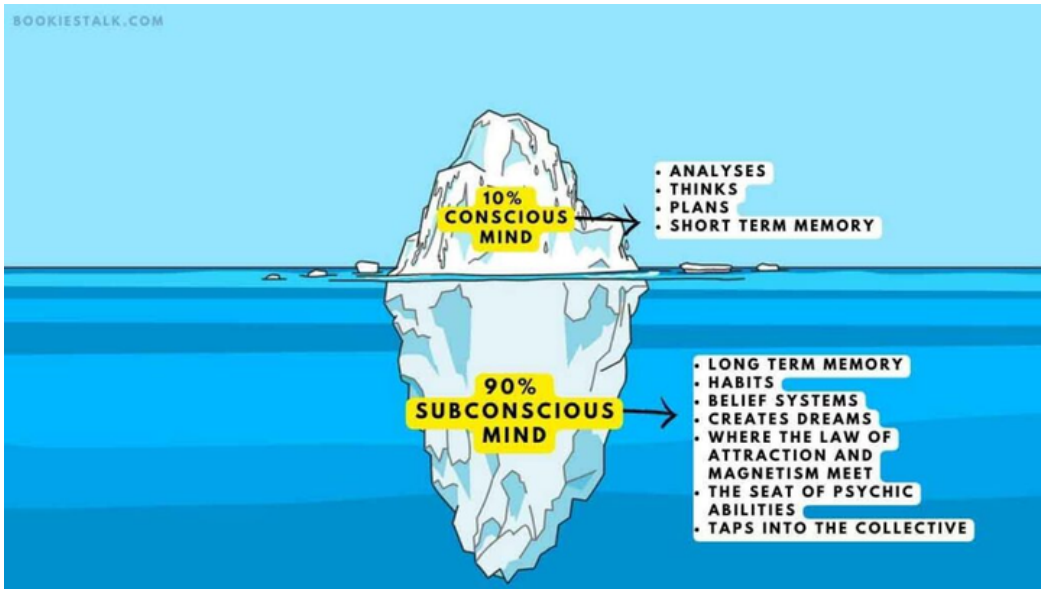


Five Points to Remember about the Book

1. If you truly believe in something then your Subconscious Mind will try its best to make your belief a reality.
2. Visualization and affirmation are more powerful than you think.
3. The placebo effect does work and it has been proven as well.
4. There is room for everything, so don't think negatively about other people. Get out of that race and focus on yourself.
5. Having a hard time, sleep on it, and you will find a better solution.

The Five Big Ideas

Think of it as an iceberg, the upper part is your conscious and the bottom part is your subconscious mind.



In the same way, if you tell yourself that I will exercise today at 3:00 PM then this order is given by your conscious mind. Now it's up to the subconscious mind whether it wants to exercise or not.

This is where your subconscious mind will do all the calculations, for example,

- Whether you like doing exercise
- When Did you last exercise,
- How you felt when you exercised last time,
- Whether you have time or not, and lastly
- What will you get from doing exercise?
- Now, you don't see these actions but your subconscious mind does all these in the background and in the end, either you will exercise or you will give excuses.

K S Groups of Institutions

K.S. INSTITUTE OF TECHNOLOGY

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K.S. SCHOOL OF ARCHITECTURE

Holiday Village Road, Vajarahalli Village, Mallasandra, off, Kanakapura Rd, Bengaluru, Karnataka 560109

K.S. PU COLLEGE

14, Kanakapura Rd, Raghuvanahalli, Bangalore City Municipal Corporation Layout, Bengaluru, Karnataka 560109

Editorial Committee

Mrs. Pallavi K N
Mrs. Rashmi H

Student Committee

Ajay Girish
Vibha Govin