

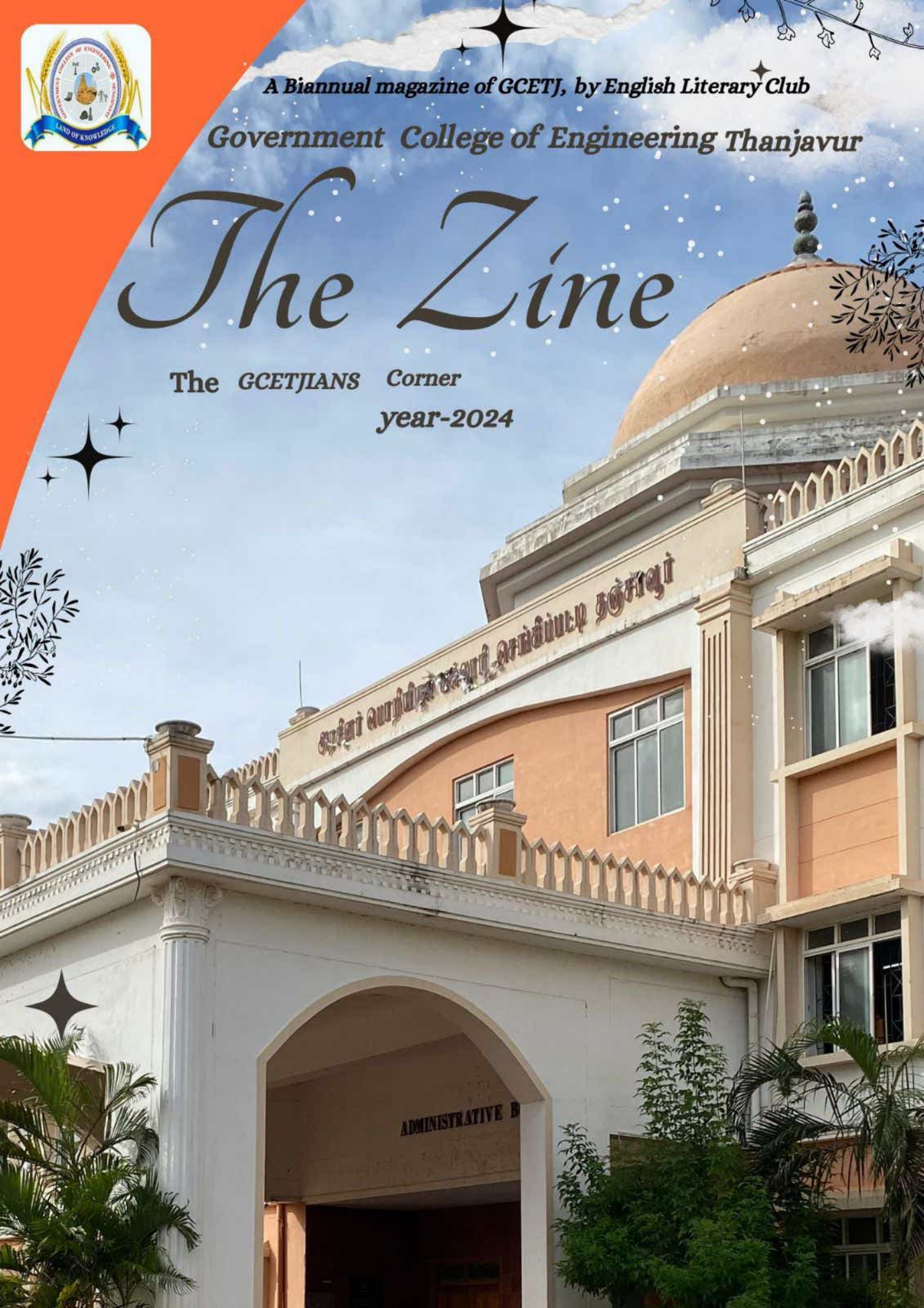


A Biannual magazine of GCETJ, by English Literary Club

Government College of Engineering Thanjavur

# The Zine

The GCETJANS Corner  
year-2024





Our principal  
Dr. S. Jayabal

Staff Co-ordinator  
Dr. S. Parvathavarthini

Chief Editor  
Sam Jose . SJ

Co - Editors  
Sivabala . C  
Dhivya . T  
Om Vinith . GN  
Chandru . B  
Pavatharani . R  
Sri Harini Bala . P  
Nethra . CN  
Rubika . R

Chief Designers  
Pranav Karthik . P  
Mohammed Jasir Ali S . A

Co - Designers  
Vishal . S  
M. V. Monika  
N. Nivetha

Chief Content writers  
D. Prasannaa

Writers  
Abirami . C  
Sivadharshini . S  
Priyadharshini . D  
Harshana . R  
Navadharshini . S  
Sivadharshini . S  
Prasanna . ML  
Yogadharani . K

Contributors  
Suganya . D  
Abina . M  
Harivarthini . L  
Vishalini . K  
Jerlin Joshiya . D  
Arulmozhi . R

## EDITOR'S DESK

I'm delighted to bring you the first issue of "THE ZINE" (2023-24) with the support of our principal, our staff-in-charge, and my team. The campus is engaged with various activities. This zine covers every event that GCETJ has witnessed up to May, as well as some articles. A special call to my final-year students who have excelled over the past four years and are now ready to take on their new world!

Happy reviewing!

Sam Jose . SJ



# CONTENTS

04

The Beginning...  
our college history

05

Hod 's Message

09

Interviews

11

Chronological Space

14

Achievements

16

Staff Articles

17

Students Corner

21

Feedback From The Students



C. Sivabala

President of English Literary club



T. Dhivya

Secretary Of English literary club





# PRINCIPAL'S MESSAGE



**Dr. S. Jayabal M.E , Ph.D.**

**"Read a thousand books and your words will flow like a river" – Virginia Woolf**

If you want to present, you should read a thousand books and research a lot of sources. It allows you to become well-versed in the topic you choose to speak about, in addition to keeping you up to date.

The English Literacy Club is one venue where you can show off your writing skills to the public, including poem composition, skits, slogan writing, story, essay, and play writing etc. As the Principal of this institution, it gives me great pleasure to congratulate the student volunteers of the English Literacy Club and Dr. S. Parvathavarthini, HoD of English, on the glorious release of GCE Thanjavur's first magazine, "Zine 2024."

Best wishes to everyone...

## FROM EDITORIAL BOARD



**DR. S. PARVATHAVARTHINI**  
MA, Mphil PGCTE Ph.D  
ASP & HOD / Department of English  
GCE , Thanjavur

**"THE FUNNY THING ABOUT WISHES. SOMETIMES ALL IT TOOK TO MAKE THEM COME TRUE WAS A FIRST STEP."**

- BY T.J. KLUNE

([HTTPS://WWW.COUNTRYLIVING.COM/LIFE/G30337217/NEW-BEGINNINGS-QUOTES/](https://www.countryliving.com/life/G30337217/NEW-BEGINNINGS-QUOTES/))

Yes, one step is all it takes to transform our dreams into reality. But the first step requires perseverance and determination to strike the right chord. Here is our first step that would be a legacy, the first issue of our "The Zine". It was just an idea for the past one year waiting for the right moment and right people to take shape. It required a lot of effort, blessings from all the noble souls around us and untiring efforts of the English literary club students to finally turn into a reality. This artistic creation underwent various stages of its growth in the hands of many sculptors: our content writers, our designers, our editors and our principal. They have taken care to look into its nuances and chiselled it to present the final product. Seeking your continued support and comments we, on behalf of the literary club present to you "The Zine 2024".



# The Beginning....

## GOVERNMENT COLLEGE OF ENGINEERING, SENGIPATTI.

Government College of Engineering, Sengipatti, Thanjavur was started in the year 2013 by Government of Tamilnadu to cater for the needs of technical education in emerging areas of engineering and excellence in research in different disciplines of science and engineering. The Tamil Nadu Government has created adequate infrastructural facilities and sufficient funds and is keen on developing the institute for higher education. The college is located on 35.73 acres of lush green environment, 20 km from the city of Thanjavur and 35 km from the city of Trichy on Sengipatti - Gandharvakottai Main road. This college is approved by AICTE, New Delhi and affiliated to Anna University, Chennai. This college is the recognized research centre of Anna University, Chennai. Our institution consists of 20 smart classrooms, I-Studio for online lecture creation, Video broadcasting system, Digital class room, 6 Seminar Halls, 60 laboratories, and a separate workshop. Added to this, it has a spacious Auditorium, Boys Hostel, Girls Hostel, Spacious Play ground, multi-gym, and Library. The institution offers the following courses

- B.E Civil Engineering
- B.E Mechanical Engineering
- B.E Electrical and Electronic Engineering
- B.E Electronic Communication Engineering
- B.E Computer Science and Engineering

All the departments have well-qualified faculty members and excellent infrastructural facilities. 300 students have been admitted every year through Tamilnadu Engineering Admission - TNEA by the Directorate of Technical Education. 30 students have been admitted every year through Lateral Entry Direct Second Year B.E Admissions.

Our college is also one of the TNEA Facilitation Centres (TFC 38). Currently, 1100 students are pursuing their Bachelor of Engineering programme and 25 students are pursuing their Ph.D programme. Our Strength: 1100 students, 78 faculty members (42 Doctorates), 46 Technical staff, 40 Administrative Staff, 10 Basic Servants, Adequate Infrastructure, Administrative Building, Workshop, Auditorium, Chozha Boys Hostel, Ponni Girls Hostel, Principal Quarters, Guest House, Gymnasium, Play Ground and Indoor Stadium.

### VISION:

Thirst to establish an institution of excellence in Engineering Education and research to create global leaders in technical field who can deliver best to the societal needs.

### MISSION:

- To facilitate an innovative and vibrant environment for learning and to acquire knowledge from fundamentals to applied research in engineering education.
- To motivate the technocrats become entrepreneur with startup mind
- To build cultured behavior that inspires commitment and accountability in affiliation with technical knowhow to meet the emerging demands.





# HOD MESSAGES



**Dr. S. Sumathi**  
Assistant Professor &  
HOD  
CIVIL DEPARTMENT

With great pleasure, I extend my best wishes to the English literary club for the publication of the magazine "The ZINE-2024" which provides a common forum for faculties and students from different disciplines to showcase and exchange their ideas and creative abilities. My best wishes for future success and professional endeavours go out to faculties and all the students who contributed to the publication of the magazine.

My heartfelt Congratulation to all Contributors editors and organizers involved in bringing then publication to fruition. May this magazine serve as a because of hope and a celebration of the written words, reminding us of the pre-found impact that literature can have on our lives and our society.



**Dr. T. Radhika**  
Associate Professor &  
HOD  
MECH DEPARTMENT



**Dr. P. Selvam**  
Associate Professor &  
HOD  
EEE DEPARTMENT

It is with great pleasure that I pen my wishes for our college magazine. This publication is a testament to the hard work, dedication, and innovative spirit of our students, faculty, and alumni. This magazine reflects our commitment and our passion for pushing the boundaries of knowledge. I encourage the team to explore the stories and updates within these pages, and to take pride in the remarkable strides you are making together.





I am filled with great excitement to know about the release of our college magazine. This issue reflects the collective effort, creativity, and dedication of the team, and I am thrilled to see it published. This edition is filled with insightful articles, inspiring stories, and the remarkable achievements of our students. Each page represents the hard work and commitment that define our departments, showcasing our progress and the innovative spirit that drives us forward..I would like to extend my appreciation and wishes to everyone involved in bringing this publication to life. All Your passion and dedication are truly commendable.

**Mr .R. Ramji**  
**Associate Professor & HOD**  
**ECE DEPARTMENT**

The Department of Computer Science and Engineering, established in 2013, excels in academics and research. Offering a 4-year B.E. program, it emphasizes practical skills, strong placements, and global opportunities. Supported by experienced faculty and excellent infrastructure, students gain valuable industry experience, with alumni actively engaging and contributing to the department's success.



**Mr. K. Manojkumar**  
**Associate Professor & HOD**  
**CSE DEPARTMENT**







Department of Physics is functioning from the year 2013. Since the inception of the college, the department has relentlessly supported the new-joining students of all branches of engineering. The department is offering the courses: Engineering Physics, Physics for Civil Engineering, Materials Science, Physics for Electrical Engineering, Physics for Electronics Engineering and Physics for Information Science. The department has five Faculty members and one Technical staff. Among the five, two of the Faculty members hold doctoral degree and three are pursuing Ph.D. In addition to academia, research is being honed by the department. Optical Educational kit, X-ray diffractometer, 1400 deg. Box Furnace, Spin coater, Ultrasonic probe sonicator and DMM6500 Multimeter are some of the facilities available for the utility of staff members.



**Mrs. R. Swarna Lakshmi**  
**Assistant Professor &**  
**HOD**  
**PHYSICS DEPARTMENT**



**Mrs.K. Vidhya**  
**Assistant Professor & HOD**  
**MATHS DEPARTMENT**

As a mathematician, we may introduce new symbols to shorten written texts, phrases, and words we use for our write-ups. However, each sign carries its own specified meaning. To portray an idea in an elegant manner and to emphasize logical reasoning, one should make a habit of reading articles at random. Reading a magazine allows one to discover new fields. Exploring the world through regular reading of magazines, will surely enhance both the mind and body. I would like you as well, to inhale the first new English magazine published by our Thanjavur GCE, "The Zine," a garland of creative works by our young buds.



I thank the English Literary Club for doing this wonderful job of bringing out the college magazine 'The Zine-2024' on this occasion. It is a perfect blend of literary articles, personal experiences, art and wonderful memories of students and faculty members. Such activity brings out the creativity of the students and helps them learn valuable lessons of co-operation, leadership and teamwork. Our budding talents have expressed their thoughts, ideas, hopes, feelings, aspirations and convictions in a creative way. On the whole the magazine mirrors the true credentials of the students. With these words, I wish you all would enjoy reading the magazine 'The Zine-2024' of GCE family.



**Dr. B. Malini**  
**Associate Professor & HOD**  
**CHEMISTRY DEPARTMENT**



**Dr. S. Parvathavarthini**  
**Associate Professor &**  
**HOD**  
**ENGLISH DEPARTMENT**

Human beings thrive only because of expressions. Expressions are varied in its outcome but all of them are creative. They can take the form of art or technology but all of them are expressions that are creative in nature. An idea may shape into a poetry, an essay, a project, a prototype, an invention, a painting, it can be anything. A magazine is a platform that gives opportunity to showcase these expressions, to recognize these ideas to record the achievements of the creators. Hope all the students make use of this platform and move towards progression. I congratulate and wish the best to the entire team who have made it possible.





I am gratified to know that Government College of Engineering, Sengipatti is bringing out the first issue of the magazine "THE ZINE 2024" since the inception of this college. This magazine is a perfect blend of literary articles, art, photography, poetry and essay writing skill, College events, Alumni interview, students achievements and the activities of various clubs formed in the institution which reflects the creativity and potential of both staff and students. The Publication of the Magazine "THE ZINE 2024" is a window to showcase the imagination and creativity of the young minds of the students. I am very happy to convey my congratulations and best wishes to all the students and faculty for their coordination and effort to bring out this wonderful issue. I wish them all success.



**Dr.V.Jayanthi**  
**Associate Professor &**  
**Former HOD**  
**CIVIL DEPARTMENT**





# Interview...

## **What did you major in, and why did you choose that field?**

I majored in Mechanical Engineering because it was what my family wanted for me, even though it wasn't my personal choice.



## **Which professors were particularly impactful or memorable?**

Professors Dr. S. Sivashankar and Dr. T. Radhika were incredibly supportive during my college years. Their guidance and encouragement played a crucial role in my academic success. I am deeply grateful for their dedication and the impact they had on my education.

**Ms. B. Kasthuri, B.E.**  
**lecturer/mechanical**  
**Thanthai Periyar. E.V. Ramasamy Govt**  
**polytechnic college, Vellore-2**

**Interviewed by**  
**S. Shivadharshini (III year EEE)**

## **What advice do you have for incoming students?**

Stay grounded in reality, commit to diligent effort, maintain discipline, prioritize self-care, steer clear of substance abuse like drugs, take accountability for your actions, and continuously strive for personal growth.

## **What were the biggest challenges you faced during your time at college?**

As an alumnus reflecting on my college experience, one of the greatest challenges I faced was being part of the inaugural batch in a predominantly male class, which limited diverse perspectives and made communication a bit challenging, particularly due to the absence of senior students to guide us.

## **What was your job search experience like after graduation?**

My Job searching experience was very tough. I didn't have any idea of approach. After experiencing the challenges of job searching and finding a stressful position in a core company in Chennai, I made the decision to resign and focus on preparing for exams. Now, I am working as a Lecturer after successfully passing the TRB exam.

## **Are there any particular tips for succeeding at this college?**

As an alumnus, my tip for succeeding in this college is to prioritize learning over worrying, maintain a clear and focused mindset, and trust in your abilities to navigate challenges without unnecessary stress. By embracing the journey of acquiring knowledge and skills, you'll find yourself better equipped to excel academically and personally.



## **Do you know!!!**

The term electricity is derived from Greek word Elektron which refers to the amber gem stone. When amber was rubbed it developed electric charge, hence electron and later electricity came about



# Interview with famous person



DR. C. SHANTHI,  
: B .COM, M.SC (YOGA), PH. D, (YOGA), P.G.DIP.YOGA. THERAPY, DIP IN VARMA, T.T. C.  
INSTRUCTOR  
CENTRE FOR YOGA STUDIES,  
ANNAMALAI UNIVERSITY

## INTERVIEW QUESTIONS

### 1) How long have you been practicing Yoga?

I have been practicing yoga more than 27 years.

### 2) How did you get started?

Have interest in yoga from my school life. So, I think this interest and Dedication would help me to achieve this.

### 3) Do you feel can anyone enjoys the yoga?

Yes, I went to Sadhuragiri mount and Thiruvannamalai mount there I did yoga with my P.G Student who is of 24 years. We did the yoga with the same vibration and we both can enjoy our strength, flexibility and fitness as well.

### 4) Do you feel yoga is more mental or physical activity?

Working on physical fitness and health will not only add years to your life, it can also improve your mind and helps prevent from mental illness. People who are healthy and feel more energetic throughout the day, they'll sleep better, feels more relaxed and think more positively about themselves and their life in general. So, with this perspective I can feel yoga can handle both mental & physical activity.

### 5) What are the struggles that you have faced in your career?

Yeah, it's been a lot and especially as a woman we have to face lot of things wherever we gone. But once we learn how to come across from that the outcome is definitely worth for it.

### 6) How did you manage your studies?

My involvement and seeking for the new things would bring me here and this would help me to manage my studies.



Interviewed by T. DHIVYA  
(III year CEE)



# Chronological SPACE

The Youth Red Cross Society, GCE, Thanjavur, organized four events: (i) an awareness program on "Emotional Management" on June 8, 2023; (ii) a medical camp in conjunction with Dr. Mohan's Diabetes Speciality Centre on November 16, 2023; and (iii) a blood donation camp at GCE Thanjavur on October 17, 2023 (iv) Marathon running race competitions for college students by District Collectorate on 30.08.2023.



National Cadet Corps (NCC) Lt.R.Ramji has contributed to Shramdaan on Swacch Bharat on 01.10.2023.

Pro Simulator Software Training was organized for Mechanical Engineering students by SIM Infosystem on 12.09.2023 & 13.09.2023.



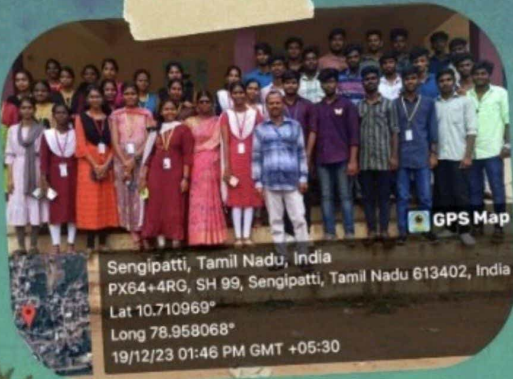
Intra Hackathon was conducted 20.09.2023 and 43 innovative ideas have been screened and successfully submitted from GCE Thanjavur to AICTE, Smart India Hackathon competition.

On behalf of மாணவர் தமிழ் மன்றம், various Tamil speech, essay and poem writing were conducted and prizes awarded. Students were deputed to participate in various Tamil Speech Competitions organized on 13.09.2023 by NIFTEM and District Collectorate, Thanjavur.

The national festivals, Independence Day 2023 and Republic Day 2024 were celebrated by staff and students.

Farewell functions were organized for teaching and non-teaching faculty who got transferred from our college (Dr.M.Perumalsamy, Mr.T. Murugan, Mr.B.Senthilvelan, Dr.K.Saranya, Dr.R.Chitra, Dr.G.Arun Kumar, Dr.G.Dhondra Kannan, Dr.C. Govindaraju and Dr.S.Venkatesan).





To motivate Social Service among young engineers, NSS camps were organized. One for the third-year students from 13.12.2023 to 19.12.2023 and another one for the second year students from 01.04.2024 to 07.04.2024.

In addition, with Government Internship Training of 228 students, three batches of students attended Research, Innovation and best practices training at SERC-Chennai, PEC-Pondicherry and IIT-Bhuvneshwar.

Three Faculty Development programmes were organized for the faculty members of various Engineering Colleges (i) Six Days - AICTE Training And Learning(ATAL) sponsored Faculty Development Program (FDP) on "Opportunities in Hybrid Manufacturing Technologies" from 4th – 9th, December-2023 by the Department of Mechanical Engineering (ii) One week ICT Academy sponsored FDP on " Data Analytics using Python IoT" from 16-20, October 2023 by the Department of Computer Science and Engineering (iii) Centre for Faculty and Professional Development, Anna University sponsored six days physical mode Faculty Empowerment Programme (FEP) on "CME336 Hybrid and Electric Vehicle Technology" from 05.02.2024 to 10.02.2024 by Department of Mechanical Engineering.



Department of Civil Engineering inaugurated Society of Civil Engineers Association - SACE '24 on 07.02.2024. Chief guest Er. P. Lenin, Architect delivered a lecture on various new job opportunities waiting in the Government, Private and Public sectors in the field of Civil Engineering.

Department of Electrical and Electronics Engineering inaugurated Society of Electrical and Electronics Engineers (SEEE) on 14.02.2024 and Department of Computer Science and Engineering inaugurated Computer Science Engineers Association (CSEA 2024) on 25.03.2024.

Department of Mechanical Engineering inaugurated the Society of Automotive Engineers (SAE) Collegiate club and Mechanical Engineering Students Association (MESA'24) on 20.02.2024. Chief guest Dr. T. Mohanraj, Associate Professor, SASTRA University delivered speech on SAE activities and the importance of the collegiate clubs.

Through on-campus recruitment drives and the Naan Mudhalvan Job Fair Mela, which was held at BIT Trichy and SASTRA University, more than 140 students were placed in 30 companies. Final year students received placement training through CI Academy, GATE coaching by Masters Academy, SSC training by Veranda Race, and TCS ioN NQT to improve their knowledge and abilities.

Do You Know



**Robot:** This word is derived from the Slavic word 'robota' meaning forced labor or slavery. In a way a robot does all the jobs like a slave



Woman Empowerment cell was inaugurated and women's day was celebrated on 08.03.2024. On behalf of Complaints cum Redressal Committee an awareness program on "Sexual Harassment at workplace" was organized on 02.04.2024.



The Social Media Club was inaugurated on 12.02.2024 to conduct GCETJ virtual tour contests. On April 2, 2024, an awards ceremony was conducted to recognize the top three videos that best described our college's infrastructure.



Tamil Virtual Academy sponsored கணித்தமிழ் பேரவை was inaugurated on 08.11.2023. The Various competitions were conducted and awards ceremony was held on 05.04.2024 to appreciate the winners of various competitions. Photography club was inaugurated on 22.04.2024 and Cinematographer Prakash gave a special address about the various facets of photography.



Our College Principal, Dr. S. Jayabal, has published his 100th research article titled "Air Quality Assessment in Indoor and Outdoor Environment: A Review." Over his research career, he has reached 1200 citations for research articles. He also received an h-index of 19 during the academic year 2023-2024 and produced his eleventh research scholar through Anna University's Centre for Research.

GCE students participated in all the Anna University Zonal sports competitions and won several medals. On March 14, 2024, the institution held its Annual Sport Meet. The Physical Education Department of GCE, Thanjavur, organized two zonal tournaments: the Basket Ball Women's Tournament on September 27, 2023, and the Kho-Kho Men's Tournament on November 10, 2023.





# Achievements



**ABINAYA (FINAL YEAR - EEE)**

In recent years, a rising star in Tamil literature has achieved remarkable milestones. In 2022, she received The Vaigarai Kalaigar Tamil Sudar Viruthu for "Ivalagaligai", The Sirantha Penn Kavingar Viruthu for the poetry book "Mazhazhai Kavi" and The Sathanai Thamizhar Viruthu as a young female author. In 2023, she set Kalam's World Record by mirror writing 129 lines of Tamil Haiku in just 45 minutes and 20 seconds. Continuing her literary journey, she published short story collection, "Thedal Vetkai", In 2024. Her achievements and publications have captivated and inspired the literary community.



**N. SANTHOSH (FINAL YEAR - EEE)**

First Prize at India Digital Summit Make-a-thon 2024 .Mumbai, February 2024 – Santhosh N and James M proudly secured first prize at the India Digital Summit Make-a-thon 2024, hosted by ICT Academy & OpenWeaver at the Jio World Convention Centre. Their innovative project, distinguished itself among numerous competitors, showcasing remarkable creativity and technical excellence. This prestigious award marks a significant milestone for them and their commitment to technological innovation.

## Sports Achievements and Participation

Our sports teams have shown exceptional skill and determination in various competitions. Here are the highlights of their outstanding

**WINNER**



**Basketball (Women):** Clinched the Gold medal with an impeccable display of teamwork and strategy.



**Volleyball (Women):** Earned a commendable Silver medal through their consistent and spirited play.



**Handball (Men):** Dominated the field to secure the Gold medal, showcasing their resilience and tactical prowess.



**Football (Men):** Fought hard to achieve a Bronze medal, demonstrating remarkable effort and endurance.





Volleyball (Men): Achieved a Bronze medal with strong and consistent performances.



Hockey (Men): Battled fiercely to win a Bronze medal, reflecting their dedication and teamwork



Kho-Kho (Men): Secured a Bronze medal with their agility and tactical intelligence.



Atheletic event

Our teams have not only brought home medals but have also exhibited true sportsmanship and dedication. Their hard work and passion continue to inspire us all.







1. Flash Fiction/Six word Novels
2. Uninhabited house: echoes of howling... continued...
3. Four eyes met, mingled, became inseparable



(Note: Flash Fictions or Six word Stories are the shortest form of stories written in six words. Below is an example written by Ernest Hemingway)

**For Sale: Baby Shoes, never worn)**

By

**Dr. S. Parvathavarthini,  
ASP/English**



## Slavery

The question "Do you like to be a slave to anyone or anything?" would get a strong reflex reply from anybody a big "NO". However, if we carefully think about our daily activities, we could see a dominant character that occupies our time substantially and we happily yield to it without any regret momentarily. Do you recognize what it is? Yes, the mobile phone. Statistics on mobile usage says, approximately 4 to 5 hours are spent in a day by a person in India with mobile phone. Oh! I could hear you saying, "We are studying using mobile phone!" Unfortunately, another survey says, out of the total time spent on mobile phone, 70% of the time is utilized on entertainment and social media which is around 3 to 3.5 hours per day by a person in India. Wake up India! We are not affordable to spend this much time for our personal pleasure because the dream of A P J Abdul Kalam to build our nation as a economically stronger, technologically superior, poverty free and safe country still relies on YOU..

By

**Dr. R. Golda Brunet  
ASP/CSE**

### **Good or bad: is the demarcation clear? Few thoughts to ponder....**

"Nanum Rowdy than," a wonderful comedy that I enjoyed watching. Ironically, it left me with lots of questions. How do we want to identify ourselves? The feeling to proclaim ourselves as a strong and sturdy person who can fight our own fights has slowly occupied our thoughts. Nowadays, many of us want to identify ourselves as a rogue rather than a scholar. Our heroes have erstwhile movies' villain characters. We glorify and have a soft spot for today's heroes, who are violent, unrepentant, breaking law and doing illegal activities. Unfortunately, our judiciary is still the same. Men who exhibit villainous characters are considered criminals and are punished. Likewise, family members and society consider violence a disturbance to peace. So, what is good and what is bad?

Should our idea of good and bad match with that of the society, family and our friends?  
Likewise, who is bad, a person who does bad deeds or one who is caught doing bad deeds?  
Who decides Good and Bad, people or the society? What is the role of self-discipline?

**Dr. S. Parvathavarthini,  
ASP/English**



# STUDENTS CORNER

## Nature

Beneath the summer sky,  
Golden field of grains sway,  
Softly falls the rain,  
As the clouds go drifting by,  
Nature's gentle hand,  
Paints a fertile land,  
Nature's beauty shows, everywhere it goes.

By:  
**ABIRAMI C**  
III-year EEE



## Endless blue



No diamond sparkle, dresses so grand,  
Her Heart seeks something fine.  
She finds happiness in watching the sky, the  
moon and stars.  
'Sunset' and 'sunrise' also make her excited.

The painting of nature across the canvas,  
A blaze of orange, red, and "gold",  
The sunset's magic is undeniable  
The sun awakes But she doesn't rise to greet it,  
Naps hold a special charm, too.

A million tiny diamonds,  
She feels a strange peace in starlit sky,  
Giving them whimsical names,  
A single star shines brightest, stealing the  
light.

A silent guardian the star appears and come  
along the way,  
The Moon, a silent witnesses of vows and  
tearful cries,  
The clouds drift by like soft, stuffed toys

Mirroring the worlds moods, both light and  
dark,  
Leaving their own stories etched in the sky  
Watch them drift, like cotton dreams.  
Across the blue, where sunlight beams.

No fancy words, no grand display,  
Just nature's dance, lighting her way

By  
**priya Dharshini. D**  
III - EEE

## Art with a Cause How Creativity Fuels Activism

Art and activism have always been partners in progress. Artists use their creativity to raise awareness and inspire change on issues they care about. This powerful connection goes beyond words.

Art can speak a universal language. A painting can capture the pain of war, a song can ignite a fight for justice, and a dance can celebrate the beauty of a threatened environment. These artworks connect with people on an emotional level, bypassing barriers of language and culture.

Art can spark conversation and challenge the status quo. A thought-provoking sculpture might make you question societal norms, while a protest song can get you thinking critically about current events. This can lead to movements for positive change.

So next time you see a powerful piece of art, remember - it might be more than just a pretty picture or catchy tune. It could be a shout for a better world.

By  
**D. Priyadharshini**  
III - EEE





# How to Overcome Mental illness through Yoga?



Nowadays, people are experiencing mental illness through depression and anxiety disorders. These conditions affect the way we think and behave with others. Research has found that practicing yoga is especially effective for addressing symptoms of depression and anxiety disorders. The term 'Yoga' stands for 'Union'. It is a philosophical science seeking the unity of an individual's soul with reality. Basically, three forms of yogic practices, namely asana-based (bodily), breathing-based, and meditation-based (mental), are inherent to any form of yoga.

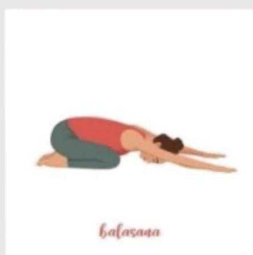
"The levels of good brain chemicals are higher in those who practiced yoga".

By Dr. Keenmon

When we do yoga, our brain cells develop new connections, and changes occur in brain structure as well as in function, resulting in improved cognitive skills such as learning and memory. Yoga can help you reduce feelings of stress and anxiety by connecting with your mind, body, and environment. Through certain yogic poses, you can learn how to control negative thoughts at your own pace.

## BALASANA:

Balasana is composed of two Sanskrit words "bala" which translates as child, and "asana," which means pose or seat. So, it is otherwise named as Child's Pose. Balasana is the restorative pose which is well known for calming, relaxing and grounding effects. It gently stretches the lower back, hip and thighs.



## BENEFITS:

- To releasing all body fatigue.
- Forward fold helps to release all the tensions into the relaxation state.
- To enhance Blood Circulation in our body.

## SHAVASANA:

The Sanskrit word "Shava" mean corpse hence this is the Corpse and "asana", which means a pose or seat. So, it is otherwise named as Corpse pose. This pose gets its name from recumbent posture of the dead body and this position is well known for rest and relaxation.



## BENEFITS:

- Reduces Stress
- Calms your Nervous System
- Allows mind & Body to relax

by

T.Dhivya

III - ECE



## THE SYMPHONY OF THE SOUL

"ITS OK TO NOT BE OK" - MICHAEL CLIFFORD



Mental health issues are like a huge maze, twisting and turning, affecting people from all walks of life. It's frustrating because even though more and more people are talking about it, there's still a big stigma, a kind of shame, that stops people from getting the help they need. It's like they're trapped inside, afraid of what others might think.

On top of that, getting help isn't always easy, especially for people who are already struggling. Sometimes it's a money thing, they can't afford treatment, or maybe they don't have health insurance. And let's not forget that sometimes it's hard to find someone who can really understand what you're going through, especially if you come from a different background. It's like needing a special map to navigate this maze, and some people just don't have access to it.

This COVID-19 pandemic has been a real eye-opener for mental health. All the stress of being stuck inside, not knowing what's going to happen next, and maybe even worrying about money it's been a huge weight on everyone's shoulders. It's shown us just how important it is to have good mental health resources that are affordable and easy to get to, no matter who you are.

So, how do we get out of this maze? It's going to take everyone working together Government, doctors, and even our own communities. We need to talk more openly about mental health, get rid of the shame, and make sure everyone has access to the care they need.

Imagine a world where talking about your mental health is as normal as talking about a physical illness. A world where everyone feels comfortable asking for help, and where there are plenty of resources available to support them. That's the kind of world we should be working towards. By breaking down the barriers and showing compassion, we can build a society where mental health is a priority, and everyone can thrive.

by

SIVADHARSHINI S  
ECE-III Year



### Purpose of life : Tale about a bird and the bird's feathers.

There was a beautiful bird with beautiful and colourful feathers. All those feathers loved the bird very much and helped the bird in many ways like - to fly, protect the bird, kept the bird warm, safe and secure. By these feathers the bird itself felt very beautiful and proud. Once the bird flew and sat on a branch of a tree to taste some fruits. Meanwhile, few feathers from the bird fell down.... all those feathers thought that the bird would save them and join them with it. But the bird didn't even notice those feathers had fallen down... The feathers fell on the ground, looking at the bird and realized that "Everything on earth depends on others only for their sake". The feathers pondered and that they were useless and fit for nothing. As the feathers loved the bird, the bird didn't love them. While the feathers were miserable, A man came and collected those feathers and he made the waste feathers into beautiful quill pens and he gifted those feather quill pens to KING'S palace. Now the feathers live in a pen stand of KING'S palace. Then the feathers realized the original purpose of their life and felt proud and happy.

At last the bird was killed by a hunter and those feathers were in KING'S palace.....

**S.VISHAL**  
II year-CVIL

## CAPTION IMAGE QUOTES

1) B. CHANDRU (III- YEAR ECE)



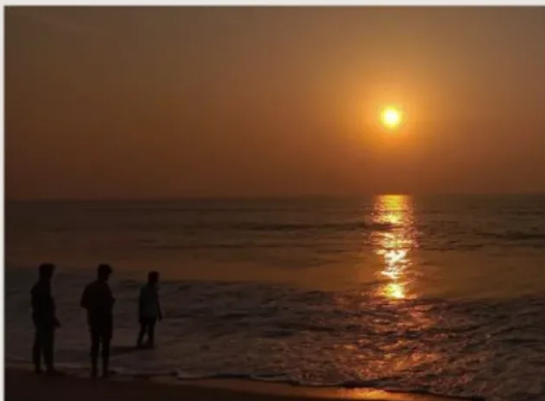
**CAPTION:** With Nature: Alone but not lonely

2) M. ABINA (III – YEAR ECE)



**CAPTION:** CLIMB UP TO BREATHE THE EVENING BREEZE

3) M. ABINA (III – YEAR ECE)



**CAPTION:** A SMILE WITH SUNSHINE

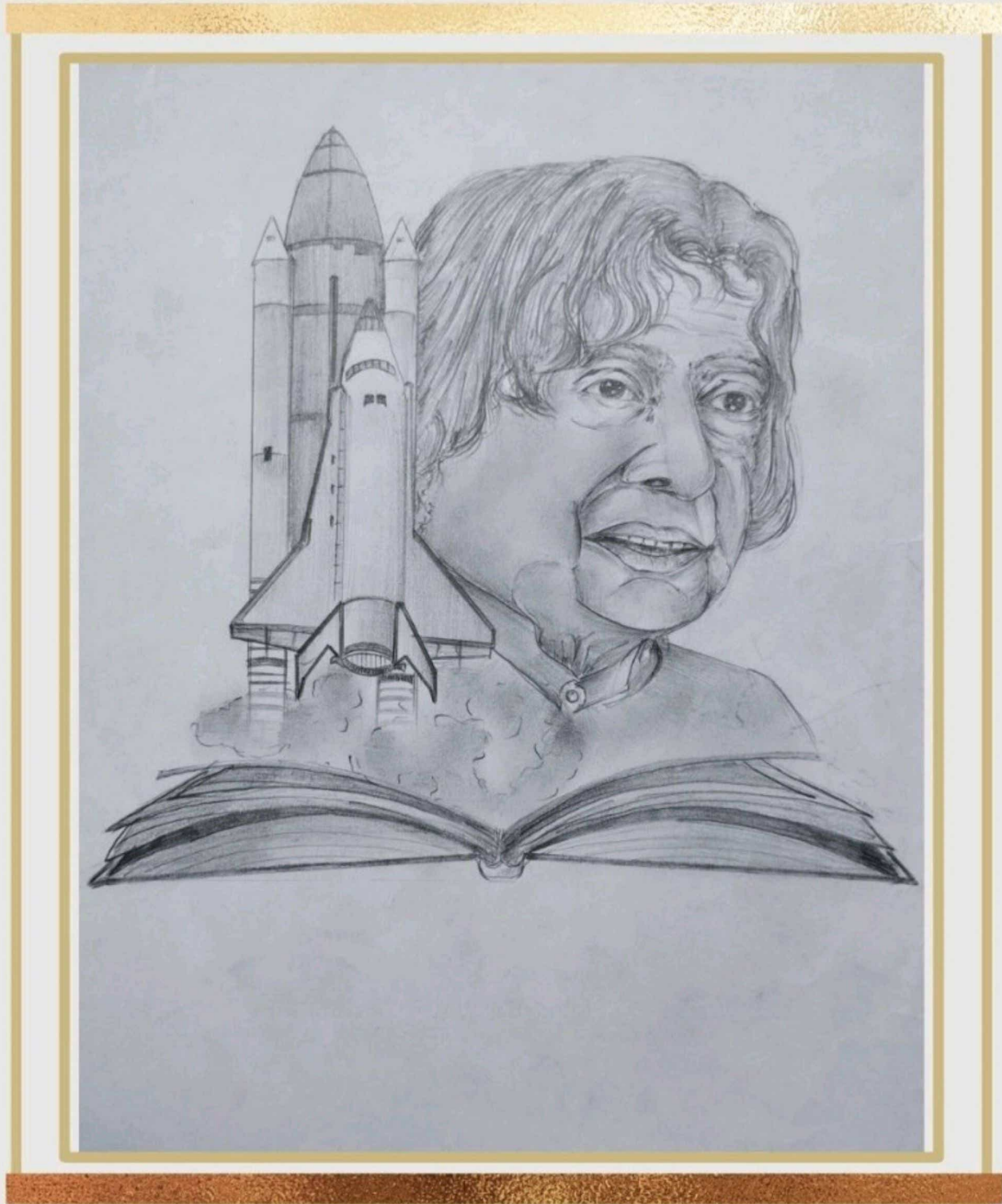
4) D. SUGANYA (III – YEAR ECE)



**CAPTION:** The Night may be dark, but it keeps onset the light out of it.



# *The Vision to make India Great*



**-R . Pandiyanathan**  
**CIVIL - II Year**







## FEEDBACK FROM STUDENTS



Our college infrastructure is pretty good and The guidance of the faculties and laboratory staff is helpful & impressive in acquiring knowledge and participating in various field studies. Our college provided internships and the Naan Mudhalavann scheme that dealt with improving my quench for knowledge. The Job fair conducted so far here has helped me to have different kinds of ideas in my field of study and also in life.

read 3 minutes ago



CSE DEPT  
N.Tamil Venthini



CSE DEPT  
B. SINDUJA

Attending this college has been a fantastic experience. The professors are highly knowledgeable and genuinely invested in student success. The campus is beautiful and well-equipped with facilities. I have gained valuable skills and lasting connections that have prepared me well for the future. It is a supportive and inspiring place to learn and grow. Overall, I am grateful for the opportunities and education I received



A rich inclusive Campus with dedicated and knowledgeable faculty provide a robust foundation for future careers, with approachable professors offering valuable guidance and support. I had got enough knowledge, well-wishers and awesome friends. This college made a memorable part of my life.



CSE DEPT  
R. RAJESH



MECH DEPT  
ARUNACHALAM . S

Graduating from the Government College of Engineering with a BE in Mechanical Engineering has been transformative. The robust lab facilities, extensive project support, and the NAAN MUDHALVAN course greatly enhanced my skills. I completed an internship with S&T Engineers Pvt. Ltd., supported by a government stipend, and secured placements at top companies, including TVS Sundaram Brake Lining Ltd.

read 3 minutes ago

Graduating with a BE in Mechanical Engineering from the Government College of Engineering was truly life-changing. The top-notch facilities, robust support system Graduating with a BE in Mechanical Engineering from the Government College of Engineering was truly life-changing. The top-notch facilities, robust support system



MECHDEPT  
DHARSHIKA. S





ECE DEPT  
S.MIRUTHULAA

I am Miruthulaa.S, studied at the Government College of Engineering, Thanjavur has been an enriching and rewarding experience. The faculty in the ECE department are incredibly knowledgeable and supportive, greatly enhancing my learning. The campus facilities are top-notch, featuring modern classrooms, well-equipped laboratories, a comprehensive library, and high-speed internet access. Additionally, the placement cell has done an excellent job, with our department securing the highest salary packages this year. I am proud to be a part of such an esteemed institution.



EEE DEPT  
S. SHALINI

I'm SHALINI SEKAR And I am student of Electrical and Electronics Department. infrastructure of our college is quite good. It's an amazing place to build up your career with our beloved faculty members. They guided us for our future career like what to do. Each and every staff in our department are more valuable than the books. utilize them in your college days for build up your skills



EEE DEPT  
S. DEVA

I'm Deva from EEE department and enhances my knowledge in my domain alongside excellent facilities like extensive lab, modern classroom with bet teaching faculty. Overall, they provide comprehensive blend of theoretical and practical learning preparing us effectively for our future careers.

read 3 minutes ago



CIVIL DEPT  
PRAVEEN S

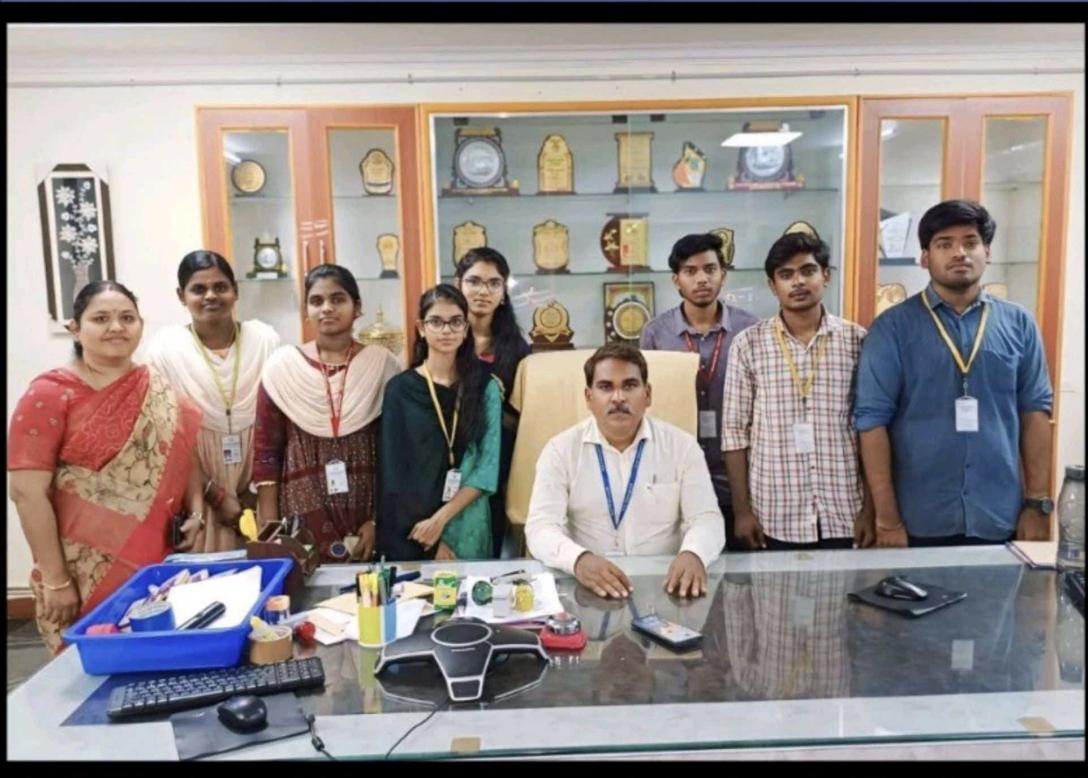
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# ***THE ZINE***

***2023-2024***



***MAGAZINE TEAM WITH PRINCIPAL &  
STAFF CO-ORDINATOR***