



Vidya Vikas Education Trust's

NAAC B+ACCREDITED

Universal College of Engineering, Kaman Road,
Vasai

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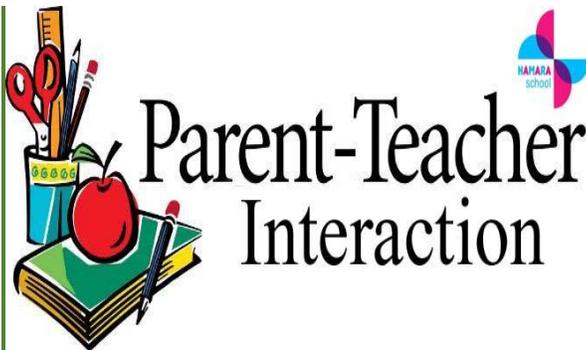
EDITION 009 NOVEMBER

VISION

The Department of Applied Science and Humanities is committed to dynamically integrate the components of Science, Humanities and Engineering to groom students to transform them as globally acknowledged professionals.

APPLIED SCIENCE AND HUMANITIES DEPARTMENT "PARENTS TEACHERS MEETING"

Applied Science and Humanities Department organised First Parents Teachers Interaction on 19th October 2019.



MISSION

The department is carrying a mission to create and disseminate the knowledge and techniques in intellectual areas of Engineering and other core areas of Applied Science and Humanities for betterment of Eco system.

To inculcate the importance of Applied Science and develop a natural flair for Engineering and Technology which in turn shall mould students into a competent professional.

To be recognized for practicing the best teaching-learning processes to create highly competent, resourceful and self-motivated young Engineers for the benefit of the society.

Parent-Teacher interaction was organised to ensure a positive teacher-parent relationship to support student's academic achievement and emotional health.



The major areas of discussions were result analysis of Internal Assessment- 1, as an objective to improve the scores of the students in the upcoming exams. Applied Science and Humanities Department holds the tradition of maintaining a continuous monitoring system to track the progress of the students.

The students of First Year are considered as the value asset of the institute. Hence, all the faculties of the department are involved in providing them strong foundation of Engineering, which will help them succeed in flying colors.



The faculty interaction was carried out between each student and parent basis by providing guidelines to the parent to improve the student's academic growth. This helped them to look into their ward's efforts in class, as well as their attitudes and behavior in the campus

HEALTHY LIVING TIPS



Suraj Tambe

FE- C

“Healthy living” to most people means both physical and mental health are in balance or functioning well together in a person. In many instances, physical and mental health is closely linked, so that a change (good or bad) in one directly affects the other. Consequently, some of the tips will include suggestions for emotional and mental “healthy living.”

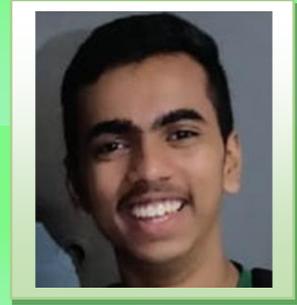
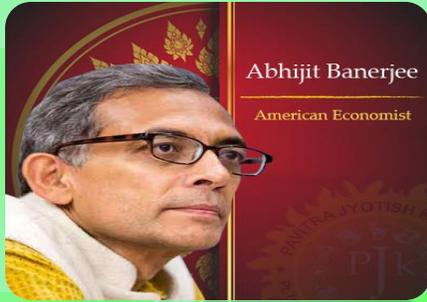
When your day is packed with classes, assignments, and studying, not to mention a social life and maybe a job, who has time for healthy eating? While sometimes low on the list of your priorities, being smart about food has many benefits. Eating regularly and choosing healthy portions of nutritious foods means having more mental and physical energy, feeling good about yourself and enjoying better health. Here are the basics

- Eat three healthy meals a day (breakfast, lunch, and dinner); it is important to remember that dinner does not have to be the largest meal.
- Choose foods that are low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars; look at the labels because the first listed items on the labels comprise the highest concentrations of ingredients
- Avoid sodas and sugar-enhanced drinks because of the excessive calories in the sodas and sugar drinks; diet drinks may not be a good choice as they make some people hungrier and increase food consumption.
- Avoid eating a large meal before sleeping to decrease gastro esophageal reflux and weight gain.
- Physical activity and exercise is a major contribution to a healthy lifestyle; people are created to make utilize their bodies, and disuse leads to unhealthy living. Unhealthy living may manifest itself in obesity, weakness, lack of endurance, and overall poor health that may foster disease development. Hence, start a healthy living by a healthy life style.

PODCAST

So, are you an EXPERT???

An expert is a man who tells you a simple things in a **confused way** to make you think **the confusion** is your own fault. - William Castle



Vivek Shivakumar Hotti

FE – A

Till date over nine Indians have been bestowed the honorable Nobel Prize, latest being a person of Indian origin Mr. Abhijit Vinayak Banerjee.

Abhijit is currently an International Professor of Economics at The Massachusetts Institute of Technology. Though born in Mumbai, Banerjee received schooling in Kolkata from one of the finest schools in India, the South Point High School. He continued his education and steered his way into Presidency College, Calcutta, where he completed his bachelor's in Economics in 1981. Later, he completed his master's in economics from a revolutionary institution, the Jawaharlal Nehru University, Delhi in 1983. After his master's, Banerjee never looked back and went to Harvard to complete his PhD degree.

Banerjee won the: **“The Sveriges Riksbank Prize in Economic Sciences in Memory of Alfred Nobel 2019”** award for his experimental approach in alleviating global poverty. He won it along with two of his fellow mates, of whom one is Esther Duffalo, his wife.

Recently Banerjee was in India on a visit to his alma mater, where he said that he felt “enthralled and amazed” when he received the news that they both (he and his wife) had won the Nobel Prize. On critical observation, we find him to being a minimalistic, down-to-earth man.

Speaking of Nobel Laureates in the specific field of Economics, India also has Amartya Sen, who was awarded the Nobel Prize in 1998. We hope that more and more of our countrymen bring pride and glory

ENGLISH CORNER

WORDINESS

A new grammar rule. The shortest is the sweetest. Wordiness is a type of redundancy where the same thing is said twice such as “happy and joyful.”

Another example “Mark is a funny, hilarious, and comical person.” Here, three words that basically mean the same thing used to describe Mark.

Try to avoid wordiness in your writings. Keep it simple and to the point.

LIFE IS BEAUTIFUL BUT NOT A BED OF ROSES



Rushabh Mistry

FE A

LIFE... it is the best gift given by the Almighty. We must value it and be thankful for what we got and try to improve it every day in order to build a better life. Life is like a roller coaster i.e. it has ups and downs in every moment of our life. So, we must be positive and keep going though there are hard times.

There is a lot of stress all around. People always keep complaining about it and because they are so engrossed in doing so that they are not able to see the other side of life i.e. it's Beauty. If we look closely, we can see that how beautiful life is. However, this is not to say that life is Bed of Roses. It Isn't! All people have different problem, be it the rich or the poor, the educated or the uneducated, the beautiful and the not so beautiful – everyone has to face difficulties and challenges which exists at every twist and turns of life.

Life is not easy for anyone. However, we need to understand that this is how life is. If everything came easy we would not really value it. Life is beautiful in its own way and we should look for reasons to enjoy it and feel its beauty and significance.

So to keep our life stable and beautiful, the only way is– to increase 'me' time i.e. doing something in which we find happiness and spend some quality time with family which will help us to forget all problems and live that moment of life happily.

“We get LIFE for once so live it to the fullest and enjoy each and every moment of it...”

FEMINISM: THE NEED TO REVAMP ON THE CONCEPT



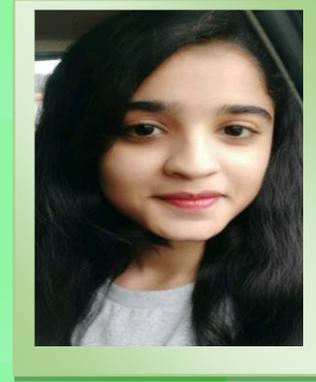
Anush Padubidri
FE- C

In recent years, feminist movements have attracted significant attention and have become one of the most popular social issues. Now what do you mean by Feminism? Feminism is the belief that women should have economic political and social equality with men. This term also refers to a political movement that works to gain equality within a male and female relationship. In a male and female relationship both the roles should be equal.

Feminism claims to stand for two things above all: women's equality and their ability to be strong. Regarding the first aim, no decent man or woman opposes the concept of equality of the sexes. But people who do not call themselves feminists have a problem with feminist notion of equality. Most feminists have conflated equality and sameness. And that's a huge mistake; the sexes are equal but are different. The second major issue regarding the feminists is that they frequently provide false evidences to prove the suppression of the females. Talking about the second goal of feminism that states enabling women to be strong. Now, the issue has bigger irony that feminism has actually achieved very opposite. In the countries where it does take strength to be feminist, whoever is identified as feminist is considered weak.

Feminists are outraged and unduly stressed by much of life itself and particularly by all but most feminized men. Therefore, who are we to say anything to those women who are still, in some part of the world, fighting for their rights to vote, drive a car, or choose the one they will marry? The ideas which were incorporated in us by the society that we are living today, has affected our perception, and in my opinion, we must not judge feminism but embrace this universal idea as a milestone for generations to come.

WHAT IS REAL HAPPINESS?



Janvi Panchal

FE -A

The term happiness is a state of mind or the personal feeling characterized by pleasure, delight, love, contentment or enjoyment Joy, satisfaction and entertainment all together. People always want to achieve and find happiness. Every people have different ideas describing their feelings and have unique ideas about how to find happiness.

According to me happiness is sitting beside a friend and just keep on talking not caring about anything else or talking lo family member sharing your day to day experience and spending time with the person you love the most. These moments may be the best part of memories that you recall when you set alone with cup of beverage.

For some people happiness is limited to material things, they feel satisfied spending money on goods and some services but that it just satisfaction of a temporary sensation that won't last long. Once you receive these things you search for something new so, where is the happiness which is gone and not set in your memories. Material events don't make a lasting impression on your memories.

People think that increasing their friend circle or network would be worthy. It would be worthy definitely but not for happiness because that network would just be with you for work so, having quality rather than quantity is the essence of relationships.

Let's give you are two choices first you get a Ride Alone In a luxurious Limousine car and second you get a ride in humble Maruti car with the one you love the most , what would you choose? Many people who would go for first choice but people like us would go for second one.

So, in my opinion real happiness is in the time spent with your loved ones and not material aspects.

TAHOKO 2019 was Celebrated at UCOE on 4th October, 2019



Festive Season and the dance around all the corners with perfect traditional attires.



The dolled-up look, and energetic dance movements, along with electric mix of Bollywood music made the environment joyous and enthralling. Various prizes were given for best attire, best dance etc.

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Thought of the Month: Don't make excuses, make improvements – Tyra Banks