



Vidya Vikas Education Trust's

Universal College of Engineering

Accredited with B+ Grade by NAAC

(Permanently Unaided | Approved by AICTE, DTE & Affiliated to University of Mumbai)

Gujarati Linguistic Minority Institution

Volume 05 | Edition 10 | April 2023



An Initiative By



Department of Information Technology

#Satyavachan

DREAMS
DON'T WORK
= UNLESS =
YOU DO

Staff Coordinators:

- Ms. Shraddha Sandimani
- Mrs. Mudra Doshi

TABLE OF CONTENTS

NON TECHNICAL
ARTICLES

EVENTS
ORGANIZED

ACHIEVEMENTS

UPCOMING EVENTS

CONTROL YOUR ANGER BEFORE IT CONTROLS YOU!



Anger is an unpredictable and powerful emotion that we all experience from time to time. From an annoyance to a full-fledged rage, it can be normal human emotion. The actual problem arises when it gets out of control. It can affect your work, your relationships, and the overall quality of your life.

Unchecked anger can often lead to aggressive behavior, mood disorders, substance use, and other mental health conditions. Make your mental health a priority with our natural mind care range.

Source: <https://www.1mg.com>



6 PRACTICES

you can try to manage anger



01 Pay attention to the way anger feels in your body

Your body may be giving some physical signs before exploding into anger. Being aware of these warning signs can allow you to manage an outburst of anger & take steps to modulate the response.

Physical signs of anger

- Knots in your stomach
- Headaches
- Clenching your hands or jaw
- Seeing red
- Feeling clammy or flushed
- Breathing faster
- Pounding of the heart
- Tensed shoulders



04 Take time out

One of the most doable ways to take control of your anger is to walk away from a triggering situation immediately, if possible. Take a break when a conversation gets heated. A time-out can be the best way to calm your brain & body.

Take a break from life and focus on yourself.
Wondering to start? Explore our personal care range.



05 Unwind your mind

Anger can be due to built-up frustrations & insecurities. When your temper flares, start deep-breathing exercises, imagine a relaxing scene, or repeat a calming word or phrase.

Yoga, walking, or any form of exercise can also keep your mind & body healthy in the long run. Need help to power up your workout session?



02 Acknowledge your triggers

It is common to be in denial when it comes to confronting your emotions. But, the first step in healing is acknowledging. Look at your regular routine and try to determine activities, points of time, people, or situations that evoke angry feelings.

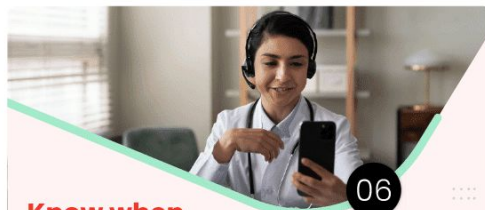
Expert corner

Many times, anger issues have less to do with what happens to you than how you perceive and think what has happened.

A few negative thinking patterns that trigger anger include:

- **Overgeneralizing:** For example, "You ALWAYS interrupt me. You NEVER consider my needs. NO ONE understands me."
- **Obsessing over "shoulds" & "musts":** A rigid take on the situation can trigger anger when actual things don't line up with the expectations.
- **Jumping to conclusions:** Assuming you "know" what someone else is thinking or feeling—that they intentionally upset you, ignored your wishes, or disrespected you.

Taking note of the negative thought pattern can help reframe your thoughts.



06 Know when to seek help

While the trick is to find what approach works for you, controlling anger can be a challenge at times. If your anger seems out of control, causes you to do things you regret, or hurts people around you, seek professional help.

A mental health expert can help manage anger to cope with your thoughts, feelings, & behaviors in a healthy and more productive way.

**- Mr. Akshay Agrawal
(Assistant Professor)**



HAPPY HOLI

Holi is a Hindu festival that has been celebrated since ancient times. The Holi Festival is celebrated as a way to welcome in spring, and also is seen as a new beginning where people can release all their inhibitions and start fresh. It is said that during the Holi Festival, the gods turn a blind eye, and it's one of the few times extremely devout Hindus allow themselves to let loose. They open up and enjoy each other's company, take time to dance and party, and throw their cultural norms to the side. On the first day of the festival, a bonfire is lit to symbolically burn away all the bad and give way to a colorful and vibrant new future.

Good overcoming evil in Hinduism is rooted in the story of Hiranyakashipu. He was an ancient king who claimed to be immortal and demanded to be worshipped as a god. His son Prahlad was deeply devoted to worshipping the Hindu deity Vishnu, and Hiranyakashipu was angry that his son worshipped this god over him. According to the story, the Lord Vishnu appeared as half-lion and half-man, and killed Hiranyakashipu. In that way, good conquered evil.

Another story tied to the Holi Festival is that of Radha and Krishna. As the eighth incarnation of the Hindu god Vishnu, Krishna is seen by many as the supreme god. Krishna is said to have blue skin because as legend has it, he drank poisonous milk from a demon when he was a baby. Krishna fell in love with the goddess Radha, but feared she would not love him because of his blue skin – but Radha allowed Krishna to dye her skin with color, making them a true couple. On Holi, Festival participants apply color to each other's skin in honor of Krishna and Radha.

Source:

https://www.volunteerforever.com/article_post/what-is-holi-festival-and-why-is-it-celebrated/



- Mrs. Sanketi Rautl
(Assistant Professor)



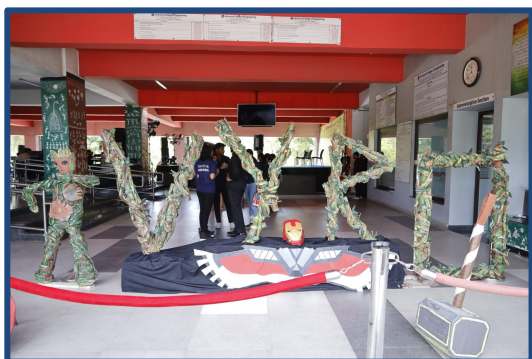
EVENTS ORGANIZED

The Women Development Cell (WDC) committee of Universal college of engineering had organized an International Women's Day Celebration program on 9th march 2023 during 3.30 p.m. to 5 p.m.. All female staff members including housekeeping, security ,lab assistant, admin staff and faculty members attended this celebration. J. B. Patil, our Campus Director had highlighted, appreciated and encouraged the WDC members and all female staff for their valuable contribution in the overall growth of the institution.



Women's Day Celebration on 9th March 2k23

Glimpse of VYRO Events[31st March 2k23]



EVENTS ORGANIZED

Glimpse of AURORA 2K23 [10th March - 17th March]



Glimpse of Alumni meet [11th March - 2k23]



ACHIEVEMENTS

AURORA is the Sports and Cultural Fest of UCoE which is celebrated each year with great enthusiasm. We had AURORA on ground conducted from 10th – 17th March 2023!!

We CONGRATULATE each and every Winners and Participants of “AURORA 2K23” !!!



SEIT Boys - Cricket



BEIT Boys - Football



BEIT girls - Dodge ball



SEIT Ansh Singh - Solo Dance



TEIT Sreeja Nair - Solo singing



TEIT girls - Tug of war




BEIT Rushabh Mistry - Videography & Photography



SEIT Girls - Kabaddi


UPCOMING EVENTS



Universal College of Engineering

Congratulations dear students...
Time has come for you to take on bigger challenges...
we cordially invites our B.E. final year students for

class of **2023**
Farewell

on 13th April 2023 (Thursday) at 4:00 p.m.
Venue: Universal College of Engineering





Universal College of Engineering

Convocation

CLASS OF 2021-22

SATURDAY Venue: Universal College of Engineering	15TH APRIL 2023
--	--



Scan for previous edition



You can send your articles to the following email id:

mudra.doshi@universal.edu.in

shraddha.sandimani@universal.edu.in

Follow us on:



ucoe_mumbai



ucoe_mumbai



itsa_ucoe



itsa_ucoe

**Kaman - Bhiwandi Road, Survey No. 146 (Part), Village: Kaman,
Taluka: Vasai, District: Palghar – 401208.**

For Internal Circulation Only