



Breathe Better

-Latika Mariwalla
Naziya Nazeer

Amrita Vishwa Vidyapeetham inaugurated its Yoga Club on the occasion of the International Yoga Day on June 21.

The Yoga day is celebrated every year all over the world. This was the third time the college is celebrating the acclaimed

Indian practice. The Cultural Department took the initiative to start the club. The club will be mentored by Mr Senthil Kumar. Around 25 students have registered with the club on the first day itself.

The activities of the club include performing Yoga, meditation, and other relaxation exercises. The Yoga training rejuvenates the body and gives its practitioners an opportunity to become a Yoga instructor too.

The university has always strived to help students understand the values of Indian culture system. The Yoga Day was just another occasion for the university to motivate students to understand the great culture.

"The Yoga shastra says 'Atha Yoga Anushtasanam' meaning discipline-

With practice comes experience," said Sripath Ghaligi, the coordinator of the event. He added: "Anybody who wishes to excel in their life should perform Yoga."

Dr. S. Mahadevan, the Deputy Dean of Engineering, Prof. Joshi Haran of the Mechanical Department, Prof. Shailendra, Head of Student's Welfare Department, Prof. Manjushree Hegde of the Cultural Department, among others were present.



GITAMRITAM: Striving to achieve the right way of life

-Parvathy Nambiar

The 27th Gitamritam residential camp was conducted at Amrita Vishwa Vidyapeetham, Coimbatore from May 26, 2019, to June 9, 2019.

It consists of 2 separate camps based on the age groups -- the Bala and Yuva camps. The Bala camp is conducted for children belonging to the age group of 13-16 and Yuva camp was for youngsters belonging to the age group of 18-23. The Bala camp took place from May 26 till June 1, whereas the Yuva Camp was held from June 2 till June 9.

Rooted back to 2012, Gitamritam was first held on the Mysore Campus. From 2013 onwards, Gitamritam is held on Coimbatore Campus every year.

The main motive behind this program is to empower the youth with the help of the powerful Gita. During each camp, one chapter of the Gita was taught by Dr. Dhyanamrita Chaithanya, a pursuit follower of Gita and senior disciple of Amma. The attendees were taught how to chant the Gita and also how to apply it in real life.

The Gitamritam camps of 2019 focused entirely on the second chapter of the Gita. The day would start with a yoga session in the open terrace with the participants enjoying the serene beauty of the surroundings. "The yoga and meditation practices help students align their body and mind perfectly," said Lalithamani, coordinator of Gitamritam. Followed by the yoga session, there were Gita sessions, which was conducted by Dr. Dhyanamrita Chaithanya. 'My Life, My Passion' program was held after the Gita sessions where many persons who had faced many roadblocks in life spoke about how they overcame the obstacles and inspired the participants.

Workshops were also conducted helping the students to understand Gita in a more profound way. Various workshops-- Shradha for concentration, Swayambak for cooking, were some other than the adventure games to help the participants overcome fear, etc.



Students performing Yoga during the International Yoga Day celebrations on Ettimadai Campus.

They did Amrita Proud

-Prof. Prashant R. Nair



Team VisionX



Cash price recieved by team VisionX

AMRITA Vishwa Vidyapeetham's Team Vision has won top honours in two prestigious international competitions held recently — TCS Digital Twin Challenge and Singapore-India Hackathon.

The student team comprised of Yeshwanth Sripathi, Vijay Shrevatsan, Anupam Rajanish, and Sakthisree Venkatesan, all second year Computer Science & Engineering students. Prof. Prashant R. Nair, Vice-Chairman, Department of Computer Science & Engineering, was the mentor.



Team VisionX meets Modi

The team fought with over 75,000 students from 1,600 universities at Tata Consultancy Services (TCS) EngiNX Digital Twin Challenge 2018.

Team Vision developed 'LogiX', a digital twin of the logistics and transportation network. A Digital Twin is an exact copy or a replica of a physical asset or a system and behaves similar to

that of an IoT device creating a digital footprint.

Close on the heels of this, the team was ranked among the top five in the first Singapore-India Hackathon held at Nanyang Technological University, Singapore. This hackathon was proposed by Indian Prime Minister, Mr. Narendra Modi and Singapore Education Minister, Mr. Ong Ye Kung. He also interacted with the participants on the sidelines of the ASEAN summit.

Team Vision said: "Considering the fact that global supply chain losses due to accidents and damages run into billions of dollars, LogiX has the potential to be a game-changer for the industry. Today, it's not companies that are competing with each other, but their supply chains are. Most of the supply chain losses happen due to accidents and damage to goods in transit. LogiX will ensure twinning of the commodity from the warehouse, where the goods are marked with trackers, and our array of IoT-enabled sensors, transportation over road/air at the ports

where the communication between Control Operation and Shipping Port and that of Truck drivers - for fatigue/ distraction/accident avoidance. Indirect logistics costs can be significantly reduced using the system."

"LogiX guarantees to provide businesses a platform to view critical information and the digital twin through Android applications and AR/VR headset. This system consists of two data acquiring boxes—the AccBox for accident monitoring and ComBox for commodity monitoring. Both the boxes consist of IoT sensors which relay sensory data real-time to the analytics cloud — Thingspeak — and then to Firebase from where the necessary

output/digital twin model is shown in the Android App and the AR/VR Headset. The mathematical model is done primarily using Python along with analytics done through the BigML using algorithms such as random forests and neural networks."

Dr. Sasangan Ramanathan, Dean, Department of Engineering of Amrita Vishwa Vidyapeetham, said: "I am very proud of the team for their outstanding success at the international level. Inspired by our University Chancellor and renowned humanitarian leader, Mata Amritanandamayi Devi, our thrust in preparing next generation graduates for challenges in science, engineering, technology, and management is bearing fruit. The list of international competitions won by our engineering students is no doubt one of the best in India - Mars Rover, Intel Python Hack Fury, Smart India Hackathon, Cisco Ideate and Google Summer of Code."



Understanding Graphs

-B. Deekshitha



"Mathematics is the most beautiful and powerful of the human spirit," Stefan Banach, a Polish mathematician who is generally considered one of the world's most important and influential 20th-century mathematicians, has said. His words were prominently displayed at the International Mathematical Graph Theory Conference held on Ettimadai campus from January 4 to January 6.

The conference was organised by the Department of Mathematics.

Delegates from all over the world attended the conference. "A graph is an object that can explain any relation. It is a network of dots that can manifest how human beings can benefit from it. With the help of drawings, we can explore what cannot be said. Graphs explain better than statements," said a participant referring to the importance of the conference.

"Mathematics is the queen of all sciences. It is a science that deals with quantity, space, structure, and change. Mathematics is omnipresent. Even your breath, music, and everything that happens in the world is related to mathematics and it connects you to the real world of equations. It is the silent part of all equations in the world. Mathematics can be compared with atoms that combine to form the world," said another participant.

Referring to the outcome of the conference, one participant said: "It was a great platform to explore and learn possibilities about the graph theory, and sharing of great ideas. Brilliant interactions took place between participants on graph theory. The serene ambience of Amrita University provided a perfect setting. The greenery of the campus was a feast for the eyes."

At the end of the three-day conference, a cultural event was organised. Divya Krishnan and her students performed Bharatanatyam, Kathakali, and Kuchipudi.

In a Timeless score

-Abhirami Meleth

'Music is a flawless form of expression. Through the sublime layers of music, you transcend agony and foster a sense of solidarity,' says Nareesh Iyer, the voice of many of A R Rahman's masterpieces like *Munbe Vaa* and *Roobaroo*. This National Award winner, who was in Amrita Vishwa Vidyapeetham, for Anokha 2019, speaks to Abhirami Meleth.

This musical journey would have definitely been magical and challenging. Can you tell us about it?

The best thing about my musical journey is that I have been able to do what I love. That has given life and longevity to my music. It is a beautiful feeling, being able to transfer joy to others, there the sense of togetherness is alive.

Have you ever dreamt of or aspired to become a singer when you were a kid? Or have you ever thought that you'd

get to work with people like the Mozart of Madras, A R Rahman?

I started singing at the age of ten but was never too serious about it. I focused on my academics, as music as a profession wasn't appreciated in those times. Failure was a part and parcel of my teenage musical pursuit. My deep interest in pursuing music as a career was

late-bloomed. My family encouraged me to contest in Super Singer by Channel V, where A R Rahman spotted me and gave me my breakthrough.

There's a lot of difference between performing live and recording a track in the studio. How would you explain this difference from an experienced musician's perspective?

A song begins as a thought in the composer's mind, he gives a lovely tune to it, the lyricist gives it meaning. This is ready for you in the studio. Understanding the song and connecting to it is what happens there, with multiple snippet record sessions. Great teamwork oriented toward a fresh interpretation of the song, with some amount of experimentation of it does the job perfectly. Live Concerts are challenging. Pitch out's are very common and during live shows. Hence, the more you rehearse, the better you perform and the lesser anxiety you have and this connects you more with your audience. There is the instant joy that you receive on stage, as well.

This is your second time coming to Amrita. What are your expectations this time from the students and what message would you like to pass on to the Campus Beats Team?

It's a special feeling, performing in front of a college audience, whose zest is unmatched. The kind of involvement that they have elevates your singing experience as well, placing you at the peak of happiness and fun. It is the same that I expect from the students here, lots of cheering and love. As young buds of today, you have to find out what you really want to do in life. That might take a lot of time, effort and resistance to discouragement. Obstacles don't matter if you believe in and are sure of yourself. Let not your courage and passion die. I wish Campus Beats team all the very best for their future endeavors.



A Manoeuvre of Aid

- Abhirami Meleth

A gala of not just frolic, but also a gesture of untainted help, Dhyuthi 2k19 was successfully hosted by the MA Students of the Department of Mass Communication in the month of February. This fund-raising event was in support of a noble cause, to render financial aid to a group of women from the village of Nandikovil, to set-up their own catering unit.

Dhyuthi was a talent-hunt show that called in video submissions that showcased a variety of talents by the students of Amrita Vishwa Vidyapeetham. The competition was open to all forms of art like dance, music, mimickry, mime, Tik-Tok, and painting. An expert panel of judges was identified for the smooth and impartial conduct of competitions, while selecting the top 10 for the Grand Finale. Live judging was the highlight of the Finale, in the presence of the popular playback singer, Gowry Lekshmi, whose notable works include the mellifluous song 'Aaro Nenji' from the movie *Godha*. Around 125 students registered for the competition and culinary vessels were purchased for the women of Nandikovil, with the amount collected as registration fee.

The event was conducted as a part of the academic project of the 2017-19 batch of MA Communication. The project was under the discipline of Integrated Marketing and Communication offered as a specialized course under the mentorship of Ms. Aswathi K B. Sruthi Suresh, Deekshitha Bhaskar, Krishnapriya, Shibani, Deepika P, Amrita B, and Arathi S P were the event managers. A two-day food carnival, fun stalls and contests were also organized in connection with the event.

Dhyuthi was sponsored by Chandran Steels (Cash prize for first prize winners), Elgi Ultra (Guest sponsor), Meenakshi & Co. (Second prize winners), Naturals, and Mc-Donalds.



DHYUTHI 2K19

EDITORIAL



Relish every moment

The Campus Beats is happy to welcome all the new pretty faces of 2019 batch.

You have been celebrating your admission to a great university by spreading the word by mouth, and posting 'I Got into Amrita Vishwa Vidyapeetham' on facebook walls.

We know that you have stepped into the college with fresh thoughts, noble aim, and high hopes. We assure you that your dreams and aspirations will be accomplished with the guidance of our team of professors.

Coming to the top three things that you shouldn't miss in Amrita:

This one is everyone's favourite, the football ground famously known as Hangers. The view you get to see from the ground is phenomenal, especially during rainy days. You can sit there for hours staring at the scenery, and you won't even know how fast time passes by. Spend as much time as possible at the 'hangers' because you won't get to see such beautiful scenery anywhere else.

The next fantastic thing we have is cultural events. Amrita has its way of celebrating occasions like Janmashtami, Onam, and Pongal, among others. Amrita has a student team that coordinates these events consisting various cultural programs.

Then there is a basketball court, a badminton court, a gym – all aimed at keeping students physically fit, and to have a great time with their friends.

You are free to contribute to Campus Beats by way of reports, and photographs.

I hope you all will live your college-life to the best of it.

New year, new faces.

WELCOME TO AMRITA FAMILY!

B. Deekshitha

RECIPE CORNER

Smoothies and Summer

-Shreyaa L Narayanan

We can all agree that the summer is extremely exhausting this year. Rather than writing about Global Warming, about which there are quite a few articles about, let's base this article on keeping ourselves hydrated and healthy.

Most of the shakes that have been shared are for detoxification and healthy life-style oriented, which helps in flushing out the toxins in your body. They also help in skin care and hydration, so you don't need to worry about water weight loss.

Smoothies

Smoothies is a very easy option and something that is highly recommended to keep yourself hydrated and your skin free of pollutants. If you don't want to drink only water, then this is an alternative to keep your body fresh and your brain from turning into a puddle.

Here they are:

The Pinky Drinkity -

This is quite easy. Three ice cubes, one sliced lemon, strawberries and blueberries and a 3/4 glass of water. You could cool it further if you want to, but this works well.



Carrot Top -

This has a slight spice to it. Blend one cup of carrots, an orange, a lemon, an apple, and a cup of pineapple. You could add ginger to it if you want a catch to it. Ice it, and you're done.



Mangy Wangy -

I was too tired to name this one. You need one mango, one lemon, a few mint leaves, a spoonful of sugar, and a cold glass of milk. Blend it and ice it. This is the simplest one out there.



Red and Brown -

This is an apple smoothie, where you blend one apple (sliced,) a teaspoon of sugar, a few pieces of pineapple and cold milk. Ice it and you're good to go. You could add a chopped carrot to it too, if you would like.



You could always try and mix any citrus fruit with the shakes that I've mentioned above. Just one word of caution, if you are adding a citric fruit, always use water as your solvent and not milk, because it will get curdled, and we don't want that.

WHAT IS TRENDING THIS SUMMER?

-Nikitha Sudhir

2019 has been the year for iconic hairstyles ranging from the Mohawk braid to the polished pony to haute couture hair accessories that has been dominating the fashion walkways this year. The fashion of the 90's hair clip trend is back with many celebrities like Hailey Baldwin to Selena Gomez who are following the hottest trend now. Several of the brands that has followed the hair clip trend includes Versace, Miu Miu to Gucci. Headbands and Barretts have also made a comeback to fashion as many celebrities including Kate Middleton has donned this style for official events in the classiest way possible. There are several options online for all of these hair accessories. These hair clip trends have been used by powerful women in the industry and are not viewed as dainty and girlish like how it was before. The key of it is to partition your hair in a sleek manner after blow-drying and setting it and then to place the clips on your hair by the sides or a high sleek pony and scattering them behind. Several of the stores that is available to us through the nearest malls like H and M and Zara has incorporated this trend and they're accessories section is flooded with the same. Hair color is also so in right now with the hottest celebrities namely Sophie Turner to Billie Eilish who ditched their plain hair colors for pastel pink, platinum blonde and coral blue etc. Experimentation is the key for this summer's hair trends. Make sure to keep your hair hydrated and protected through all the treatments you put your hair through, hair experts suggest to always leave in conditioner in for a while and give your hair some pampering and to opt out of using sulphate-free shampoos which causes further damage for the hair.



ICC needs a Third Umpire

-Ajay U.K.



Many cricket fans from across the globe were in accordance with the gloomy English weather when cricket's most coveted tournament, the ICC World Cup 2019 was marred with bad playing conditions, lopsided contests, umpiring errors and controversies off the field. The international cricket body was constantly under the hammer for its action plan on



England rejoicing over their win

hosting the world cup and the set of rules throughout the tournament.

From Dhoni's gloves to Stokes' bat, the drama was aplenty at the home of cricket. With teams like South Africa, Pakistan and West Indies under performing, the tournament saw the rise of associate cricket nations like Bangladesh and Afghanistan upsetting the top teams.

All eyes were on India after a bold team selection from the BCCI which resulted in Ambati Rayudu retiring controversially. The body received flak for including "3-D" player Vijay Shankar, leaving out Rayudu and Rishabh Pant. While it was expected from India to qualify for the semis after the reintroduction of the round-robin format, it was clear the major threat for India would arise after the group stages.

Drawing comparisons to the 2003 squad, where Sachin Tendulkar carried the team to the finals, India banked heavily on the top order; and the middle order this time and hopes were pinned on veteran M.S. Dhoni. The playing style of captain cool wasn't good enough in the English condition as he fell short losing out to New Zealand in a two-day ODI, again in which rain played a crucial part.

The former English cricketer Michael Vaughan also tweeted India were the favorites and whoever beats them will take home the trophy and the prediction was spot on as New Zealand and England, who were the only teams to defeat the Men in Blue faced off in an epic final encounter at Lords, where England clinched the championship in an intense match.

The final was not short of controversial moments either. Simon Taufel, the retired Australian umpire admitted that the umpires made a 'clear mistake' of giving England 6 runs instead of 5, which was a violation of the MCC rules. The teams could not be separated even after a super over and New Zealand lost on the virtue of the number of boundaries scored.



Dhoni after his splendid innings

ruthlessness of the game. The ICC has to take a very tough Decision Review System now, in which the rules should not just be based on the on-field umpires' call but also looks into all the rules which dampen the beautiful game of cricket.

FILM

THE



FRAME

-Shreyaa L. Narayanan

Bollywood is known for its high budget, action-packed remakes and Kabir Singh does make the cut for being the best of them. While Shahid Kapoor and Kiara Advani impressed audiences through their accurate portrayal of characters with the source material, Arjun Reddy, there are many layers after which such prowess was achieved.

Kabir Singh is anything but a typical love story where the protagonist and namesake is a womanizer, an alcoholic and a junkie. Yet, he is also the best surgeon in town, was the best student in his college. The film is all about extremes to which he goes to and to call that pursuit dedication would be wrong.

The film is full of surprises as the female protagonist seems meek during the first half of the film becomes a blazing firecracker by the end of it. Subtly, she pulls on the heartstrings of Kabir Singh where she controls his actions and decides what happens.

Indian media has criticised the actions of the characters in the film as misogynistic where the perpetrator is glorified, whereas others have praised the film for garnering crowds to the theatre. However, we need to take Kabir Singh for what it is, a film, and only that.

Many cricket fans and players felt that the trophy should have been shared as both teams didn't deserve to lose and that cricket was the real winner. All the 22 players played with exemplary sportsmanship and proved cricket is a gentleman's game. Kane Williamson didn't even term the England win as luck and lauded the team's effort to fight till the end and heaped praises on the formidable English side.

On the whole, it was a bittersweet journey for millions of cricket fans as they witnessed one of the most intriguing cricket tournaments in recent times, filled with drama which summed up the



4 months and yet not over

PICTURE GALLERY

Mizzle Sizzle



Monsoon is back again, bringing back its sweet earthy smell. Everything around is bright, alive and beautiful.

Anish Rayaprolu
2nd year EEE



Amrita expresses its gratitude towards Vyasa

-B. Deekshitha

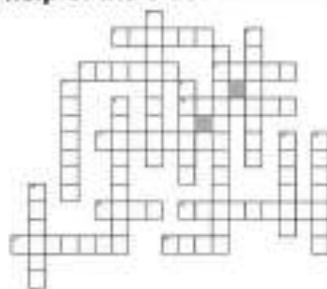
Guru Purnima is a festival that is celebrated all around the world and Amrita was no stranger to it. The tradition commemorates the birthday of Bhagawan Vyasa, the compiler of the Vedas. As a sign of respect, the devotees remember and express their gratitude to the Guru.

At the Ettimadai campus, a cultural program was held on the 16th of August in the Amma's Shrine hall near Academic Block I. The event started with the lighting of lamp celebrated among faculty members and students. The pooja was done by Swami Tapasya Amrita Chaitanya and over 200 students and faculty members attended the program. In an atmosphere reverberating with mantras revering the Great Guru, Amma, everyone sang bhajans with much vigour and enthusiasm. Later, Prasad was distributed to all.

WORD

CROSS

For anyone who likes the sitcom Friends. Find out the words with the help of the clues beneath.



Across

2. The pet monkey belonging to Ross
5. Lisa Kudrow's character
6. The British girl Ross Marries
10. The name of Joey's Agent
11. Bing (Played by Matthew Perry)
15. The name of Ross and Rachel's daughter
16. Famous Song by Phoebe Buffay
17. Coffee Shop guy obsessed with Rachel
18. Water fowl kept as a pet by Joey and Chandler

Down

1. Joey (Played by Matt Le Blanc)
3. Phoebe gives this to her brother after she finds out that he cannot give birth
4. The coffee shop
7. The setting of the show
8. Ross and Monica's surname
9. David (played by Ross)
12. "Ohh Myyy Godddd" Famous dialogue by who?
13. Jennifer (Plays Rachel)
14. Phoebe Buffay's Twin

Mail your answers at
campusbeatsamrita@gmail.com
Winners to be announced in the next edition.

INTRODUCING

TALENT



CORNER

- Reshma M, 3rd Year ECE
Ashwin Kumar, 4th year ECE.

Spread the wings of Talent

*If you wish to showcase your talent in our campus beats, send in your designs or writings at
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