

# CIVILIAN **CHRONICLE** 2023-24



**CIVIL ENGINEERS (INDIA)** 





Indian Concrete Institute

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#### **DEPARTMENT VISION**

To become a department of excellence in Civil Engineering education and research with a supportive infrastructure, transforming individuals into globally competent civil engineers to serve the industry and society.

#### DEPARTMENT MISSION

- Establish a top-notch learning environment with cutting-edge resources and facilities facilitating education, research, innovation and consultancy activities.
- Promote lifelong learning to provide solutions for real world problems with moral and ethical values by developing their skills and competency in the emerging fields of Civil Engineering.
- Offer technical and engineering solutions to the issues and challenges that arise in the construction industry at National and Global levels.

#### **PROGRAM EDUCATIONAL OBJECTIVES (PEOs)**

Civil Engineering graduates during the first few years of graduation will:

I. Practice civil engineering in construction industry, public sector undertaking or as an entrepreneur by applying ethical principles and following norms of civil engineering practice.

II. Pursue higher education for professional development

III. Exhibit leadership and team working skills in their profession and other activities with demonstrable attributes to contribute to the societal needs and to adapt to the changing global scenario.

#### **PROGRAM OUTCOMES (POs)**

Students in the Civil Engineering program should, at the time of their graduation, be able to

1. Apply the knowledge of mathematics, science, engineering fundamentals and concepts of Civil Engineering to the solution of complex engineering problems. **(Engineering knowledge)** 

2. Identify, formulate, review research literature, and analyse complex engineering problems reaching substantiated conclusions using first principles of mathematics, natural sciences and engineering sciences. (Problem analysis)

3. Design solutions for complex engineering problems and design system components or processes that meet the specified needs with appropriate consideration for the public health and safety, and the cultural, societal, and environmental considerations. (Design/Development of Solutions)

4. Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions for complex problems. (Conduct Investigations of Complex Problems) 5. Create, select, and apply appropriate techniques, resources, and modern engineering and IT tools including prediction and modelling to complex engineering activities with an understanding of the limitations. (Modern Tool Usage)

6. Apply reasoning informed by the contextual knowledge to assess societal, health, safety, legal and cultural issues and the consequent responsibilities relevant to the professional engineering practice. **(The Engineer and Society)** 

7. Understand the impact of the professional engineering solutions in societal and environmental contexts, and demonstrate the knowledge of, and need for sustainable development. (Environment and Sustainability)

8. Apply ethical principles and commit to professional ethics and responsibilities and norms of the engineering practice. **(Ethics)** 

9. Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings. **(Individual and Team Work)** 

10. Communicate effectively on complex engineering activities with the engineering community and with society at large, such as, being able to comprehend and write effective reports and design documentation, make effective presentations, and give and receive clear instructions. **(Communication)** 

11. Demonstrate knowledge and understanding of the engineering and management principles and apply these to one's own work, as a member and leader in a team, to manage projects and in multidisciplinary environments. (**Project Management and Finance**) 12. Recognize the need for, and have the preparation and ability to engage in independent and lifelong learning in the broadest context of technological change. (Life-long Learning)

### **PROGRAM SPECIFIC OUTCOMES**

Students in the Civil Engineering program should, at the time of their graduation, be able to

1.Provide solutions for real-life problems related to core areas of civil engineering by applying knowledge of mathematics, Basic and Engineering Sciences and by using appropriate engineering tools.

2.Plan, analyse, design, execute and manage infrastructure projects considering safety, societal and environmental factors.

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# **10 REASONS WHY PLASTIC SHOULD NOT BE BANNED.....**

![](_page_6_Picture_1.jpeg)

Source: https://https://in.pinterest.com/ideas/

 Plastics are very cheap material which plays a crucial role in our daily world .So , it is not that easy to completely eradicate plastic instead , we can use the 3R method.

Here are 10 reasons why plastic should not be banned :

- Plastic is an affordable material that can be used for a wide range of products, making them accessible to more people.
- Plastic products have a longer lifespan compared to some alternatives, reducing the need for frequent replacements and reducing waste.
- Plastic products are lightweight and durable, making them ideal for transportation and shipping of goods.
- Plastic is a versatile material that can be recycled and used to make new products, reducing the amount of waste that goes to landfills.
- Many industries, such as medical and scientific fields, rely on plastic for crucial equipment and supplies.

- Banning plastic can lead to the use of other materials that may have negative environmental impacts, such as requiring more energy to produce or contributing to deforestation.
- Many plastic products are designed for single-use, but they can be reused or repurposed to extend their lifespan and reduce waste.
- Plastic bags, if properly disposed of or recycled, can have a lower carbon footprint compared to paper bags.
- Plastic packaging can help protect food and other products from contamination, increasing their shelf life and reducing food waste.
- Rather than banning plastic entirely, efforts can be made to reduce plastic waste through education, recycling programs, and innovative solutions such as biodegradable plastics.
- however, that plastic waste is a major environmental problem, and many people and organizations are advocating for a reduction in single-use plastic products and an increase in sustainable alternatives. We should educate ourselves to use plastic in an more effective and more efficient manner.

![](_page_7_Picture_6.jpeg)

A Jai Siddharth, I Year Civil Engineering,

#### **GEOTEXTILES: INNOVATIONS AND APPLICATIONS IN CIVIL ENGINEERING**

In the realm of civil engineering, the integration of geotextiles has revolutionized traditional construction methodologies. Geotextiles, a subset of geosynthetics, are engineered fabrics designed to improve soil stability, filtration, drainage, and erosion control. Their versatile applications have significantly enhanced the efficiency, sustainability, and longevity of various civil engineering projects worldwide.

**Geotextile Types:** Geotextiles are made up of polymers such as polyester or polypropylene. They are divided into 3 categories on the basis of the way they are prepared Woven Fabric Geotextiles,Non-Woven Geotextiles &Knitted Geotextiles

#### **Functions of Geotextiles**

**Separation :** The separation function of geotextile is majorly used in the construction of roads. Geotextile prevents the intermixing of two adjacent soils. For example, by separating fine subgrade soil from the aggregates of the base course, the geotextile preserves the drainage and the strength characteristics of the aggregate material.

**Filtration :**The equilibrium of geotextile-to-soil system that allows for adequate liquid flow with limited soil loss across the plane of the geotextile. Porosity and permeability are the major properties of geotextiles which involve infiltration action.

![](_page_8_Figure_6.jpeg)

Source: https://images.google.com/

Reinforcement:Introduction of geotextile in the soil increases the tensile strength of the soil the same amount steel does in concrete. The strength gain in soil due to the introduction of geotextile is by the following 3 mechanisms :

Lateral restraint through interfacial friction between geotextile and soil/aggregate. Forcing the potential bearing surface failure plane to develop an alternate higher shear strength surface.

Membrane type of support of the wheel loads.

Sealing :A layer of non-woven geotextile is impregnated in between existing and new asphalt layers. The geotextile absorbs asphalt to become a waterproofing membrane minimising vertical flow of water into the pavement structure.

#### **Applications in Civil Engineering**

**Road Construction and Pavement Design**: Geotextiles are widely used in road construction to improve the performance and lifespan of pavements. They serve as a separator between the subgrade soil and aggregate layers, preventing mixing and maintaining structural integrity. Geotextiles also enhance drainage, reducing water- induced damage and extending pavement life.

**Soil Erosion Control**: Geotextiles play a crucial role in erosion control applications. They stabilize soil on slopes and embankments, reducing surface runoff and preventing erosion caused by rainfall or water flow. Geotextiles effectively reinforce vegetation and support hydroseeding efforts, promoting plant growth and ecological restoration.

Retaining Wall Reinforcement: Geotextiles reinforce retaining walls by providing

additional tensile strength to soil structures. They distribute loads evenly, minimize soil movement, and improve overall stability. Geotextile-reinforced walls are cost- effective alternatives to conventional methods, offering long-term durability and sustainability.

Landfill Engineering: Geotextiles are essential components in landfill engineering projects. They act as barriers to contain waste and prevent leachate contamination of surrounding soil and groundwater. Geotextile liners facilitate proper drainage and gas venting systems, ensuring environmental safety and regulatory compliance. **Railway and Airport Infrastructure:** Geotextiles are integrated into railway and airport infrastructure to enhance load-bearing capacities, reduce settlement, and mitigate subgrade deformation. They provide a reliable separation layer between ballast and soil, preventing soil contamination and maintaining track stability.

**Water Management:** Geotextiles are instrumental in various water management applications. They are used in filtration systems to remove contaminants from stormwater and wastewater. Additionally, geotextile tubes are employed for dewatering sludge and sediment, optimizing water treatment processes.

![](_page_10_Picture_2.jpeg)

Source: https://images.google.com/

# **Advantages of Geotextiles**

**Improved Soil Stability:** Geotextiles reinforce soil structures, reducing settlement and increasing load-bearing capacities.

**Enhanced Drainage:** Geotextiles facilitate effective water drainage, minimizing hydrostatic pressure and soil saturation.

**Cost Efficiency:** Geotextiles offer cost-effective solutions by reducing the need for extensive excavation and maintenance.

**Environmental Sustainability:** Geotextiles promote sustainable practices by minimizing material usage and improving project longevity

# **Future Trends**

The future of geotextiles in civil engineering is promising, with ongoing advancements in material science and design

Emerging technologies such as geocomposites and smart geotextiles (incorporating sensors for real-time monitoring) are poised to further optimize construction processes and performance.

![](_page_11_Picture_1.jpeg)

Source: https://images.google.com/

In conclusion, geotextiles have emerged as indispensable tools in modern civil engineering, offering innovative solutions to address complex challenges in infrastructure development. By harnessing the benefits of geotextiles, engineers can achieve greater efficiency, sustainability, and resilience in their projects, shaping a more robust and environmentally conscious built environment.

![](_page_11_Picture_4.jpeg)

D Praveen Kumar IV Year Civil Engineering,

#### REVOLUTIONIZING CONSTRUCTION: THE ADVANTAGES OF READY-MIX CONCRETE

![](_page_12_Figure_1.jpeg)

Source: https://images.google.com/

In the realm of modern construction, efficiency and reliability stand as cornerstones for successful projects. Among the myriad of materials utilized, ready-mix concrete has emerged as a pivotal innovation, streamlining processes and elevating construction standards. Offering a plethora of advantages over traditional concrete mixing methods, ready-mix concrete has become the go-to choose for a diverse range of construction endeavours.

#### What is Ready-Mix Concrete?

Ready-mix concrete, often abbreviated as RMC, is a specialized concrete mixture that is manufactured in batching plants according to a predetermined recipe. Unlike traditional concrete mixing methods where components are manually proportioned and mixed on-site, ready-mix concrete arrives at the construction site in a ready-to-use state. This meticulously prepared concoction typically comprises cement, aggregates, water, and additives, tailored to meet the specific requirements of a project.

#### Advantages of Ready-Mix Concrete:

**Consistency and Quality:** One of the most significant advantages of ready-mix concrete is its consistency in quality. Produced under controlled conditions, each batch adheres to precise proportions, ensuring uniformity and reliability in performance. This consistency minimizes the risk of structural defects and enhances the overall durability of the construction.

**Time-Efficiency:** Time is of the essence in construction projects, and ready-mix concrete offers unparalleled time efficiency. By eliminating the need for on-site mixing, construction schedules can be significantly expedited. With ready-mix concrete, construction teams can focus on other critical tasks while the concrete is promptly delivered to the site, ready for immediate use.

**Cost-Effectiveness:** While initial costs may seem higher than traditional concrete mixing methods, the overall cost-effectiveness of ready-mix concrete becomes apparent in the long run. Reduced labour requirements, minimized wastage, and faster construction timelines contribute to significant savings in both time and resources.

![](_page_13_Picture_2.jpeg)

**Enhanced Workability and Strength:** The precise control over ingredients and mixing techniques in ready-mix concrete results in enhanced workability, facilitating easier placement and shaping. Additionally, advanced additives and admixtures can be incorporated into the mixture to enhance specific properties such as strength, durability, and resistance to harsh environmental conditions.

**Environmental Sustainability:** Ready-mix concrete promotes environmental sustainability through efficient resource utilization and waste reduction.

Centralized batching plants optimize material usage and minimize transportation distances, reducing carbon emissions associated with construction activities. Furthermore, the ability to incorporate supplementary cementitious materials such as fly ash and slag fosters eco-friendly construction practices

**Versatility:** Ready-mix concrete offers unparalleled versatility, catering to a diverse array of construction requirements. Whether it's for residential, commercial, or infrastructure projects, ready-mix concrete can be customized to meet specific design specifications and performance criteria. From foundations and pavements to high-rise structures, its adaptability makes it a preferred choice across various applications.

#### **Challenges and Considerations:**

Despite its numerous advantages, the utilization of ready-mix concrete comes with its own set of challenges and considerations. Quality control throughout the production process is paramount to ensure consistency and performance. Moreover, factors such as transportation logistics, site accessibility, and weather conditions can impact the effectiveness of ready-mix concrete delivery.

#### **Conclusion**:

Ready-mix concrete stands as a testament to innovation in the construction industry, revolutionizing the way concrete is utilized in projects of all scales. Its unmatched consistency, time efficiency, and cost-effectiveness have made it an indispensable resource for modern construction endeavours. As the demands for sustainable and efficient construction practices continue to rise, ready-mix concrete is poised to remain at the forefront, shaping the skylines of tomorrow with its versatility and reliability.

![](_page_14_Picture_6.jpeg)

S Prem Kumar IV Year Civil Engineering,

#### THE FUTURE OF CIVIL ENGINEERING: BUILDING TOMORROW

Civil engineering has always been at the forefront of shaping our world, from towering skyscrapers to intricate transportation networks. But what does the future hold for this essential field? As we stand on the cusp of a new era, the landscape of civil engineering is poised for dramatic transformation. With advancements in technology, sustainability, and innovation, the future of civil engineering promises to be both exciting and revolutionary. In this article, we delve into the key trends and developments that are set to define the future of civil engineering, paving the way for a brighter and more resilient tomorrow.

#### I. SUSTAINABLE DESIGN AND CONSTRUCTION

Sustainability is no longer an option; it's a mandate. Civil engineers are increasingly integrating eco-friendly practices into their designs. From energy- efficient buildings to green infrastructure, sustainability is at the forefront. Concepts like net-zero energy buildings, circular economy principles, and resilient infrastructure are gaining prominence.

![](_page_15_Figure_4.jpeg)

Fig: A typical NZEB (Net Zero Energy Building) Image Source: https://www.santamonicapropertyblog.com/more-green-building-codes-in-january/

#### **II. SMART CITIES AND DIGITAL TWINS**

The rise of smart cities demands a new breed of civil engineers. These professionals will leverage data analytics, Internet of Things (IoT), and artificial intelligence (AI) to optimize urban systems. Digital physical of assets—will allow twins-virtual replicas real-time monitoring, predictive maintenance, and efficient resource allocation. In India there are around 100 recognized smart cities according to the Ministry of Housing and Urban Affairs. The selection process of Smart Cities is based on the idea of Competitive and Co-operative Federalism and follows a Challenge process to select cities in two stages. A total investment of Rs.2,01,981 crore has been proposed by the 99 cities under their smart city plans.

#### **III. ADVANCED MATERIALS AND 3D PRINTING**

Materials science is advancing rapidly. Self-healing concrete, lightweight composites, and nanomaterials promise durability and reduced environmental impact. Additive manufacturing (3D printing) enables rapid construction, customization, and intricate designs. Imagine skyscrapers printed layer by layer.

![](_page_16_Figure_4.jpeg)

Fig: Periodic fixing of Self-Healing concrete Source: https://tutorialstipscivil.com/wp-content/uploads/2020/10/xx.jpg

#### **IV. RESILIENCE AND CLIMATE ADAPTATION**

Civil engineers must prepare for extreme weather events, rising sea levels, and natural disasters. Resilient infrastructure can withstand shocks and recover swiftly. Flood-resistant buildings, green roofs, and coastal protection systems are critical components of climate adaptation.

![](_page_17_Picture_2.jpeg)

Fig: A rockslide caused by a winter storm on Dec. 7 in Big Sur, Calif Source :Caltrans.com

### **V. TRANSPORTATION REVOLUTION**

Autonomous vehicles, hyperloop systems, and urban air mobility are revolutionizing transportation. Civil engineers will design efficient, safe, and interconnected networks. Hyperloop tubes crisscrossing continents and electric vertical takeoff and landing (eVTOL) ports atop skyscrapers—these are not science fiction but imminent realities.

![](_page_17_Picture_6.jpeg)

Fig: eVTOL Runway Courtesy: Beta Technologies

#### **VI. RENEWABLE ENERGY INFRASTRUCTURE**

Wind farms, solar arrays, and tidal energy converters require robust foundations and efficient grid integration. Civil engineers will play a pivotal role in creating sustainable energy landscapes. Offshore wind farms, floating solar platforms, and energy storage solutions will reshape our energy infrastructure.

![](_page_18_Picture_2.jpeg)

Fig: Solar Array on the roof of a house Courtesy: solarguide.co.uk

![](_page_18_Picture_4.jpeg)

Fig: An Offshore wind Farm Courtesy: Dennis Schroeder/National Renewable Energy Lab

#### CONCLUSION

The future of civil engineering is dynamic, collaborative, and boundarypushing. As we build the bridges, tunnels, and cities of tomorrow, let's embrace innovation, sustainability, and resilience. The next generation of civil engineers holds the blueprint for a better world—one where infrastructure harmonizes with nature and technology. Remember, the future isn't just about bricks and steel; it's about shaping lives and communities.

![](_page_18_Picture_8.jpeg)

Mohammed Salman Shariff K N IV Year Civil Engineering,

#### **BRUTALISM: A DARING ARCHITECTURAL LEGACY**

Brutalism, a term derived from the French "béton brut" meaning raw concrete, emerged as a daring architectural movement in the mid-20th century. Characterized by its bold use of exposed concrete, geometric forms, and emphasis on functionality, Brutalism challenged conventional notions of beauty and utility.

![](_page_19_Picture_2.jpeg)

#### **Barbican Estate in London**

Source: https://images.google.com/

It first gained prominence in Europe and North America in the postwar era as architects sought to address the pressing need for affordable, durable, and easily maintainable structures. Inspired by the expressive qualities of raw concrete, architects such as Le Corbusier and Paul Rudolph championed Brutalism as a radical departure from the ornamental excesses of previous architectural styles. Throughout the 1950s and 1960s, Brutalism flourished as architects around the world embraced its principles, creating iconic structures that continue to captivate and provoke to this day.

![](_page_20_Picture_0.jpeg)

#### National Theatre in London

Source: https://images.google.com/

Among the most iconic examples of Brutalist architecture is the Barbican Estate in London, a sprawling residential complex designed by Chamberlin, Powell and Bon and completed in the 1970s. Its imposing concrete towers and interconnected walkways exemplify the monumental scale and uncompromising aesthetic of Brutalism. Similarly, the National Theatre in London, designed by Sir Denys Lasdun, stands as a striking testament to the movement's expressive potential, with its dramatic concrete forms and sculptural geometry captivating audiences since its completion in 1976

In the United States, the Yale Art and Architecture Building in New Haven, designed by Paul Rudolph, showcases the dynamic interplay of concrete volumes and angular geometries that define Brutalism, serving as a bold symbol of architectural innovation and creativity.

![](_page_20_Picture_5.jpeg)

Ramana R IV Year Civil Engineering,

# **STUDENT'S SPECIAL TALENTS**

DRAWING ON THE THEME WOMEN'S EDUCATION

![](_page_21_Picture_2.jpeg)

#### IF YOU EDUCATE A MAN, YOU EDUCATE AN INDIVIDUAL. BUT IF YOU EDUCATE A WOMAN, YOU EDUCATE A NATION.

James Emman Kwegyir Aggrey

![](_page_21_Picture_5.jpeg)

Gururaje M, II Year Civil Engineering

#### DRAWING ON THE THEME WOMEN EMPOWERMENT

![](_page_22_Picture_1.jpeg)

![](_page_22_Picture_2.jpeg)

R Priyadharshini, III Year Civil Engineering

#### POSTER ON THE THEME CONSTRUCTION SAFETY

![](_page_23_Figure_1.jpeg)

![](_page_23_Picture_2.jpeg)

Raghavendra B II Year Civil Engineering

#### POSTER ON THE THEME CONSTRUCTION SAFETY

![](_page_24_Picture_1.jpeg)

![](_page_24_Picture_2.jpeg)

Premkumar S IV Year Civil Engineering

#### POSTER ON THE THEME WATER FOR PEACE

" A drop of water is worth more than a sack of gold to a thirsty person "

![](_page_25_Picture_2.jpeg)

Problems faced due to water soarcity that affects PEACE:

![](_page_25_Picture_4.jpeg)

WATER STRESS AND SCARCITY: Many regions around the world experience water stress or scarcity, where demond for water exceeds the available supply. This leads to inadequate access to clean water for drinking, sanitation, agriculture, and industry.

![](_page_25_Picture_6.jpeg)

PUBLIC HEALTH ESSUES. Limited access to deen water and santation facilities contributes to waterbarne deepses such as obtained, typical lever, and doorheal diseases. These thesees disproportionately affect valuerable populations, particularly children and the elderly, leading to high maticality and montality rates.

![](_page_25_Picture_8.jpeg)

FOOD FOEDURIN: Agriculture occurrin far the largest share at global water usage. Water scoretty can lead to reclosed crop yields, lower agricultural productivity, and food shartages, essentiating lead insecurity and realization, especially is and and semi-orid regions.

CORFLICT OVER WATER RESCURCES: Compatition for water resources con anotherbork tenetors and conflicts between different same, such as agriculture, industry, origen commutities, and downstream regions. Transfoundary water dispose between constitue sharing meriliposite or aquifers can excellete into political conflicts and compromise regional alugality.

"water for peace" underscores the importance of viewing water not only as a source of potential conflict but also as a catalyst for cooperation, sustainable development, and peacebuilding. By recognizing the intercannectedness of water with various social, economic, environmental, and political factors, efforts can be made to harness the transformative power of water for promoting peace and stability globally.

> Rekha R Mohanariya S II Year Civil Engineering

# FACULTY ARTICLES

#### TRANSPORTATION MODELS

#### **Objective of Transportation Models:**

The main objective of transportation model is to develop a set of mathematical relationship between socio-economic-demographic-attitudinal variables & choice of a mode to represent the mode choice behavior.

#### **Process of Model Development:**

The process of mode choice is influenced by numerous explanatory variables like modal availability, time of the day, income of a person, age, gender, distance of travel, cost involved, travel time, type of employment, educational level, etc. apart from other qualitative latent variables like comfort & convenience.

#### **Concept of Utility equations:**

The above factors can be used to develop relationships in the form of utility equations for each mode as follows:

![](_page_26_Picture_8.jpeg)

Source: https://images.google.com/

Utility equation for Car:  $U_{car} = a_0 + a_1x_1 + a_2x_2 + \dots + a_nx_n + \mathcal{E}_{car}$ Utility equation for Bus:  $U_{bus} = b_0 + b_1y_1 + b_2y_2 + \dots + b_ny_n + \mathcal{E}_{bus}$ Utility equation for Two-wheeler:  $U_{t/w} = c_0 + c_1z_1 + c_2z_2 + \dots + c_nz_n + \mathcal{E}_{t/w}$ where,  $a_0, a_1, a_2, b_0, b_1, b_2, c_1, c_2, c_3, \dots$  are estimated coefficients  $x_1, x_2, y_1, y_2, z_1, z_2, \dots$  are Influencing socio-economic variables  $\mathcal{E}$  is an error term

#### **Estimation of Modal Share:**

Based on the set of utility (U) equations, it is possible to measure the modal share for each mode as follows:

Modal Share (car) = 
$$\frac{e^{U_{car}}}{e^{U_{car}} + e^{U_{bas}} + e^{U_{t/w}}} ; U_{car} > U_{bas} \& U_{t/w}$$

Modal Share for Bus:

Modal Share (bus) = 
$$\frac{e^{U_{bus}}}{e^{U_{car}} + e^{U_{bus}} + e^{U_{t/w}}}$$
;  $U_{bus} > U_{car} \& U_{t/w}$ 

Modal Share for Two-wheeler:

Modal Share (t/w) =  $\frac{e^{U_{t/w}}}{e^{U_{car}} + e^{U_{bas}} + e^{U_{t/w}}}$ ;  $U_{t/w} > U_{bas} \& U_{car}$ 

#### **Final Remarks**:

These models are quite interesting in knowing about peoples' choice behavior and help in deciding major policy decisions by the government. Since infrastructure projects involve huge investment which needs judicial justification.

![](_page_28_Picture_2.jpeg)

Dr. M. Selvakumar, Associate Professor, Department of Civil Engineering, msk@svce.ac.in

#### THE LIMITLESS YOU: OVERCOMING SELF-DOUBT AND EMBRACING YOUR POTENTIAL

Do you often underestimate yourself? Do you have doubts that you can ever succeed in any work?

It's easy to underestimate yourself and your abilities, but it's important to remember that you are capable of achieving great things. When you doubt yourself, you limit your potential and miss out on opportunities to grow and succeed. Instead, focus on your strengths and accomplishments, and believe in your own potential. Take on challenges with confidence and a positive attitude, and remember that mistakes and setbacks are simply opportunities to learn and improve. With hard work and dedication, you can achieve more than you ever thought possible. So don't underestimate yourself, because you are capable of achieving amazing things. Believing in yourself is crucial for personal growth and success.

There can be various reasons for underestimating oneself like negative selftalk, fear of failure, comparison to others, past experiences, lack of support or unrealistic expectations. It's important to recognize these reasons and work on overcoming them.

![](_page_29_Picture_4.jpeg)

Source: https://images.google.com/

Here are few things you can try to change your mindset.

- Identify your strengths: Make a list of your strengths and accomplishments, and remind yourself of them often. This will help build your confidence and self-esteem.
- Surround yourself with positivity: Surround yourself with people who uplift and support you, and avoid those who bring you down. Positive energy can be infectious and help you maintain a positive mindset.
- Challenge your negative thoughts: When negative thoughts creep in, challenge them with positive affirmations. Replace "I can't" with "I can", and focus on the possibilities instead of the limitations.
- Take calculated risks: Step outside of your comfort zone and take on challenges that scare you. Even if you don't succeed, the experience will help you grow and build confidence in yourself.
- Practice self-care: Taking care of yourself physically and mentally can help boost your confidence and overall well-being. Make time for exercise, rest, and activities that bring you joy.

Remember, believing in yourself is a journey, and it takes practice and effort. Be patient with yourself, and celebrate even the small victories along the way.

Once upon a time, there was a young bird who had always dreamt of flying to the top of the tallest mountain. However, the bird was small and had never flown very high before, so many of the other birds told him it was impossible. Despite this, the young bird refused to give up on his dream. He spent every day practicing and honing his flying skills, even though he often felt discouraged and doubted his own abilities.

One day, the young bird finally decided to set out on his journey to the top of the mountain. As he flew higher and higher, he faced strong winds and turbulent weather, and at times he thought he might not make it. But he refused to give up He reminded himself of all the hard work he had put in and all the progress he had made, and he kept pushing himself to go higher. Finally, after what seemed like an eternity, the young bird reached the top of the mountain. He looked out over the world below him, amazed and proud of what he had accomplished. And as he soared back down to the ground, he realized that the key to his success had been believing in himself, even when others doubted him.

The moral of the story is that if you believe in yourself and your abilities, you can accomplish anything you set your mind to. Don't let the doubts and fears of others hold you back from chasing your dreams. Keep working hard, keep pushing yourself, and never give up on what you know you're capable of achieving.

Believing in oneself, renewing the mind with positive thoughts, and taking responsibility for one's own life and choices is very important. There are no limits to what a person can achieve if one believes in oneself and overcomes self-doubt. By embracing one's potential, one can tap into one's inner strengths and capabilities, and achieve great things. Adopt a positive mindset and take action towards your goals, rather than letting self-doubt hold you back. Don't underestimate yourself - believe in yourself and your abilities, and you'll be surprised at what you can accomplish.

![](_page_31_Picture_3.jpeg)

Ms.Ruby Freya Assistant Professor, Department of Civil Engineering, rubyfreya@svce.ac.in

# **ALUMNI MESSAGE**

Cricket is my passion. As a cricketer I wanted to join the right college after my schooling because to pursue cricket I require support from the college management too. After a lot of research I joined Sri Venkateswara College of Engineering where I got complete support from my Department to pursue my cricket career as well as the academics. The continuous support from the civil department made me lift the host cricket tournament as a captain for the first time in 16 years.

As a passionate sports lover , I went on to work as an Event Manager with Infinity - A Media Store for 2 years post my under graduation. I am now working with ITW Consulting which is one of the top most sports management companies in the world.

I am glad to pursue a career in sports which has always been my dream. I have worked with some important projects for the Indian cricket board BCCI, IPL, TNPL, Maharaja Trophy etc but due to my consistent performance and hard work I got selected to work for the prestigious ICC Men's Cricket World Cup 2023 as the Sponsor Activation Manager for IndusInd Bank who were one among the ICC Global Sponsors. New challenges, high pressure work culture, targets, etc.. keeps me highly motivated to work hard. There are off days at times but the passion for the sport and work builds me to rise up and go onwards and upwards in my career.

![](_page_32_Picture_4.jpeg)

Mr Venkat Sujith J ( 2016- 20 ) Batch. Sponsor Activation Manager for IndusInd Bank

![](_page_32_Picture_6.jpeg)