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Teaching, Learning
& Development

JIGYASA

THE ENGINE OF ACHIEVEMENT



ISSUE
5

CTLD's Insightful Digest



TEERTHANKER MAHAVEER UNIVERSITY



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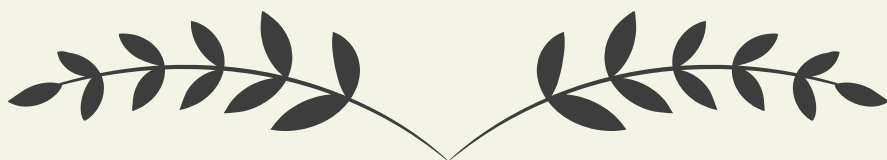
National Seminar

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SDP for Staff Members



VISION & MISSION STATEMENT OF THE UNIVERSITY

Vision Statement

To be internationally recognized as a premier institution of excellence providing quality education, research and consultancy services to the global society.

Mission Statement

Our endeavour is to impart knowledge and develop critical skills necessary to succeed both in professional and personal life by promoting learning supported by world-class faculty, infrastructure, technology, curricula and collaborative teaching and research with premier institutions in India and abroad.

Quality Policy

Ensure Quality in Academic and Administrative Processes and Procedures





The release of Jigyasa 5.0 is a moment of quiet pride for the entire Teerthanker Mahaveer University family. We live in an era of remarkable technological advancement, where artificial intelligence and innovation are reshaping the world at an unprecedented pace. Yet, amidst this transformation, it is the human mind — guided by values and wisdom — that must remain supreme. Technology may accelerate progress, but it is character that ensures direction.

Jigyasa reflects this balance. It represents young minds thinking independently, questioning thoughtfully, and expressing responsibly. In a time when information is abundant, discernment becomes essential. Such initiatives cultivate that discernment. I extend my blessings to every student contributor, to the mentors who guided them, and to the Centre for Teaching, Learning and Development for nurturing this culture of reflective engagement. May your pursuit of knowledge — whether in traditional disciplines or emerging technologies — always be anchored in integrity and higher purpose.

My blessings and best wishes to the entire TMU fraternity.

Shri Suresh Jain
Honourable Chancellor
Teerthanker Mahaveer University

FROM THE DESK OF MANAGEMENT



Jigyasa 5.0 reflects the intellectual agility that TMU seeks to cultivate in its students.

As industries evolve through innovation, digital transformation, and artificial intelligence, the need for adaptable thinkers has never been greater. However, adaptability begins with the ability to analyse, articulate, and reason clearly. Platforms such as Jigyasa strengthen precisely these competencies. This publication demonstrates that our students are not merely absorbing knowledge but engaging with it critically.

Whether navigating technological advancements or societal challenges, the capacity to think independently remains a defining advantage. I congratulate the CTLD team and all contributors for fostering an environment where ideas are explored with confidence and expressed with clarity. May Jigyasa continue to support TMU's vision of preparing future-ready leaders grounded in strong intellectual foundations.

Best wishes for continued excellence.

Shri Manish Jain
Group Vice Chairman
Teerthanker Mahaveer University

It gives me great pleasure to acknowledge the release of Jigyasa 5.0.

Higher education today operates at the intersection of knowledge, innovation, and ethical responsibility. As emerging technologies, including artificial intelligence, redefine professional landscapes, universities must ensure that students develop not only technical competence but also reflective judgment. his publication is a demonstration of that academic balance.



Through writing and reflection, students sharpen analytical skills, strengthen articulation, and cultivate informed perspectives — qualities indispensable in any technologically advancing society. I congratulate the CTLD team, mentors, and student contributors for sustaining this meaningful academic exercise. May Jigyasa continue to reinforce intellectual rigour and thoughtful engagement across all disciplines at TMU.

My best wishes to everyone associated with this endeavour.

Prof (Dr) V K Jain
Vice Chancellor
Teerthanker Mahaveer University

FROM THE DESK OF MANAGEMENT

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The publication of Jigyasa 5.0 is a meaningful addition to TMU's academic landscape. In a world increasingly influenced by data, automation, and intelligent systems, the ability to communicate ideas effectively remains uniquely human and profoundly valuable. While innovation and artificial intelligence enhance efficiency, creativity and critical reflection remain the distinguishing strengths of individuals.

This edition reflects students who are learning to combine analytical thinking with expressive clarity — a powerful combination in any field, whether engineering, healthcare, management, or the humanities.

I commend the Centre for Teaching, Learning and Development for consistently building such platforms that strengthen intellectual confidence. May Jigyasa continue to encourage thoughtful engagement and prepare our students to lead responsibly in an innovation-driven world. Congratulations to all involved.

Shri Akshat Jain
Executive Director
Teerthanker Mahaveer University



Jigyasa 5.0 reflects the academic depth and engagement that we value at TMU.

In contemporary education, where innovation and artificial intelligence are transforming research and pedagogy, the foundational academic skills of reasoning, structuring arguments, and presenting coherent ideas remain indispensable. Writing continues to be one of the most effective tools for refining cognition. The contributions in this edition demonstrate that our students are learning to synthesise information thoughtfully rather than merely reproduce it.

Such intellectual discipline strengthens academic credibility and prepares them for evolving professional landscapes. I congratulate the CTLD team and all contributors for upholding high standards of academic expression.

May Jigyasa continue to encourage scholarly integrity and intellectual curiosity within our university.

Prof (Dr) Manjula Jain
Dean Academics
Teerthanker Mahaveer University

FROM THE DESK OF MANAGEMENT

Jigyasa 5.0 is a celebration of voice in an age of algorithms.

As artificial intelligence becomes increasingly integrated into education and industry, it is essential that students learn not only to use technology but to think beyond it. At CTLD, our focus remains on strengthening clarity of thought, originality of perspective, and confidence of expression — qualities that no machine can replicate.

This publication represents a journey of drafting, refining, questioning, and growing. It is heartening to see students engage deeply with ideas and articulate them responsibly.

I extend sincere appreciation to the editorial team, faculty mentors, and every contributor who invested effort into this edition. May Jigyasa continue to nurture reflective thinkers who are prepared to innovate ethically and lead thoughtfully in a rapidly evolving world.

Prof (Dr) Pankaj Kumar Singh
Director-CTLD
Teerthanker Mahaveer University



THE EDITORIAL TEAM

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Ms. Mani Saraswat
Senior Trainer

MEMBER



Ms. Rachna Saxena
Soft Skills Trainer

MEMBER



Ms. Nidhi Gupta
Soft Skills Trainer

MEMBER



Mr. Jatin Dua
Soft Skills Trainer

From the desk of the

CHIEF EDITOR



**CHIEF EDITOR - JIGYASA
CHIEF TRAINER, CTLD**

Welcome to **Jigyasa 5.0!**

Every new edition of Jigyasa is an opportunity to pause, reflect, and discover something that inspires us to move forward. This year, we bring you an issue that focuses on one of the most valuable investments you can ever make—investing in yourself. In a world where knowledge is available at our fingertips and technology continues to reshape the way we live and work, the ability to keep learning and growing has become more important than ever.

As the Chief Editor of Jigyasa 5.0, I am delighted to present an edition that explores the qualities and habits that shape successful professionals. Beyond academic achievements and technical expertise lies another set of strengths that quietly influences every opportunity we receive and every relationship we build. These are the skills that help us communicate with confidence, think critically, lead with empathy, and respond positively to change.

Growth is rarely the result of one big achievement. It comes from the small choices we make every day—the willingness to learn from feedback, the courage to step outside our comfort zone, the discipline to stay consistent, and the determination to keep improving. Every conversation, every challenge, and every new experience teaches us something valuable if we are willing to learn.

As you read through this magazine, I encourage you to stay curious, ask questions, embrace new ideas, and never stop challenging yourself to grow. Every skill you develop today becomes a stepping stone towards the future you aspire to build. Learning is a lifelong journey, and each step forward brings new possibilities.

I extend my sincere gratitude to all our contributors for sharing their expertise and experiences so generously. My heartfelt appreciation also goes to the editorial team, designers, reviewers, and everyone who worked tirelessly behind the scenes to make this edition a reality. Your commitment, creativity, and teamwork have transformed a shared vision into a meaningful publication.

Thank you for being a part of the Jigyasa family. I hope this edition inspires you to dream bigger, learn continuously, and pursue excellence with purpose and confidence.

Keep Sparkling and Persevere. Believe with every fibre in your body, Live... Hope... and Never Give in...

**Warm regards,
Dr. Jasmine Stephen**

CENTRE FOR TEACHING, LEARNING AND DEVELOPMENT

VISION STATEMENT - CTLD

To be a centre of excellence for Behavioural, Aptitude and Employability Skills training to students and adding value to education delivery through continuous employee development programmes.

MISSION STATEMENT - CTLD

- To foster a global mindset of the students to face real world challenges.
- To nurture & cultivate better cognitive, aptitude, social and behavioural skills in the students and employees to meet their professional goals



ABOUT THE DEPARTMENT



TEACHING, LEARNING & DEVELOPMENT

The Centre for Teaching, Learning and Development (CTLTD) at Teerthanker Mahaveer University, Moradabad, was established in 2019 with a mission to cultivate essential personality and aptitude skills among students, faculty members and staff. The department fosters a comprehensive skill set that includes soft skills, quantitative reasoning, logical and verbal abilities, and overall personality development. By prioritising these areas, CTLTD aims to equip students to meet the demands of potential employers and lead successful, fulfilling lives. This objective is achieved through a combination of regular credit-based courses and intensive workshop-style training programs.

The CTLTD offers an extensive range of courses designed to enhance both soft skills and aptitude. Specifically, the department provides 37 soft skills courses and 10 aptitude courses at both graduate and postgraduate levels. These courses cover a variety of topics, such as "Managing Self," "Managing Work & Others," "Analyzing Self & Dealing with Others," "Self-Management for Teachers," and "Soft Skills for Management Executives" and others, within the soft skills domain. In the aptitude sphere, courses like "Fundamentals of Quantitative Aptitude" and "Advanced Quantitative Aptitude" are offered. These courses are meticulously designed to prepare students not only for campus placements but also for national competitive exams like CAT, XAT, MAT, NMAT, GMAT, UPSC, SSC, CTET, and TET.

Given the growing need for preparation for campus recruitments and competitive exams, these training modules play a critical role in preparing students for their future careers. The training focuses on developing interpersonal skills, enhancing communication abilities, and fostering a problem-solving mindset and teamwork, all while nurturing leadership qualities. For final semester students, the department offers specialized training tailored to specific recruiters who conduct on-campus and off-campus recruitment drives. This includes company-specific modules for national and multinational companies such as Infosys, Tech Mahindra, Cognizant, Max Hospitals, Fortis Hospitals, GlaxoSmithKline, Bureau Veritas, Byjus, and Hike Education. The department has witnessed a drastic increase in the number of placements, trained over 2000 faculty members in professional skills, and more than 300 staff members in essential competencies.

The CTLTD's approach is holistic, not only focusing on academic and professional skills but also on the personal growth and emotional intelligence of the students. Workshops and seminars are regularly conducted to address various aspects of personal development, including stress management, time management and effective communication. The department collaborates with industry experts and seasoned professionals to provide students with real-world insights and practical knowledge, keeping it relevant and impactful, and ultimately contributing to the overall development and success of its students.

Meet TEAM CTLD



Dr. Jasmine Stephen
Chief Trainer



Prof. (Dr.) Pankaj Kumar Singh
Director CTLD



Dr. Dilip Dutt Varshney
Deputy Director



Mr. Anant Bhardwaj
Master Trainer



Mr. Sagar Pratap Singh
Senior Trainer



Mr. Pradeep Panwar
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Ms. Mani Saraswat
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Ms. Rachna Saxena
Soft Skills Trainer



Mr. Rajeev Ranjan
Aptitude Trainer



Mr. Jatin Dua
Soft Skills Trainer



Mr. Ritu Rajan
Aptitude Trainer



Mr. Vijay Kumar
Aptitude Trainer



Ms. Nidhi Gupta
Soft Skills Trainer



Mr. Basu Gupta
PA to Director

“

Your Brand is what
people say about you
when you're not in the
room.

-Jeff Bezos

”





**“An Attitude of Positive
Expectation is the Mark of
the Superior Personality.”**

-Brian Tracy

The Power of Positive Reinforcement

Shaping Careers, **Transforming lives**



Prof. (Dr.) Pankaj Kumar Singh
Director-CTLD

Every student enters a university carrying two invisible companions—potential and uncertainty. While potential gives them the ability to succeed, uncertainty often prevents them from discovering what they are truly capable of becoming. The educator's greatest responsibility, therefore, is not merely to transfer knowledge but to transform hesitation into confidence, effort into excellence, and aspirations into achievements.

Over the years, I have become convinced of one simple truth: people rarely fail because they lack talent; they fail because they stop believing in themselves. The most valuable gift an educator can offer is not just information but conviction—the conviction that "You can do it, and I believe in you." Those few words, spoken sincerely at the right moment, can alter the course of a student's life.

Positive reinforcement is often misunderstood as appreciation alone. In reality, it is the art of nurturing confidence while maintaining high expectations. It is recognizing effort without compromising excellence. It is encouraging students to rise after failure instead of allowing failure to define them. It reminds learners that progress is built through persistence, and a willingness to keep improving. True education does not lower standards; it raises self-belief so that students can meet those standards with courage.

Throughout my academic journey, I have observed that extraordinary careers are rarely built by extraordinary talent alone. They are built by ordinary individuals who develop extraordinary determination, embrace continuous learning, refuse to compare themselves with others, and consistently strive to become better than they were yesterday. Success is not a race against peers; it is a lifelong commitment to self-improvement.

Every learner possesses a unique combination of strengths. When institutions create environments where individuality is respected, curiosity is encouraged, and sincere effort is appreciated, students begin to shine in their own distinctive ways. Education should never produce identical graduates; it should cultivate confident individuals capable of making meaningful contributions through their unique abilities.

In today's competitive world, employability extends far beyond technical competence. Organisations seek professionals who communicate effectively, think critically, solve complex problems, adapt to changing environments, collaborate with diverse teams, and continue learning throughout their careers. These capabilities flourish only when students are empowered with confidence and supported through constructive mentoring.

As educators, we often underestimate the lasting influence of our everyday interactions. A timely appreciation after a classroom presentation, a thoughtful conversation following a disappointing performance, or a simple acknowledgement of consistent effort may remain in a student's memory for years. Students may eventually forget the details of a lecture, but they seldom forget the teacher who inspired them to believe in themselves. Students may eventually forget the details of a lecture, but they seldom forget the teacher who inspired them to believe in themselves.

This is why I firmly believe that positive reinforcement is not merely a teaching strategy—it is an educational philosophy. It is the invisible force that transforms classrooms into communities of growth, teachers into mentors, and learners into confident professionals prepared not only for successful careers but also for meaningful lives. It is the invisible force that transforms classrooms into communities of growth, teachers into mentors, and learners into confident professionals prepared not only for successful careers but also for meaningful lives.

"The true purpose of education is not simply to produce graduates, but to shape individuals who believe in their own potential. A few words of encouragement today can become the foundation of someone's success tomorrow. Every student deserves a teacher who sees possibilities before they become achievements."

Technology, *Sustainability, and the*

Future of Pharmaceutical Sciences



Dr. Ashu Mittal
Principal, College of Pharmacy

The pharmaceutical sector is undergoing a profound transformation driven by rapid technological advancements and an urgent global call for sustainability. As healthcare systems evolve, the integration of smart technologies with environmentally responsible practices has become central to shaping the future of pharmaceutical industry. From drug delivery system development to packaging and regulatory frameworks, each component of the pharmaceutical value chain is redefining itself to meet modern expectations of efficiency, safety, and ecological stewardship. In pharmaceuticals and formulation sciences and technology, innovation is increasingly directed toward precision, personalization, and minimal environmental impact. Technologies such as 3D printing, also known as additive manufacturing, are revolutionizing dosage form design by enabling highly customized medicines. This approach allows the creation of complex geometries, controlled release profiles, and patient-specific doses, reducing drug wastage and improving therapeutic outcomes. The ability to print tablets on demand also holds promise for minimizing storage needs and cutting down supply chain emissions.

Advancements in drug delivery technology are also steering the field toward more sustainable and patient-centric solutions. Novel delivery systems—such as biodegradable implants, smart polymeric nanoparticles, and stimuli-responsive carriers—enhance drug targeting, reduce dosing frequency, and minimize side

effects. These systems not only improve patient compliance but also reduce the overall drug burden on the environment by ensuring better bioavailability and minimizing excretion of unmetabolized drugs into ecosystems.

On the manufacturing front, the shift from conventional batch processing to continuous manufacturing represents a major stride toward sustainability. Continuous systems use fewer resources, generate less waste, and allow real-time quality monitoring. Moreover, advanced automation and robotics have enhanced precision and reduced human error, making pharmaceutical production more efficient and environmentally responsible. The adoption of form-fill-seal (FFS) technology further supports sustainability by combining molding, filling, and sealing in a single streamlined process, reducing material usage, lowering energy consumption, and minimizing contamination risks.

Sustainable pharmaceutical packaging is gaining global attention as industries work to reduce plastic waste and carbon emissions. Innovations such as biodegradable packaging films, recyclable blister packs, and eco-friendly inks are becoming mainstream. Smart packaging—embedded with sensors or QR codes—can monitor product integrity, track supply chains, and prevent counterfeiting, thereby enhancing patient safety while reducing the need for excessive protective materials. These advancements not only support environmental sustainability

Regulatory affairs, too, are adapting to this technological revolution. Agencies such as the US FDA and EMA are encouraging the adoption of digital tools, continuous manufacturing, and green chemistry principles. Regulatory frameworks now emphasize lifecycle assessments, reduced environmental impact, and improved energy efficiency. The growing importance of digital documentation, electronic submissions, and AI-based quality evaluation reflects a future where compliance becomes faster, more transparent, and less resource-intensive.

As the pharmaceutical world embraces these emerging technologies, the focus remains on building a future that is innovative, patient-friendly, and environmentally sustainable. By integrating cutting-edge tools with responsible practices, the industry is setting the foundation for a healthier planet and a more efficient healthcare ecosystem. The convergence of technology and sustainability is not just a trend—it is the pathway to the future of pharmaceutical science. Continuous investment in research, innovation, and sustainable manufacturing practices.



PERSONAL GROWTH AND TRANSFORMATION

To be a Better You



Prof. (Dr.) Ruchi Kant
HOD, Department of MLT
College of Paramedical Sciences

Have you ever felt that you are capable of so much more, yet something silently holds you back? That restless feeling is often the spark for personal transformation—the profound process of discovering who you truly are and what you can become. Real growth doesn't happen overnight; it is built through small, intentional steps that eventually redefine your entire life.

The Power of Perspective: Life is an endless stream of challenges and lessons. While many see obstacles as dead ends, the secret to growth lies in viewing them as stepping stones. Once we shift our mindset from "Why is this happening to me?" to "What is this teaching me?", we unlock a mindset that drives constant evolution.

Self-Awareness: The Internal Mirror The first step toward change is self-awareness. By pausing to reflect on our habits, thoughts, and goals, we understand exactly where we stand. Think of self-awareness as a mirror; it reveals our hidden strengths and highlights the areas that need work. This clarity allows us to make conscious decisions instead of living on "autopilot."

Stepping Out of the Comfort Zone: Growth and comfort rarely coexist. Staying where it's "safe" might feel good, but it leads to stagnation. Whether it's learning a new skill, speaking up in a meeting, or finally chasing a long-held dream, taking risks opens doors to unseen opportunities.

Reframing Failure: A growth-oriented mindset transforms failure from a "threat" into a "teacher." Successful people don't fear mistakes; they study them. When we stop viewing failure as a final verdict on our worth, it becomes a necessary part of the climb toward success.

The Strength of Character: Ultimately, personal growth isn't just about external accomplishments or titles; it's about inner character. Developing patience, empathy, and gratitude doesn't just make us more capable; it makes us better humans and more supportive friends.

Conclusion: Personal development is a lifelong marathon, not a sprint. There is no final destination because every day offers a new chance to learn and evolve. The most significant changes aren't made in a single giant leap, but through consistent, small efforts fueled by faith in oneself.

After all, the most important project you will ever work on is you. And every step you take brings you closer to the life you truly deserve.

"The most important investment you will ever make is in yourself, because the person you become shapes every life you touch."



**“YOU ARE NEVER TOO OLD TO SET
ANOTHER GOAL OR TO HAVE A
NEW DREAM.”**

-C.S. LEWIS

Training for Tomorrow:

BUILDING APTITUDE SKILLS & CAREER CONFIDENCE



Mr. Anant Bhardwaj
Master Trainer

Every year, a new batch of engineering and management students walks into college with hope in their eyes. Some dream of joining top companies, some aspire to innovate, and many simply want to become better versions of themselves. Yet almost all of them carry a quiet, unspoken question in their hearts:

“Will I be ready for the real world?”

Their journey toward that answer begins long before placements. It starts in classrooms where aptitude is introduced not as a subject to memorise, but as a way of thinking. Slowly, students realise that aptitude is the ability to stay calm during uncertainty, to break down complex problems, and to find solutions when pressure rises. Through logical reasoning, analytical thinking, and quantitative practice, they develop mental agility that supports both academic and professional success. But aptitude is only the beginning. Students soon step into training rooms buzzing with conversations, laughter, hesitation, and courage. Here, they practise communication, participate in group discussions, deliver presentations, and face mock interviews that mirror real corporate environments. Every session reveals something new — how to articulate ideas confidently, how to think clearly during discussions, how to collaborate in teams, and how to present thoughts with conviction.

A major strength of this training ecosystem is competency mapping, a student-centric

framework that helps learners understand their strengths, identify skill gaps, and align themselves with industry expectations. By mapping competencies across technical, analytical, interpersonal, and digital domains, students receive a clearer sense of direction. Faculty, too, gain a deeper understanding of how to support their learners' growth. This mutual awareness enriches the academic environment, making it more purposeful and connected to real-world needs. Faculty members witness transformation firsthand. They see hesitant speakers turning into confident communicators, reserved students raising their hands boldly, and learners discovering abilities they did not know they possessed. Training does more than refine skills- it awakens potential. It encourages students to explore, reflect, and grow.

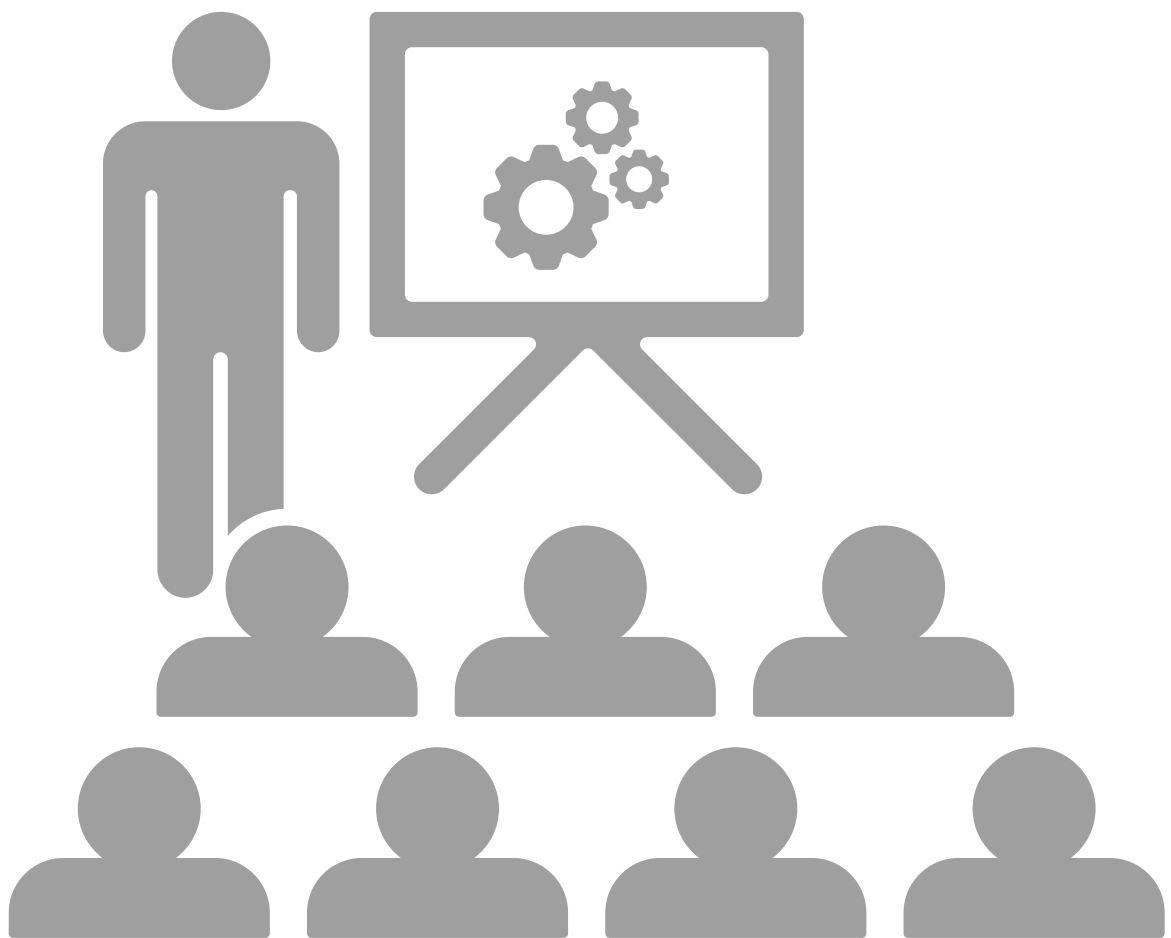
As placement season approaches, the energy on campus shifts. Classrooms evolve into preparation hubs. Students polish resumes, revise concepts, strengthen soft skills, and prepare for company-specific patterns. The atmosphere is filled with excitement and determination. Mock drives simulate the entire recruitment process, helping students practise until fear dissolves into confidence. On the much-awaited placement day, students' step into interview rooms carrying more than technical knowledge, they carry months of preparation, self-belief, and resilience. They greet recruiters with clarity, think through problems with confidence,

and express ideas with maturity. Some walk out with offer letters; others leave with new learning and renewed motivation. And in those moments, the true value of training shines brightest- it does not merely prepare students for jobs; it helps them discover themselves.

By the time they graduate, these young minds are no longer the uncertain faces that once asked, "Will I be ready?" They walk out with confidence, clarity, and a deeper understanding

of their abilities. Their employability is no longer just a statistic- it becomes a story of growth, effort, and self-transformation. This is the quiet, powerful transformation unfolding each day across campuses: a transformation that turns students into professionals, learners into leaders, and dreams into achievable realities.

Through aptitude training, personality development, communication practice, competency mapping, and placement preparation, the training ecosystem ensures that graduates are not just ready for interviews—they are ready for life. They carry with them not only skills, but also resilience, curiosity, and the courage to keep growing. In a world that continues to evolve, these training experiences stand as bridges between education and opportunity, helping students step confidently into the future they once only dreamed of. By fostering critical thinking, adaptability, teamwork, and a lifelong learning mindset, such initiatives prepare individuals to excel in dynamic professional environments. They empower students to embrace challenges as opportunities.





Sagar Pratap Singh
Senior Trainer

DESIGN YOUR DEGREE: APPLYING DESIGN THINKING

to University Life and Career Strategy

Students navigating the university experience are constantly making high-stakes decisions regarding modules, internships, and future career direction. Too often, the approach is passive—defaulting to the path of least resistance or following external trends.

Design Thinking (DT), a proven, human-centered framework used by the world's top innovators to solve complex problems, offers a robust alternative. This methodology shifts the mindset from being a passive recipient of education to becoming the active architect of one's future. For behavioural development, DT is the ultimate toolkit for self-design.

This framework outlines how to apply the five DT stages to the academic and career life of a student, transforming abstract goals into actionable, testable experiments.

1. Empathize: Fostering Deep Self-Inquiry

In the design world, empathy means understanding the user's environment, feelings, and needs. For personal growth, this means rigorous, honest self-reflection—moving beyond the surface-level symptom.

Academic Focus: If an individual is struggling with a course, the surface problem is "receiving a low grade." The necessary empathic inquiry is: Where did the motivation truly break down? At what time of day is the student's cognition most effective? What is the genuine emotional cost of their current study habits?

Career Focus: The selection of a major or career path should not be based solely on marketability. Empathy requires understanding one's future self: identifying the behaviours, work environments, and tasks that truly energize the individual, rather than focusing on the prestige of a job title.

Action: The individual should conduct a Time Audit, tracking activities, energy levels, and perceived productivity over a defined period (e.g., one week). This provides raw, unbiased data necessary for the subsequent definition phase.

2. Define: Pinpoint the Actionable Problem

Vague problems inherently lead to vague, unsustainable solutions. The "Define" stage translates observations into a clear, human-centered challenge statement.

The Trap (Vague Goal): "The need to stop procrastinating."

The DT Definition (Human-Centered): "How might the act of starting the thesis be made less overwhelming, enabling the commitment of 30 focused minutes every morning before the first class?"

The Rationale: This definition is centered on an action (starting) that resolves a behavioral barrier (less overwhelming) and includes a measurable commitment (30 focused minutes).

3. Ideate: Brainstorming Wild Solutions

This is a divergent, creative phase that requires suspending judgment to generate 10 to 15 possible solutions. The most effective solutions often arise from combining unconventional ideas.

- Academic Ideation (Addressing Difficulty Concentrating):
- Idea 1 (Environmental Nudge): Study in a location with controlled ambient noise rather than a completely silent environment.
- Idea 2 (Tech Nudge): Implement a tool that creates a small consequence for opening non-study-related applications during designated focus blocks.
- Idea 3 (Habit Stacking): Link the desired study behaviour (opening the textbook) with an existing, high-certainty habit (e.g., a physical micro-activity).
- Career Ideation (Addressing Path Uncertainty):
- Idea 4 (Networking): Conduct "Unconventional Informational Interviews" with individuals whose roles are not immediately obvious or familiar.
- Idea 5 (Skills Test): Allocate a fixed, short period (e.g., 1 hour) to teach oneself a basic new marketable skill (e.g., an aspect of basic data analysis) to gauge enjoyment of the process.

4. Prototype: The Low-Stakes Experiment

Effective behavioural change avoids jumping directly to long-term commitment. DT emphasizes fast, low-cost, and temporary tests.

- **The Prototype Rule:** A prototype must be small, measurable, and have a clear time limit.
- **Example 1 (Study Prototype):** Hypothesis: The Pomodoro Technique will increase focus. Prototype:

The individual will strictly use the 25-minute focus/5-minute break cycle for the next four study sessions only, documenting focus levels.

Example 2 (Career Prototype): Hypothesis: Non-profit marketing may be a viable path. Prototype: The individual will spend the next Saturday afternoon designing three social media mock-ups for a local charity (low investment, high data yield).

5. Test: Measure, Reflect, and Iterate

A failure in a prototype is not a personal failure; it is simply gathered data. The Test phase involves structured feedback collection and analytical reflection.

- Test Question 1: Did the prototype solve the defined problem? (E.g., Was the 30-minute commitment consistently achieved?)
- Test Question 2: What elements of the prototype worked well? What specific factors contributed to resistance?
- Test Question 3 (The Iteration): Based on the data, what is the new, refined prototype? (If 30 minutes was too long, the next iteration might be a 15-minute commitment.)

By applying the iterative, empathetic process of Design Thinking, students can move beyond overwhelming, abstract goals and make measured progress. This approach fosters a resilient, growth-oriented mindset, empowering the student to actively design a life and career that is, by principle and by design, better. It also encourages creativity, adaptability, and problem-solving

Ethics and Empathy

at Workplace and Personal Life



Mani Saraswat
Senior Trainer

Vaishnavi Bhargav, a young project manager working in a growing IT company in Bengaluru, was known for her efficiency and discipline. Raised in a middle-class family that valued integrity, she believed success meant delivering results on time. One Monday morning, she faced a difficult situation. Her team member, Arjun, repeatedly missed deadlines during a crucial client project. The organization expected strict accountability, and company policy allowed her to formally report him.

Initially, Vaishnavi chose the ethical route as she understood it- follow rules, maintain performance standards, and protect organizational interests. She prepared a formal escalation email. However, before sending it, she decided to have a personal conversation with Arjun. During the discussion, she discovered that Arjun was managing his father's medical treatment while working extended hours to avoid burdening the team.

At that moment, Vaishnavi realized an important distinction: ethics without empathy can become mechanical, while empathy without ethics can become partial and unfair. She paused, reflected, and redesigned her response. Instead of penalizing him immediately, she redistributed tasks temporarily, offered flexible working arrangements, and informed senior management transparently about the situation without compromising project delivery.

The project was completed successfully, but more importantly, the team developed stronger trust and psychological safety.

Arjun regained stability and later became one of the most dependable performers. Vaishnavi learned that leadership is not merely about enforcing policies; it is about aligning human sensitivity with professional responsibility.

This experience also influenced her personal life. At home, Vaishnavi noticed how often people judge family members without understanding emotional contexts- parents expecting unquestioned obedience, siblings assuming intentions without dialogue, or individuals prioritizing being "right" over being "kind." She began practicing active listening, patience, and respectful disagreement within her family. Gradually, relationships became more collaborative rather than hierarchical.

Ethics and empathy are often viewed as separate competencies, yet in reality they operate as complementary forces. Ethics provides the framework of fairness, accountability, and moral judgment. Empathy provides the emotional intelligence required to apply those principles wisely. In workplaces, ethical decision-making ensures transparency, compliance, and trust, while empathy enhances engagement, inclusion, and employee well-being. Organizations today increasingly recognize that sustainable performance emerges when both coexist.

In personal life, ethical values shape character, but empathy sustains relationships. Ethical living demands honesty and responsibility; empathetic living demands understanding perspectives beyond one's own.

experience. Together, they create balanced individuals capable of making humane decisions even under pressure.

Vaishnavi's journey reflects a broader Indian cultural insight- professionalism need not abandon compassion. Whether in offices, classrooms, or families, ethical clarity guided by empathy transforms routine interactions into

meaningful human connections. In a rapidly evolving world driven by technology and performance metrics, the future of leadership lies not only in competence but in conscience.

Ethics defines what we should do; empathy reminds us how we should do it. When both guide our actions, success becomes not only measurable but meaningful.

I think we all have empathy.
We may not have enough
courage to display it.

MAYA ANGELOU

UNLOCKING SECRET TO SUCCESS:

HOW **CTLD** TRANSFORMS STUDENTS INTO FUTURE LEADERS



Mr. Pradeep Panwar
Senior Trainer

As the placement season kicks into high gear, the spotlight often shines on the top performers and the companies that recruit them. However, there's a hidden factor that sets the stars apart from the rest: the Centre for Teaching Learning and Development (CTLD). While academic textbooks lay the foundation for knowledge, CTLD takes it a step further by equipping students with the essential skills required to excel in their careers and beyond. In this article, we'll delve into the magic of CTLD and explore how it prepares students for lifelong success.

The Power of Soft Skills: From Wallflowers to Confident Leaders

Many believe that technical skills are the sole determinants of placement success. However, in a competitive landscape where candidates possess similar technical expertise, it's the soft skills that become the deciding factor. CTLD's interactive workshops on effective communication, persuasive storytelling, and confident body language have transformed shy students into articulate and self-assured individuals. Take, for instance, the story of a former student who credits CTLD's sessions for landing a role at a prestigious firm:

"For decades I have been trying to enhance my personality but as a doctor I found it difficult at certain levels to make time to work upon myself. CTLD (Centre for Teaching Learning & development) programme helped me to overcome with my weak areas. It helped me to enhance my communication skills, mental ability, confidence."

Measuring Success: The Data-Driven Impact of CTLD

The impact of CTLD is not just anecdotal; it's backed by tangible metrics. For example:

- 85% of students who attended aptitude bootcamps demonstrated a significant improvement in problem-solving speed which is recorded by pre assessment and post assessment tests.
- 92% of participants in soft skills bootcamps and Super30 program reported feeling confident in their networking abilities after just three sessions and got either internship or jobs A glance at the infographic below illustrates the remarkable progress made by students who have undergone CTLD's training programs.
- Beyond the Classroom: The Enduring Power of Soft Skills
- CTLD's curriculum extends far beyond the confines of the academic environment. It equips students with essential life skills, such as emotional intelligence, adaptability, and resilience, which are vital for navigating the complexities of the professional world. Take, for instance, the importance of

emotional intelligence in managing office politics, fostering teamwork, and coping with stress. Or consider the value of adaptability, honed through role-play exercises that simulate high-pressure client negotiations or crisis management.

A Glimpse into the World of CTLD: Workshops, Strategies, and Success Stories

Ever wondered what goes on behind the scenes at CTLD? Let's take a peek:

- Gamified aptitude challenges that turn complex math into engaging competitions like Brainmanthan
- 'Elevator pitch' sessions where students craft compelling 30-second pitches ideal for networking at internships
- Trainer spotlight: Meet the experienced mentors who bring their expertise to the table, from former HR heads to leadership coaches who have trained celebrities

Future-Proofing Students: Staying Ahead of the Curve

The professional landscape is undergoing a significant metamorphosis, driven by shifting industry requirements, innovative evaluation methods, and a growing need for versatile, self-assured individuals. To prepare students for this evolving environment, CTLD develops innovative programs and workshops that foster practical skills and adaptability.

Some notable initiatives include:

The immersive recruitment simulation, Samarthyabodh, which replicates the entire hiring process, from cognitive assessments to in-depth interviews, allowing students to navigate the challenges of corporate recruitment in a controlled setting.

The Speechmasters program, designed to refine students' public speaking, articulation, and presentation skills, enabling them to convey their ideas with clarity and confidence in high-stakes interviews, team discussions, and professional settings.

The engaging Vocabaddicts initiative, which enhances linguistic dexterity through interactive vocabulary-building activities, thereby strengthening students' verbal proficiency and expression – essential skills for competitive examinations and communication-intensive careers.

By participating in these initiatives, students can develop the skills and confidence needed to thrive in an ever-changing job market, staying ahead of the curve and future-proofing their careers.

A Student's Checklist to Leverage CTLD to the Fullest

Ready to unlock your full potential with CTLD? Here are some actionable steps to get you started:

- Attend the first day of CTLD's workshops and make a lasting impression
- Join the feedback loop and share your input – CTLD is listening
- Pair up with peers and form a 'soft skills accountability group'
- Audit sessions even if they're not required – sometimes the best lessons come from the 'non-mandatory' hour

The Ripple Effect of CTLD: Transforming Lives and Careers

CTLD is more than just a placement wing—it is a catalyst for transformation, empowering students to grow academically, professionally, and personally. From the student who delivers a flawless presentation to the team captain who inspires peers during a hackathon, its influence is far-reaching. Through skill development, industry exposure, leadership training, and continuous mentoring, CTLD prepares students to face real-world challenges with confidence. As you navigate the world of CTLD, remember that the next story of success isn't just about securing a job offer—it's about being mentally, emotionally, and strategically equipped to thrive in an ever-evolving professional world.

THE POWER OF BRAND YOU: YOUR STORY WHEN YOU ARE NOT IN THE ROOM



Ms. Nidhi Gupta
Soft Skills Trainer

In today's competitive job market, a degree and good academic scores are no longer enough to guarantee career success. While qualifications may help you secure an interview, they rarely define your long-term professional journey. Employers today seek individuals who not only possess technical knowledge but also demonstrate credibility, professionalism, communication skills, and a strong sense of purpose. This is where Personal Branding becomes one of the most valuable career assets.

Personal branding is the intentional process of creating a positive, authentic, and memorable impression that reflects who you are, what you stand for, and the value you bring. It is about shaping the way people perceive you—both online and offline. In an increasingly digital world, your reputation often reaches opportunities before you do.

What is Personal Branding?

Simply put, your personal brand is the story people tell about you when you are not in the room. It is the image that remains in people's minds after every interaction, every project you complete, every conversation you have, and every piece of content you share.

Your personal brand is reflected through:

- Your communication style
- Your professional ethics
- Your online presence

- Your consistency and reliability
- The quality of your work
- The way you solve problems and collaborate with others

Whether you realize it or not, everyone already has a personal brand. The real question is whether you are shaping it intentionally or allowing others to define it for you.

Why Building Your Brand is Critical

As students prepare to transition from campus to corporate life, developing a personal brand becomes increasingly important.

Stand Out from the Crowd

Every year, thousands of graduates enter the job market with similar qualifications, comparable grades, and equivalent technical knowledge. A strong personal brand becomes the distinguishing factor that helps recruiters remember you. It highlights not only what you know but also who you are as a professional.

Build Trust and Credibility

Trust is one of the most valuable currencies in any profession. Recruiters, employers, clients, and colleagues are more likely to trust individuals who consistently demonstrate professionalism, authenticity, and expertise. A well-established personal brand communicates reliability long before your first meeting.

Attract Opportunities

Strong personal brands naturally attract opportunities. Internships, mentorships, networking invitations, speaking engagements, collaborations, and even job offers often come to individuals who have built a reputation for excellence and consistency. Instead of constantly searching for opportunities, your brand can help opportunities find you.

Expand Your Professional Network

Networking is no longer limited to attending seminars or exchanging business cards. A meaningful online presence allows professionals across industries and countries to connect with you. When your expertise and interests are clearly communicated, you become part of valuable professional conversations that can shape your career.

Increase Career Growth

Personal branding doesn't end after getting your first job. It plays an equally important role in promotions, leadership opportunities, entrepreneurship, consulting, and career transitions. Professionals with a strong reputation often become the first choice for high-impact projects because people trust their capabilities.

The LinkedIn Blueprint

For students pursuing MCA, BCA, B.Tech, MBA, and other professional programmes, LinkedIn has become the most powerful platform for building a professional identity.

Your LinkedIn profile is more than an online résumé—it is your digital portfolio and professional introduction to the world. Every element contributes to your personal brand:

- A professional profile photograph
- A compelling headline
- A thoughtful "About" section
- Academic achievements
- Certifications

- Projects and internships
- Volunteer experiences
- Recommendations and endorsements
- Meaningful posts and articles
- Constructive comments on industry discussions

Recruiters frequently review candidates' digital footprints before making hiring decisions. What they discover online influences their perception of your professionalism, credibility, and potential.

Build Before You Need It

One of the biggest mistakes students make is waiting until their final semester to think about personal branding. A strong reputation is not built overnight. Like any meaningful achievement, it requires consistency.

Start by:

- Identifying your strengths and interests.
- Defining the values you want to be known for.
- Continuously improving your technical and soft skills.
- Sharing your learning journey instead of only your achievements.
- Being authentic, respectful, and professional in every interaction.
- Building meaningful relationships rather than simply collecting connections.
-

Remember, people connect with authenticity more than perfection.

Your Reputation is Your Greatest Asset

Personal branding is not about pretending to be someone else or seeking popularity. It is about consistently becoming the best version of yourself and ensuring that your actions reflect your values, skills, and aspirations.

Long before your résumé reaches a recruiter, your reputation often arrives first. Every conversation, every project, every online interaction, and every commitment you fulfill contributes to the story people tell about you.

Conclusion

In today's interconnected world, your personal brand is no longer optional—it is an essential part of your professional identity. Every interaction, every project, every post you share, and every commitment you fulfill contributes to the impression you leave on others. A strong personal brand is built on authenticity, integrity, continuous learning, and the consistent value you create for those around you. It is not about seeking attention but about earning trust and demonstrating credibility over time.

Remember, your degree may help you earn an interview, but your reputation will influence the opportunities that follow. Employers may hire you for your qualifications, but they retain and promote you because of your character, professionalism, and the value you consistently deliver. Begin investing in "Brand You" today by developing your skills, nurturing meaningful relationships, and maintaining a professional digital presence. After all, your personal brand is your promise to the world—and the story people tell about you when you're not in the room is the legacy you're building every single day.





Mr. Ritu Rajan
Aptitude Trainer

Make your **Education** **a top priority**

Some time ago, I came across a collection of insightful advice shared on the webpage of an American English language instructor named R. Rambo. Curious to learn more about his accomplishments, I looked for great achievements associated with his name but found none of major significance. Yet, after reading and absorbing his words, I understood something important — offering sensible and practical guidance is itself a remarkable achievement.

One of his valuable thoughts was this: “Nothing worthwhile is easy, as the old saying goes, and this certainly is true of a college education. A successful college career requires years of hard work, and you can’t expect to be a success without devotion and sacrifice.”

He compared college to a “weeding process.” While the metaphor may be uncomfortable, it highlights an important truth: people earn good jobs not only because of their degrees but because of the hard work and determination they demonstrate during their college years.

Many students begin college, but not all succeed. With limited good jobs available, college helps “weed out” those who may not be ready for the demands of professional life.

Rambo believed strongly that success in college is possible for most people — but only if they are willing to work hard and sacrifice. According to him: “The amount of hard work, dedication, and sacrifice is what separates those who are successful from those who are not. Make your education a top priority.”

For college students, this phase of life is a crucial step toward building the future. Even if one is unsure about their long-term goals, it is essential to explore opportunities, understand one’s strengths, and make thoughtful choices. Instead of drifting from one unfulfilling job to another, students can use these years to shape their future and pursue something they truly love.

In essence, education is not just about earning a degree — it is about discovering yourself, investing effort, and preparing for a meaningful and successful life ahead.

From Subconscious to Conscious:

A Journey from TMU Student to TMU Soft Skills Trainer



Mr. Jatin Dua
Soft Skills Trainer

In every batch of students, there are a few who return not as learners but as leaders. Jatin Dua is one such story- a journey that began in the classrooms of TMU and came full circle when he returned to guide students with the same passion that once shaped him. This is a story of clarity, consistency, and conscious transformation.

The Shift Begins: From Subconscious to Conscious Living

Before my MBA, I met a trainer who completely transformed the way I thought, spoke, and saw myself. Until then, I was operating from a subconscious space — hesitant, unsure, and unclear. But through life skills and powerful communication mantras, that trainer helped me step into a conscious way of living. This mindset shift became the foundation of everything that followed.

Returning to TMU: The Beginning of a Vision

Years ago, I walked the corridors of TMU as a student — uncertain about my future yet hopeful for growth. At that point, I never imagined that one day I would step back into the same campus, not as a learner, but as a Soft Skills Trainer guiding others. This full-circle moment did not happen suddenly. It was built gradually through learning, discipline, and persistent self-improvement.

Learning Through a Pandemic: My MBA During COVID-19 (2021-2023)

When the world paused, my growth accelerated.

During the pandemic, while pursuing my MBA, I spent countless hours recording videos and refining my communication and presentation skills. Practicing in front of the camera built my confidence, clarity, and consistency, turning a challenging period into a valuable opportunity for personal and professional growth.

Sales: The Real-World Classroom (4 Years)

After completing my MBA, I entered the world of sales — a high-pressure profession that teaches resilience and discipline. Those four years were full of targets, challenges, and continuous learning. Sales taught me how to communicate under pressure, accept “no” confidently, and remain consistent even during slow results.

Arriving Where I Belong: The Training Industry

With years of communication practice, voice work, and personal development behind me, I finally stepped into the training industry — the place where my passion aligned with my purpose. And then came the most rewarding moment: returning to TMU as a Soft Skills Trainer.

What Truly Structured My Career

Dedication and consistency polished my voice, built my confidence, and defined my identity.

Conclusion: Growth Is a Choice

My journey from a TMU student to a TMU trainer is proof that when passion meets consistency, transformation becomes inevitable.

Because

THIS IS OUR LIFE



Mr. Vijay Kumar
Aptitude Trainer

In his famous work *All I Really Need to Know I Learned in Kindergarten*, Robert Fulghum wrote, "Imagination is more important than information." Albert Einstein believed the same, and he certainly understood the power of imagination. Fulghum beautifully explains how ideas take flight — "They come. And they look. And we push. And they fly." Some stay where they are, some dare to move forward, and some go beyond, inspiring others to find their own path and soar.

To achieve any goal, one must be inspired. It is only the strength of an inspired soul that helps us accomplish what our heart truly desires. As Fulghum reminds us,

"If the dream is held close to the heart, and imagination is applied to what is close at hand, everything is still possible."

Steve Jobs, the co-founder of Apple, was the perfect example of embracing change—the one constant in this ever-evolving world of technology.

Through revolutionary products like the iPod, iPhone, and iPad, he transformed the way the world communicates. Jobs once said, "People think focus means saying yes to the thing you've got to focus on. But that's not what it means at all. It means saying no to the hundred other good ideas that there are. You have to pick carefully."

His words remind us that clarity and discipline are as important as creativity. Jobs also offered another timeless lesson:

"We don't get a chance to do that many things, and everyone should be really excellent. Because this is our life. Life is brief, and then you die, you know? And we've all chosen to do this with our lives. So, it better be damn good."

Indeed, life is short, but full of possibilities. What we choose to imagine, create, and focus on determines the legacy we leave behind. So, let us give our best — because this is our life, and it deserves nothing less.

**The purpose of
our lives is to
be happy**

-Dalai Lama

REIMAGINING Professional Readiness IN INDIAN ACADEMIA



Dr. Mudit Saxena
Assistant Professor, CCSIT

The Indian education system has made significant progress over the decades, yet it continues to face a persistent gap known as the professional void. This void refers to the disconnect between academic learning and the professional skills required in real workplaces. As a result, graduates often struggle to meet industry expectations, leading to unemployment, underemployment, and skill mismatches.

One of the primary reasons for this void is the theoretical nature of Indian education. Many institutions focus heavily on textbook knowledge and rote learning rather than practical exposure. Students often graduate with degrees but lack hands-on experience, critical thinking ability, problem-solving skills, and communication proficiency—qualities essential for professional success.

Another factor contributing to this gap is the limited industry-academic collaboration. In many sectors, including engineering, management, and commerce, the curriculum is outdated and not aligned with evolving industry standards. As technology and business environments rapidly change, students are not equipped with contemporary tools, software skills, or modern work practices. Additionally, insufficient exposure to internships, live projects, and industry interactions limits students' practical understanding and workplace readiness.

The absence of proper career guidance and soft-skill training further widens the professional void. Many students do not receive mentorship on choosing suitable career paths, building portfolios, or preparing for interviews. Additionally, essential skills such as teamwork, leadership, and adaptability are rarely taught in classrooms.

To bridge this gap, India must emphasize skill-based education, internship-driven programs, and practical learning modules. Educational institutions need to update syllabi regularly and collaborate with industries to design relevant training. Integrating digital literacy, entrepreneurship, and vocational training from early stages can create a more employable and confident youth population.

In conclusion, addressing the professional void in Indian education is not just an academic requirement but a national priority. By adopting a more practical, industry-aligned approach, India can create a skilled workforce capable of driving economic growth and innovation. Strengthening collaboration between educational institutions, industries, and policymakers will ensure that graduates possess the competencies required in the evolving global job market. Such reforms will not only enhance employability but also empower young professionals..

Data Table: Factors Creating Professional Void in Indian Education

Key Area	Current Status (Estimated %)	Ideal Requirement (%)	Gap (%)
Practical/Hands-on Training	35%	80%	45%
Industry–Academia Alignment	40%	85%	45%
Updated Curriculum	50%	90%	40%
Soft Skills & Communication	30%	75%	45%
Internship Opportunity	45%	85%	40%
Career Guidance & Mentorship	25%	70%	45%
Digital/Technical Skills	40%	85%	45%

Data Interpretation

Severe Skill Gap:

Most categories show a 40–45% gap, indicating a strong mismatch between what students currently learn and what industries require.

Weak Practical Exposure:

Only 35% of students receive adequate practical or hands-on training, which is far below the ideal 80%. This is a major cause of unemployability among fresh graduates.

Outdated Curriculum:

With curriculum modernisation at just 50%, students are not exposed to current technologies, business practices, or tools used in modern workplaces.

Soft Skills Deficit:

Soft skills, communication, and teamwork training stand extremely low at 30%, creating difficulty for students during interviews and job performance.

Lack of Guidance:

Proper career counselling is available to only **25%** of students. This results in poor career direction, wrong course selections, and missed opportunities.

Internships Are Insufficient:

Internship exposure is just **45%**, which limits real-world experience and reduces job readiness.

Digital Skill Gap:

Only **40%** students possess modern technical and digital skills, while industries demand about **85%** proficiency.

Summary

The article highlights the gap between academic education and industry expectations in India, emphasizing the lack of practical skills, industry exposure, and soft-skill development among graduates. It suggests strengthening industry-academia collaboration, updating curricula, and promoting skill-based learning to improve employability.

Financial Planning and Investing at an Early Age:

The Smartest Decision for a Lifetime



Mohd. Saleem
Assistant Professor, CCSIT

Financial planning is no longer a concept reserved for working professionals or high-income earners. In today's dynamic economic environment, young individuals—especially university students—need to develop financial awareness early in life. The reason is simple: financial decisions made in one's early years often shape the comfort, stability, and choices available later in adulthood. However, many students overlook the importance of financial literacy and investing because of the misconception that limited income or pocket money is insufficient to start. In reality, the ability to plan and invest early can set the foundation for long-term financial independence.

The Need for Early Financial Planning

The need for financial planning among youth has never been more critical. With rising living costs, unpredictable job markets, and increasing dependence on technology-driven financial services, young adults must learn to manage money efficiently. Financial planning at an early age enables individuals to set clear priorities, balance their income and expenditure, and prepare for uncertainties. It fosters a sense of accountability—an essential life skill that extends beyond finance. Moreover, with the prevalence of consumerism and the temptation of easy credit, students today are more exposed to financial risks than any previous generation. Early planning acts as a protective shield, helping them distinguish between needs and wants, and avoid the debt

security and spotting phishing scams. Digital literacy fosters creativity and curiosity by trap that often begins with impulsive spending habits.

The Importance of Investing Early

One of the most compelling reasons to invest early is the power of compounding—the process where your investment earns returns, and those returns generate further income over time. The earlier one begins, the more time their money has to grow exponentially. For instance, a small monthly investment made during college years can multiply several times by the time one reaches their 30s. Beyond wealth accumulation, early investing cultivates financial discipline, patience, and foresight—traits that contribute to a stable financial life. It also enhances the ability to take calculated risks. Young investors have time on their side, allowing them to explore various instruments such as mutual funds, exchange-traded funds, or government bonds without the fear of immediate loss. In short, investing early helps individuals learn from small experiences before the financial stakes become higher later in life.

Key Principles of Financial Planning

Successful financial planning rests on certain key principles that guide an individual toward financial security and growth. The first is goal setting—having a clear vision of what one wants to achieve financially, whether it is funding higher education, building an urgency

hcorpus, or starting a business. The second is budgeting, which helps in tracking expenses and ensuring that spending aligns with income. Simple frameworks like the 50-30-20 rule—allocating 50% of income for needs, 30% for wants, and 20% for savings—are practical and effective for students. Another vital principle is regular saving and investment, regardless of the amount. Even a small but consistent contribution builds the habit of financial discipline. Equally important is diversification—not putting all your money into a single type of investment but spreading it across different assets to manage risk. Lastly, financial literacy itself is the backbone of sound financial planning; understanding how interest rates, inflation, taxes, and risk-return relationships work empowers individuals to make informed decisions.

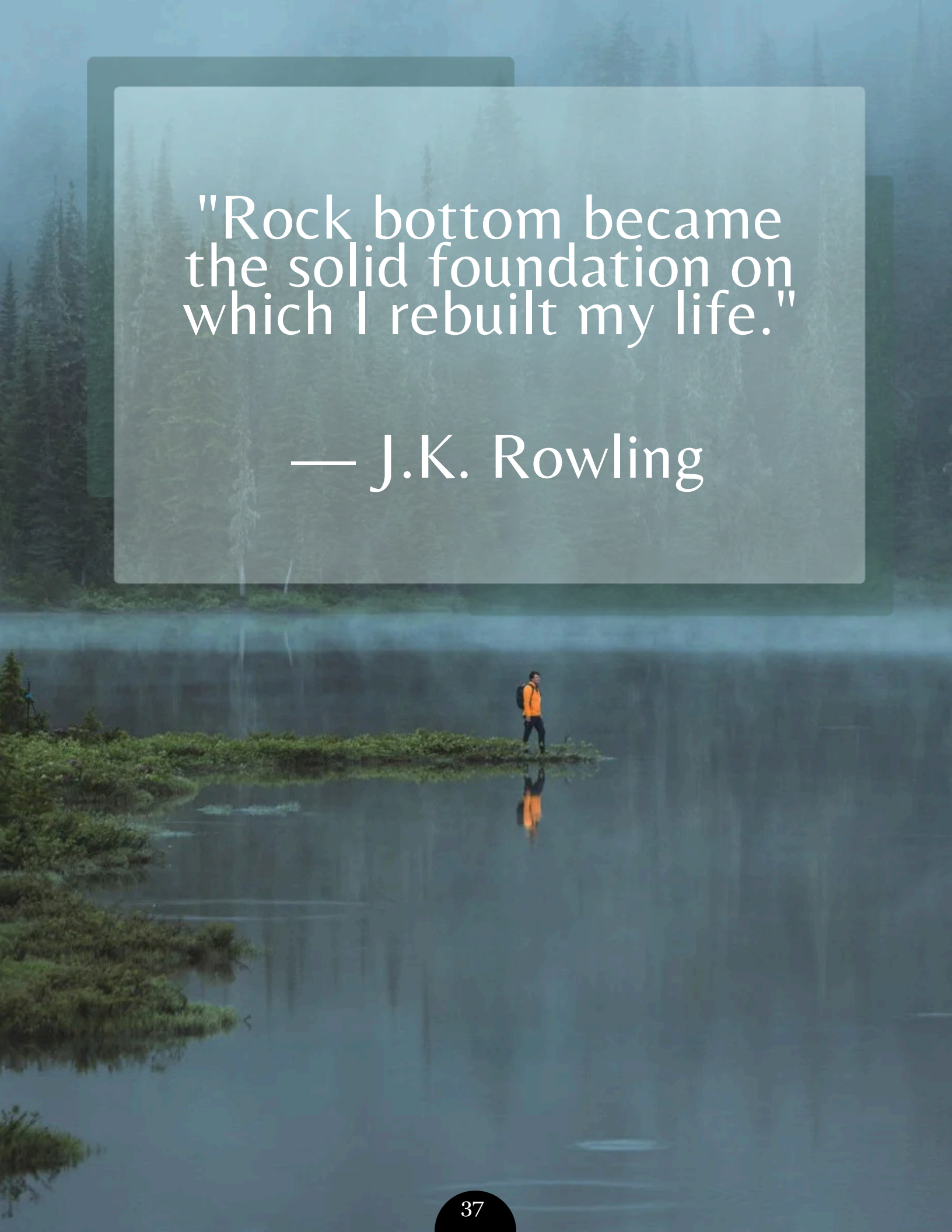
Financial planning is not just about money it is about building confidence, responsibility, and independence. For students, it marks the transition from financial dependency to self-reliance. It encourages critical thinking.

Moreover, the skills learned through financial management are transferable—they improve decision-making, risk assessment, and even professional behavior. In a broader sense, financially literate youth contribute to a more stable and resilient economy. When individuals plan their finances well, they are less likely to depend on credit irresponsibly or make panic-driven financial choices.

Financial planning and investing at an early age represent a forward-looking mind-set—one that values preparation over impulse, learning over ignorance, and growth over stagnation. The journey toward financial independence begins not with large sums of money but with awareness, discipline, and the willingness to start. As future professionals and entrepreneurs, today's students must recognize that their financial future depends less on how much they earn and more on how wisely they manage and invest what they have. The best financial decision any young person can make is to start today—because time, once lost, never compounds again.

We were not taught financial literacy
in school. It takes a lot of work and
time to change your thinking and to
become financially literate.

— Robert Kiyosaki —

A person wearing an orange jacket and a backpack stands on a small, mossy island in the middle of a calm, misty lake. The surrounding forest of tall evergreen trees is reflected in the still water, creating a serene and atmospheric scene.

"Rock bottom became
the solid foundation on
which I rebuilt my life."

— J.K. Rowling

What You Allow Will Continue!



Ngai Thian Hoih
College of Nursing

My journey began as a girl from a small town, carrying many hopes, expectations, and dreams in to a big city like many young people.

But leaving behind familiar memories, comfort, and strong bonds was not easy. The place that once felt stable and safe was suddenly replaced by a new city filled with unfamiliar faces and new competition. Coming from a different region, my mindset was always curious: What new things can I learn? How can I grow? I never believed, I knew everything. Yet, in my attempt to become “perfect” like others, I slowly forgot to become the best version of myself.

When I was younger, I deeply romanticized the idea that if you simply worked harder and tried to be a good person, everything would eventually fall into place. However, as I grew older, I realized that life does not work so simply. If you want to become the lead actor in the movie of your own life, you must make choices—sometimes choices that go against what you have always heard or what others expect from you.

In the new environment, competition increased and the pressure grew. Adapting to a new culture and adjusting myself was never easy—it required confidence. Being new to the culture, food, and language, and often mixing up gender in grammar, was difficult for me to accept. There were moments when I felt lonely, missed my old friends and home, and felt homesick, but I kept trying to become a better version of myself.

However, seeing others and the growing competition made me doubt myself with people who seemed to have better skills, and I began to feel inferior and not good enough.

Yet I forgot that the skills I had were still dreams of many people. In trying to adjust to everything around me, I almost lost sight of who I truly was. There have been many days when life felt unbearably heavy—days when getting out of bed felt impossible, days when I wanted to avoid the world completely. Through struggles, pain, and progress, I realized something important: comparison was slowly destroying my peace.

In trying to please others, I found it difficult to say ‘no’, slowly neglecting my own needs. Life began to feel like a collection of insecurities. I tried to belong, to fit in, to meet standards that were never trust. During this journey there were times where I completely breakdown started being isolating myself but the word of God from the Holy book always reminds me that, “Through God all things are possible” and having good friends and loved ones really helped me a lot, encouraging me to focus on myself rather than being comparing myself with others or not minding people criticism.

Your pain your defenses does not define your essence, sometimes fear and pain is so familiar it started introducing itself as you. But one is an experience, the other is an identity. You are not the storm you went through; you are the sky that held it. Sometimes so focused on healing others we forget to heal ourself. Growing often requires letting go. Becoming the best version of yourself comes with many goodbyes. When you begin to walk a path of growth and self-respect, some people may naturally drift away. And there is nothing to fear in that. If I could speak to my younger self today, I would tell her this: life is full of hills and valleys. It will never be a perfectly smooth road.

What truly matters is surrounding yourself with people who lift you up. When you begin to change, people may say, "You are not the person you used to be". And in that moment, do not be afraid to respond honestly. Your boundaries have changed. Your outlook has changed. You no longer tolerate what you once accepted.

You are walking a path built on purpose and conviction. Sometimes we must reintroduce ourselves to ourselves. Staying motivated is not always easy. What matters is standing firm through it all.

There are moments when I feel tempted to give up my discipline, sacrifices and stop trying, especially when we see others enjoying life freely. Letting go of the tight rope we are holding onto may seem easier.

But continuing to hold on—that is the real challenge.

There is an old saying, "That passing through a narrow door is difficult, yet the rewards of that difficult path are always meaningful". And above all, one truth remains constant: "Comparison is the thief of joy".

What You Allow Is What Will Continue

Dear Poet, Your Madness is My Cheer!!



Pranjal Gohliya
CCSIT

Apollo sits atop Olympus high
Golden hair, sunburnt eye
He strums his lyre, a crooked tune
Laughs at poets howling at the moon

He whispers words, then snatches them back
Leaves minds tangled, dreams off track
He paints a muse, then hides her face
Turns inspiration into a chase

He dips a pen in fire, then ice
Hands you chaos instead of advice
One moment god, the next a jest
He toys with hearts that beat in his chest

You write, you bleed, you beg, you pray
Apollo smiles and walks away
Fickle king of rhythm and rhyme
The trickster god, thief of time

He leans on clouds, a sly grin wide
Watches quills tremble, minds collide
A poet bleeds a line of gold
He twists it into ashes cold

He hums a verse that tastes like a flame
Then vanishes...no one to blame
A fleeting muse, a stolen word
Echoes in halls where none are heard

He paints the sun to mock your night
Turns your sorrow into light
A melody sweet, a dagger sharp
He plucks the strings of every heart

You chase the song, it slips away
The ink runs dry, the skies turn gray
And when you curse, he laughs so clear
"Dear poet, your madness is my cheer"

My Journey of Personal Growth

-Khushi Samiya
CCSIT

and Transformation

When I look back at my journey, I realise how much I've changed — not just as a student, but as a person. After completing my 12th with PCM, I scored good marks and was happy with my results. But deep inside, I knew I had one weakness — I couldn't speak confidently in front of others. Whenever I had to give a presentation, I felt nervous and shy. I always feared that I might say something wrong.

After 12th, I took admission in B.Sc Animation. From the very first semester, we had English Communication classes. I still remember the first day — I couldn't even speak properly. My voice was trembling, and I was so nervous that I just stayed quiet, listening to others. I wanted to speak, but hesitation held me back.

"Confidence is not built by never failing; it is built by choosing to speak one more time despite fear. Every small step taken to overcome your weaknesses becomes the foundation of your greatest transformation."

Throughout my past student life, I was always an active participant in almost every function and activity where I was Awarded with Certificates and Trophy. But the problem was, I couldn't speak properly or express my thoughts clearly. I always wished to speak fluently and confidently like others. Slowly, that wish started turning into reality. My English Communication classes played a big role in that change.

At first, I spoke only a few lines in class, but my teachers encouraged me every time. Little by little, I started overcoming my hesitation. I learned that confidence doesn't come overnight — it grows when you keep trying, even after making mistakes. Over time, I noticed a real change in myself. I could now express my ideas more clearly and participate without fear.

Today, I feel proud when I look at how far I've come. I still make mistakes sometimes, but I'm not afraid of them anymore. I've learned that growth is not about being perfect; it's about improving a little every day. My English Communication class has played the biggest role in my personal growth. It helped me polish my communication skills and gave me the courage to speak in front of others with confidence.

Now I truly understand one important lesson — until we polish ourselves and work on our weaknesses, we can never become good speakers. Growth starts the moment we decide to improve ourselves. And for me, that's what real transformation means.

A Treasured Past, A Changed Present

-Disha Bhatnagar
College of Physiotherapy

Growing up, my cousins and I were inseparable. We'd spend hours playing games, sharing secrets, and laughing together. Our grandparents' house was the hub of our universe, filled with love, laughter, and warmth. We'd look forward to family gatherings, where we'd all come together, share stories, and cherish each other's company.

Those were the days when phones didn't dictate our lives. We'd play, we'd fight, and we'd make up, all in person. Our parents would scold us, our grandparents would pamper us, and we'd soak it all in.

Fast forward to this Holi. We all gathered for lunch, but it was different. Everyone was glued to their screens, barely exchanging a word. It hit me then – we've lost that spark. We're so caught up in our digital lives that we've forgotten what truly matters.

I think about my parents, and how they must feel. They're working hard, raising us, and we, in turn, are abandoning them for jobs and 'better lives'. Do they feel like we did when they were busy? No, we can't let that happen. We need to put down our phones and give them the love and time they deserve.

"The greatest memories are never created on screens but in shared smiles, warm conversations, and moments spent together. Before time turns today's loved ones into cherished memories, choose presence over notifications. Because no success can replace the comfort of family, and no device can replace a heartfelt embrace."

Corruption in India

**-Mahi Singh
College of Law and Legal
Studies**

"Corruption comes from the never-ending greed. The fight for corruption-free ethical society will have to be fought against this greed and replace it with 'what can I give' spirit.,

Corruption in India is an issue that affects the economy of central, state, and local government agencies. Corruption is blamed for stunting the Economy of India.

The U.S. report further reveals that a lack of accountability for official misconduct persisted at all levels of government in India, contributing to widespread impunity. While investigations and prosecutions of individual cases took place, lax enforcement, a shortage of trained police officers, and an overburdened and under-resourced court system contributed to a low number of convictions.

There are many types of corruption in India such as political corruption, corporate corruption, and bureaucratic corruption. Corruption has badly affected the development of the country. In many places, roads are poorly constructed and public projects are not completed properly. Although the government provides funds for development, a large amount of this money is misused due to corruption.

Politicians are elected to serve the people and work for the welfare of the country. However, in many cases, some politicians focus more on personal gain rather than public service. . Because of this, the hopes and expectations of the citizens are often ignored.

The middle class suffers the most from corruption, even though they pay taxes and follow the rules. Corruption can also be seen in the education system, which is responsible for shaping the future of the nation. Because of corruption, many talented people do not get fair opportunities, and their potential remains hidden.

Due to corruption, many people still do not have good roads, clean drinking water, or a healthy environment. Therefore, corruption is one of the biggest obstacles to India's development and must be controlled for the progress of the nation." One of the most important ways to reduce corruption in India is to elect educated and responsible leaders. Citizens should vote for leaders who are capable of working honestly for the development of the country. Instead of getting divided by religion or caste, people should focus on what is actually happening in the country and whether the government's projects are truly benefiting the public.

People should stay informed about government policies, development projects, the funds allocated for them, and how much of the public's problems are actually being solved.

Therefore, citizens must become more aware and raise their voices for their rights. At the same time, people should refuse to encourage corruption by paying bribes for things like admissions, jobs, or any other services. When citizens stop supporting corrupt practices and demand honesty and accountability, it will become easier to reduce corruption and build a better and more transparent society.

From the Corner of the Stage



Arisha Parveen
College of Paramedical Sciences

When I first entered Teerthanker Mahaveer University, everything looked bright and full of life, but I felt the opposite. The campus was new, people were confident, and competitions were happening everywhere. Instead of feeling excited, I felt small. I started believing that maybe I wasn't capable enough to participate in anything. Slowly, I created a comfort zone for myself. I would attend classes, sit quietly, and leave. No risks, no stage, no spotlight.

One day, I gathered the courage to participate in a quiz competition. My hands were shaking, and I doubted myself till the last minute. I didn't win first place, but I became the runner-up. That moment changed something inside me. It made me realize

that maybe I was limiting myself more than the world ever did.

Later I joined model presentation with my friends. We started as a group, but members kept leaving until only two of us were left. We felt demotivated and almost dropped the plan. But since we had already registered, we chose to continue. We worked with whatever knowledge and confidence we had.

And when results were announced, we were genuinely surprised. We won second position. That day, I understood something very simple –sometimes it's not about being the best. It's about trying, even when you doubt yourself.

**MORAL- GROWTH BEGINS THE
MOMENT YOU STEP OUT OF
YOUR COMFORT ZONE AND
GIVE YOURSELF A
CHANCE.**

Learning to Lead

with Responsibility



Misba Tayyab
CCSIT

Leadership, to me, has never been about authority or position—it has been about responsibility, integrity, and purpose. As a student leader and Vice President of the TMIX Society, my journey has taught me that true leadership begins where ethics meet action.

Campus life offers countless opportunities to take charge, but it also tests one's values. While coordinating activities at TMIX, I realized that leadership is not limited to decision-making; it extends to listening, being fair, and creating space for every voice to be heard. Managing teams with diverse perspectives taught me that ethical leadership demands patience, transparency, and accountability—especially when outcomes affect others. These experiences strengthened my ability to resolve conflicts, build trust, and encourage collaboration among team members.

One defining aspect of my journey has been anchoring and managing major academic and professional events, including IEEE programs and multiple Faculty Development Programmes (FDPs). Standing on stage as an anchor is not merely about communication; it is about representing an institution with dignity, clarity, and respect. Every announcement, transition, and interaction carries responsibility. These experiences reinforced the idea that ethical leadership is reflected not only in actions behind the scenes but also in words spoken publicly.

A particularly impactful experience was managing and anchoring the APCSIP program and the 20-day Cyber Security Internship Program with Amroha Police.

This initiative demanded precision, discipline, and sensitivity, as it dealt with real-world issues of cyber awareness and public responsibility. Balancing management duties with anchoring required constant ethical judgment—ensuring accuracy of information, respectful engagement with authorities, and meaningful participation from students. It was here that leadership transformed from theory into lived practice.

Purpose has been the guiding force behind every role I have undertaken. Leadership without purpose risks becoming directionless, and ethics without purpose loses relevance. My purpose has always been to contribute positively—to build platforms where learning, awareness, and collaboration thrive. Whether managing events or addressing audiences, I learned that leadership is most effective when driven by service rather than recognition.

Campus life has been my training ground, shaping my understanding that leadership is not about being in front, but about standing firm in values. Ethics provide the compass, purpose provides direction, and leadership becomes the journey that connects both.

The Unspoken Golden Triangle



Guncha Jain
College of Law and Legal Studies

I call it a triangle but it can always only be an angle.

Before understanding the aforementioned, let me share the context.

In the summers of 2023, I had received a valuable insight from my brother about the university life. Pretty simple, that, apart from all the basic needs, major part of our day is to be bifurcated among these three inevitable tasks:

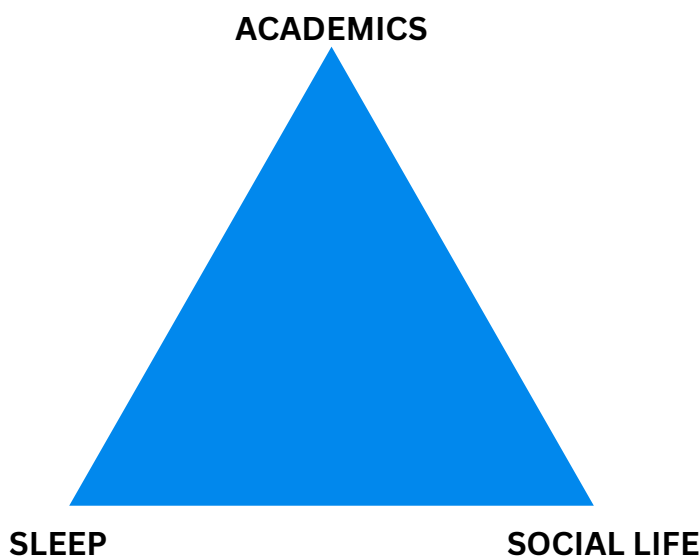
- Academics

- Social life

- Sleep

Let alone your '**ME-TIME**'.

And these three form our **Golden Triangle**:



Honestly, we chase all the three ends constantly but striking a balance is usually mere words never put into action or rather couldn't be put into action.

If we chase our social circle and sleep, academic comeback is generally nowhere to be found and vice versa and vice versa again.

One can be lucky enough to have accomplished in balancing out and making it an equilateral triangle but for how long?

Personally telling, not more than a week, if even a week.

And that is why I call it a triangle but it can always only be an angle.

You cannot give 100% to everything, every day. What matters is knowing what deserves your 100% today. That is the real art of balance.

Rejection

Ego, and the courage to let go



Kshitiz Kumar

College of Agricultural Sciences

In 2025, I encountered two significant rejections in a short span of time—one from NEET and one from a girl I deeply admired. While the academic rejection felt like a professional setback, the personal rejection felt like an attack on my identity. Together, they forced me to confront uncomfortable questions about self-worth, ambition, and motivation.

Failing to clear NEET was disappointing, but the emotional rejection triggered something deeper. I began to internalize the experience. I questioned whether I was “good enough.” For a brief period, my thoughts were driven not by clarity but by ego. I told myself that I would clear NEET next time and prove my worth. I wanted to succeed so that she would regret her decision. This mindset gave me temporary motivation, a kind of intense fuel powered by hurt and pride. However, upon reflection, I realized that such motivation is fragile and externally dependent.

Rejection has a profound psychological impact. It does not merely convey a refusal; it challenges one’s sense of belonging and competence. Research in psychology suggests that social rejection activates the same neural pathways as physical pain. This explains why rejection feels deeply personal, even when it is situational. More importantly, rejection often leads individuals to equate outcomes with identity. Instead of seeing failure as an event, we begin to see it as a reflection of who we are.

Rejection manifests in various forms. Academic rejection occurs when one fails to secure desired results or admissions. Romantic rejection arises when one’s feelings are not reciprocated.

Parental rejection may be experienced when efforts go unrecognized or are constantly compared. Social rejection occurs within peer groups, while professional rejection appears in interviews and competitions. Perhaps the most damaging form is self-rejection, when individuals begin doubting their own capabilities. Understanding these forms helped me recognize that rejection is not an isolated experience; it is a universal human condition.

However, being motivated solely by rejection can be problematic. When success becomes a tool to prove others wrong, one’s sense of fulfilment becomes dependent on external validation. Even if achievements are attained, satisfaction remains temporary. There will always be someone performing better, achieving more, or progressing faster. If comparison becomes the foundation of ambition, peace becomes unattainable. Success pursued for revenge or validation traps individuals in a cycle of competition rather than growth.

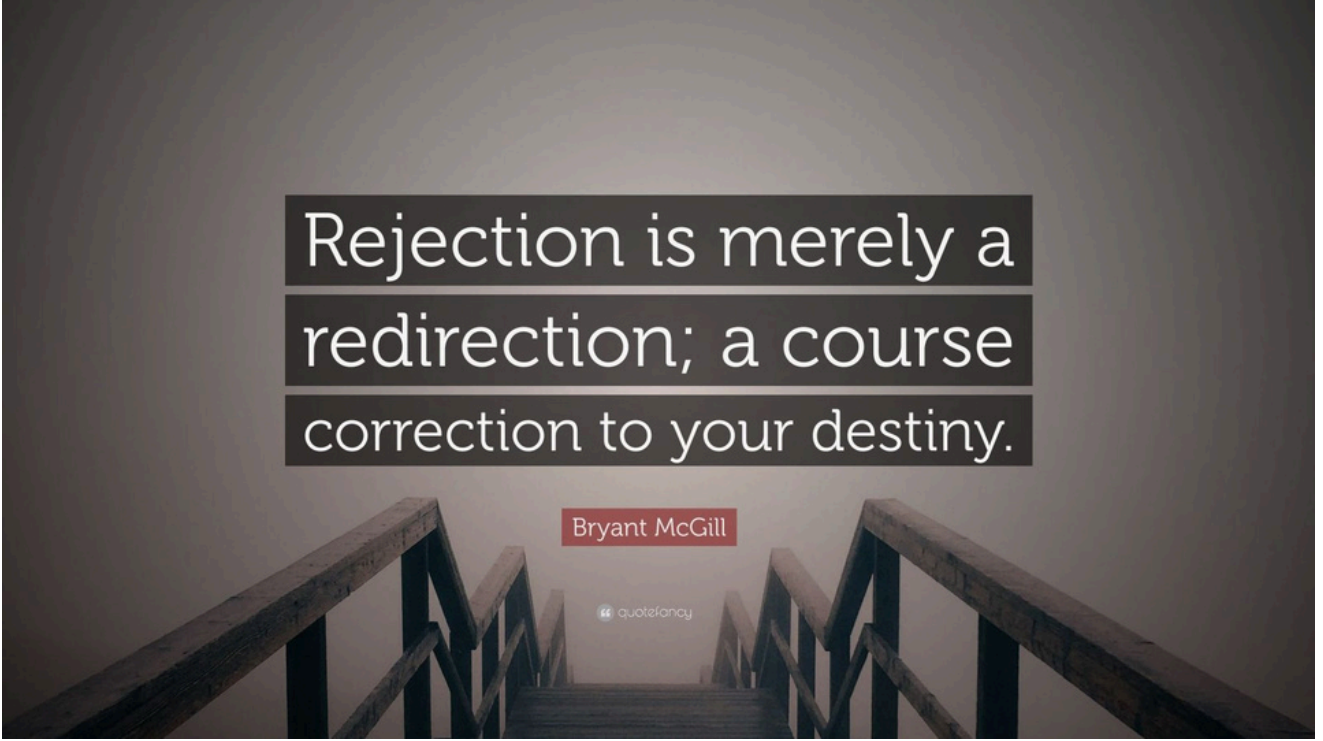
Over time, I confronted an even more difficult truth. NEET was not merely an examination I had failed; at that stage of my life, it was beyond my reach. Instead of accepting this reality, I allowed my ego to transform it into a personal battle. I internalized the result and equated it with my worth. This realization was humbling. Not every closed door is a challenge to be forcefully opened. Sometimes, maturity lies in acknowledging limitations and redirecting energy toward more aligned opportunities.

I am no longer preparing for NEET. In 2025, I chose to take admission in BSc Agriculture. This decision was not born out of defeat but out of

"Rejection did not destroy me; it redirected me. It compelled me to examine my motivations and redefine my purpose."

clarity. I stopped taking the rejection personally. I stopped attaching my identity to a single examination. I chose to let go. Letting go does not signify weakness; rather, it reflects emotional strength and self-awareness. Moving on allowed me to shift my focus from proving something to someone else toward building something meaningful for myself. This decision opened new opportunities for personal growth, helping me develop resilience, and confidence.

Rejection did not destroy me; it redirected me. It compelled me to examine my motivations and redefine my purpose. I learned that goals pursued for self-growth generate lasting fulfilment, whereas goals pursued for validation create endless comparison. True progress begins when one stops running to prove and starts walking with intention. Ultimately, the most meaningful competition is not with those who rejected us, but with the person we were yesterday.



Rejection is merely a
redirection; a course
correction to your destiny.

Bryant McGill

quote fancy

Growing with a Purpose



Riya Jain
CCSIT

Personal change is a constant internal experience, and at the same time, “it reflects itself in external behaviour”. Personal growth shows who you are today, where you are right now, and who you choose to be tomorrow. In the continuum of personal growth and transformation, mindset is the pillar of achievement and satisfaction.

Personal growth and development are an enduring process that involves many milestones. These milestones include self-perception, defined intent, goal formulation, taking action, facing challenges, learning from experience, reflection, and transformation. Each milestone indicates a key point of progress in an individual’s life. These milestones do not progress in a straight line; rather, they recur and intersect as people encounter new goals, responsibilities, and obstacles. Each milestone leads to achievement, opening the door to further transformation.

People who value personal growth set goals for themselves and monitor their progress against these targets instead of getting demotivated by every obstacle, standard benchmarks, or someone else’s success.

“Failures aren’t obstacles for self-observers; they are ways to move forward”. Rather than judging other, they take a pause and realize that what they are looking for in others is what they want in themselves. These experiences teach important lessons, helping us build resilience and confidence.

As philosopher John Dewey asserted, “We do not learn from experience... we learn from reflecting on experience” (Dewey, 1933). This statement highlights the transformative power of reflection in turning into valuable personal growth. Regular self-reflection helps individuals track progress, value achievements, and identify areas for further improvement.

In conclusion, personal growth is an enduring process shaped by self-perception, learning from experience, reflection, and transformation. It develops through both success and failure, providing guidance to individuals toward deeper understanding and positive change. Ultimately, personal growth is not about reaching a final destination but about consistently becoming a better, more mindful version of oneself. Every experience, whether positive or difficult, becomes a stepping stone.

Personal change is a constant internal experience, and at the same time, “it reflects itself in external behaviour”.

Leading with Integrity

Ethics, Purpose and Powerful Results



Harsh Pathak
TMIMT

Leadership, ethics, and purpose form the bedrock of effective and enduring societal progress. A leader devoid of ethical grounding and a clear purpose is akin to a ship without a rudder, destined to drift aimlessly and potentially cause harm. In the Indian context, these principles have been championed by figures throughout history, offering invaluable lessons for contemporary leaders.

Mahatma Gandhi, an exemplar of ethical leadership, demonstrated the power of aligning purpose with unwavering moral principles. His leadership during India's struggle for independence was rooted in Satyagraha, a philosophy of non-violent resistance grounded in truth and justice. Gandhi's purpose was clear: to achieve independence for India through peaceful means, and his ethical framework guided every action, inspiring millions to join his cause. His life exemplified the concept of nishkam karma, selfless action performed without attachment to results, a principle deeply embedded in Indian philosophy.

Another prominent figure, JRD Tata, exemplified ethical leadership in the business world. He built the Tata Group on a foundation of integrity, social responsibility, and a commitment to nation-building. Tata prioritized the well-being of his employees and the communities in which his companies operated, demonstrating a deep sense of purpose beyond mere profit maximization. This commitment to ethical practices and social responsibility, inspired by the concept of dharma, righteous conduct, cemented the Tata Group's reputation as a trusted and respected institution.

Ethical leadership necessitates transparency, accountability, and a commitment to fairness. Leaders must be willing to make difficult decisions, even when unpopular, and to prioritize the common good over personal gain. A leader with a clear purpose inspires trust and motivates others to work towards a shared vision. When ethics and purpose are intertwined, leadership transcends mere management and becomes a force for positive change.

Conversely, history is replete with examples of leaders whose ethical failings and lack of purpose led to disastrous consequences. In the Indian context, the misdeeds of corrupt politicians and business leaders serve as stark reminders of the dangers of prioritizing personal gain over ethical conduct and societal well-being. These instances underscore the importance of holding leaders accountable and fostering a culture of integrity.

In conclusion, leadership, ethics, and purpose are inextricably linked. Leaders who embrace ethical principles and are driven by a clear sense of purpose are more likely to inspire trust, build strong teams, and achieve lasting success. The examples of Mahatma Gandhi and JRD Tata demonstrate the transformative power of ethical leadership in both the political and business spheres. As India continues to navigate the complexities of the 21st century, the principles of ethical leadership and a commitment to purpose remain essential for achieving sustainable and equitable progress. Ethical leadership not only strengthens organizations but also contributes to building a more responsible, resilient, and compassionate society.

The TMU Effect

From Code to Career Stage -A Final Year B.Tech Story



Aryan Jain
CCSIT

The true value of my education at TMU lies not just in the degree I'm about to earn, but in the dual life the university empowered me to lead. I arrived focused on the logic of code and algorithms, but the university's dynamic environment immediately presented a parallel narrative: the development of essential communication and creative skills. This support began early from the first year, the university provided numerous cultural stages to showcase talent, validating my passion for performance. This encouragement was crucial, allowing me to focus on my core studies - a commitment later validated by receiving the prestigious IEEE Best Project Award, while simultaneously honing my communication potential through extracurricular activities.

The crucial lesson TMU taught me was that excellence isn't a trade-off. The faculty mentorship and guidance were instrumental in ensuring these dual pursuits were synergistic, not conflicting. The environment allowed me to balance the rigor of computer science with creative expression, with platforms like the University auditorium giving my music band great stage to perform. These experiences - both the academic platform recognizing technical merit and the cultural stages demanding confidence, were vital in preparing me for multifaceted challenges.

This integrated approach to learning proved its professional worth almost immediately. Despite the rigor of the 7th semester, I was able to successfully crack multiple on-campus placement opportunities. This achievement is the ultimate proof of TMU's supportive structure. The confidence to face interview panels and articulate technical concepts was a direct outcome of the holistic training and the dedicated efforts of my teachers. This success is not solely mine; it belongs equally to the system and guidance provided by the institution.

My role as the front speaker for TMU's promotional videos is the natural culmination of this journey. The transition from performing on the cultural stage to representing the university's digital identity was seamless, thanks to the polished communication skills honed through years of practice and dedicated mentorship. As a confident, employed final year student, I pass out not just with a degree, but with a deep sense of gratitude for the platforms, trust, and faith the university placed in me, shaping me into a talented, industry ready individual. These experiences have strengthened my confidence, adaptability, and professional outlook, preparing me to excel in dynamic work environments.

My transformation is truly The TMU Effect !!

A Disciple's Yearning for her Guru



Manya Sharma
Faculty of Education

When you ask your mother to make your favourite 'moong dal halwa' and she says, "Not today".

That feeling, intensified a zillion times, is what a disciple feels when the Guru suddenly disappears after showing a single glimpse of spiritual awakening, so that the disciple becomes deserving of that wisdom. I know this firsthand, and those who know what this is all about will relate to me. The first interaction with the Guru is so revolutionary that it completely changes who you are, it rejuvenates you with new energy, and completely alters your life view. You realise all your life, till this moment, has been a lie, and what the truth is, you still cannot decipher.

"A true Guru does not merely teach a skill; they awaken a purpose. When the disciple surrenders with sincerity, every lesson becomes a step toward self-discovery, and every note, every word, and every moment becomes a path to the truth within."

There begins the yearning to meet one more time, bow at the Guru's feet in surrender and request him to accept you as a disciple. When you delve deeper into your Guru's perspective of life, you have epiphanies and revelations all day. Your heart heals, your eyes moist with tears of ecstasy. Day by day, you notice that you've become just like him, the way you think, speak, move, every aspect of your being has become one with your Guru. You don't force things; instead, you realise that what you are asking for has already happened and will present itself to you just when it's meant to happen. You find your own truth!

Why I am telling you all this is because it is said, "If you want to be with angels; talk, write or sing about them, for they love to go where the frequency matches."

My Angel, Mr Sonu Nigam.

The moment I saw his face, it felt like a cosmic reunion, and my head bowed down in deep surrender. All thanks to Social Media, He came up with #singandpraywithsonu, where He showed the world 'What Riyaz truly is!'. I didn't know anything about music, I have been a maths lover all my life, and never felt like there was more to life. Watching him made me realize that excellence is never accidental. It is built through countless hours of unseen effort, long before the world applauds the performance. Before that, music had never been a significant part of my life. I had always been a mathematics lover, fascinated by logic, numbers, and solving equations.

But knowing Him I understood that maths and music are eternal and complementary rather than contrasting. Musical 'Sargams' or Scales and 'Taals' or Rhythms have mathematical patterns in them. We will never reach a point where, we can claim that all possible permutations and combinations of notes and equations have already been created and no new piece of music or new equation can be made.

The good part is, we just have to worship one note, that is 'Sa' or the root note of every sound, and just by tending towards mastering one single note, all the music becomes ours, it accepts us. "When the disciple is ready, the Guru appears". — "OSHO" So, my fellow disciples, keep worshipping your Gurus; they will keep blessing you. And Don't forget to Live every moment to the fullest.



"As you walk with the Guru, you walk in the light of existence, away from the darkness of ignorance."

From Classroom to

Confidence

-Mahak Jain
TMIMT

"A classroom does more than teach lessons from textbooks; it teaches students to find their voice, believe in their abilities, and face the world with confidence. Knowledge may open doors, but confidence gives us the courage to walk through them."

Education is often seen as a journey that begins in the classroom and continues throughout life. A classroom is not just a place where students learn subjects like mathematics, science, or literature; it is also a space where confidence is built, ideas are shaped, and personalities grow. The transition from classroom learning to personal confidence is one of the most important outcomes of education.

In the beginning, many students enter classrooms with hesitation and self-doubt. Speaking in front of others, asking questions, or sharing ideas can feel difficult. However, with time, the classroom becomes a safe environment where students learn to express themselves. Teachers play a crucial role in this process. By encouraging participation, appreciating efforts, and guiding students patiently, they help transform fear into confidence.

Activities such as presentations, group discussions, debates, and collaborative projects help students develop communication and leadership skills.

These experiences allow students to step outside their comfort zones and realize their potential. When a student successfully presents an idea or contributes to a discussion, it creates a sense of achievement that boosts self-belief.

Beyond academic learning, classrooms also teach important life skills. Students learn how to manage time, solve problems, and work as a team. They learn that mistakes are not failures but opportunities to learn and improve. This mindset gradually builds resilience and confidence.

Technology and modern teaching methods have also played a significant role in strengthening student confidence. Digital tools, interactive learning, and online platforms allow students to explore knowledge in new ways. They can research, create, and share their ideas with a wider audience, which further enhances their confidence.

The journey from classroom learning to confidence does not happen overnight. It is a gradual process shaped by guidance, practice, and experience. Every question asked, every idea shared, and every challenge faced contributes to this transformation.

Ultimately, the true purpose of education is not only to provide knowledge but also to empower students to believe in themselves. A confident student is better prepared to face challenges, seize opportunities, and contribute positively to society.

THE BOY I REFUSED TO REMAIN



Ashwin Jain
CCSIT

For most of my school life, I was the kid no one noticed — the overweight, silent boy who wasn't good at studies, wasn't good at sports, and didn't even know how to hold a conversation. I wasn't rejected; I was simply forgettable. Friends came and went because I had nothing to offer — no confidence, no personality, nothing that made me worth remembering. I sat in classrooms like unused furniture: present, yet irrelevant.

The turning point wasn't dramatic. It was a dream — a dream to join the Indian Army. A dream far bigger than the boy I was. Once that dream took hold, it exposed every weakness I had been pretending didn't matter. Every lazy moment felt like betrayal. Every time I disappeared into a crowd, it felt like failure. Every time someone ignored me, it reminded me that I hadn't earned a voice.

To grow, I had to kill the version of myself that kept me small — the lazy one, the timid one, the one terrified of being laughed at, the one who never took a stand, the one who believed he didn't deserve respect. That boy had to die so I could build someone I wasn't ashamed of.

So, I rebuilt myself from the ground up. I trained hard, pushing my body and mind until they no longer matched the identity I despised. I forced myself into conversations, clubs, competitions — anything that scared me. I learned taekwondo, began writing, developed social confidence, and studied leadership instead of just admiring it. Creating opportunities instead of waiting for them. And slowly, everything changed.

*"Transformation
begins the moment
you refuse to let your
past define your
future. The strongest
people are not those
born with
confidence, but those
who build it through
discipline, courage,
and the
determination to
become someone they
once believed they
could never be."*

Today, I am the opposite of the boy I once was. I am someone people want to know. I serve as my Class Representative, Secretary of the Cultural & Heritage Club, and a Student Council Member. I rank among the top performers in my program.

I am a state-level roller skating champion, a red belt in taekwondo, an NDA written-qualified candidate, and a team leader who led his group to the Hackathon finals. I didn't just grow. I rewrote the story of who I am. And I am never going back to the boy who didn't believe he mattered.

“I looked at my future, hated what I saw, and chose to rewrite it.”



THE ART OF BECOMING BETTER

EVERYDAY



Javed Anwar
CCSIT

"Success is a journey, not a destination. Disappointments, rejections, unsuccessful attempts, and criticism are not failures to successful people; they are part of the process. Winners use failures as stepping stones to success. This is the primary difference between those who win and those who don't."

1. Introduction

As the lines above suggest, personal development is not a one-time event but a continuous evolution. For a student, growth is about much more than just mastering a syllabus or earning a degree. It involves a conscious, daily effort to refine one's mindset, skills, and character. Real transformation begins the moment we stop viewing challenges as obstacles and start seeing them as opportunities to evolve.

2. The Power of a Growth Mindset

The foundation of personal transformation lies in our mindset. In highly technical and competitive fields, it is easy to feel overwhelmed by shifting technologies or demanding projects. However, a successful individual understands that an unsuccessful attempt is never a permanent failure. By adopting a growth mindset, we recognize that our abilities can be developed through dedication and persistence. This shift in thinking is exactly what separates those who move forward from those who remain stagnant. Every challenge becomes an opportunity to learn, every setback becomes a lesson.

3. Consistency and Habits

Transformation is rarely the result of a single, massive change; rather, it is the collection of small, daily habits. Whether it is dedicating an extra hour to mastering a complex skill, improving time management, or learning to process criticism constructively, these incremental steps build a strong personality. Discipline acts as the bridge between our goals and our achievements. When we remain consistent, even the smallest efforts compound into significant results over time.

4. Turning Failures into Stepping Stones

Along the journey, rejections and disappointments are inevitable. However, winners treat these experiences as essential data points. Every rejection teaches us what to avoid, and every piece of criticism helps us refine our work. Instead of succumbing to discouragement, we must use these moments to analyze our mistakes and return stronger. This resilience is the true core of personal transformation.

5. Conclusion

In summary, personal development is a lifelong pursuit of becoming the best version of ourselves. It requires patience, hard work, and the courage to face failure head-on. As students, focusing on building character and practical skills today ensures we aren't just ready for a career—we are ready for life. Ultimately, the journey itself is where the real success is found.

Silent Heroes of Campus:

STAFF WE OFTEN IGNORE



Waliya Faheem
College of Nursing

College life is often remembered for lectures, examinations, friendships, and achievements. Amid these memories, we frequently overlook a group of individuals whose contribution is essential to our daily routine—the campus support staff. They are the silent heroes who work tirelessly behind the scenes to ensure that the institution functions smoothly.

One morning, while preparing for an important internal examination, I reached my classroom much earlier than usual. The campus was quiet, and I noticed a housekeeping staff member cleaning the room carefully, arranging benches, and ensuring the floor was spotless. Despite the early hour, she worked with dedication and calmness. When I greeted her, she smiled warmly and continued her work. That simple moment made me realize how much effort goes unnoticed in our everyday college life.

From security guards who ensure our safety to housekeeping staff who maintain cleanliness, their roles are vital. Gardeners keep the campus green and welcoming, office staff patiently manage administrative work, and cafeteria workers ensure students are nourished during long academic days. Each of them contributes silently, without expecting recognition or appreciation.

What truly defines these individuals as heroes is their consistency and sense of responsibility. Many of them work long hours, often before students arrive and after they leave.

They face physical exhaustion, limited acknowledgment, and yet perform their duties with sincerity and dignity. A simple “thank you” or respectful interaction can make a meaningful difference, but such gestures are often forgotten in our busy schedules.

College education is not limited to academic knowledge alone. It is also about learning values such as respect, empathy, and gratitude. Recognizing the efforts of campus staff teaches us humility and helps shape our character. They may not teach us lessons from textbooks, but they teach us the importance of hard work and dedication through their actions.

As students and future professionals, it is our responsibility to acknowledge and respect every individual who contributes to our growth. The silent heroes of our campus may remain in the background, but their work forms the foundation of our daily academic life. By appreciating them, we take a step toward becoming more aware, compassionate, and responsible members of society.

“They may not wear uniforms of honor or stand on stages, but their quiet service makes them the true heroes of our campus.”

AI isn't taking your job- **YOUR LACK OF ADAPTION IS**



Shreya Shree
CCSIT

We like to blame AI for the chaos in modern careers. But change didn't begin with artificial intelligence — it began the moment humans did. We evolved from surviving in the wild to building civilizations, from trading to industrialization, from computers to today's intelligent systems. Every major leap in human history has come with disruption, and yet we act as if AI is the first threat we've ever faced. This denial is the real danger.

At some point, we have to stop living in denial. Innovation has always replaced the old with the new — a force economists call creative destruction. This idea became the focus of this year's Nobel Prize in Economics, awarded to scholars who explained how economic progress depends on destroying outdated systems and embracing better ones. It's not a gentle process. It never has been.

AI is simply the newest catalyst in this centuries-old cycle. It's not taking jobs out of malice; it's pushing the world forward. The real problem is that many of us are standing still while everything else evolves. In the age of AI, the threat isn't the technology — it's the refusal to adapt to it.

Before we rush to learn new tools or chase the latest trends, we have to confront the mindset that holds us back. Most people aren't losing to AI because they lack intelligence or potential — they're losing because they cling to comfort. We were raised to trust predictable career paths, stable job titles, and the idea that once you become "qualified," your future is secure.

But that world doesn't exist anymore. In an era where technology evolves faster than our expectations, comfort has become a liability. The first real step in surviving this shift is accepting that stability is no longer guaranteed. Adaptability — not tradition, not degrees, not job titles — is the only skill the future respects.

The next step is recognizing that outdated systems can't prepare us for a world moving this fast. For decades, we were taught to depend on traditional degrees as our primary proof of competence — but AI has rewritten that rule. Skills that once lasted an entire career now expire within years, sometimes months, as technology advances far faster than universities can update their curricula.

Employers no longer care about certificates as much as your ability to learn, adapt, and stay relevant. And in this new landscape, trying to compete against AI is pointless; you will lose every time. But learning to collaborate with AI — to use it as leverage rather than viewing it as competition — transforms you from replaceable to irreplaceable. This shift, from relying on fixed qualifications to embracing continuous learning and AI-enabled thinking, is what separates those who will thrive from those who will be left behind.

As we move deeper into the age of AI, the question is no longer whether our careers will change, but whether we will change with them. Creative destruction has always shaped human progress, and this moment is no different — except for the speed at which it's happening.

We can either cling to familiar systems and outdated assumptions, or we can choose to evolve, learn, and rethink what it means to stay relevant. AI is not here to replace our potential; it's here to expose our reluctance to grow. And maybe that's the uncomfortable truth we need to hear. Because in a world where technology keeps accelerating, the real risk isn't being replaced by a machine — it's being outpaced by our own unwillingness to adapt. Another critical shift is the need to cultivate uniquely human capabilities that AI cannot easily replicate.

While machines can process vast amounts of data, generate content, and automate repetitive tasks, they still struggle to replace qualities such as empathy, ethical judgment, creativity, leadership, and emotional intelligence. The professionals who will thrive in the coming years will not be those who simply know how to use AI, but those who combine technological proficiency with distinctly human strengths. The future belongs to individuals who can think critically, solve complex problems, communicate effectively.

"The future doesn't belong to those who fear AI—it belongs to those who learn to work with it. Technology may replace repetitive tasks, but it can never replace a mind that keeps learning, adapting, and creating value."

Sollace and the **ILLUSION** *of Freedom*



Vaishnavi Taneja
College of Nursing



Freedom is often discussed in absolutes. It is commonly associated with choice, independence, or the absence of limits and boundaries. From a distance, it appears simple—something to be achieved once external restrictions are removed.

When we speak of freedom in a social sense, we often relate it to systems like family expectations, economic pressures, cultural norms, and the invisible timelines we are expected to follow. These structures, subtle yet powerful, shape who we become and how we learn to measure ourselves.

Over time, however, it has become clear to me that the absence of external restraints does not necessarily create true freedom. Even when pressure fades, the mind rarely follows. Thoughts continue to operate at full throttle, drifting between memory, imagination, and a persistent anxiety. Stillness has become unfamiliar, and mental unrest has quietly normalized itself as part of everyday life.

In response, we seek comfort wherever we can find it. Music, routines, people, and digital spaces become our refuges in an increasingly demanding and fast-moving world. These escapes are not inherently negative; they become concerning only when they remain unexamined—when we never pause to ask ourselves what exactly we are escaping from.

Lately, I am learning to accept solace where I find it. Not as a permanent solution, but as a necessary pause. Perhaps rest, rather than freedom in its grandest sense, is what we are truly searching for. And perhaps it is within these pauses that we come closer to understanding what freedom personally means to us.

In a world that constantly asks us to perform, to decide, and to endure, choosing to pause feels like a rebellion in itself. And for now, allowing myself that pause, feels like my own version of freedom.

"True freedom is not the absence of responsibilities or boundaries, it is the presence of inner peace. Sometimes, the bravest act is not to keep moving, but to pause, breathe, and choose yourself amidst the noise of the world."

The people who saw my Light Before I did



Ishita Khanna
TMIMT

There was a time in my academic journey when I genuinely believed that students like me go unnoticed – the ones who weren't always speaking up or always participating, the silent ones, or the ones not shining in the first row. I used to think teachers notice those students who are active, always participating, and have extroverted and bold personalities. And somewhere in that space I feel unheard and unseen.

But I was proven completely wrong. One day, I saw the HOD talking softly and calmly to a student who shared his dream of being a cricketer but whose parents don't support it. The HOD sir patiently listened to him and showed the path by guiding and encouraging him to participate in the college cricket tournament, and from there more paths and opportunities will come, which will help him to fulfil his dreams. And in that I realized something beautiful:

In our college, we don't only talk about careers, jobs, or entrepreneurship, but we also talk about dreams – quiet dreams, big dreams, and the dreams we hide. And all are heard.

I experienced it myself. A simple compliment from an HOD not only made my day but also became a turning point in my life. When he congratulated me for the book I published, I felt something shift inside me. He not only congratulated me – he also shared it with the course coordinator, who further shared it with Director Sir. Suddenly, doors opened. Opportunities come. And I understood the power of teachers acknowledgement.

A small compliment can not only make your day but also change your life.

I feel incredibly lucky to have such wonderful teachers in my life. These teachers push me to grow and develop. Teachers who motivate and inspire me. Teachers who hear my opinions and dreams. Teachers who bring light in my dark days. Teachers who show me the right path.

One such professor shaped my first year of my master's degree. He always spoke with authority and certainty :

"Ishita, you can do it."

And every time he said this, I felt a spark of confidence in me. I always feel like if someone like him can be so sure about me, how could I not try? I participated in competitions I never thought I could. I did things I once avoided out of fear. And through those experiences I grew.

And it was not only in college. Even in school, I had incredible teachers who still reply, still guide, and still support me whenever I need it. Not everyone gets professors who stay with you even after the classroom ends.

Today, when I look back, I realize something deeply meaningful :

I am who I am because of the people who saw my light long before I recognized it myself. And for that, I feel truly, sincerely lucky.

"Sometimes, all it takes is one teacher who believes in you before you believe in yourself."

The Quiet Climb



Priyanka Koranga
College of Agriculture Sciences

Have you ever congratulated someone on their success and later questioned your own progress in silence?

We witness achievements every day, placements, exam results, certifications, and accolades. We smile. We applaud. Then, in quieter moments, we scroll a little longer, think a little deeper, and wonder: Am I doing enough? Am I falling behind? In a world where accomplishments are posted, liked, and celebrated instantly, progress often feels invisible. The late nights, the repeated revisions, the practice tests, no one sees that they rarely receive applause.

"The world applauds the outcome, but your future is built by the quiet days when you choose consistency over comparison."

Recently, while listening to a podcast featuring Michael Phelps, [the most decorated Olympian of all time], one idea stayed with me: he did not speak only about medals or records. Instead, he spoke about consistency in showing up every single day, even when he did not feel like it. Not motivation. Not inspiration. Just discipline. Winning, he explained, is rarely dramatic. It is repetitive. It is often boring. And it is built long before the applause arrives.

That truth reflects student life more than we admit. Studying when motivation fades. Revising chapters while others celebrate. Preparing for exams that still feel distant. Balancing daily responsibilities while quietly carrying bigger dreams. Some days you move forward. Some days you feel stuck. And on certain days, doing nothing feels like failure. But growth is not always visible. Progress is not always loud.

The quiet climb is not about racing others. It is about resilience. It is choosing consistency over comparison. Self-doubt will visit, especially in silence. People will move at their own pace. That does not mean you are behind; it means your journey is unfolding differently.

It is okay to have slow days. It is okay to feel uncertain. What matters is that you return to your work, again and again, even when no one is watching. You are not behind. You are building.

**Always get up
and keep moving
forward... It may
be slow but it is
still progress.**

- Diana Morrow -

Campus life and **Community**

Engagement: The Journey that Shapes Us



Ansh Sharma
CCSIT

Campus life is often described as a phase of education, but at Teerthanker Mahaveer University it becomes something far more profound—a space where learning is not confined to classrooms but woven into every interaction, every challenge, and every opportunity that crosses our path. For many students like me, TMU has been more than an institution; it has been a place where identity is shaped, confidence is built, and purpose gradually emerges.

When I first stepped onto the campus, I carried the same uncertainties most students do—questions about the future, my abilities, and where I truly fit in. But as I became part of the TMU community, the campus began to respond in ways I hadn't expected. It wasn't the buildings or facilities that transformed me, but the experiences, the people, and the culture that encourages students to try, explore, fail, grow, and rise stronger.

One of the most defining aspects of TMU is its emphasis on community engagement. Whether it was working with TMIX as President, anchoring events under CTLD, TMIX or College event, participating in the Generation Green Initiative (In Collaboration with AICTE, OPPO INDIA, 1M1B), or handling responsibilities during Admission Cell work, each experience pushed me into real-world situations where I had to communicate, coordinate, and lead. These engagements were not just tasks—they were lessons in understanding people, solving problems, and managing responsibilities with maturity.

There were days of high pressure—coordinating events, managing backstage chaos, guiding juniors, or balancing my technical subjects with public-facing responsibilities. But those are the moments that quietly shaped me. I learned how to keep calm when things didn't go as planned, how to take charge when a situation demanded leadership, and how to work with others despite different personalities, perspectives, and expectations.

What truly defines TMU's campus life is this blend of personal growth through community involvement. Through events hosted by CTLD, I discovered a voice I didn't know I had—whether it was anchoring VocabAddict, contributing ideas and being runner up in CrossRoads 4.0, or helping organise learning-centric activities. Through university societies, I developed the courage to take initiative and the confidence to represent my institution. And through my interactions with juniors and peers, I learned the value of empathy and mentorship.

Campus life also taught me that real growth does not always come with applause or certificates. Sometimes it comes quietly—when you help a teammate handle pressure, when you manage responsibilities despite personal challenges, when you are trusted for your dependability, or when you realise how much you've evolved without even noticing.

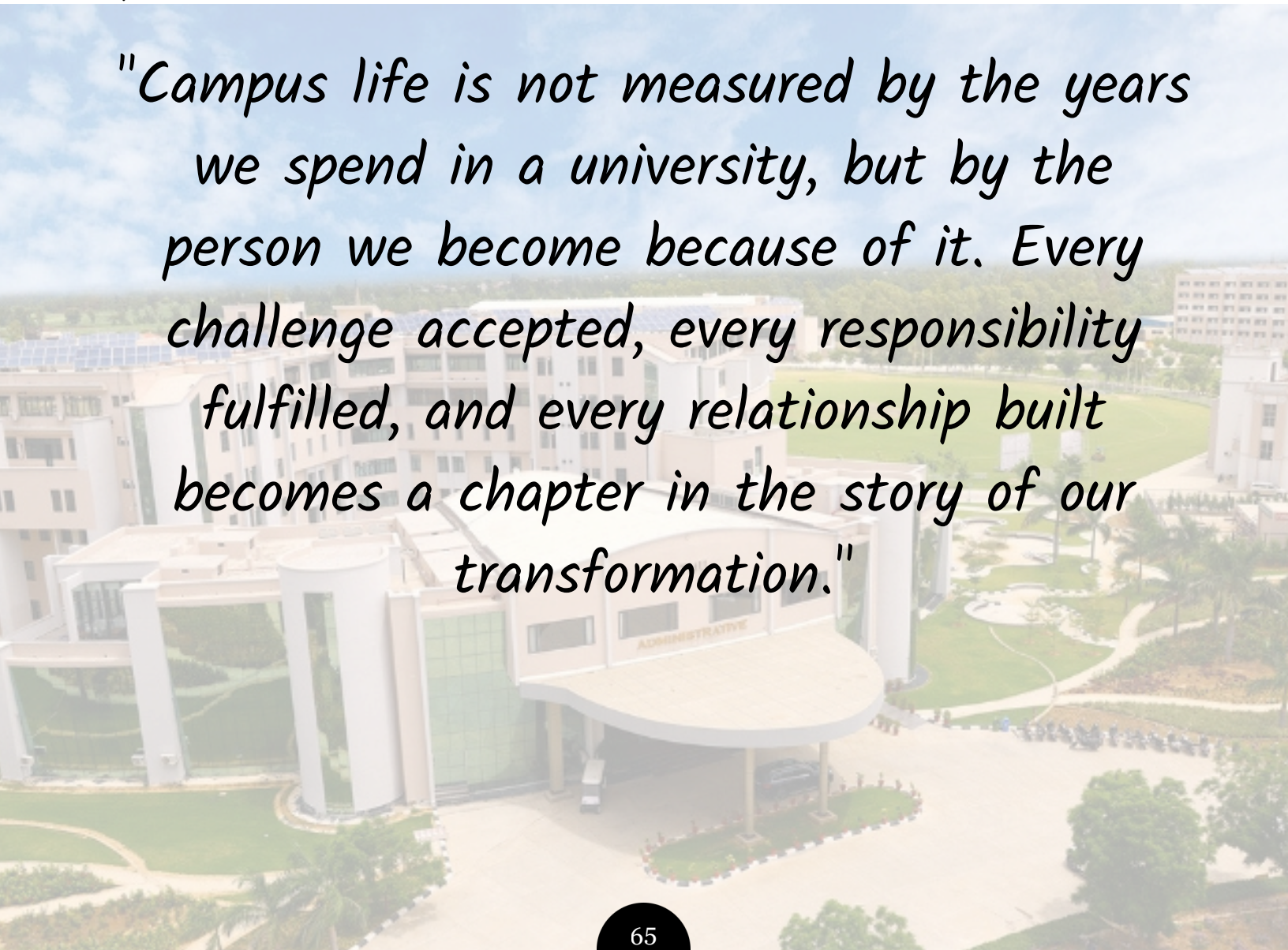
My journey through TMU's community also changed the way I saw myself. Before, I often

separated my technical ambitions from my organisational and leadership abilities. But through my experiences here, I understood that a well-rounded engineer is not only defined by knowledge but by communication, teamwork, problem-solving, and the ability to remain grounded even while taking on roles of responsibility.

The campus itself plays a subtle yet powerful role in this transformation. The familiar paths, the lively corridors, the student gatherings, and the energy of events create an ecosystem that nurtures growth. It's where friendships turn into support systems, responsibilities turn into achievements, and challenges turn into milestones. Every student eventually finds "their place" here—whether in labs, stages, clubs, events, or the unforgettable everyday moments that slowly shape who we become.

Today, as I look back, I realise that TMU not only educated me—it changed me. It taught me how to take ownership, how to build relationships, how to lead with humility, and how to belong to a community where everyone contributes something unique. The campus didn't just prepare me for a career; it prepared me for life.

TMU's culture of engagement continues to inspire thousands of students, including me, to step forward confidently, explore freely, and grow continuously. And through this journey, we learn the most important lesson—that education is not just what we study, but who we become along the way. Every opportunity to participate, collaborate, and lead helps us discover our strengths, overcome our limitations, and develop the confidence to face real-world challenges. These experiences shape us into responsible professionals and compassionate individuals.



"Campus life is not measured by the years we spend in a university, but by the person we become because of it. Every challenge accepted, every responsibility fulfilled, and every relationship built becomes a chapter in the story of our transformation."

Make the Middle Count



Pavitra Mariyam Manoj
College of Nursing

I think most of the time, I'm not scared of failing, but I'm scared of people watching me fail, of looking awkward, of not knowing what I'm doing. So I pause, I delay, I tell myself I'll start when I'm ready, but readiness never really comes. And I'm slowly realising that life doesn't wait for confidence — it only responds to action, even if it's messy or cringe.

So let's start living our lives without the fear of judgment. Let's try new things and have the guts to look dumb in front of people, as starting new things will make us look cringey at the beginning. But let's make sure we begin, because growth comes only if we begin.

Let's start exploring new things like skating or pottery or self-defence or dance or singing, acting, or journaling. Let's pick up weights and build strength, swim deep beneath the water, or play basketball or volleyball or badminton or tennis.

Let's not wait for the perfect time or perfect resources, but "just start" with the minimal things we already have — because the perfect time never comes. Let's not fear the judgment of other humans, as most of those who judge are the ones with zero experience. The ones with experience rarely judge — they support.

Let's attract people with wisdom, depth and empathy, as the circle we're in matters the most. Let's be happy, loving, enjoy life, find peace, and live fully — because that's what makes life so beautiful.

We're going to die someday. Sorry to break the bad news, but it begs the question: if know how

the story ends, why not make the middle really good?

Let's put down the little dopamine machine and go do something: build something, feel something, risk something. Change someone's life. Change our own. Learn, travel, build, break and try again.

Let's study our heroes. Pick up a camera and say something to your younger self, fall in love, lose it, find it again, find ourselves, lose ourselves. Let's get obsessed with something that makes us forget to check our phones. Because someday, we'll run out of these "somedays." And all that will matter is whether we actually lived.

Life is not asking us to be perfect; it is asking us to be present. Every conversation we initiate, every skill we learn, every fear we confront, and every challenge we embrace becomes a part of the person we are becoming. The beauty of life lies not in reaching a flawless destination but in collecting meaningful experiences that shape our character. So let us stop waiting for confidence to arrive and start creating it through action, one imperfect step at a time.

So start. Start messy. Start small. Start loud if you want. The first step is always imperfect — that's how it's supposed to be.

Who are we now?

-Darshil Jain
CCSIT

Another breath gone.
You? Different.
A blink ago, the air held your shape,
but your eyes have shifted, something new.
Yes, cells turn, sure,
but thoughts bloom, shadows drift.
Each shared look, a subtle tap reshaping us.
My own insides churn,
yesterday's gone, and today is here.
Who am I now to meet your now?
We build knowing brick by fragile brick
on shifting ground, tiny quakes each second.
That smile?
The same as before?
or etched with fresh worry?
We're strangers, forever becoming strangers,
bound by a fading past rewritten each
moment.
The "you" I knew dissolves,
reforming in a breath.
And me?
A swirl of changes too.
Don't promise forever,
just this fragile now.
Two maybes meeting,
rivers never the same.
The "you" I reach for...gone,
the "me" offering...gone.
All that remains is the raw ache
of constant change.
Breathe.
Again.
Who are we now?

Innovation

And Change in Education



Wazia Zainab
CCSIT

“Innovation is not just shaping education – it is shaping our future, and as students, we hold the power to lead this transformation.”

A New Era of Learning

Education is no longer confined to the Four walls of a classroom. With the rise of technology, teaching and learning have evolved into more dynamic, interactive, and accessible experiences. Smartboards have replaced chalkboards, and online platforms like Google Classroom, Coursera, and Khan Academy have turned the world into one big classroom.

During the pandemic, millions of students continued their studies through virtual learning — a powerful example of how innovation ensures that education never stops, regardless of the circumstances.

From Rote to Real Learning

The focus of modern education has shifted from memorization to imagination. The goal is not to fill minds with facts but to empower students to think critically, creatively, and independently.

Schools and universities are now adopting project-based learning and hands-on experiences that promote collaboration, leadership, and problem-solving.

Examples:

- Students build prototypes in STEM labs to solve real-world problems.
- Participate in hackathons, coding challenges, and innovation fairs.
- Work on interdisciplinary projects combining science, art, and social studies.

This transformation is redefining education — moving from learning facts to creating solutions and fostering curiosity-driven exploration.

Moreover, technology assists differently-abled students through features like speech recognition, subtitles, and audio-based content — making education more equal and empowering for everyone.

In addition, technology allows students to connect globally, participate in virtual exchange programs, and collaborate with peers across continents, broadening perspectives and nurturing cultural understanding. Innovation isn't just changing classrooms; it's breaking barriers.

Balancing Innovation with Human Touch

As we embrace digital transformation, it's important to remember that technology is a tool, not a teacher. True learning requires the human connection — the guidance of a teacher who inspires curiosity and compassion.

Technology can support learning, but it is the teacher who helps students understand, explore ideas deeply, and develop critical thinking skills.

**“If we teach today as
We taught yesterday,
We rob our children
of tomorrow.”
– John Dewey.**

Leadership, Ethics and Purpose:

The foundation

of meaningful success



Khushi Jain
TMIMT

In today's dynamic and interconnected world, leadership is no longer defined merely by authority or position. True leadership is rooted in values, guided by ethics, and driven by a meaningful purpose. Leaders who combine these three elements are capable of inspiring others, creating positive change, and building organizations and communities that thrive in the long term.

Leadership begins with the ability to influence and guide others toward a shared goal. However, influence without ethical responsibility can easily lead to misuse of power. Ethical leadership ensures that decisions are made with fairness, transparency, and integrity. Leaders who prioritize ethics build trust among their teams and stakeholders. Trust is the foundation of any successful organization because it encourages collaboration, accountability, and commitment.

"True leadership is revealed not in moments of comfort, but in moments of difficult choices. Ethics provides the courage to choose what is right, purpose provides the strength to keep moving forward, and together they transform ordinary leaders into extraordinary changemakers."

Ethics in leadership also involves making difficult decisions that balance organizational success with social responsibility. Ethical leaders consider the impact of their actions not only on profits but also on people, society, and the environment. They demonstrate honesty in communication, respect diverse perspectives, and promote a culture where ethical behavior is encouraged and rewarded.



Purpose adds another powerful dimension to leadership. While goals focus on achieving results, purpose provides the deeper reason behind those efforts. Leaders with a strong sense of purpose inspire others by connecting work with meaningful impact. Employees are more motivated when they believe their contributions serve a greater good beyond financial gain. Purpose-driven leadership encourages innovation, resilience, and long-term vision.

Moreover, leaders who align ethics with purpose are better equipped to navigate challenges and uncertainties. In times of crisis or change, their values guide their decisions and help maintain stability within the organization. Such leaders set examples through their actions, showing that success does not require compromising integrity. Instead, ethical principles strengthen credibility and reputation.

Developing leadership that integrates ethics and purpose requires continuous self-reflection and learning. Leaders must remain aware of their values, responsibilities, and the influence they have on others. By practicing empathy, accountability, and transparency, they create an environment where individuals feel respected and empowered. Effective leaders also recognize that leadership is not about having all the answers but about being willing to listen, adapt, and grow with every experience.

In conclusion, leadership, ethics, and purpose together form the foundation of meaningful and sustainable success. Leadership provides direction, ethics ensure responsible decision-making, and purpose gives work its deeper significance. When these elements are combined, leaders not only achieve organizational goals but also contribute positively to society. Such leadership inspires individuals, strengthens communities, and shapes a future built on integrity and shared progress.



"Leadership is not about standing above others; it is about standing for something greater than yourself. When leaders are guided by ethics and driven by purpose, they do more than achieve success—they inspire trust, empower people, and create a legacy that continues long after their work is done."

**DO
MORE
OF
WHAT
MAKES
YOU
HAPPY.**



Gratitude for CTLD



“

CTLD is a department in our university that has helped me understand many fundamental concepts in a clear and effective way. It has also taught me several valuable skills that have enabled me to better manage my personal and academic life and handle my tasks in a more organized and efficient manner. I am always grateful for the lessons I have learned and continue to learn.

Ujjwal Gupta
B.Pharma 6th Sem



“

My experience with CTLD has been truly enriching and transformative. It has played a significant role in boosting my confidence and bringing out the leadership qualities that were hidden within me. The sessions have always encouraged me to step out of my comfort zone and actively participate. I sincerely hope CTLD classes continue in every semester, as they add great value to our overall development.

Arisha Parveen
B.Sc. RIT 4th Sem



“

I would like to share my thoughts on the CTLD sessions. I believe these classes are great for our personal growth. Since joining, I have noticed a big change in my confidence. Before, I was shy about speaking in public, but now I can express my ideas much more easily. The sessions are very active. I really enjoy the group tasks and presentations because they keep us involved and make learning fun. It is nice to have a place where we can share our own opinions.

Shifan Rizvi
M.Sc Nursing 1st Yr.



“

I would like to give my opinion about CTLD classes. To be honest, CTLD sessions have improved my overall skills. Previously, I used to be a little bit hesitant but now I feel more confident in expressing myself and now I can contribute or present myself during lectures. CTLD makes the lectures easy for one to learn without being tensed up or have hesitation in public speaking. Moreover it helps the individuals to know about themselves and about their own personalities which is a great thing.

Anika Singh
B.Sc. Agri 2nd Sem

Gratitude for CTLD



“

The CTLD department at our university has helped me understand personality development, clear my doubts, and build a strong personality. It has also equipped me with valuable skills like communication, which have greatly improved my ability to manage both personal and professional life. This department is crucial in shaping my career towards a great personality.

Darshan Sushil Jain

B.Sc. Agri 6th Sem



“

I would like to share my experience with the CTLD sessions. These classes have been very helpful for my overall development. They provide a positive environment where we can improve not only academically but also personally. Through these sessions, I have gained more confidence in expressing my thoughts. Earlier, I used to hesitate, but now I feel more comfortable speaking in front of others.

Yashita Goyal

MCA 2nd Sem



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Being BCA students, CTLD has been a very important part of our learning journey. It provided us with skills beyond the classroom. We improved our public speaking and interpersonal communication. The sessions were interactive and full of real-life examples. We gained confidence to participate in group discussions. CTLD also helped us understand professional behavior.

Divyanshi Jain

BCA 6th Sem



“

I would like to thank the CTLD department for creating an exceptional transformation in my soft skills. The teaching and learning methods adopted at CTLD is exceptionally well. I had a great experience in personal and professional life and got good support from them.

Anand Raj

B.Sc. Agri 5th Sem

EVENTS AT A GLIMPSE

Brain Manthan 5.0

Brain Manthan 5.0, organized by CTLD, witnessed the participation of 341 teams (1,023 students) in a three-phase competition promoting critical thinking and teamwork. Team Proxy (B.A., B.Ed.) emerged as the Winner, while Team Aspire (B.Tech CSE-AI) and Team Alpha (B.Tech TCS-DS) secured the First and Second Runner-up positions. The event celebrated analytical excellence, innovation, and collaborative learning among students.



Samarthya Bodh 4.0

Samarthya Bodh 4.0, organized by CTLD, provided B.Tech and MBA students with a realistic recruitment experience through aptitude tests, group discussions, technical assessments, and HR interviews. The two-day mock recruitment drive enhanced students' employability, confidence, and interview readiness, with 25 participants receiving mock offer letters across different CTC categories, preparing them for future campus placements.



EVENTS AT A GLIMPSE

Speech Masters 3.0

SpeechMasters 3.0, organized by CTLD, brought together 310 students in a three-round public speaking competition to enhance communication, confidence, and leadership skills. Samriddhi Sharma (BA LLB) emerged as the Winner, while Atindra Jha (BA B.Ed.) and Manya Sharma (BA B.Ed.) secured the First and Second Runner-up positions, respectively. The event celebrated eloquence, critical thinking, and stage presence, inspiring students to become confident and impactful communicators.



Crossroads 5.0

Crossroads 5.0, organized by CTLD, was an inter-university case study competition that challenged students to develop innovative and sustainable solutions to real-world problems. Team Victory Vipers (Kritika Teotia, Kushagra Verma – V.S. Institute of Engineering & Technology) emerged as the Winner, while Team Nexus Architects (TMU) and Team SustainX (Moradabad Institute of Technology) secured the Second and Third positions, respectively. The event successfully promoted analytical thinking, teamwork, ethical decision-making, and practical problem-solving among participants.



EVENTS AT A GLIMPSE

Vocabaddicts 6.0

Vocabaddicts 6.0, organized by CTLD, engaged nearly 800 students in a multi-round vocabulary and communication competition designed to strengthen linguistic, cognitive, and teamwork skills. Team TrioVision emerged as the Winner, while Team Logophiles and Team V Rangers secured the First and Second Runner-up positions, respectively, celebrating excellence in language and critical thinking.



Career Talks: Pathways to Success – Corporate Readiness successfully launched as the first expert session under the Career Talks series, equipping students with practical insights into modern recruitment practices, resume building, interview preparation, and corporate expectations. Led by industry expert Ms. Deepti Verma, the highly interactive session bridged the gap between academic learning and workplace realities through real-world examples and engaging discussions. The programme received an enthusiastic response from students and effectively strengthened their career readiness, confidence, and employability skills.



EXTENTION ACTIVITIES

FDPs for Faculty Members

In response to the ever-changing landscape of the global workforce, and recognizing the increasing importance of 21st century skills, the Centre for Teaching Learning & Development (CTLTD) at Teerthanker Mahaveer University has taken a significant step to equip the faculty members on topics like Gamification, Effective Teambuilding for Academic Excellence, etc.



ICT Training for Faculty Members

The ICT Training Program on Innovative ICT Training for Staff – Enhancing Skills in Excel and PowerPoint enhanced participants' digital competencies through practical, hands-on sessions on MS Excel and PowerPoint. Faculty and staff gained valuable skills in data management, professional presentations, and effective use of Microsoft Office tools. The interactive training improved workplace efficiency, confidence, and technology adoption across departments. Overall, the programme reinforced the University's commitment to continuous digital learning and professional development.



EXTENTION ACTIVITIES

International Conference

International Online Conference on "Transforming Learning, Leadership & Development in a Rapidly Changing World" was organized by the Centre for Teaching, Learning and Development (CTLTD), Teerthanker Mahaveer University on 12-13 May 2026. The conference brought together academicians, researchers, industry experts, professionals, and students from India and abroad to discuss emerging trends in education, leadership, employability, sustainability, and innovation.



Teerthanker Mahaveer University
Centre for Teaching, Learning & Development
Organizes
International Conference
On
"Transforming Learning, Leadership & Development in a Rapidly Changing World"
(In Association with Indian Society for Training and Development.)

Chief Patrons

- Shri Suresh Jain
Hon'ble Chancellor
- Shri Manish Jain
Group Vice Chairman
- Shri Akshat Jain
Executive Director

Guest of Honour

- Mr. Nayan Parikh
IIM Ahmedabad Alumnus

Chief Guest

- Mr. Prem Singh
President- Group HR
(Group CHRO) JK
Organisation

Guest of Honour

- Mr. Atul Shah
National President
ISTD

Patrons

- Prof. (Dr) V. K. Jain
Hon'ble Vice Chancellor
- Prof. (Dr) Manjula Jain
Dean Academics
- Prof. (Dr) Pankaj Kumar Singh
Director CTLTD

Please scan the QR code to join the Conference.

12 & 13 May 2026 **10:30 AM Onwards** **Mode - Virtual**

National Seminar

Online National Seminar on "Innovate, Integrate, Inspire: Redefining Industry-Academia Collaboration for Viksit Bharat 2047" was organized by the Centre for Teaching, Learning and Development (CTLTD), TMU on 11 November 2025 via Google Meet.

The seminar brought together academicians, researchers, industry leaders, and professionals to strengthen industry-academia collaboration, innovation, employability, and curriculum transformation aligned with the vision of Viksit Bharat 2047.



TMU-BUSINESS INCUBATION CENTRE
Idemur te actum
Centre for Teaching, Learning and Development
Organizes
Online National Seminar on
"Innovate, Integrate, Inspire: Redefining Industry-Academia Collaboration for Viksit Bharat 2047"

Chief Patrons

- Shri Suresh Jain
Hon'ble Chancellor
- Shri Manish Jain
Group Vice Chairman
- Shri Akshat Jain
Executive Director

Resource Persons

- Mr. Akshay Saxena
Head-HR & IR, HEG Limited
- Mr. Harendra Kumar Garg
Chairman, Manhari Group
- Mr. Pankaj Tewari
GM-HR, CK Birla Hospital
- Mr. Vinay Singh
Director, Litwork
- Dr. Ravi Raj Chauhan
Ex- DGM, SHL
- Mr. Anant Aggarwal
Director- Marketing, Innovation and
Inside Sales, Cogent Infotech

Patrons

- Prof. (Dr) V. K. Jain
Hon'ble Vice Chancellor
- Prof. (Dr) Manjula Jain
Dean Academics
- Prof. (Dr) Pankaj Kumar Singh
Director CTLTD

Convener

- Dr. Jasmine Stephen
Chief Trainer- CTLTD

REGISTER HERE

Date: 11 November, 2025 **Online Mode** **Time: 03:00 PM to 05:00 PM**

EXTENSION ACTIVITIES

MoU with NIIT Foundation

Memorandum of Understanding (MoU) with NIIT Foundation was signed by CTLD, Teerthanker Mahaveer University on 3 April 2026 to strengthen students' employability and digital skills. The partnership focuses on industry-aligned training, certifications, internships, and placement support in emerging technologies such as AI and Cyber Security. Following the MoU, faculty development programmes and skill-based certification courses were launched, benefiting over 350 students.



MoU with Aspiring Leaders India Foundation

Signing of Memorandum of Understanding (MoU) with Aspiring Leaders India Foundation (ALIF) was undertaken by the Centre for Teaching, Learning and Development (CTLD), Teerthanker Mahaveer University on 19 February 2026 to strengthen leadership development, employability, and global learning opportunities for students. The collaboration aims to provide structured mentorship, international exposure, career readiness, internships, and professional development through the Aspire Leaders Program, with special focus on first-generation and economically disadvantaged learners.



EXTENTION ACTIVITIES

MDP on STRESS PREVENTION to Uttar Pradesh Police

A special training programme was organised by the Police Training Directorate, Uttar Pradesh, at RTC Reserve Police Line, Moradabad on 22 August 2025. Prof. (Dr.) Pankaj Kumar Singh, Director, CTLD, Teerthanker Mahaveer University, delivered an expert session on "Prevention of Emotional and Mental Stress." The programme was attended by senior police officials, traffic police personnel, and over 1,000 trainee constables as part of their recruitment training. The session focused on enhancing mental resilience, stress management, and overall workplace effectiveness among police personnel.



SDP for Staff Members

The Centre for Teaching, Learning and Development (CTLD) organized a three-day Summer Staff Development Programme on "Digital Professionalism Mastery" from 17-19 June 2026 for non-teaching staff. Around 40 participants enhanced their digital skills, professional communication, workplace productivity, and administrative efficiency through interactive sessions and hands-on activities. Expert trainers Ms. Nidhi Gupta, Prof. (Dr.) Pankaj Kumar Singh, and Mr. Utkarsh Gupta delivered practical insights on digital tools, workplace professionalism, and collaboration. The programme received excellent feedback and significantly strengthened participants' confidence and professional competencies for the modern workplace.



TEERTHANKER MAHA^{VEER} UNIVERSITY

TOP PRIVATE UNIVERSITY IN UP



82

% Outstanding
Placements
Rate

100

% Placement Assistant
through our dedicated
CRC Team

14

On-Campus Colleges
& Departments

100+

Collaborations with
**National and International
Organizations**