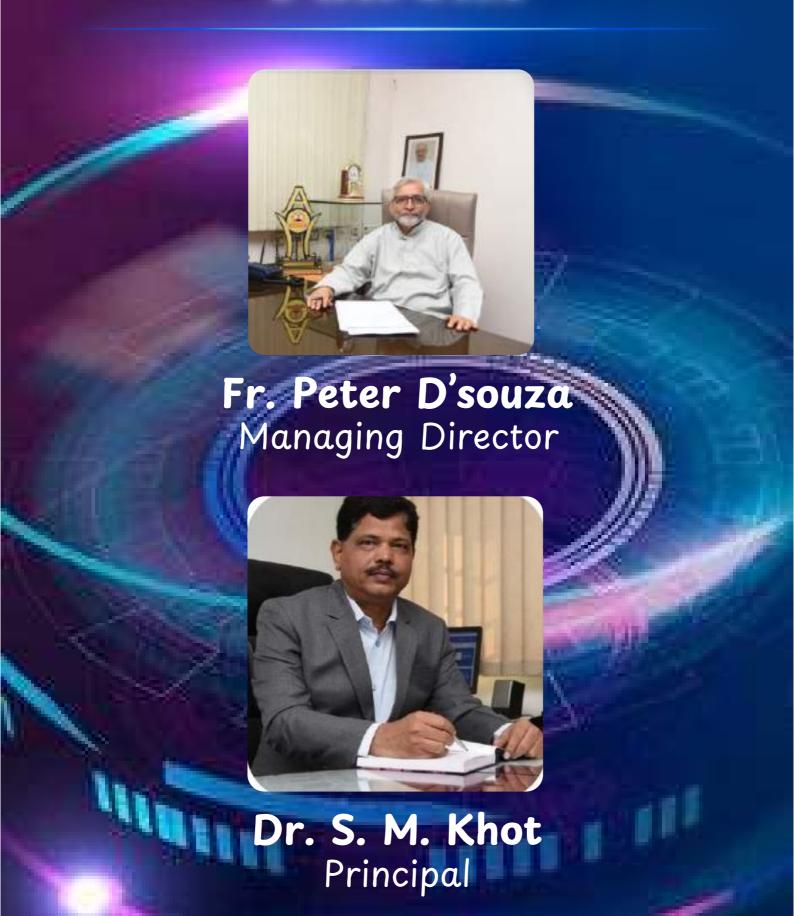
Patrons



Institute Vision

Institute Vision

To evolve and flourish as a progressive centre for modern technical education, stirring creativity in every student leading to self-sustainable professionals, through holistic development; nurtured by strength and legitimate pride of Indian values and ethics.

Institute Mission

- To provide industry oriented quality education.
- To provide holistic environment for overall personal development.
- To foster relationship with other institute of repute, alumni and industry.

Department of Information Technology

Department Vision

To become a leading center of excellence for quality education, advance research and development in the field of Information Technology for self-sustaining professionals.

Department Mission

- To provide industry oriented quality education and training to students related to cutting edge technologies in the field of information technology.
- To promote multidisciplinary activities that inspires students to serve society through innovative applications.
- To promote entrepreneurship skills in students with overall personality development.

PROGRAM EDUCATIONAL OBJECTIVES (PEOs)

Graduate will be able to:

- Adapt technological changes in the field of information technology.
- Excel in higher education and professional career.
- Demonstrate multidisciplinary and entrepreneurship skills.

PROGRAM SPECIFIC OBJECTIVES (PSOs)

Graduate will be able to:

- Adapt to the technological advancements in the field of Artificial Intelligence and Data Science.
- Develop research strategy in the domain of Internet of Things and Security.



HOD's Message

Dr. Shubhangi Vaikole

Being a part of Fr. C. Rodrigues Institute of Technology and leading the department of Information Technology, I take this opportunity to broach the department. The constant drive of the institute to provide innovative and quality education, has motivated us to develop and provide futuristic education to the students.

The department strives to provide students with core competence in the field of IT which helps them to comprehend technical concepts to develop novel projects and provide solutions to the real-life problems. Our faculty work with excellent team spirit in different technical team which leads to key research publications in these areas. We believe in tailored grooming of each student's needs by organizing technical workshops and competitive events such as Hackathons, Seminars from eminent voices of the industry, which helps them to access every subdomain in the field of Information Technology. To bridge the gap between industry and academia, the CSI students section are actively organizing event listed above/below. Students not only participate in these events but lead them, thus helping them to improve on important attributes such as collaboration, communication, and teamwork. Our annual events like AITSS and Infobits empowers our students to collaborate with students from other colleges, thus inculcating a sense of communitu.

Our students have won several accolades at University, National and International levels. Our Department's placement records are unvaryingly high and we are proud that the number of students who are getting placed is increasing year after year. We have a strong alumni network who work with renowned organizations such as Shell, Cognizant, TCS, Infosys, Accenture, Cappemini, etc

The ace infrastructure, well qualified faculty, staff and T&P ensures bright future. I am confident that our students will excel in all stream of life and emerge as an asset to the organization they belong to, the institute, parents and also to the country, at large.

I congratulate all the students and the team of IT for their brilliant and indigenous efforts. On this note, I wish all the students a great academic career.

Editor's Note

Juhi Fernandes

Welcome to a world where technology and creativity meet in perfect harmony. In Symphysis 2024, we take you on a journey that blends art, intellect, and technology into a seamless experience. "Symphysis" means a coming together or a fusion, and that's exactly what this magazine represents - the fusion of ideas, innovation, and expression. Our pages are filled with thought-provoking articles that explore the latest advancements in technology, from Al's incredible growth to the ethical challenges of our digital world. We celebrate the achievements of our students and faculty, showcasing the bright minds who are shaping the future with their coding and computational skills.

In this magazine, you'll find a mix of experimental and innovative art, where digital creations push the limits of traditional perception. Our event pictures capture the excitement and energy of our community, making you feel like you're right there in the action. These visuals highlight the blend of human passion and technological brilliance

that defines Symphysis 2024.

As we navigate the digital age, we celebrate the innovation and the humanity that drive us forward. Let Symphysis 2024 be a testament to the beautiful symphony of human creativity and technological wonders. Join us in this celebration where technology and art come together to inspire and ignite the future.

Department Faculty



Prof. Lakshmi Gadhikar



Dr. Vaishali Bodade



Dr. Archana Shirke



Dr. Trupti Lotlikar



Prof. Dhanashree Hadsul



Prof. Mukta Nivelkar



Prof. Poonam Bari



Prof. Anand Pardeshi



Prof. Rupali Deshmukh

Department Faculty



Prof. Suraj Khandare



Prof. Sharlene Rebeiro



Prof. Supriya Joshi



Prof. Neelima Joshi

Lab Assistants

 $\diamond \langle \! \langle \! \rangle \rangle \diamond$



Binoy Alex



Abhijeet Tandale



Shantanu Shukla

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Prof. Sharlene Rebeiro

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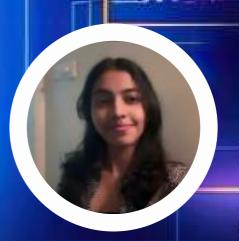


Sakshi More

Magazine Committee



Vaishnuvi Shettar



Angella Benjamin



Divyam Navin



Ashlen



Arsalan Ahmed

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Symphysis'24

AGNEL INFORMATION TECHNOLOGY STUDENT SYMPOSIUM

COMPUTER SOCIETY OF INDIA

CSI-FCRIT

Computer Society of India is the first and largest body of computer professionals in India. Our college conducts the CSI seminar named TECHNOVATION every year wherein all the students of second year engineering, third year engineering and fourth year engineering participate in various events and sessions conducted by the students of our department who are hands on with various ongoing topics related to programming and software developments.

CSI COMMITTEE 2024



CSI Convener Dr. Vaishali Bodade



CSI Coordinator Prof. Sharlene Rebeiro



President Angel Mathew



Vice President Sherwin Nadar



Treasurer Ayush Nair



Venue Head Anushka Sawant



Documentation and Certification Head Richie Thomas



Registration Head Melissa Sequeira



Sponsorship Head Krishnaveni Dudigama



Workshop Head Bhumi Vedant



Contest Head Shreya Hoskeri



Food and Hospitality Head
Krishna Thusoo



Magazine Head Juhi Fernandes

TECHNOVATION'23

The Intra Department level technical event "TECHNOVATION 2023" organized by IT department under CSI Student Chapter took place from 2nd August to 4th August. The event was led and executed successfully under the guidance of Dr. Vaishali Bodade ma'am. The Event was a part of one of the various technical and social events organised under CSI every year since its inception. These events are organised every year with the objective to provide platform for students to showcase their talent with competitive spirit and for them to gain more knowledge in the field. The event was successful enough to attract as many as 170 students of registrations for each day, making it an event attended by more than 140 students on Innovation day. The seminars entrepreneurship, AR & VR 3D animation &VFX, Impact of generative AI, cybersecurity, And the online events that took place were tech memes, Logo making, UI/UX design and Virtual venture And offline contests like Code combat, treasure hunt, Imposter codemania, And workshops on Git GitHub, App development, AWS, Machine learning. Here, the winners encouraged with a certificate participants were also given certificates as a token of encouragement. The event was a great success due to the contribution from the third-year students and the curiosity of the juniors to learn something new.

Symphysis'24







CSI-EVENTS

INFOBITS'24

Infobits was conducted on 02/03/24 in the diploma building seminar hall,4th floor.The seminas were given on "Environment and Sustainability" and "Cutting edge technology-Embracing the world of GPT".It was conducted for the whole IT department.



AGNETHON'24





Agnethon was conducted on 02/03/24 at the moot court in Agnel's School of Law. A total of 110 teams consisting of 415 students participated in Agnethon. This event was conducted by CSI-IT in collaboration with CSI-COMPS and E-Cell.



CSI-EVENTS

TECHSPARKS'24

Techsparks was conducted by IT department on 04/04/2023 where students of FCRIT as well as other colleges participated. The participants showcased their skills through projects and best projects were rewarded based on the regulations of the events.









WINNERS

TECHSPARKS'24

Second Year

Angel Mathew
Ashley James
Shreya Hoskeri
Krishnaveni Dudigama
(FCRIT VASHI)

Darin Joy Vaishnavi Pawar Manmeet Singh Sandhu Shreya Patil (PILLAI COLLEGE)

> Siddhi Patil Reeba Patel Melissa Sequeira Anushka Pawar (FCRIT VASHI)

WINNERS

TECHSPARKS'24

Third Year



Adhiraj More Krishanan Sahil Brid Omkar Shivarkar (SIES GST)



Shruti Dalvi Ananth Balvalli Austin Paul (FCRIT VASHI)



Harshali Patil Shriraj Patil Shreyash Pawar Rahul Deoghare (FCRIT VASHI)

WINNERS

TECHSPARKS'24

Fourth Year



Srianjana Raju Soham Swamy Siddharth Veeramani Siddhant Singh (SIES)

> Rida Bangi Mahati Rane Bhakti Phalke Phebe Thomas (FCRIT VASHI)

PTI SH23





FE Department Orientation







ALUMNI MEET'24

Fr. C. Rodrigues Institute of Technology arranged the Alumni Meet for 2023. The venue of the event was Fr. CRIT College lawns on 7th of January 2024. The participants were alumni, FCRIT students and FCRIT staff. There were about 200 participants in the event.





DOAC 2023-2024

DAB SESSION IT department scheduled Departmental Advisory Board committee (D.A.B) Meeting on 7th January, 2023 at 10:00am in IT department 3rd floor of old building FCRIT Vashi





INDUSTRIAL VISIT

Fr. C. Rodrigues Institute of Technology arranged an Industrial Visit for the students of batch 2020-2024 to Goa. On 2nd of September 2023.





INDUSTRIAL VISIT

Fr. C. Rodrigues Institute of Technology arranged an Industrial Visit for the students of batch 2021-2025 to City Institute of Disaster Management, Parel, Mumbai. On 2nd of September 2023.



The students of batch 2022-2026 were taken to Kloudq Pune for their IV on 24 February 2024.





International Conference

 "Reviewer for International Conference at A C Patil Engg. College, ICATM 2024 Navi Mumbai FH 24"

Faculty incharge: Mrs. Lakshmi Gadhikar

Date: 05/04/2024

"Publication in International Conference"

Activity: BLOCKCHAIN AND CLOUD BASED TENDER ALLOCATION SYSTEM" in the 5th International Conference on Advances in Distributed Computing and Machine Learning (ICADCML)-2024 organized by School of Electronics Engineering,

VIT-AP University, Amaravati, Near Vijayawada, India and San Diego State University, USA during 05-06 January, 2024.

Faculty incharge: Dr. Vaishali Bodade

Date: 05/01/2024 to 06/01/2024

International Conference

"Publication in International Journal(Scopus)"

Activity: SMART CITY INFRASTRUCTURE MONITORING USING AI AND IOT TECHNOLOGIES

Dr. Vaishali V. Sarbhukan (Bodade) Dr. Jyoti S.

More, Dr. Yogesh Jadhav.

Paper Published in International Journal of

INTELLIGENT SYSTEMS AND APPLICATIONS IN ENGINEERING

Faculty incharge: Dr. Vaishali Bodade

Date: 20/03/2024

 REVIEWER "3rd International ConferenceOn ICISML – 24 organised by G H Raisoni College of Engineering And Management"

Faculty incharge: Dr. Vaishali Bodade

Date: 05/01/2024 to 06/01/2024

International Conference

 "Keynote Speech at International Conference"

Activity: Keynote Speech at International Conference on Recent Trends in Artificial Intelligence and Data Science (ICRTAIDS - 2024) at Ajeenkya DY Patil School of Engineering, Lohegaon, Pune on 12th April 2024

Faculty incharge: Dr. Archana Shirke Date: 04/12/2024

"Nivelkar, M.., & Bhirud, S. G. (2024) The
Utilization of Quantum Computing Methods
for the Implementation of Supervised
Machine Learning Frameworks. Theory and
Applications of Engineering"

Activity: Book Chapter

Faculty incharge: Mrs. Mukta Nivelkar

Date: January 2024

International Conference

 "REVIEWR 2nd International Conference on Advances in Technology and Management (ICATM-2024) which was held on April 5-6, 2024, organised by A. C. Patil College of Engineering Kharghar, Navi Mumbai India."

Faculty incharge: Dr. Vaishali Bodade

Date: 05/04/2024 to 06/04/2024

• "Reviewer for 1st IEEE International Conference"

Activity: Reviewer for 1st IEEE International Conference on "Machine Learning algorithms: ICMLA 2024 at Chitkara University, Himachal Pradesh, 23rd -24th February 2024.t

Faculty incharge: Dr. Archana Shirke

Date: 23/02/2024

• "Session chair at International Conference"

Activity: Session chair at International Conference on Recent Trends in Artificial Intelligence and Data Science (ICRTAIDS - 2024) at Ajeenkya DY Patil School of Engineering, Lohegaon, Pune on 12th April 2024.

Faculty incharge: Dr. Archana Shirke

Date: 04/12/2024

International Conference

• "Publication in International Conference"

Activity: Real-Time Video Surveillance System using SSD and Deep SORT algorithm which was selected as the best paper of the session in the 2nd International Conference on Advances in Technology and Management (ICATM-2024) which was held on April 5-6, 2024, organised by A. C. Patil College of Engineering Kharghar, Navi Mumbai India.

Faculty Incharge: Mrs. Neelima Kulkarni

Date: 05/04/2024 & 06/04/ 2024

"Publication in International Conference"
 Activity: Voice-Based Depression Detection Using Machine Learning in 2nd International Conference on Advances in Technology and Management

Faculty Incharge: Ms. Sharlene Rebeiro

Date: 23/02/2024 & 24/02/ 2024

"Publication in International Conference"

Activity: DECENTRALIZED CRYPTOCURRENCY TRADING APPLICATION in International Conference ICITTI on 15th March

Faculty Incharge: Mr. Suraj Khandare

Date: 15/03/2024

International Conference

"Publication in International Conference"
 Activity: COUNTERFEIT PRODUCT DETECTION USING MACHINE LEARNING AND BLOCKCHAIN TECHNOLOGY in the International Conference on Intelligent Computing and Networking (IC-ICN at Thakur College of Engineering and Technology, Kandivali (E), Mumbai.

Faculty Incharge: Ms. Supriya Joshi

Date: 23/02/2024 & 24/02/ 2024

"Publication in International Conference"
 Activity: Stock Prediction using sentimental analysis and global market in the International Conference ICATM, Kharghar.

Faculty Incharge: Mr. Anandkumar Pardeshi

"Publication in International Conference"
 Activity: DEEP LEARNING-POWERED WEB
 ATTENDANCE TRACKER at International Conference on Smart Technology, Artificial Intelligence and Computer Engineering(ICSTAICE)

Faculty Incharge: Mr. Anandkumar Pardeshi

International Conference

• "Reviewer for Journal - Inteligencia Artificial"

Activity: Reviewer

Faculty Incharge: Mrs. Poonam Bari

Date: 22/01/2024

• "Publication in International Conference"

Activity: HPC Master Trainer Program

Achievement: Master Trainer Program

Faculty Incharge: Mr. Anandkumar Pardeshi

Date: 5/02/2024

• "Reviewed paper for International Journal of

Advance Quantum Technologies"

Activity: Reviewer

Faculty Incharge: Mrs. Mukta Nivelkar

Date: 17/04/2024

• "Reviewer for 2nd International Conference"

Activity: Reviewer for 2nd International Conference on Advances in Technology and Management (ICATM- 2024)

at A. C. Patil College of Engineering, Navi Mumbai

Faculty Incharge: Dr. Archana Shirke

Date: 06/04/2024

International Conference

• "Reviewed paper for the International Journal of Advance Quantum Technologies"

Activity: Reviewer

Faculty Incharge: Mrs. Mukta Nivelkar

Date: 17/04/2024

"Reviewer for 2nd International Conference"

Activity: Reviewer for 2nd International Conference on Advances in Technology and Management (ICATM-2024) at A. C. Patil college of Engineering, Navi mumbai

Faculty Incharge: Dr. Archana Shirke

Date: 06/04/2024

International Conference

• Publication in International Conference

Activity: Implementation of RemRover: a remotely controlled rover built using IoT and web sockets" Authored by "Srividya Subramanian, Anya Gupta, Selin Sara Varghese, Dr. Trupti Lotlikar"submitted for the 2nd International Conference on Intelligent Data Communication Technologies and Internet of Things. scheduled to be held on 4-6, January 2024, at REVA University in Bengaluru,

Faculty incharge: Dr. Trupti Lotlikar

Date: 04/01/2024 to 06/01/2024

National Conference

• "TIFR research project"

Activity: TIFR research project titled "Gujarati Script

Recognition (GSR)"

Faculty Incharge: Dr. Archana Shirke

Date: 20/01/2024

• "Judge for IEEE WIE Project Competition"

Activity: Judge for IEEE WIE Project Competition at

FCRCE, Bandra

Faculty Incharge: Dr. Archana Shirke

Date: 16/04/2024

State Conference

• "Judge for state-level paper presentation competition"

Activity: Judge for state-level paper presentation competition at Agnel Polytechnic, Vashi

Faculty Incharge: Dr. Archana Shirke

Date: 01/03/2024

 "Judge for IEEE Regional level Project Competition"

Activity: Judge for IEEE Regional level Project

Competition at RAIT, Nerul

Faculty Incharge: Dr. Archana Shirke

Date: 13/04/2024

Local Conference

• "Guidance for PHD"

Activity: Student has completed PhD under the

guidance of Dr.Shubhangi Vaikole **Faculty Incharge:** Dr. S.L. Vaikole

Date: 24/04/2024

"Judge for Poster Competition"

Activity: Judge for poster competition at

Department of EXTC, FCRIT, Vashi

Faculty Incharge: Dr. Archana Shirke

Date: 11/01/2024



SUMMER PROJECT COMPETITION

Summer Project Competition was scheduled on 28/7/2023.

A total of 18 teams participated in this Project Competition.

The competent team of Asavari Bhelawe, Aditya Dhumal, Pramod Garhwal, Rhea Gomez, Shreyash Pawar bagged the first place



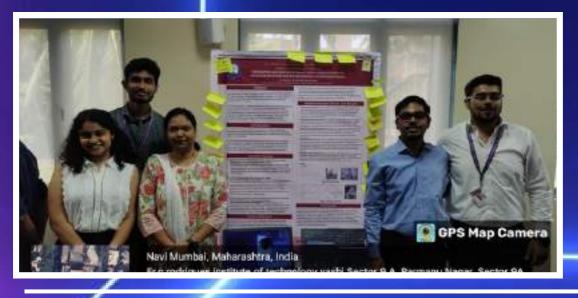
- -The second prize was awarded to team consisting of Azeem Pinjari, Shantaram Sawant, Amruta Sonwane, Manish Suthar, Koli Phuspak
- -The thrid place went to team which includes Yash Jadhav, Tanmay Kachare, Raj Mhatre and Vipul Patil



PCUBE WINNERS (POSTER MAKING AND PROJECT COMPETITION)







PCUBE WINNERS (POSTER MAKING AND PROJECT COMPETITION)

Poster Making Winners

Project Winners



Moiz Dalvi
Anthony S.
Sheldon Kattacheril
Sophie George

Sayali Ambure Tejas Patil Lisha Kothari Niraj Patil



Bharat Reddy Parag Nimkar Sarveshaa Swar Sanika Shinde

Prashant Padhy Sanskruti Unkule Yash Chhiddarwar Adarsh Jadhav



Junaid Kazi Ritika Kumari Akhil Suryam Divya Vinod

Saumya Mary Dason Mrinalini De Sweekrati Giri Krishna Saroj

TOP RECRUITERS

























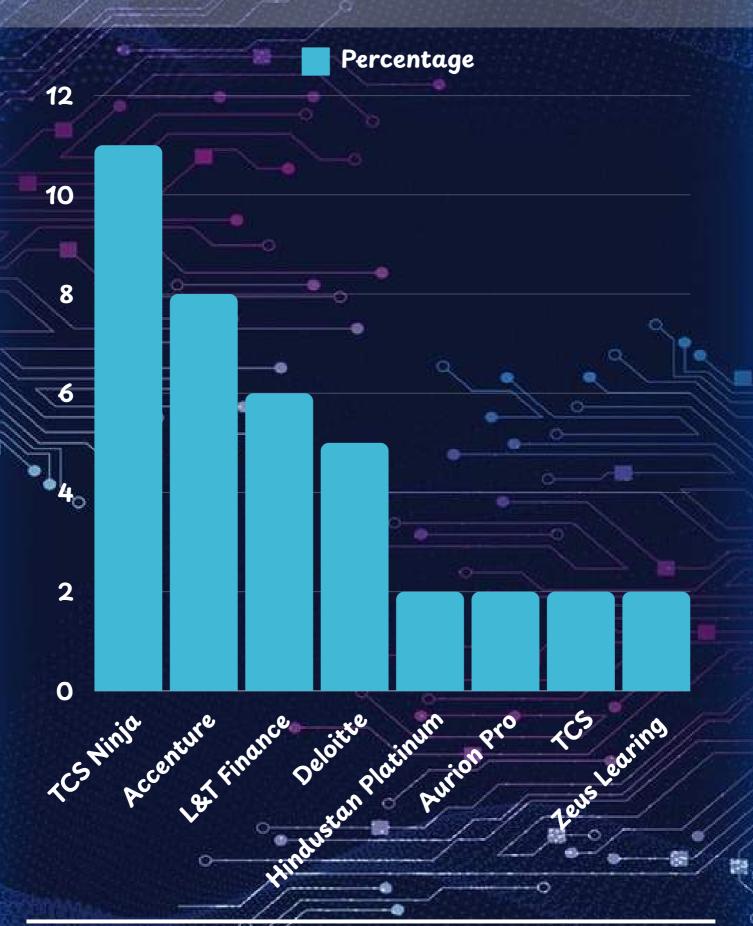


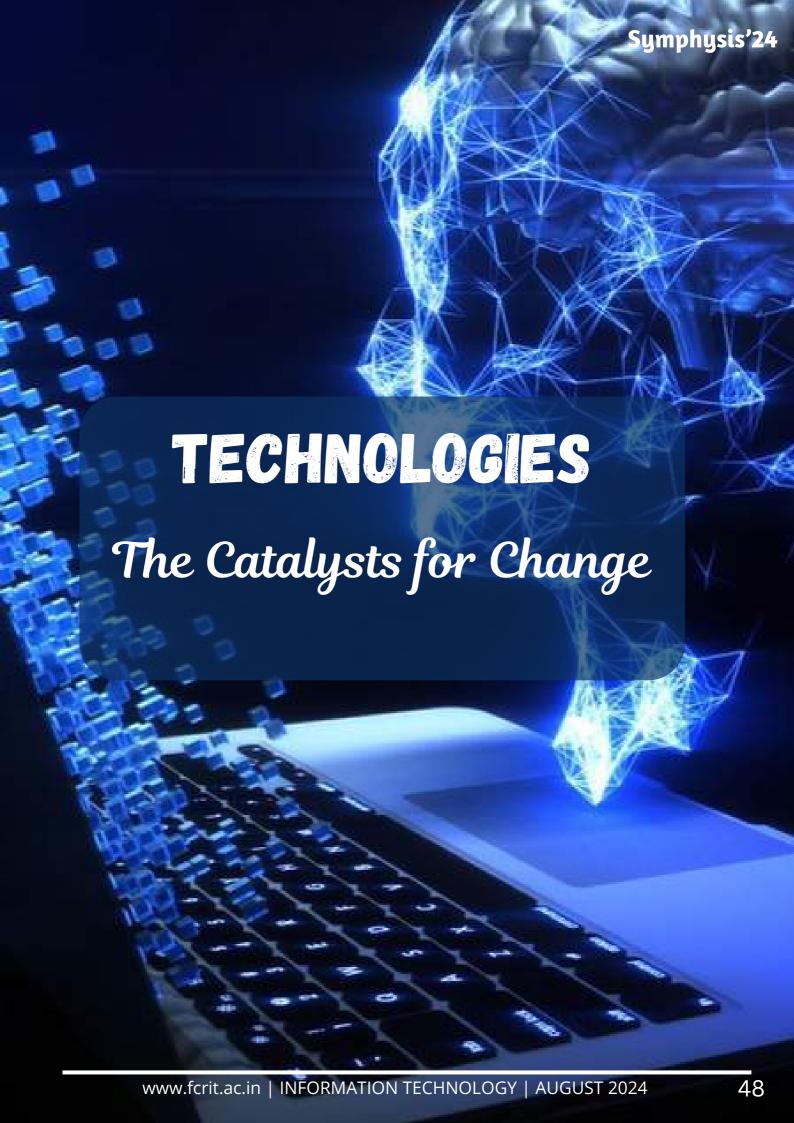






PLACEMENT RECORDS







By Sakshi More(Sem 5)

Imagine a world where you can meet friends, attend classes, work, and play games, all without leaving your home. This is the Metaverse, a virtual universe that blends the digital and physical worlds. It is like a massive, interactive, and immersive 3D internet.



The idea of the Metaverse comes from a 1992 science fiction book called "Snow Crash" by Neal Stephenson. In the book, people used avatars to explore a vast virtual world. Today, thanks to technology like virtual reality (VR) and augmented reality (AR), the Metaverse is becoming a reality.

Key Elements of the Metaverse

- 1. Virtual Reality (VR) and Augmented Reality (AR):
- VR: Creates a completely digital environment where you can immerse yourself.
- AR: Adds digital elements to the real world, like Pokémon Go or Snapchat filters.
- 2. Blockchain and Cryptocurrencies:
- Blockchain technology ensures secure and transparent transactions.
- Cryptocurrencies are digital money used within the Metaverse.
- 3. Artificial Intelligence (AI):
- AI helps create realistic virtual worlds and personalized experiences.
- 4. Internet of Things (IoT):
- IoT connects real-world devices to the internet, making them smarter and more interactive.

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What Can You Do in the Metaverse?

- 1. Socializing:
- Meet friends in virtual cafes, attend concerts, or join clubs, no matter where you are.
- 2. Learning:
- Attend virtual classrooms, explore historical sites in 3D, or practice skills in simulated environments.
- 3. Gaming:
- Play games that feel incredibly real, explore vast virtual worlds, and even create your own games.
- 4. Shopping:
- Visit virtual stores, try on clothes, and buy items, all from the comfort of your home.
- 5. Healthcare:
- Doctors can practice surgeries in VR, and patients can receive remote care and therapy.

Challenges Ahead

- 1. Privacy and Security:
- Protecting personal information and ensuring safe transactions are crucial.
- 2. Access for Everyone:
- Making sure everyone can use and benefit from the Metaverse, not just those with advanced technology.
- 3. Rules and Regulations:
- Developing laws and guidelines to manage digital property, identity, and ethical behavior in virtual spaces.



The Road Ahead

The Metaverse is still in its early stages, but it is growing fast. It has the potential to transform how we live, work, and play. As technology advances, the Metaverse will become more accessible and integrated into our daily lives, offering endless possibilities for creativity and connection.

Last but not least, Metaverse is more than just a trend; its the future of digital interaction. By blending the physical and virtual worlds, it opens up new ways to connect, learn, and explore. As we step into this new digital frontier, it is important to embrace the opportunities while addressing the challenges to build a Metaverse that benefits everyone.

The Rise of Fintech: How Technology is Changing the Financial Industry

Financial technology, or fintech, has swiftly transformed the financial landscape by integrating technology into financial services to enhance accessibility and efficiency. In a world where technological advancements are ubiquitous, the financial sector has not been left untouched. The advent of fintech has redefined how we manage money, with innovations that are reshaping traditional financial systems and offering new ways to conduct financial transactions.

One of the most significant changes brought about by fintech is the rise of mobile payments and digital wallets. Platforms like PayPal, Apple Pay, and Google Wallet have made transactions more convenient than ever before, enabling users to make purchases with just a tap of their smartphone. This shift towards digital and contactless payments has accelerated, particularly in the wake of the COVID-19 pandemic, as consumers and businesses alike sought safer and more hygienic payment methods.



By Aakanksh Mishra(Sem 5)



Another groundbreaking innovation in fintech is emergence of cryptocurrencies and blockchain technology. Cryptocurrencies like Bitcoin and Ethereum are based on blockchain, a decentralized ledger that allows for secure and transparent transactions without the need for a central authority. This technology is challenging traditional banking systems by offering an alternative to fiat currencies and creating new opportunities for investment and financial growth. Although still in its early stages, the adoption of cryptocurrencies is steadily increasing, with some countries and financial institutions beginning to explore and integrate them into their systems. Fintech has also revolutionized the investment landscape through the development of robo-advisors. automated platforms, Wealthfront and Betterment, use artificial intelligence to provide personalized investment advice and portfolio management. advisors have made wealth management accessible to a broader audience, democratizing the investment process and enabling more people to grow their wealth.

The rise of fintech is not without its challenges, particularly for traditional financial institutions. Banks and other financial organizations facing are increasing competition from companies, which are often more agile and better equipped to meet today's demands of tech-savvv consumers. However, rather than viewing fintech as a threat, many traditional banks are choosing to collaborate with fintech companies to enhance their digital offerings. Open banking initiatives, which encourage data sharing between banks and fintech companies, are further driving this collaboration, enabling banks to improve their services and better meet the needs of their customers. Despite its many benefits, fintech also presents regulatory challenges. The rapid pace of innovation in the fintech space has outpaced the development of regulatory frameworks, leading to concerns about data privacy, security, and compliance with anti-money laundering (AML) laws. Different regions around the world have adopted varying approaches to fintech regulation, with the European Union and the United States taking different stances on issues such as data protection and rights. This variation consumer complicates regulatory approaches cross-border operations for fintech companies, requiring them to navigate a complex web of laws and regulations.

Fintech has also made significant strides in promoting financial inclusion, particularly in developing countries where access to traditional banking services is limited. Mobile banking platforms, such as Kenya's M-Pesa, have provided millions of people with access to financial services, enabling them to save, borrow, and transfer money securely. By providing access to banking and credit through mobile platforms, fintech is driving economic growth and empowering underbanked populations around the world. Looking to the future, fintech is poised to continue its rapid evolution. The next wave of fintech innovations is likely to be driven by advancements in artificial intelligence, the development of super apps that combine multiple financial services into a single platform, and the broader adoption of blockchain technology. Additionally, the rise of quantum computing could have implications for financial security, potentially requiring new data protection standards to safeguard against quantum threats. In conclusion, is transforming the financial fintech industry in profound ways, offering both new opportunities and challenges. As continues fintech to evolve, careful regulation and collaboration between traditional financial institutions fintech companies will be essential to ensure that these innovations are safe,

secure, and accessible to all.



THE SILENT STRUGGLE:

UNVEILING THE MENTAL HEALTH CRISIS AMONG COLLEGE STUDENTS

The mental health crisis among college students has become a growing concern in recent years, with increasing numbers of students reporting symptoms of anxiety, depression, and other mental health issues. The pressures of academic performance, financial stress, social challenges, and the transition to adulthood contribute to a perfect storm of factors that can seriously impact students' mental well-being. Understanding the scope of this crisis and addressing the underlying causes is crucial for supporting the mental health of this vulnerable population. One of the primary factors contributing to the mental health crisis among college students is the pressure to succeed academically. The competitive nature of higher education, coupled with the high expectations placed on students by themselves, their families, and society, can lead to overwhelming stress. Many students feel the need to excel in their studies, maintain high grades, and secure successful future, often at the expense of their mental health. This pressure can result anxiety, burnout. and depression, particularly when students struggle balance their academic responsibilities with other aspects of their lives.

HEALTH CONTROL OF THE PARTITION OF THE P

Financial stress is another significant contributor to the mental health challenges faced by college students. The rising cost of tuition, housing, and other expenses has led many students to take on substantial debt. work multiple jobs, or rely on financial aid to make ends meet. The constant worry aboutmoney and the fear of graduating with significant debt can exacerbate feelings of anxiety and hopelessness. Additionally, students from low-income backgrounds may face additional stress related to financial insecurity, further compounding their mental health struggles. Social challenges also play a key role in the mental health crisis among college students. The transition to college often involves leaving behind familiar support systems, such as family and friends, and adjusting to a new and often unfamiliar environment. This can lead to feelings of loneliness, homesickness, and social isolation, which can negatively impact mental health. For many students, building new relationships and finding a sense of belonging in college can be challenging, particularly for those who may feel marginalized or different from their peers

The transition to adulthood is another critical factor that can contribute to mental health issues among college students. This period of life is marked by significant changes and uncertainties, as students navigate their identities, future careers, and personal relationships. The pressure to make important life decisions, such as choosing a major or planning a career path, can be overwhelming and lead to anxiety and stress. Additionally, the lack of life experience and coping skills can make it difficult for students to challenges manage these effectively, leading increased to vulnerability to mental health problems.

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Creating a supportive campus environment is also essential for promoting mental wellbeing among college students. This includes fostering a sense of community. encouraging open conversations about mental health, and providing opportunities for students to connect with others who may be experiencing similar challenges. Colleges can also support students by offering flexible academic policies, such as providing accommodations for mental health issues, allowing for breaks or leaves of absence, and offering alternative assessment options.



In conclusion, the mental health crisis among college students is a pressing issue that requires immediate attention and academic The pressures of action. performance, financial social stress, challenges, and the transition to adulthood all contribute to the high prevalence of mental health issues among this population. By increasing access to mental health services, reducing stigma, and creating a supportive campus environment, colleges and universities can play a vital role in addressing this crisis and promoting the well-being of their students. The future success and happiness of college students depend not only on their academic achievements but also on their mental and emotional health.

Despite the growing prevalence of mental health issues among college students, many students do not seek help due to stigma, lack of awareness, or limited access to mental services. The stigma surrounding mental health can prevent students from reaching out for support, as they may fear being judged or misunderstood by their peers, professors, or families. Additionally, students may not recognize the signs of mental health issues or may feel that their problems are not severe enough to warrant professional help. Access to mental health services is another significant barrier for college students. While many colleges and universities counseling services, these resources are often limited and may not be able to meet the demand. Long wait times, limited availability of appointments, and a shortage of mental health professionals can make it difficult for students to receive the support they need in a timely manner. Additionally, some students may face financial or logistical barriers to accessing mental health care, particularly if they do not have health insurance or if they are attending school far from home.



By Aakanksh Mishra(Sem 5)



By Sakshi More(Sem 5)







By Anu Sophiya(Sem 5)





By Reeba Patel (Sem 5)







By Vaishnuvi Shettar (Sem 3)





POETRY

MOM!!

The hour I come back I search for one in the house And there she exclaims, oh you home? Tired, yet keeps going Wonderful, even in chaos One of the greatest backer Worried, yet full of hope Angry, but patient for never quitting Attachment of sacrificing for us Yet amazing, even though doubted Emotional, nevertheless a rock If there were various means to express my love I would have exhausted it But still, I would look for a few more So that I can say how worthy I am To the woman, I call my amma!!

BY ASHLEY JAMES (SEM 5)

POETRY FLOWERS OR YOU?

What thought comes to your mind,
When you look at an adorable flower,
You just wanna pluck it from the branch,
It has such an attractive power.

Just like her lips is the red in the rose,
So pretty and bold, and attractive are those,
But you should not always be falling for them,
Coz even the prettiest rose has thorns in it's stem.

The golden in the sunflower is like her shiny hair,
So bright and radiant that one should be aware,
They might be wonderful but only a handful can touch,
Coz it's nectar is in a deadly bee's clutch.

Her eyes are just like the white in a water lily,
Sparkling with dreams and ambitions silly,
Tender yet beautiful, growing on a pond,
Whose understanding is in the world's beyond.

Like her blushing cheeks is the Lotus's pink,
So adorable that it'll make your heart sink,
It's known as a symbol of strength and purity,
Yet it grows in mud, with such maturity.

Like the colours of orchids are her dresses, Used as ornaments, such beauty it possesses, The enchanting sight of it's petals are a proof, That to it's infinite wonder, there's no roof.

Just like the hibiscus flower is her body whole,
Sweet and divine, and touching to the soul,
Heavenly, yet on the earth is it's presence,
Such magical and precious is its essence.

Like the aroma of Lavender is her vibe, So dazzling and exotic, I can't describe, Makes me wonder if even real it is, Like a brainstorming yet delightful quiz.

Her character is like the flowers and beyond,
Her thoughts wonder me like a magical wand,
Just like the flowers, she's my most favourite view,
Yes, this poem isn't about flowers, it's about you,
This poem isn't about flowers, it's about you....

-BY D.N. (SEM 3)

POETRY AMIHOPELESS?

Though the night is on and the hopes are dim,

The shine is bright and the dark is slim,

To heavens and above, her beauty is lit,

The moon is lovely, isn't it?

The world is nothing but twisted curves, and there's some purpose each of it serves, But the curve she has, the one on her face, Her smile is the world's most beautiful place.

The oceans are deep, the waters are loud,
The boats are crossed, without a shroud,
But her eyes are deeper, beyond a thought,
Getting lost in them, and love is sought.

Fragrant and delicate are the flowers you see, filled with beauty upto the highest degree, But more outstanding are the wavy hair of hers, guess it's true, love is the most twisted curse.

So bright, so lively, so glorious is the sun, So joyful it is, like a Nobel prize being won, But more lovely is the character she holds, as if an universal phenomenon she unfolds.

The birds that chirp and sing in the morn, The heart is joyed and a pleasure is born, But her voice is sweeter, more like a song, Her words seem true, even if it's wrong.

To eyes are a surprise, the tropical butterflies, they seem so heavenly, yet only in disguise, But one's reality may be another's illusion, She herself is an angel, is the only conclusion.

Her touch, her talks, her mind, her heart,
Did god himself create this art?,
From her heart to the letters in her spelling,
Everything about her is just so compelling.

But is she really how I tell? or is it just me?

If only she could see what I can see,

i don't see any logic, if any there were,

maybe i am just hopelessly in love with her....

maybe i am just hopelessly in love with her....

-BY D.N. (SEM 3)

Shayari Corner

Maine apni hi duniya mai kayi duniya banayi aur saare
duniya mai khud ko barbad rakha hai
Yeh duniya mere haalat pata lagati hai mere chehre se
Yaha mujhe takk nhi pata maine apna asal chehra kaha
chupa rakha hai

Mai apni kahaniyon mai harta hu hamesha
Yeh asal duniya mai to mere liye kuch nhi rakha hai
Mere khawab takk mere khawabon mai pure nhi hue
aaj takk

Mere khwabon ne mujhse ek alag hi anna rakha hai Khair chodo meri dastan meri Dastan mai to sirf intezaar rakha hai

Mujhse to kisi ne yeh takk nhi pucha kya hua Arsal tumhe kis cheez ne pareshan kar rakha hai

-By Arsalan (Sem 3)

Shayari Corner

Tum bas sath raho mere, Tumhare har andhere se mai ladunga,

Tum bas khwab dekha karo, Tumhari har khwaish puri karunga,

Log kehte hai ambar se taare kyu nhi tod late, ghabrate ho kya ?

Lekin unhe kon smjhaye, tum jaisi chand ke pass sitare toh bohot hai,

Lekin uss chandni ka raat mai banunga...

Lekin uss chandni ka raat mai banunga...

-BY D.N. (SEM 3)

Shayari Corner

Maine aaj bhi uski yaadon ko samet rakha hai Jiss kambal mai uske saath kuch wagt bitaya tha usko abb bhi lapet rakha hai Mahina bohot Barkato waala chal rha hai Sab apne jaan maal ki duaein maang rhe Hai Aur Ek mai jisne duaon mai maut maang rakha hai Naa jaane kaisi yeh meri zindagi hote jaa rhi hai Meri ghar pe mere kaise rehna ka faisla Ek panne ke tukde ne kar rakha hai Yeh meri adawat-e-zindagi kam thi kya Io mera hausla mere sahare ne mujhe khud se bohot durr Kar rakha hai Aur batao jaani kaise ho yeh haal puchne waale dost Inhone bhi mujh jaise haare hue insan se dushmani kar rakha hai Mai kaise batau ki Mera din kaise guzarta hai Bass kuch apne yaar bache hai jinhone mera hausla badha rakha hai Hame jiss balay-e-hoor se ishq hua kya bataye Abb uss hoor ko koi aur le jayega waise bhi iss haare hue gais ke andar kya rakha hai Na koi justajoo hai na koi aarzoo hai Kya batau maine Marne ka har ek tareeka azma rakha hai Ki mai aaj yuhi khuda se puch baitha ki mai Marne ke bhi qaabil nhi To khuda ne kaha tu qabil hai par tere Marne ki hazrat ne tujhe zinda kar rakha hai Mujhe abb fark nhi padta hai ab mujhe kya bolte hai Arsal

-By Arsalan (Sem 3)

Kyuki yaha to mere ghar ke sahare ne hi mujhe haara hua bol rakha hai

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